

A TASTE OF

The Whitsundays

THE HEART OF THE GREAT BARRIER REEF

WHITSUNDAY ISLAND ICED TEA

INGREDIENTS

- 15mL White Rum
- 15mL Gin
- 15mL Tequila
- 15mL Vodka
- 15mL Cointreau
- 20mL Lemon juice
- 15mL Sugar syrup from our local Proserpine Sugar Mill
- Cola, to top
- Lemon wedge, to garnish
- Ice



DIRECTIONS

- Add rum, gin, tequila, vodka, Cointreau, lemon juice, sugar syrup and ice to a cocktail shaker.
- Shake and then strain into an ice filled tall glass.
- Top with cola
- Garnish with lemon wedge.
- Lastly, sit back and imagine you are enjoying your cocktail in The Whitsundays by the pool - see you soon!

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CRUMBED FISH WITH TARTAR SAUCE

INGREDIENTS

Crumbed Fish

- Fish fillets cut to preferred size (we recommend fresh Whitsundays Coral Trout or any other firm white fish)
- Salt and pepper
- Eggs 2, lightly beaten
- Bread crumbs or Panko crumbs, 1 ½ cups

FISHI Tartar Sauce

- ½ Kewpie Mayonaise
- 1 tsp capers (diced finely)
- 1 tsp gerkins (diced finely)
- 5 sprigs of fresh chives (diced finely)
- Pinch of minced garlic or ¼ clove of garlic (diced finely)



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CRUMBED FISH WITH TARTAR SAUCE

DIRECTIONS

- First prepare the FISHI Tartar Sauce - Mix all ingredients together and season with fresh lime to taste, set aside in the fridge.
- Place bread crumbs into a bowl and season with salt and pepper.
- Place fillets of fish into the bowl of beaten eggs and then press into bread crumb mix (beat more egg as needed).
- Have a pan or BBQ plate on Med to high heat, spray with light oil.
- Place crumbed fish on the pan until the crumb has started to golden (should take approx 3-4 mins) turn fish and cook the other side.
- Serve with fresh salad and home-baked chips. Dress by squeezing fresh lemon over the top. And FISHI Tartare Sauce.

Recipe courtesy of one of our local Whitsundays seafood providers:

FISHI "Fresh Island Seafood"

fishi.com.au



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BOWEN MANGO SORBET

INGREDIENTS

- 3/4 cup (165g) caster sugar
- 4 medium Bowen mangoes (straight from the farm), flesh removed
- 1 egg white



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BOWEN MANGO SORBET

DIRECTIONS

- Stir the sugar and 1 1/2 cups (375ml) water in a small saucepan over a low heat until dissolved. Increase heat to high and bring to the boil. Cook, without stirring, for 5 minutes. Set aside to cool to room temperature.
- Place mango flesh in a food processor and process until smooth. Transfer to a stainless steel bowl and add the cooled syrup. Cover with plastic wrap and freeze, stirring with a fork occasionally, for 2 hours.
- Use an electric beater to beat the egg white until soft peaks form. Fold into the mango mixture. Freeze for 3 hours, until just frozen. Place in a food processor and process until smooth. Return to the pan and freeze for another 3 hours or until firm.