

NATIVE AUSTRALIAN FOOD FACT SHEET:

Native Pepperleaf

Mountain Pepper [*Tasmania lanceolata*]

An evergreen shrub endemic to the woodlands and cool temperate rainforest of South-Eastern Australia. Female plants produce black/purple fruit (Pepperberry) in summer. Mountain pepper was used as a pepper substitute in early colonial times.



Uses:

Great for seasoning meats, vegetables, pastas, stuffing and sauces.

Flavour/aroma/texture:

Fruity, earthy and pungent pepper flavour that builds slowly in intensity. Leaves are firm and almost leathery.

Seasonality:

Year round as a evergreen shrub.

Edible parts of the plant:

Leaf, Fruit.

Fresh/Dry:

Both.

Seed to harvest (growing):

Size - Large shrub to small tree (2-5m)

Leaf - dark olive green

Stem - bright red

Flower - Cream colour (Oct-Jan)

Fruit - 5-10mm berries, dark red turning shiny black when ripening (late summer/autumn).

Harvest to kitchen (processing):

- Leaves harvested and sold fresh or dried

- Fruit - dried whole or ground or sold frozen.

Kitchen to Plate (prep/cook):

- Fresh berries and leaves can be minced or shredded finely and used to spice up curries, sauces and stews.

- Both are excellent in baked goods, oil infusions and as a general seasoning.

Shelf life:

Fresh leaf - 3-4 weeks.

Dried leaves/grounds - 18 months

Dried berries - 2 years.

Storage:

Fresh leaves - chilled

Dried leaves - ambient

Dried berries - ambient.

Companion flavours:

Other peppers, garlic, savoury meats and vegetables.

Substitute:

Regular pepper corns.

Interesting facts:

- The natural heat compound 'Polygodial' in the plant diminishes with cooking but leaves a nice flavour, so if you want real spiciness, add some pepper leaf or berry just when you serve (without boiling).

- Male and female plants are required to produce fruit.

Reference resources:

<https://vicflora.rbg.vic.gov.au/flora/taxon/5505a156-251b-4f32-8711-f4e08c2ab9c2#&gid=1&pid=1>

https://anfab.org.au/main.asp?_Mountain%20Pepper

<https://education.abc.net.au/home#!/digibook/3122184/bruce-pascoe-aboriginal-agriculture-technology-and-ingenuity>



Nutritional Values*:

(per 100gm dry weight)

Energy 1090kj

H2O <8% w/w

Protein 7.4g

Fat 4.5g

Carbs 23g

Sugar 2.5g

Fibre -

Ca 495mg

Cu 0.62mg

Fe 11.35mg

Mg 212mg

P 106mg

K 837mg

Na 47mg

Zn 6.56mg

Mn ND

Source: anfab.org.au

