

Bega
Foodservice

flavour passport



EDITION 4:
Summer 2026

**Recipe inspiration from
your trusted food partner**

Welcome

to the Summer edition of the Bega Foodservice Flavour Passport

Welcome to the Summer edition of the Bega Foodservice Flavour Passport – your toolkit to ignite creativity, reduce prep time and deliver exceptional flavour with every dish.

The longer days, sunshine and warmth we experience during the Summer months make them a time for lighter meals with delicate, fresh flavours – nothing too heavy or rich. It's the perfect time to utilise seasonal fruits – with pomegranates and citrus two terrific choices that you'll find in our recipes this issue.

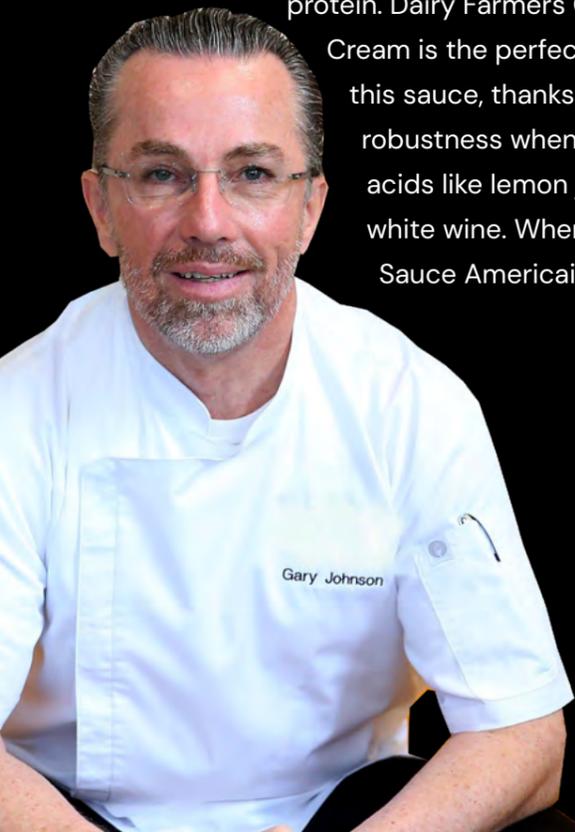
Aussies love seafood on the summer menu, so we've included two seafood-centred options – Moreton Bay Bug and Chilli Linguini, and Cajun Crispy Salmon. The first dish features the classic French Sauce Americaine, which is the ideal accompaniment for a whole range of seafood dishes because it accentuates the flavour of the protein. Dairy Farmers Cooking Cream is the perfect choice for this sauce, thanks to its robustness when adding acids like lemon juice and white wine. When you make Sauce Americaine with

Dairy Farmers Cooking Cream it won't separate and will hold well in the bain marie, making it ideal for high volume outlets who won't be plating a la carte.

Cajun Crispy Salmon is one of those recipes which epitomise the great Aussie outdoors, the scent of the sea air and al fresco dining, perhaps accompanied by a pleasant glass of prosecco or a refreshing Aperol Spritz. The Cajun spice cooks very quickly, as does the salmon, so you can prepare in advance and keep moist until serving. Rather than a heavy sauce, I've chosen some cooling seasonal condiments like chargrilled lime and avocado mash, coupled with the great flavour of Dairy Farmers Lite Sour Cream and some tangy salsa.

Our dessert dish of Pistachio and Limoncello Tiramisu is a contemporary twist on a traditional favourite. Tiramisu is very on trend at the moment and I've combined this Italian classic with Limoncello because citrus is highly evocative of Summer. Pistachios are also becoming very popular and go so well with Limoncello, so what could be better than a little pistachio paste made with fresh cut nuts? This dish is the perfect follow-up to either of the seafood mains.

As always, our Chef Tip section will help spark your own creativity by suggesting variations on the basic recipe and ways of adding your own distinctive signature touch to each dish.



Gary Johnson

Bega Foodservice
Chef Ambassador



“
It's time for lighter meals with delicate, fresh flavours
”



Main Course (share)



Persian Salad with Labneh



Preparation
24 hours (labneh)
+ 15 mins



Average Cost per serve
\$7.20*

Ingredients

½ head cos lettuce, washed and cut into 3cm pieces
15g rocket leaves, (washed)
30g Persian cucumber, sliced thin
30g cherry tomatoes, halved
10g red radish, sliced thin
30g red onion, cut in half and sliced thin
10g pomegranate seeds
10g Turkish toast (2 pieces)
5g flat parsley leaves
5g mint leaves, torn
2g sumac
30ml ZoOsh Balsamic Salad Dressing
Salt and pepper to taste

Labneh (10 portions)

1kg Farmers Union Greek Style Natural Yogurt
1 tspn sea salt flakes
300ml Australian extra virgin olive oil
100g dukkah spice with pistachio
Cheesecloth or muslin for hanging the yoghurt

Method

- To prepare the labneh:** line a strainer with a wet piece of muslin cloth. Then mix the sea salt and **Farmers Union Greek Style Natural Yogurt** together in a bowl and pour into the centre of the cloth-lined strainer. Gently bring the sides of the cloth together and tie them off with some string so the yoghurt will not leak out. Suspend the tied cloth-lined strainer over a bowl in the fridge with a plate and small weight on top so it will strain overnight. The longer you strain, the thicker the labneh will become (but with less yield – 24 hours is best, this should yield approximately 600g).
- After the yoghurt has strained, remove the cloth and take out the labneh. Use a spoon to spread generously around half of the bowl and sprinkle with dukkah spice to serve.
- Slice the Turkish bread into 1cm thick fingers, drizzle with olive oil and toast to golden brown as required.
- To serve:** In a stainless steel mixing bowl, combine the lettuce, rocket, cucumber, tomatoes, radish and onion. Add a pinch of salt and pepper then 15 ml of **ZoOsh Balsamic Salad Dressing**. Toss together then place into the serving bowl.
- Sprinkle with the pomegranate seeds, parsley and mint leaves then drizzle with the remaining 15ml of dressing.
- Add a pinch of sumac across the finished salad then serve.

CHEF TIP

The whey obtained from straining the yoghurt is great to use for making flat breads or home-made fresh ricotta. One kilogram of strained yoghurt will make approximately 600g of labneh. You can also serve a protein topper of yoghurt-marinated and grilled chicken or prawn skewer as an upsell.

* All recipes in this booklet have an average cost per serve calculated with a 3-5% variance based on cost of goods from Australian Food Service Distributors, Retailers and Manufacturers as of November 2025. Prices are set by individual wholesalers not Bega Group and may vary between wholesalers.

Featured in this recipe

Farmers Union Greek Style Natural Yogurt



ZoOsh Balsamic Dressing



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Main Course



Moreton Bay Bug and Chilli Linguini



Portions
1



Preparation
1 hr 30 mins



Average Cost per serve
\$12.30*

Ingredients

Sauce Americaine (10 portions - 1 litre)

1kg Moreton Bay bug and prawn shells
100ml brandy
100ml white wine
750ml rich fish stock
60g Arborio rice
20g garlic, chopped
20g ginger, chopped
40g (4) shallots, thinly sliced
1 sprig tarragon (10cm)
1 sprig thyme (5 cm)
5ml (1 tspn) Tabasco
10ml (2 tspn) lemon juice
1 pinch nutmeg, ground
1 pinch cloves, ground
30g tomato paste
30ml olive oil
300ml Dairy Farmers Cooking Cream

Pasta

100g dried linguini (or 150g fresh/frozen)
100g Moreton Bay bug tail (shell off)
3g red chilli, chopped fine
3g chives, sliced fine
10g Dairy Farmers Salted Butter
100ml Sauce Americaine (see recipe)
A few drops of lemon juice
A few flakes of sea salt
1 tspn fine breadcrumbs, lightly toasted

Full method over page >

CHEF TIP

Sauce Americaine is a French classic that works very well with all seafood dishes. You can also use broken prawn meat instead of Moreton Bay bug (keep the shells for the sauce). Fresh pasta frozen into 150g portions is best for service speed and efficiency, however you can also pre-cook (al dente) and refresh dried pasta; toss it with a little olive oil to stop it sticking together before portioning.

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Dairy Farmers
Salted Butter



Dairy Farmers
Cooking Cream



Method

Main Course

For the Sauce Americaine:

1. Coarsely chop the raw prawn and Moreton Bay bug shells, rub with tomato paste, a little olive oil and sprinkle of salt, then place into a roasting tray. Cook on 200°C for 20–25 minutes until slightly browned.
2. Place the garlic, ginger and shallots in a 5 litre stainless steel saucepan with a little olive oil and sauté for 3 minutes, then add the cooked shells. Cook for another 3 minutes, then add the brandy, wine, fish stock, rice, herbs and spices. Cover and cook over medium heat for 30 minutes, stirring occasionally so the rice doesn't stick.
3. Strain mixture through a fine sieve, pressing down with a spoon to force all of the liquid through. Discard solids. Return stock to a clean saucepan.
4. Bring to the boil and simmer for 10–15 minutes to reduce slightly, then add the **Dairy Farmers Cooking Cream**. Simmer for another 5 minutes to thicken (until mixture coats the back of a spoon) then add the lemon juice and Tabasco. Taste and adjust seasoning with salt and pepper as required. Remove from heat, chill and portion for service.

For the Pasta:

5. Place the pasta portion into a chinois in a boiling pot of salted water and cook slightly (until al dente) to reheat for 3 minutes until hot. Time will depend on the type of pasta (pre-cooked will be ready after 3 minutes – fresh/thawed may take 5–6 minutes to cook).
6. At the same time, heat a non-stick frypan with **Dairy Farmers Salted Butter** and place the seasoned Moreton Bay bug tail topside down. Cook for 2–3 minutes, then cook the other side for the same amount of time, until opaque. Remove and rest in a warm place.
7. Remove pasta from the boiling water and drain well. Place into the bug frypan and add a little chilli and the remaining butter. Toss the pasta, then ladle in 100ml of the Sauce Americaine. Simmer the pasta for one minute, then remove from the heat, add the chives and toss again.

To serve:

8. On a warm pasta plate, gently curl the pasta on a cook's fork and place it in the middle of the plate in an oval shape. Slice the Moreton Bay bug and place it on top of the pasta. Correct the consistency (add a little more cream if too thick) then gently nap the remaining sauce over the sliced bug and pasta. Add a few drops of lemon juice, dust with a teaspoon of toasted breadcrumbs and sprinkle with a few flakes of seas salt.



Main Course

CHEF TIP

For best results with the salsa, prepare fresh every two to three days. You can use snow pea tendrils or rocket leaves instead of spinach.



Cajun Crispy Salmon



Portions
1



Preparation
30 mins



Average Cost per serve
\$11.50*

Ingredients

180g salmon fillet (skin on – boneless)
120g potatoes, peeled
5g Cajun spice
½ lime, halved (chargrilled)
5g spinach leaves
1 pinch sea salt flakes

Salsa (10 portions)

200g finely diced tomatoes, skinned and seeded
60g finely diced roast peppers in oil
30g finely diced red onion
10g finely sliced chives
100ml ZoOsh French Salad Dressing
Salt and pepper to taste

In a stainless steel bowl, mix all the ingredients together with the dressing. Taste, correct seasoning and refrigerate covered until required.

Avocado Sour Cream (10 portions)

2 ripe avocados
30g Dairy Farmers Lite Sour Cream
½ lime, juiced
20ml extra virgin olive oil
Salt and pepper to taste

Skin the avocado and mash lightly with a fork in a stainless steel bowl. Add the lime juice, olive oil, salt and pepper. Mix in the **Dairy Farmers Lite Sour Cream**. Taste, correct seasoning and refrigerate covered until required.

Method

1. Slice the potatoes thinly using a mandolin. Rinse in water and pat dry on paper towel, then deep fry at 175°C to crisp and brown. Drain well on paper towel, season with fine salt and keep under hot lights.
2. Score the skin side of the salmon with a chef's knife to allow for shrinkage with the heat. Rub the flesh side of the salmon with a little olive oil, then season well, patting with the Cajun spices.
3. Preheat a medium size nonstick frypan and cook the salmon skin side down for 5 minutes on medium to low heat to crisp. Then turn the pan to high and finish the salmon on the Cajun side to opaque (medium) for another 1-2 minutes. Remove from heat and rest flesh side down on a rack in a warm place.

To serve:

4. On a warm plate, arrange the spinach leaves just off-centre. Spread the avocado sour cream across the plate in an arc and lay the potato crisps on top. Place the salmon fillet skin side up over the bed of crisps. Cover the fillet with some sea salt and top with the tomato salsa. Garnish with some fresh pea tendrils.

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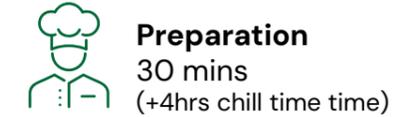
Dairy Farmers
Lite Sour Cream



ZoOsh French
Salad Dressing

Dessert

Pistachio and Limoncello Tiramisu



Ingredients

Limoncello syrup

75ml boiling water
20g castor sugar
75ml Limoncello liqueur
20ml lemon juice

Tiramisu

12 crisp Savoyardi (ladyfinger) biscuits
250g Dairy Farmers Express Professional Cream Cheese, softened
100g prepared pistachio spread
30ml Limoncello liqueur
30ml lemon juice
250 ml Dairy Farmers Thickened Cream
30g castor sugar

Topping to serve

120ml Dairy Farmers Thickened Cream
60g chopped pistachios
6 sprigs of mint

Method

Limoncello syrup

1. Combine the hot water and sugar in a shallow bowl and stir until the sugar is dissolved. Stir in the Limoncello and lemon juice. Pour the syrup into a shallow bowl and set aside to cool slightly.

Tiramisu

2. In a large bowl or the bowl of a stand mixer, mix the **Dairy Farmers Express Professional Cream Cheese** on medium-low speed until loosened up (about 30 seconds).
 3. Add the pistachio paste and mix until combined. Add the Limoncello and lemon juice and mix until combined. Be careful not to overbeat the mascarpone. Set aside.
 4. In a separate large bowl or bowl of a stand mixer, beat the **Dairy Farmers Thickened Cream** and sugar until stiff peaks form.
 5. Take about 1/3 of the whipped cream and stir it into the mascarpone mixture. Carefully fold in the rest of the whipped cream until combined.
 6. Cut off the top third of each biscuit (2 x 1/3) for the bottom layer and then use the remaining two-thirds of each biscuit (2 x 2/3s) for the top (second) layer. Dip the biscuits one layer at a time into the syrup on first one side, then the other for about 2 seconds per side (you don't want to overly saturate the biscuits or the tiramisu will be too soggy. The biscuits should still have a slight crispness after dipping).
 7. Arrange the biscuits in the coupe glasses as follows: 2 x 1/3 bottom + 2 x 2/3 top layer. Cut the biscuits to fit as needed.
 8. Spread half of the mascarpone cream over the first layer of biscuits and smooth the top. Dip the remaining biscuits one at a time, put a dollop of lemon curd in the centre of each coup along with a dollop of cream and arrange the biscuits in the same way over the cream. Spread the remaining mascarpone cream over the top layer of biscuits and smooth the top.
 9. Cover the dish with plastic wrap and let refrigerate at least 4 hours but preferably overnight.
- To serve**
10. Top with a dollop of whipped **Dairy Farmers Thickened Cream**, dust with the chopped pistachios and add a sprig of mint leaf.

Featured in this recipe

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Dairy Farmers Express Professional Cream Cheese



Dairy Farmers Thickened Cream

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