

# Sweet, Savoury, Sinful

The burgeoning farm-to-table food scene in and around Adelaide

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South Australia has become a melting pot of culinary experiences, with chefs serving up innovative dishes created from fresh seasonal produce. Sensual local wines complement the spread, from fine dining to preppy picnic lunches. But where does one begin? Just follow our guide around Adelaide's smorgasbord of delights.

**Jacob's Creek** It was on the banks of Jacob's Creek that a Bavarian immigrant, Johann Gramp, planted Barossa Valley's first commercial vineyard in 1847. Today, the company claims that over one million glasses of Jacob's Creek wine are enjoyed every day in over 70 countries. Their vineyard restaurant has a seasonal menu that serves pan-fried, free-range Riverland duck livers with pickled beetroot and wild watercress. With a glass of Jacob's Creek, of course ([www.jacobscreek.com](http://www.jacobscreek.com)).



◀ **Maggie Beer Farmshop** is a good place to pick up a picnic hamper and taste celebrity chef Maggie Beer's preparations: apricots in verjuice syrup, pickled quince, tangy dried mustard pears, jams, as well as preserves and ciders made with fruits from Maggie's orchard ([www.maggibeer.com.au](http://www.maggibeer.com.au)).



▲ **Hentley Farm** is deeply linked to the flora of Seppeltsfield. For lunch, chef Lachlan Colwill plucks wild onions from the Greenock Creek flowing behind the restaurant. The kangaroo with raw celery and wild onion entrée complements the Farm's Beauty Shiraz, made from grapes that grow by the creek. Together, they set the tone for the dessert of fresh almond blossoms and wild fennel meringue with Greenock jersey cream ([www.hentleyfarm.com.au](http://www.hentleyfarm.com.au)).

◀ **Barossa Valley Cheese Company** Connoisseurs shouldn't miss the Barossa Valley Cheese Company, which offers 19 varieties of soft cow- and goat-milk cheeses, encouraging visitors to explore their tastebuds. Its washed rind cheeses have won many awards ([www.barossacheese.com.au](http://www.barossacheese.com.au)).



◀ **National Wine Centre** For a crash course in wine, visit the National Wine Centre where guests can taste over 120 wines from dispensing machines before making a purchase. It is a good way to get acquainted with the basics before visiting world-acclaimed wine regions like the Barossa Valley, McLaren Vale, Clare Valley, or Coonawarra, all of which are in South Australia. ([www.wineaustralia.com.au](http://www.wineaustralia.com.au)).



▲ **Jasmin Indian Restaurant** at Hindmarsh Square offers Malaysian-influenced Indian food prepared under the keen eye of the indefatigable founder, the 83-year-old Mrs. Anant Singh. At Jasmin, tuck into blue cheese naans served with date and tamarind chutney, or tandoori barramundi sourced from nearby Port Lincoln ([jasmin.com.au](http://jasmin.com.au)).

▲ **Penfolds** is an iconic Australian brand, established in 1844 at Magill Estate. It is best known for the Penfolds Grange wine, first produced in 1951. Visitors can take tours of the estate, capped with lunch at the renovated Penfolds Magill Estate restaurant, a glass enclave amidst a tapestry of vines ([www.penfolds.com](http://www.penfolds.com)).



▲ **FermentAsian's** inspired fare has a near-cult following. Its menu features dishes like *thit lon cuon lá lot*, made with fresh betel leaves and sticky caramelised Berkshire pork. The six-course tasting menu showcases the delicate flavours FermentAsian is known for. Chef-owner Tuoi Do's idea is to stay true to the tenets of Vietnamese cuisine "but harness the quality of local Barossan ingredients" ([www.fermentasian.com.au](http://www.fermentasian.com.au)).

## Market Watch

▲ **Adelaide Central Market's** sumptuous spread includes fruits and vegetables, oysters and olive oils, gourmet cheeses and chocolates, sweets and spices, even hormone-free smoked meats. Stock up on native ingredients like aniseed myrtle, sea parsley, river mint, mountain pepper, and saltbush, traditionally used by Australia's indigenous people, and known in the city's cafés as "bush tucker". Most of the produce is sourced from within a 100-km radius and sold directly to the consumer.



Chefs from across the city and outskirts come here to source seasonal produce and give cooking demonstrations. Mark Gleeson, chef and stall-holder for over 23 years, conducts food tours ([www.centralmarkettour.com.au](http://www.centralmarkettour.com.au)).



▲ **Haigh's Chocolates**, Australia's oldest (established in 1915) chocolate makers, echoes this farm-to-table sentiment. They're known for honeycomb brownies, and their use of indigenous produce, like wattleseeds (from Australian acacias) and quandong berries from native Santalum acuminatum trees ([www.haighschocolates.com.au](http://www.haighschocolates.com.au)).



COURTESY HAIGH'S CHOCOLATE (SPECKLED CHOCOLATE)