

SAMPLE THE FLAVOURS OF SPRING AT BISTRO-FAX AND ABX.

A new season has begun bringing succulent Spring lamb, new season asparagus, juicy sweet pink grapefruit and blood oranges to the menu. Learn a little more about the best of that produce and other Spring flavours below.

Spring

Asparagus

Asparagus is a delicate vegetable available in 3 colours, white, green and purple. Green and white are actually the same variety, white is harvested while still under ground, the green colour develops with exposure to sunlight. Purple contains more sugar and has a slightly fruity flavour.



Tip - to buy, look for smooth firm stems, their heads should be full and tightly formed.

Health - asparagus is a good source of folate - one of the B vitamins and also Vitamin C.

Pink Grapefruit

Pink grapefruit are a rosy-hued relative of the yellow grapefruit. They are similar in shape and size to the yellow grapefruit but their skin is orange coloured with a rosy pink blush. The flesh is juicy and sweet with a slight acidity.



Tip - to buy, look for grapefruit that feel relatively heavy for their size with shiny yellow orange skin and the pink blush.

Health - pink grapefruit are a good source of Vitamin C.

Blood Oranges

Blood Oranges are a variety of orange with crimson, blood coloured flesh. The fruit is smaller than an average orange.



Tip - to buy, select oranges that feel heavy for their size and have unblemished skin.

Health - oranges are well known for being a good source of Vitamin C.

Lamb

Our Spring lamb is from western NSW. They are high quality Dorper Cross and are 100% organic.

Wine of the Month

As September leads off the Spring season the menu is complemented with a promotion by the Little Wine Company as "Wine of the Month" featuring Semillon and Shiraz Viognier.

Wine by Brown Brothers and Thomas Wines will follow in the subsequent months of the season.

When purchasing a bottle from the "Wine of the Month" selection there is also the chance to win an overnight stay at the hotel!

The "Wine of the Month" features in both Bistro-Fax restaurant and ABX bar.



Cocktail of the Month

The ABX bar also celebrates Spring with the classic Cuban Mojito featuring as "Cocktail of the Month" for September.

The Mojito is made with mint, rum, sugar, lime juice and club soda.

The flavours of the cocktail are complemented with a matching canapé. A delicate seared scallop dressed with lime and coriander.

What's Cooking – Caramelised Blood Orange with Frozen White Chocolate Parfait

80g castor sugar, 6 egg yolks, 120g white chocolate, 175ml fresh cream, 6 blood oranges, 280g castor sugar

For the parfait – place egg yolks and castor sugar in stainless steel bowl over a pot of simmering water. Slowly whisk until it becomes thick and frothy, remove and keep warm. Melt the chocolate and carefully fold into the egg mix. Whisk the cream to a soft peak and fold into the chocolate egg mix. Line the desired moulds with glad wrap overlapping the edge (this will ease the removal later once set). Pour the mixture into the moulds and place in the freezer till firm.

For the oranges – peel the oranges and remove the pith, cut into ½ cm thick rounds and place on a stainless steel tray. Place the 280g of sugar in a saucepan with a little water and bring to a simmer till the sugar starts to dissolve. Increase the temperature until it starts to caramelize. Pour over the orange slices, cover with glad wrap and store in the fridge overnight.

To serve – arrange the orange slices on a plate, remove the parfait from the moulds and place on top of the caramelised oranges.

ABX BAR

Bistro-Fax - breakfast, lunch & dinner Monday to Friday - breakfast & dinner Saturday & Sunday.
ABX - open daily till late.

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BISTRO-FAX