

## Our culinary philosophy

### Driven by produce

Dining at Southern Ocean Lodge is designed to offer a local culinary experience and to honour the fine selection of ingredients available on Kangaroo Island and broader South Australia. A produce driven daily regional menu is both exciting and challenging and offers a taste of the very freshest local foods available in a sophisticated yet simple combination of flavours allowing the attributes of each ingredient to speak and create a lasting gastronomic memory.

### A season to dine

Menus are created daily and according to the seasons. This allows us to showcase all ingredients at peak freshness, bursting with flavour and goodness. A seasonally focused menu is an ideal way to dine in collaboration with the earth and its natural produce cycles.

### Dining local

South Australia and Kangaroo Island are blessed with an abundance of high quality food producers. Eating only what is grown or produced locally is easy and a delight. Our menus are designed to emphasise and honour the finest local ingredients and chef Jed Archdeacon subscribes to the local dining philosophy with a passion. It makes good sense to minimise the distance an ingredient travels before it reaches the plate ensuring freshness and peak flavour. All fruit and vegetables are sourced either on the Island or within South Australia. A number of great local artisan producers supply the Lodge with seafood, beef, lamb, venison, pork & small goods. Kangaroo Island salt is rich in minerals and hand collected from the Bay of Shoals in the Island's north. Extra virgin olive oil is harvested from plantation and ancient wild olive groves – be sure to try it here!

### A growing affair

Our kitchen team work with many local, small scale artisan food producers both on the Island and the mainland and have established many exclusive, mutually beneficial relationships with its growers. New producers of quality ingredients continue to appear keeping menus interesting and dynamic. Many producers 'pick to order' exclusively for SOL ensuring a unique and exclusive KI dining experience and a growing host of suppliers working with the Lodge provides great support to the local economy.

### A little respect

The Lodge actively sources growers who adopt sustainable farming practices. Those who produce on a small scale and who treat their produce with respect be it livestock or fruit and vegetables. Many produce organically and most are artisan producers with a focus on high quality produce, which is then evident in the flavours on the plate. Aquaculture is a great, sustainable way to source fresh fish as featured on many of our menus and is also used around the island.

The Lodge kitchen aims to minimise waste by using all the elements of any whole product. Where pork or lamb feature on the plate, different cuts and a wide range of cooking techniques are used, and the bones used for stocks and sauce bases.

### Local heroes

**Kangaroo Island Fresh Seafood** – source the best local and South Australian seafood direct from fishermen with the highest standards and attention to detail.

**Kangaroo Island Gold** – a freshwater crayfish (marron) farm of 100 dams invigorated daily with fresh water and oxygen designed to emulate this culinary treasure's natural environment. Marron 'of a certain size' is harvested each day and distributed live to Southern Ocean Lodge.

**Oyster Cove Shellfish** – in the clear waters of American River, Pacific oysters grow unhurried to become succulent and full of flavour. Oysters are delivered to SOL and kept alive until shucked, fresh to order.

**Fryar's Free Range Eggs** – the chickens at the Fryar's farm are living a good life doing as they please, eating well and roaming freely. This stress-free lifestyle delivers eggs rich in flavour and protein. The hens' diet is founded on a mixture of grains grown, harvested and crushed on the farm.

**KI Aquaculture Skills Centre** – a groundbreaking sustainable aquaculture project at Pandarna just north of the Lodge, the Centre produces fresh and smoked barramundi and uses water from the farm to produce herbs and vegetables, super high in nutrients.

**Island Pure Sheep's Milk Dairy** – South Australia's first sheep milk dairy and cheese factory on KI has become renowned for its high quality cheese and yoghurt. A relaxing life for the sheep reflects in the finest handmade products.

**Southrock Lamb** – is a small family owned farm on the eastern end of the island with a positive animal welfare philosophy. The lamb is free range and raised in a stress and chemical free environment.

**Is. Good KI Samphire** – a herbaceous, salty succulent growing wild on the wetlands of Kangaroo Island, samphire is considered culinary gold. Often described as 'sea asparagus', its fresh green shoots are perfect fresh or pickled and are an ideal accompaniment to seafood.

**Beehive Ligurian Honey** – lovingly produced by the highly treasured, gentle breed of Ligurian bees, of which the world's only pure strain is endemic to Kangaroo Island. Ligurian honey is intensely flavoured according to the particular eucalypt blossom in flower at the time of production. Taste them all on toast!