



87 GO FERAL AT THE PRAIRIE HOTEL

The food's feral at the Prairie Hotel, and they're fiercely proud of it. Everything from emu omelettes to camel sausage is on the menu at this remote restaurant in SA's Flinders Ranges. The infamous pit stop attracts travellers from far and wide and has won awards for its food, atmosphere and accom. The staff say they never know who'll pop in – Sir David Attenborough, Kate Winslet and Rachel Ward have all come by for a taste.

The main reason people travel the 470km northeast of Adelaide is for the food. The kitchen goes to great lengths to source SA food for a menu that changes seasonally – but for more than 15 years you've always been able to get the Feral Mixed Grill. If you can kill it, they'll grill it: kangaroo fillet, camel sausage and emu fillet mignon are piled high on a mound of gravy and mashed potato, along with camel mettwurst, King George whiting, kangaroo schnitzel and rabbit curry.

Carnivores aren't the only ones catered for by consultant chef Andrew Fielke – there's a variety of salads on the menu, stocked with native fruit 'n' veg like bush tomatoes, lemon myrtle and wattle seed. Finish the meal off with a quandong crumble pie or King Island cheese.

Where West Terrace, Parachiina SA.
(08) 8648 4895, www.prairiehotel.com.au

Did you know? The roads in and out of town here have a claim to fame too: the Flinders Ranges have graced movie screens in *Rabbit Proof Fence*, *The Lighthorseman* and *Gallipoli*.

88 BE THE BEANS AT SEVEN SEEDS

If Melbourne is the coffee capital of Australia, then Carlton's Seven Seeds is the country's esteemed High Court. Coffee nut (or geek, to use the preferred nomenclature) Mark Dundon has established his homage to the humble coffee bean in an oh-so-Melbourne warehouse converted to his exact specifications. The cafe cum roasting, research and tasting centre is a mellow and golden oasis in a drab corner of Carlton.

As you walk in off the street, the warehouse space opens to a sparse and roomy stockroom floor where no elbowing your neighbour is required and every conversation is private. The coffee comes in many varieties and styles, with the cult icon Clover machine producing a very tea-like coffee. The accompanying food is simple "toasties" for breakfast and lunch, designed not to distract or detract from the real purpose of life inside those walls: coffee.

Mark runs several educational congregations in the cupping room, where the mere quaffer of coffee can learn more about every part of the process, from picking, roasting and transportation through to tasting. You'll never look at a flat white in the same way again.

Where 106 Berkeley St, Carlton Vic.
(03) 9347 8664, www.sevenseeds.com.au

Did you know? The US\$11,000 Clover coffee machine brews one cup at a time. Many serious roasters set a different water temperature, brew time and cup volume for each roast of each bean.

89 FEAST IN THE FLINDERS AT ARKABA

Feasting in a field is one gourmet experience everyone should do at least once. If the scene in your head is filled with flies and billycans, you're in the wrong field. On a Walking Safari through Arkaba Station on the southern edge of SA's Flinders Ranges, gas lanterns surround a table set for two beneath a sky so clear a bug wouldn't dare wander by. We're sure the hosts would personally swat away any wayward pests, in fact they'd do just about anything to ensure this is a night to remember. Sitting on 6000 acres of wilderness, the Arkaba Station Homestead dates back to 1851. Today, meals take place on the terrace. Chef Joe Cross prepares a modern Australian menu with native elements, so don't be surprised to see Peppered Eyre Peninsula Kangaroo Fillet or Spear Creek Dorper Lamb dishes. The kitchen uses Gilbert's SA Southern Flinders Blue Gum Honey and Murray River Pink Salt to flavour the food. Guided 4WD trips, wildlife safaris, hiking, mountain biking and joy flights over the salt pans are just some of the ways to stay entertained. With Wilpena Pound on the northern edge of the property, there's plenty to see before dinnertime.

Where Flinders Ranges NP, 4.5hrs northeast of Adelaide. 1300 790 561, www.arkabastation.com **Did you know?** Arkaba is a working sheep station, so head over in August for shearing season.