



ICC SYDNEY
GLOSSARY



Carefully selected seasonal, sustainable & locally sourced produce to boost alertness and drive energy levels.

TERM	DESCRIPTION
Acai	An inch-long, reddish-purple fruit originating from the acai palm tree. Acai fruit pulp has a tart berry flavour and is considered a super food by many.
Adobo Chicken	A mexican style braised chicken with chillies, spices, herbs and vinegar.
Aioli	A mediterranean sauce made of garlic and olive oil and, in some regions other emulsifiers such as egg.
Alsace tart	A caramelised onion tart.
Amaranth	A pseudo cereal with a peppery taste which is high protein and gluten free.
Ancho chile	A mild chili pepper, also known as a poblano and when dried, it is called ancho or chile ancho.
Angolotti	A type of pasta made with small pieces of flattened pasta dough, folded over a filling of roasted meat or vegetables.
Bagna càuda	A dip served and consumed in a manner similar to fondue - made with garlic, anchovies, olive oil and cream.
Bao	A chinese steamed yeast bun.
Bavaroise	A type of mousse that can be sweet or savoury and contains cooked eggs.
Bechamel	Also known as white sauce, is made from a white roux and milk.
Black garlic	A type of caramelised garlic 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.
Blood limes	Smaller than most limes, approximately 4cm long by 2cm diameter and more sweet than standard limes with a red inside flesh.
Bonito flakes	A dried, fermented tuna that is shaved on a wood plane, also known as katsouboushi.
Bortoli beans	A large, plump variety of kidney bean that is pinkish-brown in colour with reddish-brown streaks. The beans have a sweetish flavour with a smooth creamy texture.
Bottarga	A mediterranean delicacy of salted, cured fish roe, typically from grey mullet or tuna.
Bresaola or brisaola	An air-dried, salted beef that has been aged until it becomes hard and turns a dark red - often made from top round, and is lean and tender.
Breton	A rich buttery house made pastry that has a crisp light texture.



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Biryani	A northern indian baked rice dish with spices.
Buckwheat	A type of grain that is very nutritious, low GI, gluten free and has a nutty texture which can be coarse or ground very fine.
Calzone	An italian bread/pizza dough that is stuffed, folded and then oven baked.
Ceviche	A seafood dish typically made from fresh raw fish cured in citrus juices, such as lemon or lime, and spiced with chili.
Chats	Small white skinned potatoes.
Chia	One of nature's superfoods - high in essential fatty acids, protein, soluble fibre, antioxidants, vitamins and minerals.
Chipolte	A smoked, chilli pepper with a relatively mild but earthy spiciness and smoky flavour.
Chorizo or chouriço	A spicy pork sausage.
Cobbler	A dessert that can be served in a tart shell or a crockery container, usually fruit based and has a crisp buttery crumble on top.
Compote	A dessert made of whole or pieces of fruit cooked in water with sugar and spices.
Compressed	A technique of placing a food item in a vac pac machine with flavourings - the product is then sealed under pressure which pushes the flavouring into the food.
Confit	When meat or product is cooked in submerged fat, until soft and kept and preserved in the same oil.
Conga potato	A purple/blue potato which is quite dry and floury.
Coppa or Capicola	A dry cured pork shoulder.
Crème de cassis	Champagne liqueur made with fresh blackcurrants.
Crème fraiche	A soured cream usually thicker, richer in flavor and less tangy than sour cream.
Cremeux	A dense, soft pudding which is velvety smooth and rich.
Croque monsieur	A ham and cheese sandwich covered with a cheesy bechamel sauce and then grilled.
Dacquoise	A light sponge usually containing a mixture of nuts and whipped meringue which is quite fragile and delicate.

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Dukkah	An Egyptian condiment or dip consisting of a mixture of herbs, nuts, and spices.
Dulce de leche	A sweet, sticky caramel dessert which roughly translates as "candy made of milk".
Edamamae	Boiled or steamed immature soybeans in the pod.
Elderberry	A delicious wild berry with a flavour similar to raspberries and blackcurrants.
Farro	A food composed of grains and certain wheat species.
Fava beans	An ancient type of pea, known for their distinct flavor and creamy texture.
Finger limes	A form of citrus fruit - when opened they contain small caviar looking pearls that have an acidic centre, matched well with seafood and dessert applications.
Fior Di Latte	A semi-soft, fresh cheese made in the style of Italian mozzarella.
Fish Floss	Thin, floss like dried fish which is blended until fluffy.
Freeze dried	A dehydration process typically used to preserve a perishable material.
Friandes	A small tea cake made with almond meal, beurre noisette (brown butter) and egg white - a very moist cake with a slightly crispy outside texture.
Golden raisins	Dried white fleshed grapes.
Granola	Another term used for muesli but is usually lower in sugars and has a lighter texture.
Haloumi	A Cypriot semi-hard, unripened brined cheese made from a mixture of goat's, sheep's or cow's milk with a high melting point.
Harissa	A Tunisian paste from chilli, onions, garlic, coriander seeds and red capsicums.
Heilala vanilla	A top quality, organic and sustainable vanilla well known for its sustainability and growth of the Tongan economy in New Zealand.
Hibiscus	A refreshing syrup made from the hibiscus plant.
Hiromasa kingfish	A sustainably farmed yellowfin tuna, prized for its sashimi grade flesh.
Hummus	A dip made from chic peas, garlic, lemon, tahini, cumin and olive oil.
Ice plant	A coastal, thick, angular, heart-shaped leaf with a glistening appearance.



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Issan	A north eastern thai regional blend of spices.
Jus	A french term "in the juice" or "juice from the meat" which refers to a meat served with a light gravy made from the meat's juices.
Kakadu plums	A native fruit which is very tart in flavour.
Kalamansi	A citrus fruit similar to Yuzu or lime, very tart flavour with aromatic and floral flavours.
Katsu buns	A type of Japanese roll used for small burgers or sliders and usually made with deep fried spiced chicken pieces.
Kewpie	Japanese mayonnaise.
Kimchi	A national korean side dish made with fermented cabbage, spring onions, cucumber and chilli paste.
Kohlrabi	Part of the cabbage family - a mild, sweet flavour with a crisp, crunchy texture.
Kombucha	A japanese fermented tea made from either black or green tea with dried seaweed and fermented with SCOBY (symbiotic colony of bacteria and yeast).
Labna or Labneh	A type of soft cheese with a creamy texture similar to goats curd.
Lavosh	A thin, crunchy middle eastern bread.
Leatherwood honey	A delicate honey that is full of the flavour from the Tasmanian Leatherwood tree, a very caramelly flavour with a slight leathery tobacco flavour.
Lemon balm	A herb related to mint with a lemon scent.
Lemon myrtle	An Australian shrub with soft green leaves used fresh or dried to infuse flavour similar to lemon verbena or lemon grass into dishes.
Lemon verbena	A plant with lemon flavour similar to lemon myrtle but more subtle in flavour.
Linseed	A seed from the flax plant, high in thiamine, phosphorus and magnesium, used raw or toasted in salads and breads.
Lychee	A small, rounded fruit with a sweet flavour similar to a fruity pear.
Maca	A root plant that belongs to the radish family, most commonly available in powder form.
Madelines	A light tea cake pastry usually infused with citrus flavours.

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Manchego	A cheese made from the milk of sheep of the manchega breed, which has been aged for at least 60 days.
Mascarpone	An Italian cheese made from cream and coagulated with acid (lemon juice, vinegar).
Matcha	A finely ground powder of specially grown and processed green tea.
Medjool date	A soft and very sweet date, used as a natural unrefined sweetener and binder.
Millet	A gluten free seed similar to quinoa.
Miso	A traditional Japanese seasoning produced by fermenting soybeans with salt and the fungus <i>Aspergillus oryzae</i> .
Mortadella sausage	A large Italian sausage, flavoured with spices, including whole or ground black pepper, myrtle berries, and pistachios.
Nam jim or nam chim	Thai for "dipping sauce". It can refer to a wide variety of dipping sauces in Thai cuisine, with many of them being a combination of salty, sweet, spicy and sour.
Native thyme	A strongly, aromatic herb with a mint flavour base native to south east New South Wales.
Nduja salami	A particularly spicy, spreadable pork salami from southern Italy.
Nigiri	A small ball/ finger of sushi rice smeared with wasabi paste and topped with seafood or meat.
Nori	Japanese name for edible seaweed.
Nuoc cham	A common name for a variety of Vietnamese "dipping sauces" that are served quite frequently as condiments. Most commonly sweet, sour, salty, savoury and/or spicy sauces.
Okonomiyaki	A grilled or cooked Japanese savoury pancake containing a variety of ingredients.
Paella	A Spanish rice dish usually served straight from the pan and known for its characteristic crust on the bottom of the dish.
Pain d'espice	A blend of spices similar to gingerbread.
Pambula oysters	Sydney rock oysters from Pambula Lake, on the Far South Coast of New South Wales.
Pannacotta	A light dairy based dessert considered a custard but without the inclusion of eggs.
Parfait (sweet)	A light frozen mousse.



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Parfait (savoury)	A light, chicken mousse.
Pearl Barley	A polished version of barley after the process to remove its outer hull.
Pedro Ximenez	A white Spanish wine grape variety grown in several Spanish wine regions but most notably in the Denominación de Origen of Montilla-Moriles.
Piadini	An italian flat bread.
Pico de gallo	A fresh salsa made from tomatoes, coriander, onion and jalapeno.
Pomegranate	A fruit-bearing shrub or small tree, high in vitamin C and have a edible crunchy seed that look like little rubys.
Profiterole	A term for a choux pastry (éclair) but is small and round in shape.
Prosciutto	An Italian dry-cured ham that is usually thinly sliced and served uncooked.
Prosecco	An Italian white wine.
Provolone	Semi hard cow cheese, aged for 4 months
Quesa fresco	Creamy, soft, unaged cheese similar to cottage commonly used in latin american and mexican cuisines.
Quesadilla	A mexican wheat tortilla filled with cheeses and other ingredients.
Quinoa	A small grain regarded as a super food due to its highly packed nutritional value for its weight, gluten free.
Rangers Valley	A highly regarded New South Wales beef farm known for the high quality of its products and way of farming.
Ricotta	An Italian whey cheese made from sheep, cow, goat or Italian water buffalo milk - creamy white in appearance, and slightly sweet in taste.
Rosella flowers	A flower that is used in a similar way to hibiscus, which has a very deep red colour and a berry like flavour.
Sable	A type of pastry that is very delicate and crumbly, used for tart shells and bases on desserts.
Saffron	A spice derived from the dried stigma of the flower of the saffron crocus, most commonly used in middle eastern cooking.
Saganaki	A greek dish of pan fried/grilled kefalograviera.



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Saikou salmon	Eco-sustainably farmed and raised salmon in near perfect growing conditions, high in the Alps of the South Island of New Zealand, a very high quality sushi grade product.
Samphire	A type of vegetable/herb that looks like baby sea asparagus but has a crisp texture and a slightly salty flavour.
San choy bao	A thai dish that can be a mixture of different meats and seafood usually minced, and spiced, served in a lettuce leaf
Sea blight	A type of vegetable/herb that looks like green twigs but has a crisp texture and a slightly salty flavour - similar to Samphire.
Sea vegetables	Underwater vegetables such as kelp, wakame, kombu and nori.
Shiso leaves	A leaf that is used as a edible wrapper for different fillings.
Slider	Another term for burger, usually smaller and served on a milk roll or small brioche.
Sorrel	A perennial herb in the family Polygonaceae - other names for sorrel include spinach dock and narrow-leaved dock.
Sous vide	A cooking term that refers to the process of cooking in a temperature controlled water bath, which creates a super tender full of flavour product.
Srirracha	A type of hot sauce or chili sauce made from a paste of chili peppers, distilled vinegar, garlic, sugar, and salt.
Star anise	An asian spice, similar to licorice but more subtle, comes in a pod looking like a small star.
Sumac	Comes from the berries of a wild bush that grows in all mediterranean areas - it is an essential ingredient in Arabic cooking, being preferred to lemon for sourness and astringency.
Tapenade	A Provençal dish consisting of puréed or finely chopped olives, capers, anchovies and olive oil.
Taramaslata or taramosalata	A Greek and Turkish meze made from tarama, the salted and cured roe of cod and mixed with olive oil, lemon juice and a starchy base of bread or potatoes.
Tendrils	Young leaves stems and vines from a pea plant, also known as pea shoots.
Tomatillo	A plant of the nightshade family, also known as the Mexican husk tomato.
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.

TERM	DESCRIPTION
Umami	A category of taste in food, considered the fifth flavour and is described as "pleasant savoury taste" in Asian cuisine.
Valhrona Dulcey	A very high quality blond chocolate noted for its caramel, salted toasty flavours that can be used for chocolates, mousses and ice creams.
Valhrona Manjari	A very high quality french dark chocolate noted for its dark berry, cherry flavours can be used for chocolates, mousses and ice creams.
Verrines	A french term to describe desserts served in small glasses or containers so that you can see the layers and different textures.
Wakame	A sea vegetable, or edible seaweed which has a subtly sweet flavour and is most often served in soups and salads.
Wasabi	A Japanese root/stem like a Japanese horseradish.
Watercress	An aquatic plant with succulent leaves and stem with a mustard and pepper after tone.
Wattleseed	A native spice with a light coffee earthy flavour popular in sweet and savoury dishes.
Wombok	A Chinese cabbage, very sweet and can be eaten raw, just like lettuce.
Yakitori	A Japanese type of skewered chicken.
Yuzu	A type of Japanese citrus fruit similar to lime prized for its floral flavour and acidity.



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