

# Spice up the barbie



**Posh Nosh**  
Tan Hsueh Yun

If you are the sort who likes to roast big hunks of meat, or fry up lamb or pork chops, here are some good herbs to have in the pantry.

Australian company Outback Spirit makes herb and spices that are the real thing, with nothing added. They smell intense and pure, and are wonderful to cook with.

To get the most bang out of your buck, the Wild Herb Salt (\$8.90 for a 100g tin) is the best bet. It combines salt with mountain pepper, anisata, native mint, pepperberry, parsley and garlic. Rub some of this on lamb or pork chops just before grilling or frying. The mint in it is especially good with lamb.

Or sprinkle some of the flavoured salt over a baked potato or fries.

Lemon Myrtle (\$8.90 for a 30g tin) has a bright, citrus tang that woke me up immediately. This one is good sprinkled over a panfried snapper fillet just before serving. Or perk up mayonnaise with it.

Another assertive herb is Native Mint (\$9.90 for a 30g tin), which would make a good mint sauce for lamb.

Pepperberry (\$9.90 for a 20g tin) and Mountain Pepper (\$8.90 for a 30g tin) could not be more different. The former packs some heat, although not as much as Tellicherry or other types of peppercorns.

It can be used much like pepper, to add a spicy accent to food. Crushed Mountain Pepper leaves have a grassy vibe. It is mild and can be added to salad dressings to provide a little zing.

Anisata (\$8.90 for a 30g tin) smells and tastes a lot like anise, and would be great in desserts that call for it, or in dry rubs for meat. Also good with sweets is Wattle Seed (\$9.90 for a 70g tin). This nutty spice can be added to muffin or quick bread batters to add flavour and texture.

After much success with the Wild Herb Salt on pork – a mix of pepperberry, mountain berry and anisata on lamb, and lemon myrtle on fish – I am inspired to cook more with these spices and herbs.

The company's website [outbackspirit.com.au](http://outbackspirit.com.au) is full of ideas on what to do with them.

Can't wait to get cracking.

Outback Spirit spices, from Huber's Butchery, 18A/B Dempsey Road, tel: 6737-1588, open: 9am to 8pm (weekdays), 9.30am to 7pm (weekends and public holidays)



ST PHOTOS: TED CHEN