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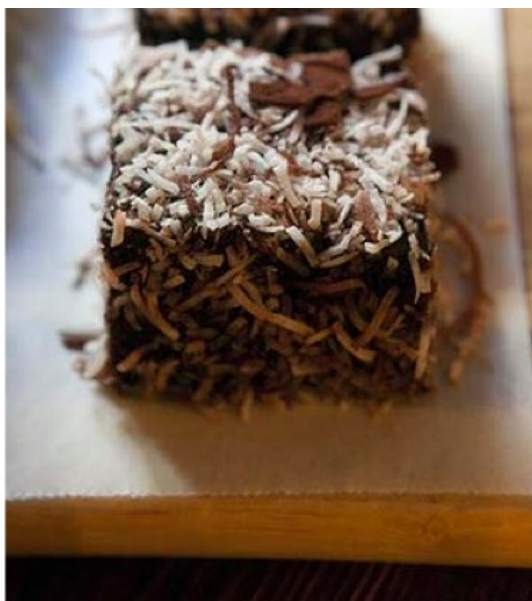
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To mark the release of the Good Cafe Guide 2013, we reveal the hot spots and trends that have us in a froth of excitement.

It has been a year of icy-cold milkshakes, house-baked bread and handmade pickles, with spicy baked egg shakshouka overtaking the beloved egg-and-bacon roll for breakfast honours. The third annual edition of the *The Sydney Morning Herald Good Cafe Guide* charts an increasingly professional industry, and an increasingly competitive business. As one coffee roaster said: "If you're not doing something better than everyone else, you're not in the race."

## The seasonal lamington

When Kirin (Kiki) Tipping's then eight-year-old niece, Lucy, tired of cupcakes she approached her aunt with a business plan based on reinventing the humble Australian lamington. LusciousKiki's fresh, seasonal lammos are now much in demand, from the salted caramel with white chocolate to the "chocolate coma" of double-chocolate cake, chocolate dip and chocolate coconut. "I asked Lucy if she'd like to run the business when she grows up and she said no, she'd be too busy working on a submarine," Tipping says. See them at Cabrito Coffee Traders at Circular Quay and the Fine Food Store in The Rocks. And keep an eye out for the sugary, jammy, freshly baked doughnuts that are rocking Melbourne cafes - and the US's latest darling, the cronut (half croissant, half doughnut).



Fresh ideas: LusciousKiki's lamingtons.