



# GOOD TASTE



## You put the lime with the chilli

Victoria Cosford

Very occasionally I will come across a product with which I fall completely in love. For the past six months or so it has been lime-and-chilli-infused macadamia nut oil made by locals Pam and Martin Brook. It is extraordinarily good – it is one of those ingredients which utterly transform whatever it is added to. Salads, sauces, fish, vegetables, even egg dishes come alive under its spell in a way previously unimagined. Steven Snow up at Fins in Kingscliff is a big fan too, weaving it into his cooking to great effect.

Lime and chilli are gloriously compatible flavourings anyway, and frequently found together, especially in Thai and Mexican cuisines. That delicate dish ceviche is a perfect example, marinated and to be sure 'cooked' in lime juice, ignited with a touch of chilli. Coriander is often the third partner in the proceedings, cool and floral. Visually, too, these fruits are beautiful and no more so than when piled up altogether in a market, vibrant still lifes you might need to paint. Charmaine Solomon is lyrical in her description of a basket of deep-red chillies she once saw at a road stall in Kashmir. 'The morning sun shone through the translucent pods, illuminating them like a pyramid of miniature lanterns.'

Chillis and limes are summery ingredients, lending themselves to the sort of food I like to eat while evenings are still light and balmy, and when seafood and fish are all I mostly crave. That most famous of Thai soups, for example, hot sour prawn soup or Tom Yum Goong, can be done on a single gas ring or hotplate, the simple prawn head-and-shell stock enlivened with bruised lemon grass, kaffir lime leaves and chillis before the raw prawns are tipped in and finished with fish sauce, lime juice and coriander.

You can substitute a chicken stock for the prawn stock and slices of chicken breast for the crustaceans for a poultry version just as gorgeous. You could whizz together avocado, lime juice, a little grated onion and chopped garlic, green chilli and coriander to make a guacamole then layer it in a glass with cooked prawns, tails still on, for a stylish starter. Drizzle thick slices of tomato with lime juice, a little ground cumin, crushed fennel seeds and finely chopped chilli and a slug of macadamia nut oil, a spicy salad to go alongside fish – or poach chicken breasts before shredding them through a dressing of finely chopped garlic, red chilli, heaps of lime juice, fish sauce, honey and soy sauce all mixed together until you are happy with the proportions, adding sliced capsicum, spinach leaves and coriander. Fold a blend of lime juice, chopped chillis and tequila through freshly cooked and drained ribbon pasta. Sear scallops and spoon over a blend of lime juice, finely chopped garlic, red chillies, parsley, a whisper of balsamic vinegar, salt and pepper and your best extra virgin olive oil. Dice two mangos and toss through one small chopped red onion, a seeded diced Lebanese cucumber and a finely sliced red chilli then add a slosh of olive oil, lime juice and some shredded mint, glorious with grilled barramundi. Bake baby lime cakes and finish with a sticky chilli glaze then serve with thick cream.

Or take the easy option and buy my current crush, the Brookfarm oil. It has won Silver awards twice at the Royal Sydney Show: it is chilli and lime, captured in consummate proportions, in a bottle.



### Bangalow Espresso Bar and Pizzabar

Cnr Station and Deacon St  
Bangalow Open 7 days  
6687 1271

The new Bangalow Pizza Co and Espresso Bar Zentveld's roastery espressobar and pizzabar. A true coffee house experience, direct from our roastery offering 100% locally grown Australian roasts, our range of global espresso blends and feature limited edition roasts. Espresso bar – open daily from 8am serving lunch, sweet and savoury lite bites. Pizzabar – full evening menu from 5.30pm



### Billi's Thai

Open Wed-Sun  
NEW OPENING TIME 6pm  
Dine in or takeaway  
Billinudgel Village  
6680 3352

For over 15 years Billi's Thai has re-created the traditional taste of Thailand in Billinudgel. Offering an extensive menu, scrumptious desserts, specials board, and western style kids menu.

The whole family will enjoy the relaxed village atmosphere from the covered verandah or inside dining area. Be part of the best-kept secret in the shire!



### Dominic's Ristoranté

Open Wed – Sat  
from 5pm  
Sunday from 1pm  
Fingal St, Brunswick Heads  
6685 1688

With the cocktail bar and tapas menu on offer along with all the old favourites and an extensive wine list, now is the time to head to Dominic's for something a little different – there is something for everyone!

Drop in for an enjoyable meal or try some tapas and a cocktail and have a lazy Sunday afternoon.



### Hotel Brunswick

Open daily from 10am  
Mullumbimbi St,  
Brunswick Heads  
6685 1236

The Bruns Brasserie's newest addition is crispy crust pizzas. Daily selections include fresh grilled snapper, juicy steaks and bangers and mash. Gourmet coffees, Devonshire teas, freshly squeezed juices and delicious desserts are also available.

Lunch and dinner bookings available on request.

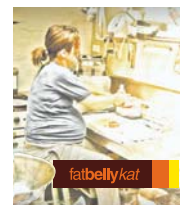


### Gringo's Fresh Mex

Licensed/B.Y.O. wine  
Dine In /Takeaway  
Nightly @5.30  
Cnr. Tweed & Fawcett St.  
Brunswick Heads  
6685 1955

Sip your margarita in our casual covered garden and enjoy the fresh clean flavours of Mexico. Everything home made. Always tasty Not Spicy Hot. Sample some of our house salsas, such as smokey chipotle or fiery habanero. We have a great selection of Tequilas, imported beers and wine.

• Full meals from \$14.85  
• Banquet menus available.



### fatbellykat

26 Tweed St,  
Brunswick Heads  
Open Wed-Sun from 6pm  
6685 1100

'Foodies keen to escape Byron Bay's bustle, head for this little gem' – Sydney Morning Herald Good Food Guide.

Modern Greek mezze with dishes from \$3.90 to \$25.90. Gluten-free and vego options. If oysters are your thing, this is the place. Fully licensed.

Current menu online @fatbellykat.com



### Orient Express

Open 7 nights from 5.30pm  
Yum Cha – Fri, Sat, Sun  
11.30am-3.00pm  
1/2 Fletcher St, Byron Bay  
6680 8808  
www.theorientexpresseatery.com.au

Chef Tippy Heng is back at the Orient Express eatery having just completed his culinary tour of Asia, Tippy has brought back a collection of exciting new dishes from China, Tibet, Laos and Thailand. These dishes will be filtering into the specials selection and the new Summer menu so if a little smoke and spice is your taste - Now is the time to head down to The Orient Express.



### st. elmo

Open 7 days  
Lunch, Dinner, Drinks  
Cnr Fletcher St and  
Lawson Lane  
6680 7426  
(No reservations)

www.stelmodining.com



### Byron Orion Curry House

All day cont. breakfast  
7am-3pm, Curry House  
dinner 5.30pm-11pm,  
cocktail lounge till 3am  
5/2 Jonson St, Byron Bay  
6685 6828

The Orion Curry House has had top reviews by international travel magazines as the great curry house by the sea. The annual winner/finalist of the Indian Award of Excellence, the Orion is also producing the best coffee by Segafredo, continental all day breakfast, lunch, curry house dinner, and the mystical ambience to match. The 3am cocktail lounge and entertainment is the highlight this summer. RSVP for private functions in upstairs lounge is recommended.



### Fishheads

Open seven days,  
7.30am-11.30pm  
Byron Bay – 1 Jonson St  
6680 7632  
Bangalow – 2 Byron St  
6687 2883

'An iconic Byron dining experience, Fishheads serves fresh seafood on the main beach, dine in or takeaway seven days a week. The Fishheads Ultimate Seafood Platter is our signature dish and perfect for sharing between two. (BYO) Fishheads is also located in Bangalow (licensed) at the top of the town.'



### Targa

Open 7 days  
7am - 10pm  
Corner Marvell  
& Middelton Sts,  
Reservations:  
6680 9960

www.targarestaurant.com

ALSTONVILLE

BALLINA

BANGALOW



### il postino café bar restaurant

86 Main Street, Alstonville  
6628 3333  
Open Breakfast & Lunch  
Tues – Sun  
Dinner Wed – Sat  
www.ilpostino.com.au.

Northern NSW's Best New Restaurant\*. il postino serves fresh, authentic cuisine in historic Alstonville – a 35 min scenic drive from Byron. Dine under the stars, or enjoy afternoon drinks on the verandah. Also open for breakfast, brunch, lunch, afternoon tea, with fabulous Allpress coffee all day. Live music Sun. 27 Feb - LEEWAY. New menus at www.ilpostino.com.au. \*WINNER BEST NEW RESTAURANT 2010 Northern NSW, SAVOUR AUSTRALIA AWARDS.



### Shelly's on the Beach

Open 7 days.  
Shelly Beach Road,  
East Ballina  
6686 9844

With only the freshest food and smiling service, Shelly's is the place to go for a relaxed meal or coffee, with one of the greatest uninterrupted views along the north coast. With a mud cake to die for, come down and indulge.



### Sandbar and Restaurant

Open Wed-Sat  
Lunch & Dinner  
Sunday Lunch  
23 Compton Dr, East Ballina  
6686 6602  
sandbarrestaurant.com.au

Come and enjoy the beautiful views over Shaws Bay. Try our traditional Spanish and Mediterranean tapas, handmade by our Spanish Chef.

We are open for coffee, cocktails and sangria all day. Recommended in the Sydney Morning Herald Good Food Guide 2011.

Weddings, parties and catering. Check our website for cooking classes.



### Satiatē

Open Tues-Sat  
33 Byron St, Bangalow  
6687 1010



Awarded a Chefs Hat in both the 2010 and 2011 Sydney Morning Herald Good Food Guide, a Highly Recommended award from Gourmet Traveller Wine 2009 and a star from the 2010 Courier Mail Queensland Food & Wine Guide. Tetsuya trained Shannon Debrecey's European inspired cuisine is served as a seasonal degustation with vegetarian option.



### Bangalow Dining Rooms

Bangalow Hotel  
Open 7 days  
Lunch: 12 – 3pm  
Dinner 5.30 – 9pm  
All day bistrot menu  
6687 1144

The Bangalow Dining Rooms at the Bangalow Hotel produces great food using predominantly local produce. The beautiful restaurant space on the high verandah and intimate dining room hosts a modern menu. Enjoy our bistro menu in the pub all day. With reasonable prices, generous portions and a kids menu, our delicious menu will appeal to all.

BANGALOW

BILLINUDGEL

BRUNSWICK HEADS

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BYRON BAY

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