

Recipes To  
Share.

GREAT  
WALKS  
of Australia







## Welcome to Recipes To Share from Great Walks Of Australia.

Hiking through a majestic ancient forest, wandering along a remote white sand beach glistening with crystal clear waters, climbing a range to take in glorious wilderness stretching as far as the eye can see, watching millions of stars under outback skies at night... These are but some of the enduring moments that you'll likely take home with you after an adventure on one of the Great Walks Of Australia.

Yet as sensational as these are, the memories don't stop with just the landscapes and places you experience. The culinary adventures that sustain you on our Great Walks journeys are always every bit as unforgettable as the ones made on the trail.

Whether it's toasting the day's highlights over a sunset beer and freshly shucked oysters, sharing stories with fellow walkers over a bowl of noodles and steaming laksa, or tucking into damper and a hearty slow cooked ragu, beautiful meals are an important part of our journeys, satisfying ravenous appetites created after a big day walking in fresh air and enriching down time spent relaxing.

Meals on these journeys are always generous and designed to delight guests, showcasing a bounty of the highest quality and freshest local produce available, and each region's best-in-class growers, producers and providores.

In fact, the food and wine on the Great Walks Of Australia are such a highlight for many of our guests, they rightfully point out that it's a good thing that you walk as much as you do, after fuelling yourself with such plentiful eating!

No matter if they're prepared by chefs in one of the lodges or our talented kitchen-savvy guides over a campfire, your plate filled with a freshly baked rack of lamb in the outback or a BBQ baked salmon beachside, these might just be the greatest food experiences you can have anywhere in the world while hiking out in the wilderness.

We invite you to try a taste of the Great Walks Of Australia, with some of our most requested and loved recipes from each of our 12 inspiring multi-day guided walks around the country. Relive the memories when you create these dishes for yourself, or be inspired by some of the food that will create fabulous new ones on your next walk with us.

**Happy cooking!**



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DF | Dairy Free  
GF | Gluten Free  
V | Vegan

Cover photo by Nikki To @ Seven Peaks Walk





A group of eight people are gathered around a long wooden table on a deck, enjoying a meal. The table is set with white dishes, glassware, and a centerpiece of flowers. The people are dressed in casual attire, and some are holding drinks. The background features a modern wooden building with large windows and a chimney, surrounded by lush greenery and trees. The sky is blue with scattered white clouds. The overall atmosphere is warm and inviting.

# Starters





# Classic Larapinta Trek In Comfort

N O R T H E R N   T E R R I T O R Y

[MORE INFO](#)

It's the journey of a lifetime, hiking and soaking in the ethereal desert landscapes of the red centre on the famous Classic Larapinta Trek In Comfort in Northern Territory.

Departing from Alice Springs, you'll hike over six days to see the natural beauty of Simpsons Gap, Standley Chasm and Ormiston Pound, returning to the relaxed comfort of safari eco-tents each night. Sunrise awakens the senses, as light creeps quietly over the ochre plains and you get to witness the magnificent West MacDonnell Ranges at dawn.

You'll be nourished with delicious healthy meals along the way, prepared from fresh produce and cooked on the BBQ, as you dine under millions of stars. Trust us, it's a view you'll never forget!

## Damper

(GF, V)

Damper has long been a favourite of Australians out in the bush and we're no different. Simple in nature but delicious in taste, damper has a rich history in Central Australia being a mainstay in the diet of Indigenous Australians for over 40,000 years.

For this recipe we go back to basics, with just self-raising flour, salt and water.

Our guides love to get inventive with this dish, adding in small extras that expand the taste. A favourite is adding Wattleseed, a popular bush super food in Central Australia. The simple yet mighty Wattleseed is a great natural source of protein.

With damper the sky is the limit with other additional options being olives, sundried tomatoes, feta, prosciutto, lemon myrtle and anything else you can imagine. Although we commonly served damper as a savoury side to a roast dinner, we've even tested out the sweet side of this versatile bread on occasion with a chocolate and raspberry damper.

Serves 12

### Ingredients

3 cups of self-raising flour  
Pinch of salt  
¾ cup of water

### Method

1. Combine flour, salt and any extras you wish into a large mixing bowl.
2. Add the water to the flour mixture using your hands to bring the mixture together. Add 1-2 tablespoons more water if mixture is too dry.
3. Sprinkle some flour onto a surface area and kneed the mixture for 1-2 minutes until smooth.
4. Cover mixture and allow to rise for 1-2 hours.
5. Break mixture into sections and roll into balls similar in size to a tennis ball.
6. Place balls together with sides touching in a circle display inside a cast iron camp-oven.
7. Place a small amount of coals from your campfire on the ground to the side of your fire. Place camp-oven with damper on top. Circle the outside edges of the camp-oven with more coals, this is where you'll want the most. Lastly place a small amount of coals on top of the camp-oven. Check every 15 minutes until the damper is cooked through. Be careful to not burn the top or bottom by managing your coals.
8. Allow to cool for 5-10 minutes. Serve with butter and enjoy.







# Seven Peaks Walk

L O R D   H O W E   I S L A N D

[MORE INFO](#)

A two-hour flight from Sydney, another world awaits with the fascinating and magical five-day Seven Peaks Walk on the UNESCO World Heritage listed Lord Howe Island.

Conquering a different walk each day, you'll explore sub-tropical forests, roam along rugged sea cliffs and scale those famed Seven Peaks. Beachcomb pristine sands, swim in crystal clear waters and revel in this ancient nature wonderland Sir David Attenborough said is "so extraordinary it is almost unbelievable."

Not just renowned for its walking, Seven Peaks Walk's exceptional repertoire of gourmet food and wine further elevates this trip to impressive heights.

## Peter Kuruvita's Beetroot Curry

(V)

We're incredibly lucky to have had Peter Kuruvita as a guest chef at Pinetrees Lodge, your accommodation on the Seven Peaks Walk. For us, the best part was having his family to our house for dinner!

Pete was born in the UK, raised in Sri Lanka, escaped the civil war, settled in one of Sydney's roughest suburbs, and then – somehow – ended up at a Three Michelin Star restaurant in London after only a few years of professional cooking.

He's since gone on to run some of Australia's best restaurants (including Bilsons in Sydney with our former Executive Chef, Paul Brown) and write best-selling cookbooks. He's also hosted three highly acclaimed TV series, and his travelogues are just as good as his food.

Pete's authentic Sri Lankan recipes are earthy, spicy and simple to make. This beetroot curry is one of our favourites.

**Serves 4**

### Ingredients

350g small beetroots, washed, trimmed, stems reserved if desired  
50g ghee  
1 large onion, finely chopped  
2 small green chillies, finely chopped  
3 cm piece pandanus leaf  
1 sprig curry leaves, leaves picked  
2 garlic cloves, thinly sliced  
1 cinnamon stick  
1 teaspoon ground coriander  
1 teaspoon chilli powder  
3 teaspoon white vinegar  
1 teaspoon caster sugar  
200ml coconut milk  
1 tablespoon toasted coconut

### Method

1. Cut the beetroots and stems if using into 1cm pieces.
2. Heat the ghee in a heavy-based saucepan over medium heat and cook the onion and green chilli for 6-8 minutes or until translucent.
3. Add the pandanus leaf, curry leaves and garlic and cook for another 3 minutes or until fragrant.
4. Add the remaining ingredients, cover, and simmer over very low heat, stirring occasionally for 15-20 minutes or until the beetroot is tender.
5. Season to taste and serve.
6. Garnish with toasted coconut





# Mains





## Maria Island Walk

T A S M A N I A

[MORE INFO](#)

Discover pristine wilderness and some of the greatest wildlife viewing in Australia on a beautiful island national park with Maria Island Walk.

Located just off the east coast of Tasmania, Maria Island is home to scores of native wildlife and plants species, spectacular views, dramatic patterned sandstone sea cliffs, and World Heritage listed convict sites. Led by local guides, you'll experience near untouched beaches, grand stands of ancient Tasmanian gums and climb mountain peaks (if you choose) through rare cloud rainforests.

Meet wombats (the best place in the world to see them), wallabies and witness amazing endemic birdlife. If you're lucky, you might even see Tasmanian Devils! Then be rewarded for each day's walking efforts with a relaxing candlelit dinner, savouring Tasmania's phenomenal seafood and local produce.

### *Tasmanian Scallops with Saffron Risotto*

The menus on The Maria Island Walk are created in collaboration with our guides, some of whom are professionally trained chefs. Every meal is made with the finest Tasmanian produce and our guests love this commitment to supporting local producers!

This risotto showcases the superb, fresh seafood that our state is so renowned for and matches perfectly with a glass of Riesling from Tasmania's east coast.

**Serves 5**

#### Ingredients

500g Tasmanian scallops  
1.5 cloves of garlic  
1 medium onion – finely chopped  
Approx. 5 x 1/3 cups risotto rice  
(just under 1/3 cup per person)  
2 Tbsp olive oil  
3 Tbsp unsalted butter  
½ cup chardonnay  
1 bay leaf (remove before serving)  
1/2 bunch chives – chopped  
2 x bunch asparagus – woody ends  
cut off and cut in 2cm long pieces  
A good pinch of saffron – soaked in  
the stock  
5 cups of vegetable stock  
1 lemon – juiced  
2 Tbsp Italian parsley – finely  
chopped

#### Method

1. Blanch the asparagus in water for 2-3 minutes. Refresh in cold water. Add the cooking water for the stock if desired.
2. Bring the vegetable stock to a simmer. It shouldn't be boiling, just barely simmering, otherwise it gets too strong.
3. Heat 4 Tbsp of the butter and oil in an 8 litre saucepan and cook onions and garlic until soft but not coloured – about 2-3 minutes.
4. Add the rice to the saucepan. Stir well and cook on medium heat for 2 minutes.
5. Add the chardonnay and stir well until all wine, butter and olive oil has been absorbed into the rice.
6. After a minute or so, add the hot stock a ladle full at a time, stirring constantly between additions until the stock is absorbed.
7. Cook for 15-20 minutes, or until rice is cooked but each grain is still slightly firm in the centre.
8. About 3-4 minutes before the rice is cooked, add the cooked asparagus and chopped parsley (leaves only).
9. Once the rice is done, add half the chopped chives, 2 tbsp butter and a dash of lemon juice. Taste and adjust with salt and pepper if needed. Stir well and set aside for ten minutes until the scallops are cooked.
10. Pat the scallops dry on a paper towel. Cook using canola oil on high heat.
11. To serve, place risotto on plate and top with scallops. Sprinkle the other half of the chives over the top of the risotto as a garnish.

**Vegetarian option.** Ingredients and cooking method as per scallop risotto but use mushrooms. Cook mushrooms in butter and add some oregano and basil and serve as per above.







# The Arkaba Walk

SOUTH AUSTRALIA

MORE INFO

The sweeping outback landscapes of the commanding Flinders Ranges with its rugged escarpments, rolling hills and 600 million years of geological history are the heroes of the four-day Arkaba Walk.

This former 63,000 km sheep station is now a nature conservancy, led by a passionate team showcasing this extraordinary part of outback Australia. Feel at one with the land as your guides lead you through iconic Wilpena Pound, alongside idyllic creek beds, over grass plains, into outback woodlands, never losing sight of endless mountain views. And enjoy the very special experience of sleeping in deluxe ‘star beds’ under the Milky Way, as well as spending a night in Arkaba’s luxury homestead.

Each day, you’ll savour chef-prepared meals and handpicked wines highlighting the best of South Australia, to satiate you after a big day adventuring.

## Luke Smith’s Braised Lamb Shoulder

Saltbush lamb (lamb fed on saltbush plants) is the heralding meat of the Flinders Ranges.

On the Arkaba Walk, we respect this succulent meat by slow cooking it to bring out its rich, buttery complex flavour profile. We serve saltbush lamb in many ways. One of which is a slow roasted lamb shoulder that adds a charming Flinders Ranges homestead feel to the dish. This recipe for braised shoulder is versatile and can be used at home in numerous ways such as pasta dishes or stews.

We often serve a dish of saltbush lamb two ways: this delicious lamb shoulder, along with a dijon and chickpea crumbed lamb rack, pickled red cabbage, glazed carrots, toasted leek and confit potato.

Serves 6

### Ingredients

- 1.5kg lamb shoulder, bone in
- 2 carrots
- 2 onions
- 1 stick of celery
- 1 leek
- 2 bay leaves
- ½ teaspoon dry mustard seeds
- ½ teaspoon dry peppercorns
- ½ teaspoon juniper berry
- 1 tablespoon brown sugar
- ½ cup balsamic vinegar
- 500ml of veal stock
- 200ml good Barossa Valley shiraz
- ½ bunch thyme

### Method

1. Pre-heat the oven to 130°C then roughly cut carrots, onions, celery and leeks and set aside.
2. Heat up a pot large enough to hold the whole shoulder with a couple of tablespoons of oil. Liberally season the lamb shoulder with salt and cracked pepper. When the pot is hot add the shoulder, and seal the meat until golden then remove from the heat and set aside in a large casserole dish.
3. Reheat the pot, add the prepared vegetables, dry aromats and sauté until lightly browned. Deglaze the pan with red wine and simmer for 1 minute before adding brown sugar, balsamic vinegar, veal stock and thyme. Simmer for a further 5 minutes.
4. Pour the stock over the shoulder and add water until the meat is fully submerged then cover with baking paper and aluminium foil.
5. Place in the oven and slowly braise for 6-7 hours until tender and falling of the bone. Once cooked remove from the oven and gently remove shoulder from braising liquid and set aside.
6. Return the braising liquid to a pot and reduce until thick.
7. Pull the meat from the bone and add to the stock and serve.







## Cradle Mountain Huts Walk

T A S M A N I A

[MORE INFO](#)

It's a world-famous walk and on a number of people's bucket lists for good reason!

The six-day Cradle Mountain Huts Walk through this UNESCO World Heritage listed part of Tasmania is a veritable feast for the senses. Step into this natural paradise and experience lush green pastures, glacial plains, alpine meadows, undulating valleys, dolerite columns, cool waterfalls and rivers, and extraordinary old-growth forests. It's also a perfect place to experience abundant wildlife; chance upon wombats, pademelons, echidnas and even Tasmanian Devils.

After spending your days immersed in breathtaking scenery, relax at night in the comfort and warmth of private huts, where inspired three course dining and Tasmanian wines nourish an appetite created by the fresh air of the Tasmanian Wilderness.

### *Slow-Cooked Tomato Sauce with Penne*

(V)

The menu on our Cradle Mountain Huts Walk is a logistical feat, as we can only stock the huts with dry goods by helicopter twice per year. That means our trusty guides must carry in the fresh produce they need for each walk with them.

We have worked with our Executive Chef to come up with a fantastic menu, which is as inspiring as the locations they are enjoyed in. And our dinners of course taste all the better with a glass of one of our great local Tasmanian wines in hand.

This deeply flavoured, robust slow-cooked tomato sauce packs in some serious flavour for vegetarians and is enjoyed in our cosy hut in front of the fire.

**Serves 6**

#### Ingredients

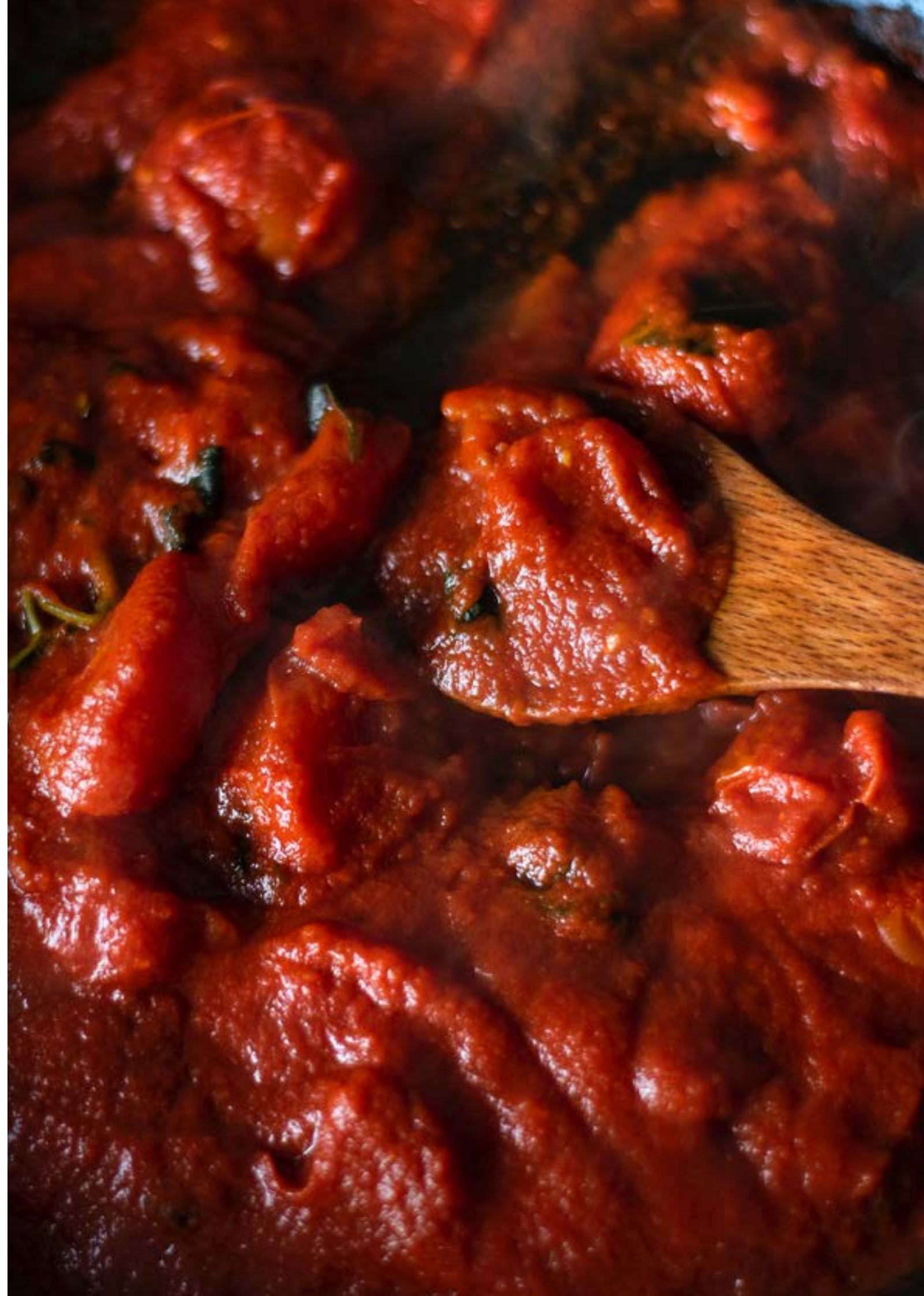
1.5 Tbsp vegetable oil  
1 onion, finely chopped  
2 cloves garlic, crushed  
1500g tinned tomatoes  
1 x 400g jar roasted red capsicums  
1/2 Tbsp brown sugar  
1 cup good red wine  
1/3 cup capers  
1 cup sliced olives  
Salt and pepper to taste

#### To serve

Penne pasta for 6  
1/2 bunch shredded basil  
50g shaved parmesan cheese

#### Method

1. Heat oil in saucepan, add garlic and onion, sauce until soft.
2. Add tomatoes, capsicum, pepper, red wine, and sugar.
3. Mix well and let simmer for at least 2 hours. NOTE: The longer you cook this sauce, the better!
4. Once much of the liquid has evaporated and mixture starts to look thick, add capers and olives.
5. Serve with penne pasta, basil and parmesan.







# Bay of Fires Lodge Walk

T A S M A N I A

[MORE INFO](#)

The azure seas, the whitest of sands, beautiful coastal heaths and red lichen-covered boulders of Tasmania's north-eastern tip create an enchanting palette of natural beauty on the four-day Bay of Fires Lodge Walk.

Feel like the only people in this serene, secluded wilderness, as you weave in and out of hidden coves, wander through eucalypt forests, along sand dunes and down the stunning beaches of the Bay of Fires. You can even enjoy an excursion kayaking, fantastic to witness the native birdlife of Ansons Bay.

After a night at Forester Beach Camp, kick back and relax in the simple elegance of the award-winning Bay of Fires Lodge, where meals created from superb Tasmanian produce will replenish and invigorate, alongside world-class Tasmanian wines.

## Crispy Skinned Chicken with Laksa Sauce

We are so lucky at the Bay of Fires to be surrounded by some of the highest quality produce in Australia. This means we can serve up the freshest of the fresh, which is such a highlight for our guests.

We use lovely free-range chicken in this chicken with laksa sauce, which is considered Tasmania's best and sourced from Marion's Bay. This dish goes really well with our Little Rivers beer, which is brewed just down the road in Scottsdale, or with one of our wines from the Tamar Valley.

Serves 6

### Ingredients

#### Laksa Sauce:

- 1/4 jar Laksa paste
- 500ml coconut milk
- 1 bunch of coriander root
- Lemongrass stalk – gently bashed and tied with rubber-band
- 1/4 sweet potato
- 1/4 pumpkin
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 1/2 large brown onion
- 1-2 carrots

#### Scented Rice:

- Jasmine rice for 6
- 1/4 bunch of chopped basil leaves
- 1 Tbsp butter (or nuttelex)
- 1/2 tsp lemon zest

#### Chicken:

- 6 chicken thighs
- Olive oil
- 1 Tbsp soy sauce
- 1/2 teaspoon sesame seeds
- Salt & Pepper

#### To Serve:

- 6 broccolini stalks
- Crispy fried shallots
- Picked coriander leaves
- Thinly sliced red chilli

### Method

#### Laksa Sauce

1. Dice onion and coriander root and gently fry in saucepan. Season.
2. Add diced (1cm cube) sweet potato, pumpkin and carrots to saucepan and mix.
3. Add lemongrass stalk, laksa paste and gently stir through vegetables – allowing all the pieces to coat in paste- cook for 2-3 minutes
4. Add coconut milk to saucepan and gently stir (you may need to add a bit more water if needed)
5. Gently simmer for 10 minutes on low heat (do not boil)
6. Season sauce to taste

#### Scented Rice

1. Cook jasmine rice absorption method with lemon zest added to water- once rice is screaming at you take off heat. Cover with clean tea towel, place the lid on and sit for 15 minutes.
2. After 10-15 minutes add basil.
3. Add butter and fluff rice with a fork gently
4. Cover with the lid again.

#### Chicken

1. Marinate chicken thighs in oil, salt, pepper, sesame seeds and soy.
2. Grill on the BBQ or in the oven or fry in a pan.

#### Broccolini

1. Blanch broccolini spears in boiling water.
2. Drain them and transfer them to a metal bowl.
3. If desired, coat them in oil, salt and pepper and chargrill spears on the BBQ.

To serve, place a serve of rice on a plate, top chicken thigh, one ladle of laksa sauce, broccolini and garnish with shallots, coriander and chilli.

**Vegetarian Option.** Substitute chicken for grilled vegetables and tofu.







## Twelve Apostles Lodge Walk

V I C T O R I A

[MORE INFO](#)

Get up close to nature's drama of the iconic Great Ocean Road coastline on the four-day Twelve Apostle Lodge Walk. Stay in the Twelve Apostles Lodge and strike out each day to discover the epic rugged coastline known for shipwrecks, sheer cliffs and limestone stacks carved by the tempestuous Southern Ocean. Our experienced guides will also show the little-known other highlights of the area, including grass tree forests, wildflowers in season, towering Eucalypt forests, and secret coves and caves. And say hello to a delightful parade of native wildlife you'll witness along the way, possibly including fur seals, kangaroos and koalas.

You'll also enjoy sumptuous healthy regional foods prepared by the lodges' chef, including dinners paired with Victoria's pick of top wines.

### *World Famous Slow-Cooked Beef Ragu with Pappardelle*

After a big day of walking, you're ready to tuck into something substantial and hearty.

We start by slow cooking our locally sourced beef cheeks for 2.5 hours, at really low temperature to achieve melt in the mouth, fork friendly bites. From there we blend it in with some Otway fresh pappardelle pasta & garnish with parmesan cheese and parsley, picked fresh from the lodge's herb garden.

**Serves 10**

#### Ingredients

1kg beef cheeks  
2 brown onions diced  
8 garlic cloves grated  
3 carrots grated  
5 celery stalks chopped  
5 sage springs  
5 bay leaves  
2 cinnamon sticks  
3 tablespoons tomato paste  
750ml white wine  
12cm strip of orange zest  
900g whole crushed peeled tomatoes  
1litre beef stock

#### Method

1. Season beef cheeks with salt and pepper.
2. Heat oil in a big pan, add beef cheeks and cook for 8 minutes from each side, remove on a side plate.
3. Return the pan to the medium heat, add garlic onion, carrot, celery, bay leaves, sage and cinnamon and cook until vegetables are soft stirring occasionally (20 minutes).
4. Pour the wine and stir to deglaze. Then cook off the alcohol (5-7 minutes)
5. Bring to the boil, add stock, season well. Leave on stove for five minutes.
6. Add tomatoes and orange zest, stir until combined and cook for another five minutes.
7. Transfer all to big ovenproof dish, add beef cheeks, cover them with sauce and place in the oven for 2.5hours (180 degrees).
8. Remove from the oven when meat is tender, and shred meat into small pieces.
9. Take herbs and cinnamon from the sauce.
10. Return shredded meat into the sauce, transfer to big saucepan and mix well.
11. Prepare pappardelle pasta, drain from the water and mix with ragu.
12. Serve sprinkled with shredded parmesan and chopped parsley.







# Desserts





# Murray River Walk

SOUTH AUSTRALIA

MORE INFO

The natural beauty of the Murray River – one of the world’s longest rivers – and its outback surrounds, where waterbirds and wildlife abound, and lagoons and creeks meander through ancient red gum forests, make for a truly unique and special place to hike.

Feel a connection to country, as you walk along towering red ochre cliffs carved by ancient oceans, explore the important Riverland Ramsar wetland, and learn the heritage of the area’s traditional owners, as well as its pastoralists and famous paddle steamers.

Stay aboard a modern houseboat that cruises down the river to the start of each day’s walk and savour the rivers culinary journey, created with fantastic produce from the region known as Australia’s food bowl.

## Riverland Orange Pudding

The Riverland region is fondly referred to as South Australia’s fruit bowl and is the third largest citrus growing region in Australia. With orchards everywhere nearby, there is no shortage of delicious juicy oranges or mandarins come winter, ripening just in time for our walking season, and naturally we showcase them on our menu.

Each week we pick oranges and mandarins fresh from the farm tree, and they become a star ingredient in our signature dessert – Riverland Pudding. This is our take on the classic bread and butter pudding, our homage to the humble Riverland orange.

Guests always comment on how sweeter and juicier the oranges on our tours are compared to what they can buy at home, one of the perks of sourcing local produce straight from the farm gate – or tree in our case!

Serves 12

### Ingredients

#### Oranges, around 6 in total:

Zest of 1 orange  
1-2 oranges, peeled, sliced in rounds, to go on the base of the ramekin.  
3 oranges, peeled, segmented

#### Bread:

1 Tbsp of melted butter for greasing ramekins (apply with brush)  
Spray olive oil for greasing ramekins  
1 loaf white bread, crusts removed  
150g melted butter

#### Cream:

225g orange marmalade, warmed  
3 eggs  
500ml (2 cups) thickened cream  
100g caster sugar

#### To garnish:

3 Tbsp brown sugar, for use on the bottom of the ramekin - will glaze the tops of the puddings  
Toasted almond flakes

### Method:

1. Preheat the oven to 150-180 degrees
2. Melt the 1 Tbsp butter and brush 12 x 5-8cm ramekins (or spray with olive oil)
3. Sprinkle some brown sugar in the base of the ramekins
4. Using the zest tool, remove the rind of 1 orange, zest into short pieces
5. Remove the rind from 2 oranges and slice into rounds
6. Place a slice of orange into the base of each ramekin
7. Remove rind from the final 3 oranges and cut the flesh into segments (roughly) and place into a large mixing bowl.
8. Cut bread into small (2cm) chunks and place in a large bowl with the orange segments
9. Warm the marmalade and 150g of butter gently on stove or in microwave.
10. Pour into the bowl with the bread and oranges, carefully mix to combine.
11. Place portions of the bread and orange mix into each ramekin, making sure they are even.
12. In a separate bowl, beat together rind, eggs, cream and caster sugar. Divide the cream & sugar mix between each ramekin equally, over the bread mix.
13. Bake for 20 minutes.
14. Run a rubber spatula around the outside of the puddings. Place a ramekin, open side down into a bowl. Gently tap it against the bowl and slowly lift so that the pudding comes out neatly. It should resemble the shape of the ramekin.
15. To serve, place a generous dollop of double thick cream around the edge of the pudding, sprinkle freshly toasted crushed almonds on top and garnish with fresh orange zest and orange segments







## Three Capes Lodge Walk

T A S M A N I A

[MORE INFO](#)

If big doses of fresh salty winds, remarkable geology and untouched native forests make for your kind of walking bliss, then the epic four-day Three Capes Lodge Walk on the Tasman Peninsula is beckoning you to come closer.

Sheer dolerite cliffs, wild remote beaches and constant sea views are a feature of this thrilling walk, with nothing in between you and Antarctica but the Southern Ocean. Trek through coastal woodlands, silver gum forests, and descend and ascend the heights of the tallest sea cliffs in the Southern Hemisphere. It's pure adventure in sensational, pure wilderness.

You'll also enjoy unwinding in the comfort of beautiful, architect-designed, private eco-lodges and indulging in some of Tasmania's most delicious produce on this walking journey, designed to inspire, revive and refresh.

### Plum, Elderberry and Almond Tart

(DF)

Be ready for some amazing food on the Three Capes Lodge Walk. Prepared from locally sourced ingredients, all food, wine, beer, tea and coffee has been carefully selected from wonderful Tasmanian providers and growers.

This Elderberry and Plum Tart, served at Cape Pillar Lodge, is made using flavours from Ashbolt Farm in the Derwent Valley. The current custodians, Robert and Anne Ashbolt have been caring for this farm since 1980, and have a high-value, low-impact, sustainable approach to farm practices.

Just the sort to partner with alongside Steve's eggs from Golden Free Range picked up in Acton, on the way to the "ninch" (Tasman Peninsula), and flour from Tas Flour Mills, a long-time partner responsible in part for our freshly baked bread (we say in part because it is, of course, our guides that make it so good).

Serves 12

#### Ingredients

390g Nuttelex (or butter)  
1 1/3 cup caster sugar  
2 limes, zested  
1 tbsp vanilla essence  
6 eggs, beaten  
2 cups almond meal  
2 cups flaked almonds  
1 1/2 cups plain flour, sifted  
1 1/2 tsp baking powder, sifted  
1/4 tin plums, drained, pat dry with paper towel  
100ml elderflower concentrate  
300ml cream

**Note:** to make gluten free, substitute gluten free flour

#### Method

1. Preheat the oven to 160°C.
2. Grease a 26 cm fluted tart tin and line base with baking paper.
3. Using a wooden spoon whip the butter, sugar, lime zest and vanilla, until it turns white/ light in colour. (tip: the lighter the colour the better so really give it to it!)
4. Stir in one egg at a time until well combined.
5. Now, sift the flour and gently stir in all other dry ingredients. Try not to over mix, the less stirring the better.
6. Gently spoon mixture into the tart tin and spread out evenly.
7. Remove the pips and press the plums halfway down into the almond mixture.
8. Place on a baking tray and bake for 30 - 45 minutes or until golden.
9. When the tart comes out of the oven, drizzle over with the elderberry syrup.
10. Top cake with whipped cream with a few drops of Elderberry syrup (to taste).







## Cape To Cape Walk

WESTERN AUSTRALIA

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Combine walking in the majesty of soaring Karri forests and on endless white sand beaches, dazzling cliff-top vistas, swims in the turquoise Indian Ocean, and the famed food and wine of the Margaret River region, and you have the unforgettable four-day Cape to Cape Walk.

Staying in deluxe retreat villas, walkers venture out each day to cover this renowned track, taking in the best of the seasons, such as wildflowers and migrating whales, while journeying through this naturally bestowed environment, recognised as one the world's bio-diversity hotspots.

At the end of each day, you'll celebrate with private chef prepared meals, the burnished sunsets of Western Australia providing a magic backdrop to another great day of walking in this laid-back paradise.

### *Fresh Fig & Cinnamon Tart*

(GF, DF, V)

Fresh Margaret River figs and coconut filling in home baked tart cases are a healthy treat on the Cape to Cape Walk, which just so happen to be dairy-free and gluten-free.

Our chef loves a challenge and has a passion for turning quality whole foods and local produce into an innovative menu for all guests, but especially those with special dietary requirements.

**Serves 12**

#### Ingredients

##### Tart base

1.5 cup cashews  
1.5 cup dried shredded coconut  
1 cup Medjool (fresh) dates, pitted  
1 pinch of fine salt  
2/3 tsp cinnamon

##### Filling

3 Tbsp. Fig jam, or jam of choice  
250g vanilla coconut yoghurt  
8 Fresh ripe figs (or try any seasonal fruit such as strawberries, kiwi fruit or bananas)

#### Method

1. To make the crust, place shredded coconut, cinnamon, salt and cashews in food processor. Process until flour-like.
2. Add the dates to the food processor mixture. Process again for 3 minutes, It will seem like the mixture is too dry and you will want to add liquid - please don't, just keep processing. Eventually it will start to cling together.
3. Stop processing once it sticks together when pinched.
4. Line the base of a tart tin or spring form cake tin with baking paper and grease the sides. Press the mix into the tart tin.
5. Make sure to press the crust down very firmly so that the crust sticks together. Refrigerate for at least 1 hour.
6. To serve gently remove tart base from tin, remove baking paper and place on a serving plate.
7. Spread fig jam along bottom of tart base.
8. Spoon a layer of coconut yoghurt onto fig jam, quarter figs and arrange on the top. Refrigerate until ready to eat.







Sweets





# Freycinet Experience Walk

T A S M A N I A

MORE INFO

From the striking pink granite Hazard Mountains to the picture perfect, world-famous Wine Glass Bay, the four-day Freycinet Experience Walk will enchant with its salty coastal beauty and complete tranquillity.

Led by trusty guides, you'll walk ancient bush trails traversed by the traditional Indigenous Australian land owners, climb some of the areas many mountains, and walk the vast incredible beaches where the serenity of remote isolation is all yours.

Relish in your down time spent in the tree-surrounded, architect-designed Friendly Beaches Lodge, nestled gently behind the sand dunes, with a menu that champions the best of Tasmanian produce, including fresh oysters and perfectly cooked local fish.

## Friendly Beaches White Chocolate & Ginger Cookies

At Freycinet Experience, we are well practiced in comfort food, and, what better time than now to share a most loved (and most requested) recipe!

These cookies are a simple and delicious recipe with a focus on showcasing our amazing Tasmanian produce as the seasons change. We've included macadamias in the recipe below, however our Tasmanian walnuts are the go-to in the spring and early summer months, as walnuts come into season and are picked down south.

The base ingredients allow for experimentation and we encourage those bakers among us to experiment with local produce variations. As a welcomed and delicious treat savoured out on the track, our Friendly Beaches cookies are loved by all!

Makes 18

### Ingredients

125g best quality Tasmanian butter  
200g brown sugar  
1 tsp vanilla seeds (scraped from vanilla bean)  
150g good quality white chocolate (substitute dark chocolate if preferred)  
120g crystallized ginger, chopped (substitute a local nut if preferred - we love Tasmanian walnuts)  
200g almond meal  
100g flour (substitute gluten free flour if preferred)  
1 free range egg  
¼ tsp baking powder

### Method

1. Start your cookies by creaming together the butter and sugar until the mixture pales.
2. Next, add in your vanilla bean seeds and an egg. Mix until creamy.
3. Now, you can go ahead and add in your remaining ingredients and we're ready for baking!
4. Roll the dough into golf ball sized portions and place on a greased tray (if your dough is feeling a little soft or warm, you might like to refrigerate for 20 minutes before baking - this will give your cookies a better form).
5. Bake at 180°C for 10-12 minutes.







## Scenic Rim Trail

QUEENSLAND

[MORE INFO](#)

Over five fantastic days, the Scenic Rim Trail takes you off the beaten path into this still relatively undiscovered, stunning sub-tropical wilderness area of South East Queensland.

You'll encounter unique, ancient plants and trees in World Heritage Listed Gondwana Rainforests, and learn about conservation, geology and the volcanic history of the region, as you traverse the mighty mountains of Main Range National Park. Koalas, wallabies and lyre birds can often be seen on your adventures along with a myriad of other wildlife, while breath-taking views can be had around every turn.

Staying in architect-designed new eco-cabins along the way, guests will indulge at night in a spread of chef prepared food and wine experiences, from gourmet BBQs to an elaborate final night farewell dinner.

### *Scenic Rim Beer Scones*

The Scenic Rim Brewery is a small, local family-owned establishment, sharing their good humour and love of beer with the region.

Our chefs love cooking with a twist, so infusing the brewery's alcoholic ginger beer into our afternoon scone recipe felt like a fun way to spice up a traditional comfort food and showcase one of our fine local producers.

We serve them topped with strawberry, ginger & rose jam from another local producer, Jam Works.

**Makes 12**

#### **Ingredients**

3 cups self-raising flour  
1 cup cream  
1 cup Scenic Rim Extra-Dry  
Ginger Beer (substitute non-alcohol  
ginger beer if desired)

#### **Toppings**

Thick dollop cream  
Strawberry, ginger and  
rose jam

#### **Method**

1. Preheat the oven to 200 degrees.
2. Use a butter knife to combine ingredients in a bowl before turning onto a heavily floured bench.
3. Sprinkle more flour on top and work it (gently, gently) into a 3-4cm height shape. You can use a glass or scone cutter to cut rounds. Flour your cutter between cuts. And place onto a lined baking tray.
4. Brush tops with a little cream or milk and place in the oven for 18 minutes.





## If you loved these recipes...

...we invite you to join us for the real taste of adventure, walking on Australia's greatest multi-day wilderness hikes, with plenty more fabulous food like this to fuel your journey.

Visit [greatwalksofaustralia.com.au](http://greatwalksofaustralia.com.au) for more info

