The Stag Hotel – Eat and Tweet

July 23, 2016

The Stag has always taken pride as being Adelaide's worst vegetarian restaurant – and rightly so! Having become an iconic establishment in the East End, The Stag has been through a lot – especially in the past year. They've closed down, reopened, and been through a several different owners and staff. But, we are happy to see that they are doing well and have completely revamped their look to provide us fellow Adelaideans a place to enjoy some brews at their bar and munch on some seriously good-looking (and tasting!) food in their Bistro.

The Stag has taken a step back from the "fine-dining" experience and has instead resorted to a pub-like menu that captures their essence of being a relaxed and chilled spot to visit on a town night out.

The team at Adelaide Food Central was invited to the Eat and Tweet event, where we sampled some dishes from their newest menu launch.

First up, we were served the Chargrilled Octopus with black bean, cucumber, olive, and chilli jam. Having never tried food with tentacles in it, I was initially a bit nervous to put a piece of this into my mouth. However, I was pleasantly surprised at the texture and the taste of the octopus meat. It was a bit rubbery, but isn't that octopus is meant to taste like? Before I knew it, I wanted to order more, because the flavours from the jam, coupled with the fresh cucumber did wonders and made the meat taste scrumptious and succulent!

Next, we had the Soft Shell Crab Slider with pickled carrot, jalapeno, and coriander mayo. Another meal whose flavours fall way out of my comfort zone of dining, I was glad to have found this a very appetizing and enjoyable bite! The crab was perfectly cooked with a crispy outer layer and tender, juicy meat wrapped underneath. The taste of the jalapeno was subtle and the carrot and mayo added a sophisticated touch to the slider.

We were then presented with the Duck Pie Floater with pea and ham bone soup, mashed potato, and tomato and capsicum chutney. I loved the crunchiness of the puff pastry on top (seasoned with sesame seeds – winning!) mixing well with the softness of

the duck mince. The chutney that it was served on further added to the taste and made this diverse-textured dish a very enjoyable and pleasing one.

The Black Angus Scotch Fillet, served with a side of mac and cheese with roasted garlic, onion rings, and truffle sauce was another meal that left us speechless. When I first read (and saw) the ingredients together, I didn't think it would be a very appealing combo. Which is why, I was glad to be proven wrong. The fillet was cooked with a bit of pink, but the meat had an exciting tang to it. This worked beautifully with the crispy onion rings and the truffle sauce. The mac and cheese with roasted garlic was a fantastic side and had just the right level of soft and crunchy.

As a foodie with a huge sweet tooth, I was very excited for the dessert dish that the Stag had included in the menu for this event. And sticking true to their word, they delivered – the Peanut Butter Parfait with a milk chocolate cremeux, salted caramel, and peanut brittle was basically my stairway to sweet, sweet heaven. We all know that peanut butter can easily and quickly become an overpowering taste. Luckily, this dessert did just the opposite and presented with a delicate sweetness. The salted caramel and gold flakes drizzled on top of the parfait hit the sweet spot beautifully, and the dollop of milk chocolate was so soft, it complemented the crunchy texture of the peanut butter brittle. The parfait itself was meltingly smooth, sweet, and had just the right level of consistency, which made this dish a fanciful and delightful one to end the evening with.

Colossal thanks to Girl About Town for organising this event and special thanks to the Stag for hosting us in their bistro – we couldn't have asked for a better evening! We are looking forward to being back for their delicious choices of food and drink soon!

Words by Fatema Sitabkhan
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