

Plant Profile: Syzygium luehmannii - Russell Glover, Galleru

Common Names &

Species:

Riberry (*Syzygium luehmannii*).

Family:

Myrtaceae

Native To:

Sub-tropical and tropical Qld and NSW. Areas with average annual rainfall greater than 600mm.

Habit:

Small to medium tree. Evergreen, pyramidal

tree 5- 30 metres tall.

In its natural environment can be a large forest tree but under cultivation tree rarely grows to more than 10m.

Part Used:

Fruit: Red / pink ovoid or pear-shaped fruit, 12 – 15 mm long.

Flavour:

Strongly flavoured, tasting of cloves and spice.

Food Use:

For fruit-type flavour in sweet and savoury products. Whole fruit can be blended for use in ice cream, chocolates and sauces for meat dishes. The red colour pales to pink on cooking.

Current Retail Product Categories:

Jams & preserves, chutneys & relishes.

Website Links:

<http://www.cse.csiro.au/research/nativefoods/crops/riberry.htm>

http://science.uniserve.edu.au/school/curric/stage4_5/nativeplants/gallery/riberry/index.html

www.galeru.com.au

Recipe: Lillypilly-stuffed Chicken Breast - Martha Shepherd

Serves 4

Ingredients

2 chicken breasts, skinned, boned & halved

Stuffing

4 cups fresh bread crumbs

¼ cup chopped fresh parsley

200g feta cheese, crumbled

100g prepared lillypilly* fruit, strained – liquid set aside

2 eggs, lightly beaten

Sea salt

Freshly ground black pepper, to taste

To serve, fresh English spinach, lightly steamed

Preheat oven to 180 degrees (160 if fan-forced)

1. Slice each chicken breast through the middle to butterfly, leaving attached. Place skin side down on sheet of baking paper or plastic wrap. Cover with a second sheet. Flatten each piece evenly with the flat side of a meat mallet. Remove top sheet. Sprinkle with sea salt and grind of pepper.
2. Place all stuffing ingredients into a bowl and mix to blend.
3. Divide stuffing evenly between the 4 pieces of chicken, spreading evenly over the surface.

4. Starting on the long side, roll the breast carefully, making about 3 turns, to form a tight roll. Tie together with kitchen string.
5. Line a shallow roasting pan with baking paper, and place the chicken rolls, seam side down in the pan. Sprinkle with sea salt and pepper. Pour reserved liquid from lillypillies over the rolls.
6. Bake, basting frequently, until golden, about 30 minutes.
7. To serve, slice the rolls into 1cm thick rounds. Arrange slices over a bed of lightly steamed English spinach or other vegetables. Drizzle with pan juices.

Lillypilly Syrup:

*recommend using fruit of the *Syzygium luehmannii*, a local rainforest lillypilly. This fruit is available in prepared form, or to make up:

Place 100g fresh or frozen (thawed) fruit and 75g sugar in a small saucepan. Simmer, on low heat, stirring constantly, until all sugar is dissolved and juice has released from the fruit. Cool. Strain fruit from liquid for use in stuffing. Reserved liquid will be used to baste & serve.

Lilly Pilly, Davidson Plum & Lemon Myrtle Sauce for Pork Roast– Yvonne James

Unfortunately I'm very much an experimental bushfood cook at the moment, so I'm afraid accurate measurements aren't available. Those of you who are more experienced cooks, you will be able to use your own judgement, and produce an excellent result. I use the microwave for making sauces and jams as I usually end up burning them on the stove. We did enjoy it on our roast for Christmas. However, even though this was the way my grandmother used to cook, I am going to have to start using proper measurements in the future aren't I?

Ingredients & method

Cook half the quantity of Davidson Plums as Lilly Pillies in a small quantity of water, with the lemon myrtle leaves. Then add sugar to taste and a dash of apple cider vinegar. Cook until the sugar dissolves.

Pour over pork and serve with vegies.