

Introduction to Scott Bridger

Scott Bridger is Co-owner and Executive Chef at Bib & Tucker and May St Larder and is a long time advocate for Lupin Flakes.

TLC Lupin Flakes are a staple on the menu at his iconic Leighton Beach restaurant Bib & Tucker and also at his popular cafe, May St Larder in East Fremantle.

Scott Bridger

Co-owner and executive chef at Bib & Tucker & May St Larder



“ We love using TLC Lupin Flakes at both our restaurants and have made some really interesting dishes with it, including muesli, fritters and bread. We’ve also been able to easily adapt previous recipes to include the Lupin Flakes as a way of increasing the protein and health benefits of some of our dishes.

I’m excited to partner with The Lupin Co. to help develop Lupin Flakes into a household product.

I really hope you enjoy experimenting with Lupin Flakes and these recipes that I’ve created especially for discerning chefs. ”

It’s not very often that a chef gets presented with a new product that is healthy, gluten free and versatile.

Scott Bridger’s chef’s menu below

LUPINLICIOUSLY GOOD ☀️

Lupin and mountain pepper crusted kingfish, savoy cabbage

Baked apples, elderflower mouse, lupin crumble

Beef caparccio, fresh horseradish, savoury lupin granola

Beetroot tart, lupin and quinoa pastry, pearl onion agrodulce

Lupin and togarashi crusted egg, ocean trout tartare, yuzu mayonnaise

Mango lassi breakfast bowl with Lupin and coconut granola, fresh papaya anlime

Roll over quinoa!

With 40% protein, 37% dietary fibre, no gluten and only 4% carbohydrate (plus a whole stack of other goodness) TLC Lupin Flakes is the new super tasty, Aussie-grown powerfood that’s packing a serious nutritional punch.



Lupin and mountain pepper crusted kingfish, savoy cabbage

SERVES 4 - MAIN COURSE
GLUTEN FREE

LUPIN AND MOUNTAIN PEPPER CRUMB

- 70 g TLC Lupin Flakes
- 1 cups flat-leaf parsley leaves, coarsely chopped
- 1 garlic clove, finely chopped
- 2 tbsp macadamia oil
- 1 tsp lemon myrtle
- 2 tsp ground mountain pepper

KINGFISH

- 600 g Hiramasa Kingfish
- Olive oil

CABBAGE PURÉE

- 6 outer green leaves Savoy cabbage
- 50 ml extra-virgin olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped

BRAISED CABBAGE

- 1 tbsp olive oil
- 50 g onion, thinly sliced
- 500 gm Savoy cabbage, thinly sliced

METHOD

For the lupin crust, process the lupin flakes, parsley, garlic and spices in a food processor to combine, add oil and pulse to combine. Season to taste and press onto one side of fish.

For the cabbage purée, blanch cabbage leaves in boiling salted water until bright green 2 minutes. Refresh, squeeze out excess water and thinly slice. Heat olive oil in a frying pan over medium heat, add onion and garlic and cook, stirring occasionally, until tender (3-5 minutes). Add cabbage and 200ml water and cook, stirring occasionally, until tender 15 minutes. Process in a food processor, until smooth, season with salt and a little lemon juice, keep warm.

For braised cabbage, heat oil in a saucepan over medium heat, add onion and cook, stirring occasionally, until tender- 3 minutes. Add cabbage, cover and cook, stirring occasionally, until tender- 15 minutes Season to taste, keep warm.

Heat oil in a large non-stick frying pan over high heat and cook fish crust-side up for 1 minute. Add butter to pan then transfer pan to oven and roast until fish is just cooked and crust is crisp 6-8 minutes. Set aside to rest in pan for 1-2 minutes.

Spoon some cabbage puree into 4 bowls, top with the braised cabbage, then carefully place the cooked kingfish and garnish with some chiffonade of parsley and lemon wedge.

Baked apples, elderflower mouse, lupin crumble

BAKED APPLES

4 granny smith apples
butter
100 g castor sugar

ELDERFLOWER MOUSSE

750 g of double cream
100 g of sugar
5 egg yolks
50 g elderflower cordial
3 ½ gelatin leaves, soaked in cold water
200 g elderflower cordial

LUPIN CRUMBLE

1 cup TLC Lupin Flakes
¼ cup shredded coconut
Zest 1 lime
1 tsp ground cinnamon
2 tbsp butter
1 cup brown sugar

METHOD

Preheat oven to 180C. Place apple halves cut-side down in a buttered baking dish large enough to fit them in a single layer. Stir sugar and 180ml water in a saucepan over medium-high heat to dissolve sugar, bring to the boil, then pour syrup over apples.

Bake uncovered, basting occasionally with syrup, until apples are tender and syrup starts to caramelize (20-25 minutes). Remove from oven and cool.

For the elderflower mousse, whip the cream to soft peaks and reserve in the fridge. Place the sugar, eggs and 50g of the elderflower cordial over a bain marie and whisk until it thickens and forms a sabayon.

Whisk in the soaked gelatin and the remaining cordial, then leave to cool to room temperature.

Once cooled, carefully fold through the whipped cream and transfer to a siphon. Charge with 2 gas cannisters and keep cool until ready to serve.

For the lupin crumble stir all the dry ingredients together and mix in the butter with your fingers to a coarse bread crumb consistency is achieved.

Spread evenly out over baking paper and cook for 15 minutes at 160 degrees.

Then cool completely.

Lightly warm apples and place 2 halves and some syrup in a bowl, place the mouse on top of the apples and cover with crumble mix.



Beef carpaccio, fresh horseradish, savoury lupin granola

SERVES 4 - ENTRÉE
GLUTEN FREE/ DAIRY FREE

BEEF CARPARCCIO

400 g quality beef fillet
50 g fresh horseradish
Dijon mustard
3 anchovies
Small bunch rocket
Olive oil

SAVOURY LUPIN GRANOLA

50 g TLC Lupin Flakes
1 egg white
1 tbsp black quinoa
2 tbsp chopped macadamia nuts
1 tbsp white sesame seeds
100 gm sunflower seeds
1 tsp fennel seeds
1 tbsp chopped fresh rosemary
Pinch cayenne pepper
Sea salt

METHOD

Finely chop the anchovies and mix with the mustard and half the grated horseradish.

Rub over the beef fillet and tightly wrap the fillet in a cling film.

Place in the freezer half an hour before serving.

For the granola, heat the oven to 170 degrees - lightly whip the egg whites to soft peaks and add the remaining ingredients.

Place the mix onto some greaseproof paper and bake for 10 minutes and then give it a good mix and cook for a further 5 minutes or until golden.

Let it cool completely and store in a jar till needed.

To plate, slice the beef as thin as you can or number 2 on a meat slicer and arrange it flat onto 4 plates.

Top with 3-4 leaves of rocket, the remaining fresh grated horseradish, and 1 tbsp of the granola scattered over the carpaccio.

Drizzle with a little olive oil and season with sea salt.

Beetroot tart, lupin and quinoa pastry, pearl onion agrodulce

SERVES 4

LIGHT LUNCH OR AN ENTRÉE

LUPIN AND QUINOA PASTRY

¾ cup TLC Lupin Flakes
¾ cup quinoa flour
¼ cup cooked quinoa
1/3 cup butter
1 tbsp za'atar
1 tbsp sesame seeds
1 cup water
Salt and pepper

BEETROOT

Beetroot
sea salt

PEARL ONION AGRODULCE

½ cup raisins
3 tbsp extra-virgin olive oil
600gm pearl onions, peeled and left whole
¼ cup balsamic vinegar
1 ½ tbsp sugar
sea salt, to taste

METHOD

Place beetroot in an oven and cook at 180 degrees for 45 to 60 minutes.

When cool enough to handle, peel and cut into small wedges.

Puree 6 wedges and season with balsamic and salt.

Mix lupin flakes, quinoa flour, za'atar, sesame and butter in a bowl until mixture forms small clumps; stir water into quinoa mixture until dough comes together. If dough is too dry, add more water, ½ teaspoon at a time, until dough holds together. Place dough onto a piece of baking paper and cover with another piece of paper, roll to ½ cm thick. Then take the top lay off and cut with a large ring cutter, you will need 8 discs but cook 12 in case any break.

Cook on a greased tray at 160 degrees for 10-15 minutes.

Agrodulce - Put raisins into a small bowl; cover with hot water and let soften for 30 minutes.

Heat oil in a medium sauce pan over medium heat. Add onions and cook until golden brown, 8-10 minutes; pour off oil. Drain raisins. Add raisins, vinegar, and sugar and season with salt. Cook, stirring, until sauce thickens, 2-3 minutes.

To plate place on of the discs on plate then place some beetroot puree onto the disc, carefully place some roasted beetroot, and a couple of sweet and sour onions, Place another disc onto and garnish with some rocket.

Drizzle a little bit of the onion sauce around the plate.

Would work well with some grilled haloumi also.

Lupin and togarashi crusted egg, ocean trout tartare, yuzu mayonnaise

SERVES 4 - ENTRÉE

GLUTEN FREE/ DAIRY FREE

OCEAN TROUT TARTARE

400 g sashimi grade Ocean Trout - diced
1 eschallot - chopped
Small bunch chive - chopped
1 tbsp soy
1 tsp mirin
Juice of ½ lemon
1 tbsp olive oil
Salt and pepper to taste

LUPIN AND TOGARASHI CRUSTED EGG

4 soft poached eggs
2 eggs beaten
6 tbsp flour
1 cup TLC Lupin Flakes
2 tablespoon togarashi

YUZU MAYONNAISE

½ Cup Japanese mayonnaise
1-2 tbsp yuzu juice

METHOD

Dice the salmon and place in a chilled bowl with all other ingredients besides the lemon juice.

Soft poach eggs and refresh them in ice cold water for 5 minutes. Pat dry then coat them in flour then the beaten egg then togarashi and lupin crumb mix.

Heat a fryer to 180 degrees and cook for 1-2 minutes or until golden. Add the lemon juice to the ocean trout mix and check for final seasoning.

Smear some yuzu mayonnaise on a black plate.

Place the ocean trout neatly onto part of the yuzu mayonnaise.

Place the crispy egg on top of the tartare and garnish with some watercress or micro coriander.

Mango lassi breakfast bowl with Lupin and coconut granola, fresh papaya and lime

SERVES 4 - BREAKFAST
GLUTEN FREE

GRANOLA

1 cup TLC Lupin Flakes
1 cup puffed millet
½ cup shredded coconut
¼ cup pepitas
¼ cup sunflower seeds
4 tsp ground cinnamon
¼ cup rice malt syrup
3 tbsp coconut oil
¼ cup goji berries

METHOD

Preheat oven to 160°C.
In a bowl toss all the ingredients until well mixed and evenly coated.
Transfer the mix to a baking tray lined with baking paper.
Roast, tossing occasionally, until golden brown.
Depending on oven allow 15 – 20 minutes baking time.
Leave granola to rest on the baking tray while it cools, this will allow it to dry out and crisp up.
Once cool, add raw goji berries and mix to combine.

MANGO LASSI

2 cups unsweetened almond milk
2 cups frozen mango chunks
6 tbsp raw cashews
1 banana
6 tbsp maple syrup
Juice of 1 lemon
Pinch of sea salt
Pinch of cardamom and turmeric

Blend in a thermomix or vitamix till very smooth.
Place the lassi in a bowl and top with the lupin granola, chopped fresh papaya, a couple of lime wedges and some edible flowers.