

WARM UP

- 1 Do you know any typical Australian dishes?

GLOSSARY

edible *commestibile*
counterparts *equivalenti*

FOOD IN AUSTRALIA: FROM 'BARBIES' TO 'BUSH TUCKER'

It is strange that the newest Australian cuisine depends on the oldest ingredients. Aboriginals have lived off the land for over 50,000 years and cultivated a harvest of foodstuffs that are being rediscovered today. A full 20% of Australia's native plant species are edible. Bush foods were used not only for culinary purposes but for medicinal as well. Kangaroo meat, wild seeds and nuts, fruits and native vegetables have been used for thousands of years and the early settlers almost perished until they adopted the indigenous food ways. Bush spices are more pungent and stronger than their American counterparts, so ideal for barbecues and versatile in multicultural cooking.

Emerging from the shadow of Great Britain, Australia is learning it has more in common with its Asian and island neighbours because of the relative climate. Along with its tropical flavours and isolated historical culinary treasures, it is heading for centre stage internationally as a major trend.

The great national institution, the Aussie barbie (barbeque) is renowned but it is now emerging with bush ingredients from kangaroo to crocodile to bush herbs and spices. History, combined with excellent ingredients and cooks, makes Australia a food adventurer's paradise.

ACTIVITIES

READING COMPREHENSION

- 2 **PET** Read the text about food in Australia and decide if these sentences are true (T) or false (F).

- Aboriginals have lived off the land in Australia for over 50,000 years.
- 80% of Australia's native plants are edible.
- Early settlers almost died because they tried to eat Aboriginal bush food.
- Bush spices are stronger than American ones, so ideal for barbecues.
- Australian cuisine has more in common with British than oriental food.
- The barbeque is a national institution in Australia.

	T	F
1	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>
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LISTENING

- 3 **PET** Listen to somebody talking about bush herbs and spices and complete the table with the missing information.

Herb/Spice	Description	Serving suggestions
1 Dukkah	a combination of (1) _____, seeds, (2) _____ and spices	with bush (3) _____ and peanut or macadamia nut (4) _____
2 Aniseed Myrtle	combines (5) _____ flavour with a (6) _____ aftertaste	to (7) _____ white meats and seafood or (8) _____ sauces
3 Lemon Myrtle	it has a (9) _____ lemony (10) _____	used (11) _____ or dried; add it to (12) _____ to make salad dressing
4 Bush Tomato	similar to a (13) _____ tomato in flavour	use it in marinades, (14) _____, soups and casseroles
5 Wattleseed	roasted (15) _____ with an amazing coffee, chocolate and hazelnut (16) _____	use it sparingly in (17) _____, breads or (18) _____, as it has a dominating flavour

WRITING

- 4 Work in pairs. Write a list of essential Italian herbs and spices for an online food guide. Include a description of taste and aroma and suggestions for use.