Salamanca™ FRESH kitchen



Recipe of the Week

Ingredients

4 ripe truss tomatoes, deseeded and finely diced
¼ red onion, finely diced
½ cup fresh basil leaves, roughly chopped
1–2 garlic cloves, halved
2 tbsp extra virgin olive oil
salt and freshly ground black pepper, to taste
6 thick slices crusty Italian-style bread

Optional extras
balsamic glaze, for drizzling
crumbled fetta cheese

Truss Tomato Bruschetta

Method

1. Place the diced tomatoes, red onion and basil in a bowl. Drizzle with 1 tablespoon of olive oil, season with salt and freshly ground black pepper, and gently toss to combine. Set aside for 10 minutes to allow the flavours to develop.
2. Meanwhile, brush the bread slices lightly with the remaining olive oil and toast or chargrill on both sides until golden and crisp.
3. While the bread is still warm, rub one side of each slice with the cut side of a garlic clove.
4. Arrange the toasted bread on a serving platter and generously spoon over the tomato and basil mixture.
5. Finish with a drizzle of balsamic glaze or a little crumbled fetta, if desired. Serve immediately.

Find us on Uber Eats

Find more recipes at salamancafresh.com.au/our-recipes



Premium Calypso Mangoes NT Grown

$2.95
each



SAVE $3.00

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Salamanca™ FRESH

From us to you

Premium Truss Tomatoes
VIC Grown

$5.50
per kg



Recipe Ingredient

SAVE $1.40

New Season Premium Strawberries
TAS Grown

100% TAS

$3.50
per 250g



SAVE $0.60

Tomato Medley Mix
VIC Grown

$3.50
per 250g punnet



SAVE $0.50

Premium Calypso Mangoes
NT Grown

$2.95
each



SAVE $3.00

The Yoghurt Shop Yoghurt Pod Varieties

$3.99
per 170g



SAVE $1.26

Jensens Organic Salsa

$4.99
per 320g



SAVE $1.00

Maggie Beer Brie & Camembert Cheese

$9.99
per 180g



SAVE $1.51

Ashgrove Famhouse Butter Traditional and Herb & Garlic

100% TAS

$6.49
per 250g



SAVE $1.40

Huon Valley Hazelnuts

100% TAS

$8.90
per 125g



SAVE $2.05

National Pies & Sausage Rolls

100% TAS

$8.99
per 12 pack



SAVE $2.30

Heidi Marzipan Stollen

$15.95
per 500g



SAVE $1.00

Capriccio Passata

$2.99
per 700g



SAVE $0.50

Sonora Organic Corn Chips

$8.90
per 500g



SAVE $2.60

Villino Coffee Roasters: Colombia, Ethiopia & Mexico Coffee Beans

$18.00
per 250g



SAVE $3.00

Ital Milano Panettone

$15.90
per 750g



SAVE $1.00

The Good Ginger Beer

100% TAS

$3.90
per 750ml



SAVE $0.60

Coaldale Walnut Kernels

100% TAS

$12.90
per 200g



SAVE $0.65

Cripps Premium Shortbread

100% TAS

$4.79
per 200g



SAVE $0.70

Whittaker's Chocolate Blocks

$7.95
per 250g



SAVE $2.94

This Week's Recipe:
Truss Tomato Bruschetta

See back page.



Recipe Ingredients

You'll find everything you need for this week's new recipe in all of our Salamanca Fresh stores. All the ingredients required are listed on the back of this booklet.

salamancafresh.com.au

Find more specials in store or online at salamancafresh.com.au
Offers available from Wednesday 25/11/26 until Tuesday 01/12/26 or while stocks last.

From us to you

Great Southern Grass Fed Beef Scotch Fillet Steaks
TAS Grown
$49.90
per kg
100% TAS

SAVE $10.00

Boneless Lamb Leg Roasts
TAS Grown
$25.90
per kg
100% TAS

SAVE $4.00

Tender Pork Loin Steaks
AUS Grown
$16.90
per kg

SAVE $6.00

Boneless Pork Belly Portions and Slices
AUS Grown
$18.90
per kg

SAVE $9.00

Ziggys Thin Pork Sausages
TAS Made
$16.90
per kg
100% TAS

SAVE $4.00

Ziggys Continental Kabana
TAS Made
$6.00
for 2
100% TAS

SAVE $1.00

Ziggys Freshly Sliced Rind On Bacon Rashers
TAS Made
$29.90
per kg
100% TAS

SAVE $7.00

Ziggys Sliced Virginian Ham
TAS Made
$17.90
per kg
100% TAS

SAVE $3.00

Mixed Sicilian Olives
$22.90
per kg

SAVE $9.00

Huon Hot Smoked Salmon Portion Natural & Blackened Spice
$9.99
per 150g
100% TAS


SAVE $2.96

President Brie & Camembert Cheese
$34.90
per kg


SAVE $5.00

salamancafresh.com.au

Let's Talk Turkey

Christmas dinner is one of those meals made for gathering around the table. And for many families, a delicious roasted turkey is at the heart of it. Whether it's a long-standing tradition or your first time cooking one, choosing the right bird, planning your timing and mastering a few simple roasting techniques will help make this meal one to remember.

1 Choosing your turkey

At Salamanca Fresh, you'll find a range of turkeys to suit every table. Prefer white meat? Try a turkey buffet. Love the classic combination of breast and leg? Go for a whole bird. If you're unsure which size to choose, our team can help you find the right one to suit your needs.

2 Picking the right size

As a guide, allow 450 g of raw turkey per person, or around 600 g if you'd like plenty of leftovers (and who doesn't?). Use this quick reference to plan your feast:

TURKEY SIZE	COOKING TIME	SERVES
2 – 2.9 kg	1 hour 50 minutes – 2 hours 10 minutes	4 – 6
3 – 3.9 kg	2 hours 10 minutes – 2 hours 30 minutes	7 – 8
4 – 5.9 kg	2 hours 10 minutes – 3 hours 30 minutes	9 – 12
6 – 6.4 kg	3 hours 30 minutes – 4 hours	13 – 15

Cooking times are a guide only. Always follow the instructions supplied with your turkey and check that it is cooked through before serving.

3 Stuffing and flavour

For even roasting, cook stuffing separately in a tray. For that classic Christmas aroma, fill the cavity loosely with citrus, herbs and onion to gently perfume the meat without affecting the cooking time. Try sage, thyme and lemon zest for a fragrant finish.

4 Roasting tips

Roast your turkey on a rack or over chopped carrots, onions and celery to lift it off the base and allow the hot air to circulate. Brush with oil or butter and season generously with sea salt and herbs.
If it starts to brown too quickly, loosely cover the breast with foil for the final part of cooking.

5 Rest and serve

Once cooked, let the turkey rest for 20–30 minutes, loosely covered with foil. This allows the juices to settle back into the meat, helping every slice stay tender and moist.

THE CHRISTMAS HAM GUIDE

Celebrate Christmas with the finest Tasmanian and Valenca Free Range Hams from Ziggys Supreme Smallgoods, available exclusively at Salamanca Fresh stores. Recognised at the 2024 Royal Tasmanian Fine Food Awards, the 2025 Australian Meat Industry Council Awards, and the prestigious International Quality Competition of the German Butchers' Association in Frankfurt, Ziggys hams are renowned for their exceptional craftsmanship and flavour. Here's a look at the types of hams on offer this season and how to serve them to make your holiday meal truly memorable.



FULL LEG BONE IN

Ziggys' classic ham on the bone, made with 100% Australian pork. Rich and smoky, it's a traditional Christmas centrepiece made for larger gatherings.

Also available in Valenca Free Range Pork.

Approx. 7–9 kg

Perfect for a big family celebration



EASY CARVE LEG

For convenience and quality, Ziggys' easy carve ham is an excellent choice. With the leg bone removed and only the shank bone still in place, it's easy to slice without sacrificing the flavour.

Also available in Valenca Free Range Pork.

Approx. 3–4 kg

Best for easy entertaining

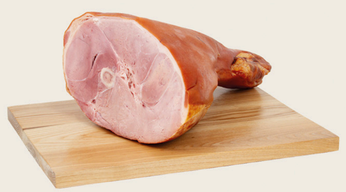


BONELESS MINI DELUXE HAM

Ideal for intimate meals, this smaller ham is great for glazing and perfect for picnics or beach outings.

Approx. 1–2 kg

Best for smaller tables



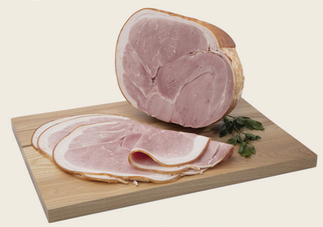
HALF LEG BONE IN

This half-sized ham offers the same award-winning quality in a portion ideal for smaller gatherings. It has the signature taste of Ziggys' ham on the bone and is a versatile option for Christmas.

Also available in Valenca Free Range Pork.

Approx. 4–6 kg

Best for smaller gatherings



SUPREME LEG HAM

A flavoursome Christmas favourite, made from boneless leg ham that's netted, cured and cooked. Easy to carve and serve.

Approx. 3–4 kg

A versatile option for any celebration

2026 CHRISTMAS ORDER FORM

Salamanca FRESH

Order Number _____

HAMS		
	Ziggys Ham on the Bone Aust Pork Half Legs Hock End or Chump End (3.5kg-5kg)	$19.95 kg
	Ziggys Ham on the Bone Aust Pork Full Legs (7kg-9kg)	$18.95 kg
	Ziggys Free Range Pork Bone In Half Leg of Ham Hock End or Chump End (3.5kg-5kg)	$22.95 kg
	Ziggys Free Range Pork Bone In Whole Leg of Ham (7kg-9kg)	$21.95 kg
	Ziggys Easy carve Leg of Ham Aust Pork (semi-boneless) (7kg-9kg)	$23.95 kg
	Ziggys Boneless Mini Deluxe Hams (approx. 1kg)	$29.90 kg
	Ziggys Supreme Boneless Ham (3kg-4kg)	$32.90 kg
	Ziggys Gamon Ham Full Bone In Pork Leg (Smoked but un-cooked) (7kg-9kg)	$17.90 kg
	JB Nichols Geeveston Ham (boneless) (4kg-5kg)	$32.90 kg
	Scottsdale Pork Mini Hams (boneless) (750g-1.5kg)	$28.90 kg
	Scottsdale Pork Dry Cured Leg Ham (boneless) (3kg-4kg)	$33.95 kg
	Salamanca Fresh Ham Bag (each)	$4.95 ea
POULTRY		
	Fresh Lilydale Free Range Turkey (3kg-4kg)	$18.50 kg
	Fresh Lilydale Free Range Turkey (4kg-5kg)	$18.50 kg
	Fresh Lilydale Free Range Turkey (5kg-6kg)	$18.50 kg
	Fresh Lilydale Free Range Turkey Buffet (3kg-4.5kg)	$20.95 kg
	Turducken (3kg-4kg) a chicken, inside a duck, inside a turkey	$37.95 kg
	Turkey Ballotine Red Wine (3kg-4kg)	$33.95 kg
	Turkey Ballotine Cranberry (3kg-4kg)	$33.95 kg
	Marion Bay Free Range Chicken (1.8kg-2.5kg)	$8.95 kg
	Luv-A-Duck Fresh Whole Duck (2kg-2.2kg)	$15.95 kg
	Luv-A-Duck Duck Fat 200g	$7.95 ea
	Rannoch Farm Butterflied Quails Frozen (6 pack)	$36.95 ea
SEAFOOD		
	Tas Oyster Co Organic Oysters Shucked (doz)	$23.95
	Tas Oyster Co Organic Oysters UNSHUCKED (2 doz box)	$44.90
	Tas Southern Rock Lobster (cooked kg) 600g-800g – 1kg+	market
	Tassal Cooked Tiger Prawns Jumbo U10 Size (frozen)	$46.90 kg
	Tassal Cooked Tiger Prawns Jumbo U10 Size (thawed)	$46.90 kg
	Tassal Cooked Tiger Prawns Jumbo U10 Size (frozen) 3kg Box	$130.00
	Tassal Cooked Tiger Prawns XL Size U10-15's (frozen) 3kg box	$105.00
	QLD Wild Caught Raw King Prawns Colossal Size U6's (thawed)	$69.90 kg
	Tassal Cold Smoked Salmon Side (approx. 1kg)	$68.90 kg
	Tassal Tas Smokehouse Cold Smoked Salmon (100g)	$6.95 ea
	Huon Hot Smoked Salmon Portions Natural (150g)	$12.95 ea
	Huon Hot Smoked Salmon Portions Blackened Spice (150g)	$12.95 ea
	Huon Salmon Caviar (100g)	$44.95 ea
	Huon Salmon Pate (150g)	$8.50 ea
	Huon Fresh Salmon Sides (approx. 1.5kg)	$36.90 kg
PORK, LAMB & BEEF		
	Rolled Pork Loin Roasts (2kg)	$24.90 kg
	Pork Rolled Forequarter Shoulder Roast (boneless) (2kg)	$14.90 kg
	Pork Leg Bone in Roasts (2kg)	$14.90 kg
	Pork Belly (1.5kg)	$27.90 kg
	Legs of Lamb (1.6kg-2kg)	$19.90 kg
	Easy carve Legs of Lamb (1.5kg)	$26.90 kg
	Grass Fed Beef Rib Eye Steaks (kg)	$59.90 kg

TASSIE PRODUCE		
	Tassie Strawberries (250g)	market
	Tassie Strawberries (500g)	market
	Tassie Raspberries (125g)	market
	Tassie Raspberries Lucaston Park (300g)	market
	Tassie Blueberries (125g)	market
	Tassie Cherries (kg)	market
	Export Quality Reid Fruit Cherries (2kg boxes)	market
	Export Quality Reid Fruit Cherries (5kg boxes)	Market
PUDDINGS & SWEETS		
	Bruny Island Traditional Christmas Pudding (400g)	$36.90
	Bruny Island Traditional Christmas Pudding (900g)	$56.90
	Bruny Island Traditional Christmas Pudding (400g) Gluten Free	$37.90
	Sunrise Bakery Traditional Plum Pudding (1.5kg)	$44.90
	Ital Panettone Milano (750g)	$16.90
	Jackman McRoss Fruit Mince Pies (6 pack)	$24.99
	Jean Pascal Fruit Mince Tarts (6 Pack)	$13.95
	Jean Pascal Croissants (6 pack)	$22.95
	Jean Pascal Gingerbread House (each)	$49.95
	Anvers Truffle Selection (250g)	$39.95
CREAM, CHEESE, GLAZES & SPREDS		
	Pura Thick Cream Dollop (300ml)	$3.99
	Pura Double Thick Cream Dollop (300ml)	$5.99
	Dairy Farmers Thickened Cream (300ml)	$3.60
	Ashgrove Pure Cream (500ml)	$6.19
	Ashgrove Pure Cream (2lt)	$21.59
	Ashgrove Selection Cheese Packs (250g)	$14.95
	President Double Brie (1kg)	$32.90
	President Camembert (1kg)	$32.90
	Island Table Triple Cream Brie (450g)	$19.95
	Island Harvest Cherry Jam for Ham (215g)	$12.95
	Island Harvest Cranberry & Pepperberry Relish (215g)	$12.95
	Island Harvest Peach & Manuka Honey Ham Glaze (215g)	$12.95
	Johnnos Cherry & Honey Glaze (250g)	$7.99
	Johhnos Apple Sauce (250g)	$6.50

Sign up to newsletter? ☐ YES Please ☐ NO Thanks

Name	
Phone	
Email	
Suburb	**Postcode**
Store	☐ Salamanca ☐ Bellerive ☐ Kingston ☐ Huonville ☐ Lenah Valley
Collection Date	☐ 22nd ☐ 23rd ☐ 24th
Collection Time	

Orders close by end of trade, 18th December 2026