

2022 MENU COLLECTION GLOSSARY



TERM

DESCRIPTION

Acai	The acai berry is a reddish purple fruit from the acai palm tree, a native to Central and South America. Some studies show that acai fruit pulp is even richer in antioxidants than cranberries, raspberries, blackberries, strawberries or blueberries. It has a tart berry flavour and is considered a super food by many.
Aguachile	A Mexican dish made commonly of prawns, submerged in liquid, seasoned with a blend of chilli peppers, lime juice, salt, coriander, garnished with slices of cucumber and onion.
Aioli	Aioli or aïoli is a sauce made of garlic, olive oil and egg yolks. The sauce’s name means “oil and garlic” in Catalan and Provençal.
Amaranth	An ancient grain that is similar to Quinoa.
Ancient Grains	A collective term for a variety of grains that consist mainly of “Quinoa, Millet, Sorghum, Amaranth, Teff, Freekeh, Chia Seeds, Farro, Spelt and Kamut”
Anise Myrtle	A native Australian leaf that has a distinctive liquorice flavour profile.
Banh Mi	In Vietnamese cuisine, a short baguette with a thin, crisp crust and soft, airy texture. It is often split lengthwise and filled with savoury ingredients.
Barbacoa	A form of cooking meat that originated in the Arawak-speaking Caribbean with the Taíno people, who called it barbaca, from which the term “barbecue” derives.
Bavaois	A dessert consisting of milk thickened with eggs and gelatin, into which whipped cream is folded.
Bircher Muesli	A type of muesli containing softened rolled oats, dried fruit and grated apple.
Biryani	A rice dish originating in India, it has many varieties, commonly it will contain a protein such as goat, lamb or chicken.
Biscotti	Italian almond biscuits that originated in the Tuscan city of Prato. They are twice-baked, oblong-shaped and have a dried crunchy texture.
Black Garlic	A type of caramelised garlic first used as an ingredient in Asian cuisine. It is made by heating whole bulbs of garlic over the course of several weeks, a process that results in black cloves. The taste is sweet and syrupy with hints of balsamic vinegar or tamarind.
Bocconcini	Small bite size balls of mozzarella.
Braising	A combination cooking method that uses both wet and dry heats: typically, the food is first browned at a high temperature, then simmered in a covered pot in cooking liquid.
Brandade	An emulsion of salt cod, olive oil, and potatoes.
Bresaola	An air dried, salted beef that has been aged two to three months until it becomes hard and turns a dark red, almost purple in colour. It is made from the top round, a lean and tender cut.
Bulgur	Cracked wheat that is par boiled and dried, commonly used in Middle Eastern cuisine.

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Calamansi	Also known as the Philippine lime. The flavour is something like a sour orange or a slightly sweeter lime, and it has a fragrance to match.
Calzone	An Italian oven baked folded pizza, resembling a turnover, it is made with yeasted dough and savoury ingredients.
Carnitas	A dish of Mexican cuisine that originated in the state of Michoacán. Literally meaning “little meats”, Carnitas are made by braising or simmering pork in oil or preferably lard until tender.
Caviar	A food consisting of salt-cured roe. Caviar is considered a delicacy and is eaten as a garnish or a spread.
Chia seeds	Chia seeds are tiny black edible seeds from the plant <i>Salvia hispanica</i> , which is related to mint. Considered one of nature’s superfoods, high in essential fatty acids, protein, soluble fibre, antioxidants, vitamins and minerals.
Chiboust	A custard like pastry cream, lightened with a meringue to give it a “fluffy” texture.
Chicharron	The skin of either chicken or pork where a process is followed of boiling, dehydrating and frying the skin resulting in a crackling.
Chipolata	A small thin sausage.
Chipotle	A chipotle, or chilpotle, is a smoke dried ripe jalapeño chilli pepper used for seasoning.
Choux Pastry	Choux pastry, or <i>pâte à choux</i> , is a light pastry dough used in many pastries. It contains only butter, water, flour and eggs. Instead of a raising agent, it employs high moisture content to create steam during cooking to puff the pastry.
Chutney	A spread in the cuisines of the Indian subcontinent. Chutneys are made in a wide variety of forms that can vary from sweet to savoury based.
Cocoa Nib	Crumbled bits of dried cocoa beans.
Compote	A dessert made of whole or pieces of fruit cooked in water with a little sugar and spice.
Compressed	Refers to the technique of placing a food item in a vacuum pack machine with flavourings; the product is then sealed under pressure which pushes the flavouring into the food item which intensifies the flavour.
Confit	A cooking method where an ingredient is submerged in fat or oil and cooked slowly at low temperature.
Crème Anglaise	The product of egg yolks, sugar and milk, Crème Anglaise is a simple custard like sauce.
Crème Diplomat	The equal mixture of pastry cream and unsweetened whipped cream.
Crème Fraiche	Richer in flavour, thicker and less tangy than sour cream. Crème fraiche has a fat content of about 30% and does not contain any added thickeners.
Cremeux	Pronounced ‘ <i>crème o’</i> is a thick custard, velvety smooth and rich that can be used as a filling, sauce or inside a tart.
Croque Monsieur	The French version of a toasted ham and cheese sandwich; covered with a cheesy béchamel sauce and then grilled.
Croquette	A type of dumpling consisting of a thick binder combined with a filling, which is breaded and deep fried.

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Crostini	An Italian appetizer consisting of small slices of grilled or toasted bread and toppings. The toppings may include a variety of different cheeses, meats, vegetables and condiments, or may be presented more simply with a brush of olive oil and herbs.
Cultured Butter	The result of cream that is fermented with the addition of “cultures” which act as a good bacteria and allows a controlled and safe fermentation process. The fermented cream is then churned, resulting in cultured butter which has a distinctive acidity and fuller flavour.
Curd	A sweet condiment that resembles that of a custard, made using eggs, sugar, citrus or fruit juice.
Curing	Food preservation and flavouring processes of foods such as meat, fish and vegetables, by the addition of salt, with the aim of drawing moisture out of the product.
Davidson’s Plum	A rainforest tree species native to Australia. Davidson’s plums are known as one of the best of the native plums. The fruit superficially resemble the European plum, but are not closely related. The deep dark purple fruit contain a soft juicy pulp with a sharp acidity. The aroma is earthy, like fresh beetroot with slight pickled notes. Taste is sour with some astringency and slight bitterness. <i>Fun fact – an antioxidant powerhouse, it provides an excellent source of potassium, necessary for good heart, muscle, nerve and kidney function. Davidson’s plums also contain vitamin E and zinc, which promote glowing, youthful looking skin!</i>
Delice	A dessert consisting of a chocolate mousse as its main component.
Dojima	Shaped like a Swiss roll cake and similar in its production, cream filled, Dojima is a sponge cake native to Japan.
Dukkah	Dukkah is a condiment consisting of a mixture of dried herbs, ground nuts and spices. It is typically used as a dip with bread or fresh vegetables.
Edamame	An edamame is a soybean that is harvested when it’s immature and still tender and green. Edamame beans are typically eaten as a fresh steamed vegetable.
Empanada	A filled Spanish turnover pastry that can be fried or baked.
Emulsion	An emulsion is a mixture of two un mixable liquids like oil and water using a process of agitation such as whisking or blending.
Enchilada	A flour or corn tortilla rolled around a filling and covered with a savoury sauce. Originally from Mexican cuisine, enchiladas can be filled with various ingredients, including meats, cheese, beans, vegetables, or combinations.
Fagioli	An Italian stew dish that consists of pasta and beans.
Fattoush	A Lebanese bread salad that consists of toasted bread, cucumbers, tomatoes, onions with a lemon vinaigrette.
Fennel Pollen	Fennel pollen is extracted from the same plant that brings you the bulb for your salad and the seeds for your spice rub. It’s harvested from the tiny blossoms at the end of the stalk of the plant.
Finger Limes	Native to Australia, finger limes are unique as when opened they contain small caviar looking pearls that have a very acidic centre which pop in the mouth and match well with seafood and desserts.
Frangipane	A sweet filling made from ground almonds.

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Gai Lan	A leafy green vegetable commonly referred to as Chinese broccoli.
Galangal	Galangal, also known as Siamese ginger, is a member of the ginger family. Its skin is smoother and paler than ginger roots, the interior ranges from white to yellow to pink, and its flavour is stronger and more astringent.
Geraldton Wax	A native flowering shrub with edible white or pink flowers from Western Australia. The foliage is sometimes referred to as the Australian native keffir lime.
Gnocchi	A varied family of dumpling in Italian cuisine. They are made of small lumps of dough composed of semolina, wheat flour, egg, cheese and potato.
Grana Padano	A cheese originating in the Po river Valley in northern Italy that is similar to Parmigiano Reggiano cheese.
Granola	Another term used for muesli but is usually lower in sugars and has a lighter texture; ICC Sydney's granola is made in house using all natural ingredients.
Gribiche	A cold egg sauce in French cuisine, made by emulsifying hard boiled egg yolks and mustard with a neutral oil like canola or grapeseed.
Guacamole	Originating from Mexico, Guacamole is the product of crushed avocados, tomatoes, Spanish onions, coriander and seasoned with lemon juice.
Hainese Chicken	A southern Chinese dish, originating from the region of Hainan.
Harissa	A hot chilli paste that is originated in Tunisia. It consists of roasted peppers, spices, herbs such as garlic, coriander seeds, cumin and caraway seeds.
Hiramasa Kingfish	A sustainably farmed Yellowtail tuna – prized for its sashimi grade flesh.
Hoisin	A thick, fragrant sauce commonly used in Cantonese cuisine as a glaze for meat, an addition to stir fry, or as dipping sauce. It is darkly-coloured in appearance and sweet and salty in taste.
Hollandaise	An emulsion of egg yolk, melted butter, and lemon juice.
Hotpot	A simmering pot of soup at the centre of the table with various raw ingredients being meat, seafood, vegetables, tofu and starches in thin slices or small pieces for the purpose of quick cooking.
Ice plant	Crystal ice plant naturally grows along the coasts in sand dunes. This green succulent annual ground cover has huge succulent leaves in spring, with glistening bubbles of salty surprise on the underside of the leaves and stems.
Juniper Berry	The female seed cone produced by the various species of junipers. It is not a true berry but a cone with unusually fleshy and merged scales, which give it a berry-like appearance. Juniper berries are tart and sharp, with a resinous, piney flavour and hints of citrus.
Kaffir Lime Leaves	Also known as makrut lime, Thai lime or Mauritius papeda, is a citrus fruit native to tropical Southeast Asia. Its fruit and leaves are used in Southeast Asian cuisine and its essential oil is used in perfumery. Its rind and crushed leaves emit an intense citrus fragrance.
Kakadu Plums	Native to Australia, widespread throughout the tropical woodlands from north western Australia to eastern Arnhem Land. The fruit is tart with an aroma of stewed apples and pears, with a hint of cooked citrus, pickled and floral musk essence. Some say the fruit looks and tastes like an English gooseberry.
Katsu Buns	A Japanese style steamed bun which closely resembles a taco which is stuffed with salad and delicious spiced chicken pieces with a kick from sambal, a spicy Asian vinegary hot sauce paste, a hint of tartness from quick pickled cucumbers, and a pop of herbal freshness from coriander.

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Kimchi	Originating in South Korea, Kimchi is the product of fermented Napa cabbage.
Kombucha	A fermented lightly effervescent black or green tea drink.
Lassi	A dairy based drink originating from India that is yoghurt based.
Lavosh	A thin, crisp Middle Eastern style flat bread usually made with wheat flour, water and salt.
Lemon Aspen	Found in tropical Northern Queensland, this fruit has an intense citric and tart flavour that resembles grapefruit.
Lemon Myrtle	Lemon myrtle is without a doubt the most popular of Australia’s native herbs, with its fresh fragrance of creamy lemon and lime. Lemon verbena Similar to lemon myrtle but more subtle in flavour.
Macerated	The procedure of softening mainly of fruits in a liquid such as a sugar syrup.
Mapo Tofu	A popular Chinese dish from the Sichuan region.
Maryland	In poultry butchery the Maryland refers to the cut of the drumstick and thigh.
Mascarpone	A soft Italian semi sweet cheese, smooth in its texture, it is most used in desserts.
Matcha	Finely ground powder of specially grown and processed green tea. <i>Fun Fact – Matcha is special in two aspects of farming and processing: the green tea plants used for matcha are shade grown for three to four weeks before harvest, and the stems and veins are removed during processing.</i>
Medianoche	Originating in Cuba, Medianoche is commonly served as a toasted sandwich with roast pork, ham, mustard, Swiss cheese and sweet pickles as its fillings.
Meringue	Categorised into 3 different types Swiss, Italian and French all prepared using different techniques, yet using the common 2 ingredients of egg whites and sugar. The resulting product of the 2 ingredients is a light and aerated, almost ‘cloud’ like product.
Miso	A traditional Japanese seasoning produced by fermenting soybeans with salt and kōji and sometimes rice, barley, seaweed.
Morello	A dark cherry of a sour kind used in cooking.
Mortadella Sausage	A large Italian style sausage or luncheon meat made from finely ground heat cured pork flavoured with spices, including whole or ground black pepper, myrtle berries and pistachios.
Mousse	A soft prepared food that incorporates air bubbles to give it a light and airy texture. It can range from light and fluffy to creamy and thick, depending on preparation techniques. A mousse may be sweet or savoury.
Muntries	Small native fruits, reminiscent of blueberries that grow on a low shrub or ground cover. With a spicy apple taste, muntries boast more than twice the antioxidant profile of a blueberry.
Muscatel	A type of wine made from Muscat grapes.
Naan	An oven baked flatbread originating from India.
Nasi Goreng	A Southeast Asian fried rice dish, usually cooked with pieces of meat and vegetables.

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Nduja Salami

Pronounced 'Ndu:ja' is a particularly spicy, spreadable pork salami originating from southern Italy. Nduja is made using meat from the animals head, trimmings from various meat cuts, some clean skin, back fat, and roasted hot red peppers which give nduja its characteristic fiery taste.

Nước Chấm

The common name for a variety of Vietnamese "dipping sauces" that are served as condiments. Nước chấm is commonly a sweet, sour, salty, savoury and/or spicy sauce.

Old Bay

A popular American spice blend that consists of celery salt, black pepper, crushed red pepper flakes and paprika.

Pain au Chocolat

A chocolate filled croissant.

Pakora

A spiced vegetable fritter that originates from India.

Pandan

An aromatic plant prized for its sweet floral fragrance and versatility. Primarily used in Asian cuisine.

Pangrattato

Translating to "breadcrumbs", it's used as a garnish to add texture and can be flavoured with a variety of aromatic ingredients.

Panna cotta

A light dairy based dessert considered a custard but without the inclusion of egg yolks.

Parmigiana

Traditionally an Italian dish of thinly sliced eggplant, layered with passata and cheese then baked.

Pastie

A deep fried or baked pastry that commonly has a filling of spiced ground meat and vegetables.

Pastizzi

A traditional Maltese pastry that is commonly filled with ricotta cheese.

Pepita

Also known as the seeds of a pumpkin.

Pepperberry

Native pepperberries are more versatile than conventional peppercorns, able to be used in both sweet and savoury dishes. The leaves, stems and berries have an aromatic peppery taste. The ripened fruit (March-June) is a pea-sized 2-lobed lustrous deep-purple, almost black, berry with many small angular seeds.

Pickling

The process of preserving or extending the shelf life of food by either anaerobic fermentation in brine or immersion in vinegar.

Poached

The method of cooking where an ingredient is cooked in a liquid such as water, milk or wine.

Poutine

A dish of French fries and cheese curds topped with a brown gravy.

Praline

A confectionary that is a nut based candy that is brittle in texture and rich in flavour.

Prosciutto

An Italian dry cured ham that is usually thinly sliced and served uncooked; this style is called prosciutto crudo in Italian and is distinguished from cooked ham, prosciutto cotto.

Provolone

An Italian cheese that is semi soft in texture.

Pulao

A rice dish made with Basmati rice and vegetables, usually cooked with a stock. Native to India.

Purslane

Purslane has been used as a vegetable source of omega 3 fatty acids and is high in vitamins and minerals. The leaves, stems, flowers, and seeds of the purslane plant are all edible, the flavour is mild to sweet and slightly acidic, and is commonly used as a garnish or tossed in salads.

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Quesadilla	A Mexican dish consisting of a tortilla that is filled primarily with cheese, and sometimes meats, spices, and other fillings, and then cooked on a griddle or stove. Traditionally, a corn tortilla is used, but it can also be made with a flour tortilla.
Queso Fresco	A Mexican cheese, traditionally made from raw cow milk or a combination of cow and goat milk.
Quiche	A French tart consisting of pastry crust filled with savoury custard and pieces of cheese, meat, seafood or vegetables, the most common varieties are Quiche Lorraine and Quiche Florentine.
Quince	A small and rounded pome fruit grown on trees. Though it may look as delightfully sweet and juicy as an apple or pear, the quince in its raw form is rather tough, tannic and slightly sour at times.
Quinoa	Quinoa is commonly considered to be a grain but it is actually a seed. Quinoa is a gluten-free, whole-grain carbohydrate, as well as a whole protein meaning it contains all nine essential amino acids.
Ragout	A highly seasoned dish of small pieces of meat stewed with vegetables.
Rainbow Chard	Similar to Silverbeet spinach in appearance, rainbow chard, a leafy green vegetable, it obtains its name from the variety of colours from the stem of the vegetable.
Raita	A side dish that is of Indian cuisine, with numerous varieties the base ingredients are always consisting of yoghurt, cucumber, mint and coriander.
Rangers Valley	Rangers Valley is one of the world’s most respected premium marbled beef producers, specialising in long fed pure Black Angus and Wagyu cross breeds. The award winning Rangers Valley feedlot is the 4th largest in Australia with a capacity of 32,000 head and is located on the 12,000 acres Rangers Valley NSW Glen Innes property.
Ras el Hanout	Literally translated as “head of shop,” the Arabic phrase Ras el Hanout really means “top shelf.” The vibrant, earthy mix usually consists of over a dozen spices in different proportions. Commonly used ingredients include cardamom, cumin, clove, cinnamon, nutmeg, mace, allspice, dry ginger, chili peppers, coriander seed, peppercorn, sweet and hot paprika, fenugreek, and dry turmeric.
Relish	A relish is a cooked and pickled product made of chopped vegetables, fruits, pickles or herbs and is a food item typically used as a condiment to enhance a staple.
Riberry	Native riberry is also known as the small leafed lilly pilli. Eaten raw, the gorgeous clusters of riberres have a refreshing, spicy flavour, with a hint of clove and cinnamon.
Rillettes	A preservation method similar to confit where meat is seasoned then slow cooked submerged in fat and cooked at an extremely slow rate for several hours.
Romesco	A Spanish sauce made with roasted red peppers, almonds garlic and tomatoes.
Rosella Flowers	The rosella petals have a tart flavour with a raspberry, rhubarb, plum quality and can be used for making jellies and dessert garnishes.
Rosti	Originating in Switzerland, Rosti consists mainly of grated or sliced potatoes, shallow fried resembling a hash brown like texture and flavour profile.
Roulade	A dish of filled rolled meat or pastry. Roulade can be savoury or sweet. Swiss roll is an example of a sweet roulade.

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Sago	A starch extracted from the pith, or spongy core tissue, of various tropical palm stems.
Salata	A Middle Eastern version of a simple salad.
Salsa Verde	A raw sauce of finely chopped herbs that is blended or mixed together with olive oil.
Saltbush	Native to Australia, saltbush is leaf that is categorised into ‘grey saltbush’ and ‘old man’s saltbush’ the latter being the inland variety of saltbush.
Sambal	A chilli sauce or paste, typically made from a mixture of a variety of chilli peppers with secondary ingredients such as shrimp paste, garlic, ginger, shallot, scallion, palm sugar, and lime juice. A condiment that is associated with Southern Asian cuisines such as Malaysia, Indonesia and Singapore.
Scamorza	An Italian cheese that is smoked and resembles the texture and profile of mozzarella.
Scones	A baked good, usually made of either wheat or oatmeal with baking powder as a leavening agent. A scone is often slightly sweetened and occasionally glazed with egg wash.
Sea Succulents	Found by the sea, commonly grown on salty marshes with a salty, seaweed like flavour.
Semifreddo	Classified as a frozen dessert, it has the texture of frozen mousse.
Semolina	The coarse, purified wheat middlings of durum wheat mainly used in making couscous, pasta, and sweet puddings.
Shiso Leaves	Shiso leaves are either red or green and are from the mint family. The red shiso is often described as having an anise flavour, whereas the green variety is said to be spicier and more like cinnamon. Shiso has a unique flavour, pungent and grassy, it contains strong flavours of spearmint, basil, anise and cinnamon. Can be used as an edible food wrapper.
Slider	A slider is an American term for a steam grilled sandwich, usually smaller and served on a milk roll or small brioche.
Sorrel	Sorrel is a very tangy, acidic herb. Its sour taste comes from oxalic acid, which also gives rhubarb its tartness.
Soubise	An onion sauce thickened with Béchamel sauce.
Sriracha	A hot sauce or chili sauce made from a paste of chili peppers, distilled vinegar, garlic, sugar and salt. It is named after the coastal city of Si Racha in Thailand.
Streusel	In baking and pastry making, streusel is a crumbly topping of flour, butter, and sugar that is baked on top of muffins, breads, pies, and cakes.
Stroganoff	A Russian dish that has a sour cream gravy base, made with beef and stock that is flavoured traditionally with mushrooms and mustard.
Sumac	The sumac bush, native to the Middle East, produces deep red berries, which are dried and ground into coarse powder. Ground sumac is a versatile spice with a tangy lemony flavour.
Tabbouleh	A Middle Eastern salad that consists of finely chopped parsley, tomatoes, onions, and bulgur, dressed simply with olive oil and lemon juice.
Tahini	The product of pureed sesame seeds.
Tamarind	From the tamarind tree, the pods of fruit that is produced have a sweet and sour flavour profile and is used in Asian cuisines.

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Tapioca	A starch extracted from the storage roots of the cassava plant.
Tarte Tartin	A pastry in which the fruit is caramelised in butter and sugar before the tart is baked with puff pastry over the top and then flipped once cooked so that the fruit is presentation side up.
Terrine	A terrine is generally made from much chunkier meat – chunks of pork hock, diced lamb leg meat, duck breast or minced pork.
Tomatillo	The tomatillo, also known as the Mexican husk tomato, is a plant of the nightshade family bearing small, spherical green or green
Tostada	A Spanish word meaning “toasted”. In Mexico and other parts of Latin America, it is the name of various local dishes which are toasted or use a toasted ingredient as the main base of their preparation. At ICC Sydney, we use a crisp corn bread as a base for a number of our dishes.
Truffles	A prized fungi that is limited in availability and harvested from the roots of trees using specially trained dogs. It has a pungent aroma and earthy flavour profile.
Udon	A Japanese wheat noodle with a chewy texture.
Vinaigrette	A base dressing made using an oil and acid, commonly lemon juice or vinegar is used or both.
Vol-au-Vent	A small hollow case of puff pastry. It was formerly also called a patty case. A vol-au-vent is typically made by cutting two circles in rolled out puff pastry, cutting a hole in one of them, then stacking the ring-shaped piece on top of the disc-shaped piece.
Warrigal Greens	Warrigal greens are one of the better known native food plants. The majority of the plant’s leaves may be eaten either raw or cooked. The leaves are high in nutrients, particularly vitamin C and iron.
Wattleseed	Wattleseeds are the edible seeds from any of 120 species of Australian Acacia that were traditionally used as food by first nation Australians. Eaten either green, cooked, dried or milled the spice is a dark-brown, grainy powder which resembles ground coffee in appearance and has a distinct, light coffee-like aroma and pleasing, slightly bitter, nutty, coffee taste.
Wombok	Also known as Chinese cabbage, it has a sweet, mild flavour, a crunchy texture and can be eaten raw.
XO	A spicy seafood sauce from Hong Kong with an umami flavour. It is commonly used in southern Chinese regions such as Guangdong.
Za’atar	A blend of spices that consists of sesame seeds, cumin, sumac, salt and oregano.