



Wattleseed & brown rice with saltbush and carrot

Recipe by Rees Campbell

INGREDIENTS

- 1 cup brown rice
- 1 Tbsp ground roast wattleseed
- 1 onion (chopped finely)
- 1 Tbsp butter
- ¼ cup orange juice
- Salt
- 2 cups boiling water
- 2 cups saltbush leaves 2 carrots (lovely to use varied colours)

DIRECTIONS

1. Melt butter in a large lidded saucepan at high temp.
2. Sauté onion for a couple of minutes.
3. Boil the kettle while the onion is cooking.
4. Add wattleseed to onion and butter and stir it in
5. Add rice, and stir until it is all coated in butter and starting to change colour.
6. Pour boiling water over, and stir all together. Be careful as it will hiss and spit!
7. Immediately turn heat to very low, cover with lid, and cook on very low heat for 30–45 minutes, until the rice is soft.
8. At 30 minutes, check the rice isn't sticking to the bottom of the pot; and add a little more water if necessary. A few minutes prior to serving, add the orange juice and check for seasoning.



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DIRECTIONS CONTINUED

5. While the rice is cooking, prep the vegetables.
6. Blanch the saltbush leaves by placing in boiling water for 30 seconds, then plunge into cold.
7. Drain them thoroughly. Thinly slice or julienne the carrots.
8. Melt some more butter in a pan. Add the carrots, and cook for several minutes until just crunchy.
9. Turn heat up, and toss in the saltbush leaves for 2 minutes, stirring often.
10. Mix together with the rice, or serve separately.

Using and preparing wattleseed

All acacia species in Tasmania have edible seed, but the best tasting comes from the coastal wattle (*Acacia sophorae*). To collect dry seed, wait until the pods are starting to open and curl in summer. Gather the pods and separate the seeds out. Place in single thickness on oven trays and roast at 125°C for about 10 minutes, or until the lovely roast nut smell is obvious. It's good if the seed is unevenly roasted as the milder the roast, the more nutty the taste; the darker the roast, the more coffee flavour. After cooling, grind the seed to a desired level of coarseness — again it's good to have a range of consistency. Wattleseed is very hard, but a mortar and pestle works well, or a thermomix style machine; but it makes a blender work hard. You can store wattleseed raw, roasted or ground in glass jars in a dark place for a long period – several years is fine



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Wattleseed Custard

Recipe by Rees Campbell

INGREDIENTS

- 3 Tbsp fine ground roasted wattleseed
- ¼ cup boiling water
- 3 eggs
- 1/3 cup sugar
- 1 dessertspoon cornflour
- 1/2 cup + 1 litre milk

DIRECTIONS

1. Put wattleseed in a cup and pour over the boiling water. Set aside while you cook the custard.
2. Whisk together eggs, sugar, cornflour and ½ cup milk in a saucepan.
3. When mixture is smooth, mix in up to 1 litre more milk.
4. Cook slowly, stirring constantly until mixture thickens, and a couple of boil bubbles come to the surface.
5. Take off the heat. Mix in the soaked wattleseed. This is delicious over any fruit – fresh or preserved. We're having it here with some united nations stewed fruit... apple (Asian) Myrtus berry (Sth American) Coprosma quadrifida and Dianella revoluta native to Tasmania. Lightly toast spices, grind.



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