

# Rise & Shine to Global Tastes

NO MORE EXCUSES FOR THE SAME BORING BREAKFAST! THINK OUTSIDE THE BOX AND TRY A BOWL BRIMMING WITH NEW INGREDIENTS AND CAPTIVATING FLAVOURS TO HELP YOU POWER THROUGH THE DAY. FROM EXCITING ANCIENT GRAINS AND RICE VARIETIES, TO A MIDDLE EASTERN-INSPIRED BREAKFAST HASH TOPPED WITH A SPICY SAUCE, THESE ARE THE GLOBAL TASTES WORTH GETTING OUT OF BED FOR.

## CONGEE THE NEW OATMEAL

EXPLORE THE SWEETER SIDE OF CONGEE. TRADITIONALLY SERVED SAVOURY, THE FAR EAST'S CREAMY RICE PORRIDGE GETS AN UNEXPECTED UPGRADE WITH EXOTIC RICE VARIETIES, WARM SPICES AND FRUIT JUICES. TOP WITH MANGO, COCONUT, A BALSAMIC DRIZZLE AND MORE.

## SORGHUM GRAIN BOWL CEREAL & MILK GROWN UP

DISCOVER THE POSSIBILITIES OF THE "NEW CEREAL." THIS GLUTEN-FREE, ANCIENT WHOLE GRAIN NATIVE TO AFRICA IS MILDLY NUTTY IN TASTE WITH A HEARTY TEXTURE. PAIR IT WITH PLANT-BASED MILKS AND AROMATIC CINNAMON AND GINGER.

## BREAKFAST HASH WITH SKHUG SAUCE

COZY UP TO A WARM AND SATISFYING BREAKFAST HASH LOADED WITH MIDDLE EASTERN SPICES AND INGREDIENTS LIKE GROUND MEAT, CHICKPEAS, ROASTED VEGGIES AND SPOONFULS OF SKHUG HOT SAUCE.

**SKHUG HOT SAUCE**  
ALSO SPELLED SCHUG OR ZHUG, CONTAINS CUMIN, CARDAMOM, CORIANDER, THAI BIRD CHILIES, GARLIC, PARSLEY, CILANTRO, OLIVE OIL & LEMON JUICE

CHICKPEA & GROUND LAMB BREAKFAST HASH WITH SKHUG SAUCE



**ROMESCO SAUCE**  
IS A MILDLY SPICY, NUTTY SPANISH SAUCE MADE WITH ROASTED RED PEPPER, SMOKED PAPRIKA AND ALMONDS

SPANISH MOJO VERDE SAUCE

# Plancha: Flat-Out Barbecuing

CREATE A SIZZLING, SMOKY SEAR AND FLAVOUR CRUST WHILE GRILLING ON THE PLANCHA, A THICK, FLAT SLAB OF CAST IRON DELIVERING INTENSE HEAT. MARRY IT WITH BOLD SAUCES, RUBS AND GLAZES AND IT'S NO WONDER WHY THE PLANCHA IS A WAY OF LIFE IN SPAIN, FRANCE'S BASQUE REGION AS WELL AS MEXICO.

## BASQUE-INSPIRED RUB WITH ESPELETTE PEPPER

FRANCE'S ESPELETTE PEPPER IS DISTINCTIVELY SMOKY, SWEET AND MILDLY HOT - PERFECT AS THE LEAD FLAVOUR IN A ZESTY RUB WITH MEDITERRANEAN HERBS TO ENHANCE GRILLED MEATS AND SEAFOOD.

## BOLD SAUCES

**MOJO VERDE:** VIBRANT SPANISH GREEN SAUCE WITH CUMIN, CILANTRO, PARSLEY AND GREEN CHILIES.  
**ADOBO NEGRO:** HYBRID MEXICAN SAUCE THAT BORROWS FROM SPICY ADOBO AND COMPLEXLY FLAVOURED MOLE NEGRO SAUCES - MADE WITH STOUT BEER, BLACK SESAME AND CHILI PEPPER.

## SHERRY WINE & VINEGAR

AS A GLAZE OR DRIZZLE, THESE SPANISH INGREDIENTS ADD A SENSATIONAL ZING TO SEARED FOODS.

MEDITERRANEAN VEGETABLE SHAKSHUKA



**SHAKSHUKA**  
IS FLAVOURED WITH SMOKED PAPRIKA, CUMIN, PEPPER, CAYENNE, TURMERIC & CARAWAY

## SHAKSHUKA

EGG YOLKS SIMMERED IN A TOMATO SAUCE INFUSED WITH SAVOURY MIDDLE EASTERN SPICES; A RUSTIC SUPPER - JUST ADD BREAD TO DIP.

## BROTH BOWLS WITH EGG

A FRIED OR POACHED EGG RESTS ATOP FLAVOURFUL INGREDIENTS COMBINED WITH HEARTY STOCK - KIMCHI CRISPY RICE BOWL, TOMATO FENNEL BOWL WITH ZUCCHINI NOODLES AND BONITO UDON BOWL.

## CURED YOLK

PACKED IN SALT AND SPICES TO CURE FOR SEVERAL DAYS, THESE YOLKS ARE A BURIED TREASURE OF UMAMI TASTE. THE RESULT IS FIRM ENOUGH TO SHAVE OVER PASTA, SALADS AND MORE.

# Egg Yolks: The Sunny Side of Flavour

EGG YOLKS LEAVE BREAKFAST BEHIND! THESE GOLDEN GEMS ADD RICHNESS AND INDULGENCE IN A SURPRISING FASHION TO A WIDE RANGE OF LUNCH AND DINNER MENUS. TAKING ON THE DIFFERENT TASTES AND STYLES OF EACH DISH, YOLKS ADD EXCITEMENT, PROTEIN AND EXCEPTIONAL FLAVOUR.



PERSIAN MINISTRONE

# Modern Med

DISCOVER THE NEW MEDITERRANEAN CUISINE OF THE 21ST CENTURY. MELDING EASTERN MEDITERRANEAN INGREDIENTS WITH WESTERN EUROPEAN CLASSICS, COOKS CAN CREATE HOMEY DISHES WITH A FRESH TAKE.

## BARBERRIES

A PRIZED TART INGREDIENT IN PERSIAN COOKING, USE THIS SMALL, RED DRIED FRUIT TO LIVEN UP BOTH SWEET AND SAVOURY DISHES.

## IT ALL STARTS WITH PASTA

PASTA IS THE FOUNDATION FOR INSPIRED, NEW CULINARY TRADITIONS: PERSIAN ASH-E RESHTEH MERGES WITH ITALIAN MINISTRONE. EASTERN MEDITERRANEAN SALT-CURED SWORDFISH JOINS GERMAN SPAETZLE. TURKISH MANTI COZIES UP WITH ITALIAN BOLOGNESE.

## BAHARAT SEASONING

EACH REGION PUTS THEIR UNIQUE STAMP ON BAHARAT SEASONING, AN INDISPENSABLE, FRAGRANT BLEND FOR EASTERN MEDITERRANEAN COOKING - TYPICALLY CONTAINS BLACK PEPPER, CUMIN, CARDAMOM, CLOVES, CORIANDER, NUTMEG AND PAPRIKA.

# Sweet on Pepper

PEPPER'S TONGUE-TINGLING, BOLD EDGE IS TEMPERED BY NATURALLY SWEET INGREDIENTS LIKE SYRUPS AND EXOTIC FRUITS. AFTER HIDING IN PLAIN SIGHT FOR SO MANY YEARS, PEPPER IS FINALLY CAPTURING THE SPOTLIGHT. ITS UP-FRONT BITE AND LINGERING SENSATION OFFER THE NEXT WAVE OF SPICY FLAVOUR.

## PEPPER + DATE SYRUP

PEPPER'S CEDAR NOTE IS COMPLEMENTED WITH THE SWEET-BROWN AND EARTHY TASTE OF DATE SYRUP. OTHER NATURAL SWEETENERS PAIR JUST AS NICELY: BROWN RICE SYRUP, SORGHUM SYRUP, BARLEY MALT SYRUP, YACON SYRUP, COCONUT NECTAR AND PILONCILLO.

## PEPPER + DRAGON FRUIT

EXOTIC, TROPICAL FRUITS LIKE DRAGON FRUIT, MANGOSTEEN, GREEN MANGO AND JACKFRUIT ACCENT THE CITRUS NOTES OF PEPPER, DELIVERING THE PERFECT SWEET HEAT COMBINATION.

## DRAGON FRUIT

IS CRUNCHY WITH A MILDLY SWEET FLAVOUR - BRIGHT PINK ON THE OUTSIDE WITH A RED OR WHITE INNER FRUIT AND BLACK SEEDS



DRAGON FRUIT & STRAWBERRY "POKE" WITH PEPPER SYRUP