

JULY | AUGUST 2022

Bringing goodness to you

market

Magazine

HARRIS FARM
MARKETS

FREE!

Charizo & black bean stuffed sweet potatoes page 16

HELLO
SLOW
COOKING AT
ITS BEST

AMAZE-ZING!
Luscious lemon
and orange desserts

Stuff 'em!
Different
Delicious

Plus

GARDENING • FAMILY • FARMERS • TIPS • TRAVEL • WELLNESS



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Hey kids,
may the forest
be with you
when making
these cheesy
broccolini trees!

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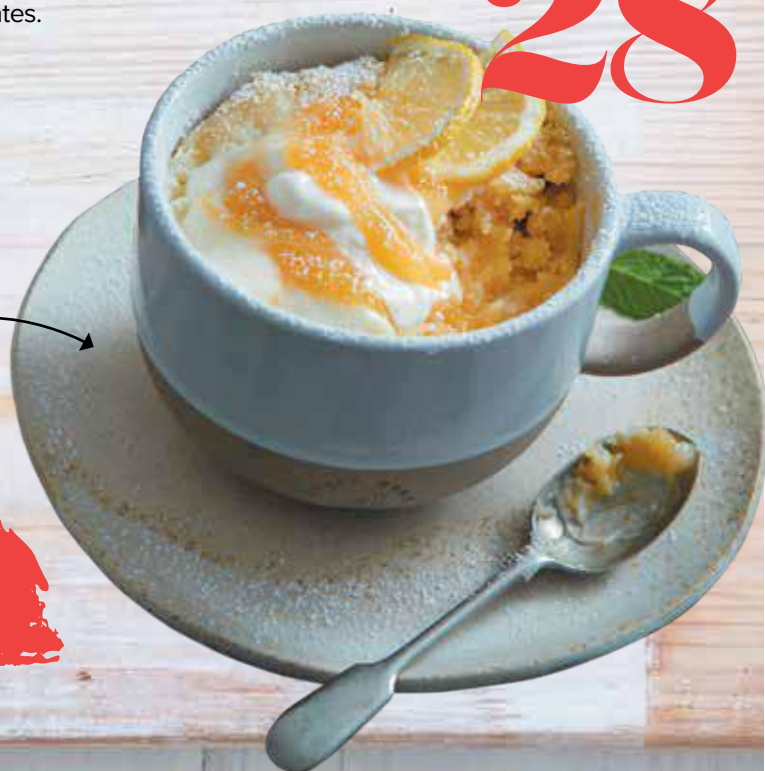
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FISH *in the* FAMILY

Our Mum, Andrea, has always been our go-to for tips and recipes for all things seafood. Here's the recipe for her Moroccan-spiced Barramundi with tomato & spinach and a couple tips to help you out when cooking – from our family to yours!

ONLY FLIP
YOUR FISH ONCE.
Over handling could
cause the fish to
lose its shape
and structure.



Scan for more recipes

TEMPERATURE
IS KEY!
Cooking fish at fridge
temperature will cool
down the pan, causing
the protein to stick.
Take it out of the fridge
15-30 minutes prior
to cooking.

MOROCCAN-SPICED BARRAMUNDI WITH TOMATO & SPINACH

4 x Australian barramundi fillets, about 200g skin on
Blue-eye cod is also great for this recipe

1 tbsp extra virgin olive oil
1 ½ tsp Moroccan seasoning (Ras El-Hanout)
1 medium red onion, chopped
2 garlic cloves, finely chopped
1 long red chilli, deseeded, finely chopped
400g can diced tomatoes
1/3 cup fish stock or water
Sea salt flakes and freshly ground black pepper
100g baby spinach leaves

1 tbsp lemon juice
½ cup black olives
Lemon wedges, char-grilled bread and dukkah to serve

Brush fish with oil. Sprinkle with 1/2 teaspoon Moroccan seasoning. Heat oil in a large deep non-stick frying pan over medium-high heat. Place fish, skin-side down into pan, and cook for 3-4 minutes until skin is golden. Turn and cook for a further 4-6 minutes (depending on thickness) or until just cooked through. Transfer to a tray, cover and keep warm. Add onion, garlic and chilli to the pan. Cook, stirring occasionally, over medium heat for 2-3 minutes until softening. Add remaining 1 tsp Moroccan seasoning and cook, stirring, for 1 minute. Add tomatoes and stock or water to pan, cover and bring to the boil. Reduce heat and simmer for 3 minutes. Season. Toss in spinach, cover and cook for a minute or until just wilted. Spoon tomato mixture into serving bowls and top with fish. Serve with lemon wedges, char-grilled bread and sprinkle with dukkah (if liked).

Serves 4

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HARRIS FARM
MARKETS

Welcome

HELLO AGAIN,
The whole Harris family just had a much-anticipated and several-times-delayed holiday to celebrate some big birthdays. It was so terrific to spend time together as a big chaotic clan. We laughed and swam and drank nice wine and soaked in the sun. It was lovely to remember how great life is, and how special family is, and how much food binds it all together.

We were particularly reminded of our good fortune when we spent some time in a very poor rural part of Indonesia. The local people have lots of challenges that are as basic as clean water, access to medicine and enough food for their babies. The place we stayed at has helped the local economy greatly, both through employment and training – but also through an amazing foundation program that truly helps the community with its most pressing needs.

We absolutely loved this part of our trip as we visited the malaria clinic and helped teach some of the kids English. It felt so real and so meaningful for us

The place we stayed at has helped the local economy greatly

and our kids. It also helped us feel that we were visiting and helping a community, not just being tourists – a positive impact at the same time as doing something we loved.

As a family we chatted

about how much we love the opportunity to provide that same sense to HFM customers through our various community programs. You can happily enjoy buying and eating great healthy food, while knowing that it is also delivering

The Greater Goodness out in the world through all sorts of initiatives, from Indigenous food entrepreneurship programs to helping Ukrainian refugees with food boxes...

And through our latest sponsorship, you can now also feel satisfied that your shopping has contributed to helping develop organic farms in rural Indonesia!

I hope you are enjoying food and travel too!

Tristan

**Tristan Harris, Co-CEO,
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Editor's Letter

Hello all. So let me tell you how much I love to wander Harris

Farm Markets. I'm

taken in – no completely mesmerised – by all the extraordinary products, so artfully displayed. And it's because the discovery of so many different foods fires the imagination for what you could cook. Talk about being creative if you whipped up dishes only from HFM!

But now as I read Cathy and Tristan's letters, I am filled with more admiration, and indeed pride, to be working with the Harris family, who is so mindful of disadvantaged people, everywhere.

And who significantly and meaningfully support and help them with what they need – for folk in Australia and those who require help beyond our shores.

And that's not to mention the support given to local farmers, producers and suppliers when they are in trouble, too. So now with my shopping pleasure, I proudly salute the HFM tagline, 'Bringing goodness to you', because it's so very true. And I urge you to contemplate it when next you're shopping because, with the Harris family, we're all helping to do good. So cheers to them and to you. See you at the Markets!

– Julia Zaetta, Editor

Cathy's Column

Food, glorious food.

The older I get the more important I realise food is. Yes, it sustains us, and hopefully keeps us healthy, but it does so much more.

It's what we share when we are cementing a friendship – “breaking bread” together as symbolised in so many different religious traditions. It's what government leaders do after a momentous agreement. When our team wins a great sporting event, we all go out and “have a feed”.

I now also realise it is a universal language; even if we don't speak the same tongue as our neighbours, we can get so much delight out of sharing a meal and showing each other how we prepare it.

A sustaining

meal is also an essential requirement for people who have been through deep distress.

In the last issue of the magazine, we remembered the people of Ukraine – what a wonderful and rewarding opportunity that has opened up. We were contacted by the Sydney Community Foundation, Sydney Women's Fund and Be Kind Sydney seeking help for a number of Ukrainian refugees who had arrived in Sydney. We are now proudly supplying boxes of food to these people, who have arrived in Australia with nothing, and at this stage are unable to work. You too can help. These charities need to raise the funds to help these families



HFM is helping provide food to Ukrainian refugees.

– you'll find the details on our website.

But perhaps just as importantly, it might be fun to get more involved and raise awareness by

getting to know each other through a **RECIPE EXCHANGE**.

The charities caring for these families are getting recipes, and we'll be putting together recipes and ingredients in a box, that will be available on our online store – such fun!

In the next magazine we will also be asking you for your recipes!

So keep cooking guys – cooking and food are not just about sustenance. Sharing food is a genuine act of love and generosity.

**Catherine Harris AO PSM
Chair Harris Farm Markets Pty Ltd**

Seasonal Picks

Apples

GOOD FOR YOU!

Apples are nutrient-dense, providing a good dose of vitamins and minerals per serving. They're also rich in polyphenols, a group of antioxidants that protect cells from free-radical damage. So eat apples!

Winter is tops for apples. Pink Lady remains the fan favourite, but Fuji, Granny and Delicious have their followers, and the newer varieties, Jazz, Kanzi and Bravo, are heading up the charts

These newer apples are grown under license, with the license fee going to the plant breeder – one reason they are a little bit more expensive than other apples. But they are definitely worth a taste! Dark-skinned Bravo is an Australian cross between Royal Gala and Cripps Red (also called Sundowner), while crisp and juicy Kanzi and Jazz are both crosses between Royal Gala and Braeburn.

Like all apples, these are best stored in the fridge to keep them fresh and crisp.

FOR DESSERT

Core a Granny Smith and score the skin around its middle. Stuff the top of the apple with fresh or frozen berries and a sprinkle of sugar. Place the stuffed apple in a microwave-safe dish with a Tbsp of water. Cook on high for 2-3 minutes until soft. Let stand for a few minutes before eating.

DID YOU KNOW?

Victoria grows most of the Australian apple harvest, though the spiritual home of the apple is Batlow, in the NSW Snowy Valleys, where the fruit has been grown since around 1900.

PHOTOGRAPHY: SHUTTERSTOCK; ISTOCK

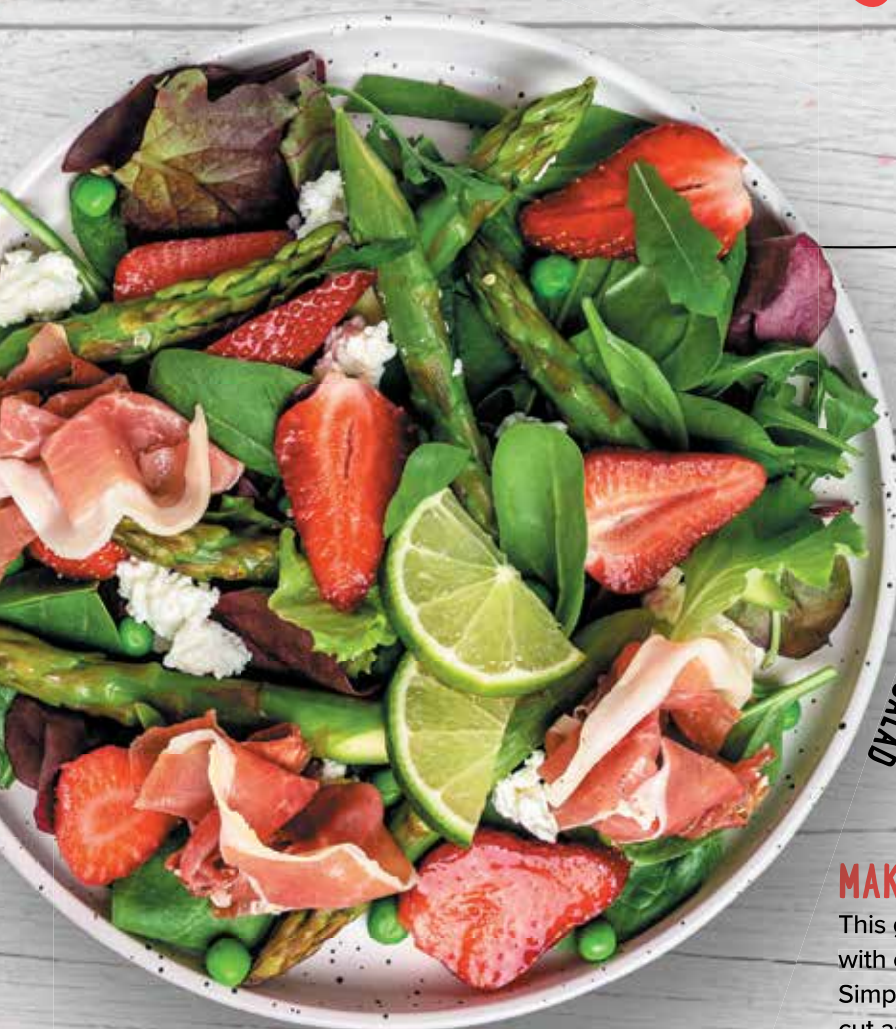
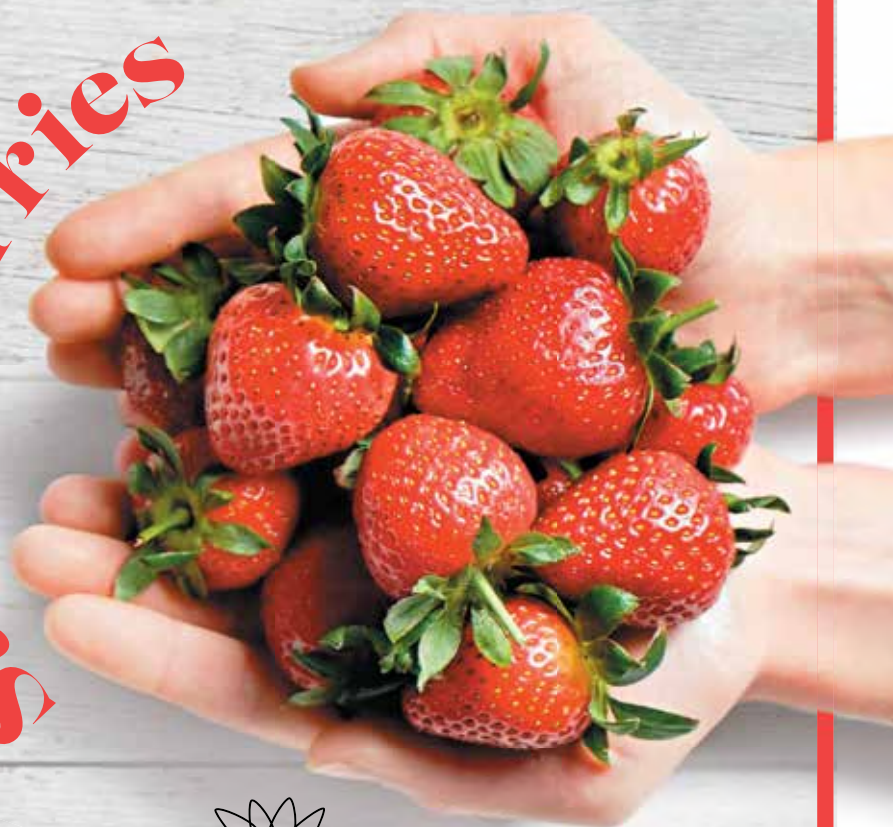
Queensland strawberries are a highlight of winter and luckily the wet start to the year has delayed, but not ruined the harvest

Growers are expecting a good season to peak in July and August.

The best flavour is in the berries allowed to ripen fully on the plant – these are coloured red all the way to the green calyx. Avoid berries that are half-white; they will be hard, tart and tasteless.

Store them in the fridge and bring to room temperature before eating.

Strawberries



STRAWBERRY SALAD

MAKE IT!

This gorgeous salad is packed with colour, flavour, and nutrients. Simply mix halved strawberries with cut asparagus, peas, salad greens and rocket. Top with feta cheese and prosciutto, and serve with lime wedges for squeezing all over.

FRUIT

Queensland strawberries
Blueberries
Navel oranges



Seville oranges
Lemons
Tangelo



Blood oranges
Grapefruit



Apples
Pears

Artichoke face-off!

For a brief time at the end of winter, the unrelated globe and Jerusalem artichokes are available at the same time. It's artichoke vs artichoke

GLOBE ARTICHOKE

The flower bud of a giant thistle seems an unlikely delicacy, and you have to admire the ingenuity of our ancestors in working out how to make it edible, let alone delicious.

HOW TO PREPARE THEM

First: chop off the top third as the tips of the bud are tough and bitter, then snap off the outer leaves until the paler inner leaves are revealed.

Next: trim the stem to about 4cm.

Now: the artichoke is ready to cook!

QUICK AND EASY RECIPES

1. The classic way to enjoy artichoke is to boil the prepared buds in water, then peel off the leaves one by one, dipping them in fresh peppery olive oil or melted butter and lemon, finishing with the soft heart and tasty stem.

2. On the BBQ, halve prepared buds, boil until tender, then drain. Grill, cut-side down, until charred. Drizzle with lemon and olive oil.

3. Make a double artichoke soup by cooking peeled and sliced Jerusalem artichokes with garlic and onion in butter over medium heat. Add prepared, quartered globe artichokes and continue cooking for a few minutes, then add stock. Bring to the boil and simmer until vegies are tender. Purée with a stick blender, add cream, then season. Serve topped with Jerusalem artichoke crisps.



JERUSALEM ARTICHOKE

This knobby tuber, which looks a bit like ginger, is part of the sunflower family.

It was named for that other artichoke because the flavour of the tuber is said to be something like potato mashed with globe artichoke. Choose firm tubers and peel or scrub them clean before eating. Thinly sliced and quickly stir fried, they have a texture like a water chestnut or yam bean and add crunch to the dish.

When roasted, they develop an appealing nuttiness – good on their own, or whizzed into a soup or purée. Store Jerusalem artichokes in the same way as potato, in a dark, cool, dry space. **MM**

VEGETABLES

Borlotti beans
Globe artichokes
Jerusalem artichokes



Pumpkin
Turnips
Parsnips



Cabbage
Snow peas
Brussels sprouts
Broccolini

CRISP 'EM

Toss thinly sliced, unpeeled Jerusalem artichokes with olive oil and salt and pepper. Arrange on a wire rack over baking tray and roast at 200°C for 20 minutes until crisp. Then enjoy as a snack or garnish!



MORE WAYS TO ENJOY

In France artichokes are quartered and braised with white wine and other vegies of choice in a dish called barigoule. In Italy they're stuffed with breadcrumbs, parmesan and garlic, then baked. In Spain they're halved and cooked slowly with ham, white wine and ground almonds.

FAMILY BUSINESS BUILT ON FAMILY VALUES DELIVERING PRODUCT EXCELLENCE



SCAN FOR A RECIPE

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Stuff YOUR vegies

Transform family favourite vegies into edible bowls jam-packed full of flavour.

Whether it's a spud, a pumpkin or a handful of mushies, these stuffed delights are going to be a welcome addition to your weekly dinner rotation



PHOTOGRAPHY: LOUISE LISTER • RECIPES AND STYLING: ANNETTE FORREST • PHOTO CHEF: LARA REYNOLDS

Some like IT HOT!

Add a fiery kick to your sweet spuds by teaming them with a drizzle of peri-peri hot sauce or a squeeze of sriracha.

YOU SWEET THING

It's best to choose even-sized, plump sweet potatoes so they all cook evenly and present well on your dinner table.

CHORIZO AND

BLACK BEAN STUFFED SWEET POTATOES Recipe on page 16

Tahini YOGHURT

½ cup Greek-style natural yoghurt

2 ½ Tbsp lemon juice

1 Tbsp tahini paste

Sea salt flakes and ground black pepper, to season

Combine all ingredients in a bowl, then season.

Cover and refrigerate until ready to serve.



LOVIN' LEFTOVERS

Tahini is a paste made from sesame seeds popular in Middle Eastern cooking. Store leftover tahini in the fridge to stop the oil content from going off. It will need a good stir before using again.

SPICED CHICKPEA STUFFED BUTTERNUT PUMPKIN

PREPARATION: 25 minutes
COOKING: 1 hour 15 minutes
SERVES: 4

2 x 1kg halved butternut pumpkin
 3 Tbsp olive oil
 1 tsp ground cumin
 1 tsp ground coriander
 Sea salt flakes and freshly ground black pepper, to season
 1 medium brown onion, finely chopped
 2 cloves garlic, finely chopped
 ½ cup currants, soaked in hot water for 5 minutes and drained
 400g can chickpeas, drained, rinsed
 ½ cup finely chopped flat-leaf parsley, plus extra to serve
 50g baby spinach leaves
 ½ cup walnuts, chopped, toasted
 Pomegranate seeds and lemon wedges, to serve

- 1. Preheat oven to 180°C fan-forced.** Scoop out pumpkin seeds. Score the flesh from the cut-side of the pumpkin at 1cm intervals in a criss-cross pattern. Place pumpkin, cut-side up, onto a rack on an oven tray lined with baking paper.
- 2. Place 1 Tbsp oil and ½ tsp each of cumin and coriander in a bowl.** Stir to combine. Brush pumpkin flesh with oil mixture. Season. Bake for 50 minutes.
- 3. Add 1 Tbsp of the oil to the pan.** Heat over medium heat. Add onion and garlic. Cook, stirring often, for 3-4 minutes until softening. Stir in remaining cumin and coriander. Cook for 1 minute. Add currants, chickpeas and parsley. Cook, stirring often, for 3 minutes. Add spinach. Toss until just wilted. Stir through walnuts. Season. Remove from heat and set aside.
- 4. Remove pumpkin from the oven.** Set aside to cool slightly. Scoop out pumpkin flesh, leaving about a 1.5cm border. Roughly chop pumpkin flesh and add to chickpea mixture. Stir to combine.
- 5. Place pumpkin, flesh-side up, onto oven tray.** Fill each with chickpea mixture. Drizzle with oil. Bake for 15-20 minutes.
- 6. Drizzle with tahini yoghurt** (see recipe, opposite). Sprinkle with pomegranate seeds and extra parsley. Serve with lemon wedges on the side.

TWICE-BAKED POTATO AND CHICKEN PARMIGIANA

PREPARATION: 50 minutes
COOKING: 1 hour 20 minutes
SERVES: 4

4 x 350g Sebago potatoes, scrubbed and dried (see tip, below)
 Cooking oil spray, to grease
 1 Tbsp extra virgin olive oil
 1 medium brown onion, finely chopped
 350g chicken mince
 2 cloves garlic, finely chopped
 1 Tbsp tomato paste
 2 ½ cups tomato and basil pasta sauce
 Sea salt flakes and freshly ground black pepper, to season
 30g butter, chopped
 1 cup shredded mozzarella
 ½ cup grated parmesan
 Basil leaves, to serve

- 1. Preheat oven to 200°C fan-forced.** Spray each potato with a little oil, then wrap tightly in foil. Place onto a rack on an oven tray. Bake for 1 hour or until tender when tested with a skewer. Unwrap. Set aside to cool slightly.
- 2. Heat oil in a frying pan over medium-high heat.** Add onion and cook, stirring, for 3-4 minutes until softening. Add chicken and garlic. Cook, breaking

- mince up with a wooden spoon, for 4-5 minutes until chicken is white.
- 3. Stir in tomato paste.** Cook, stirring, for 1 minute. Add ½ cup pasta sauce and 2 Tbsp water. Season. Cover and bring to boil. Reduce heat and simmer. Cover and cook, stirring occasionally, for 4-5 minutes until thickened. Remove from heat.
 - 4. Cut a shallow slice from the top of each potato.** Using a tsp, scoop out the flesh from each potato, leaving a 1.5cm border. Put flesh into a large bowl, add butter, mash until smooth. Season.
 - 5. Spoon chicken mixture into the potatoes, pressing down.** Drizzle each with 1 Tbsp of tomato pasta sauce. Top with mashed potato. Pour remaining pasta sauce into a shallow (about 8 cup) baking dish. Arrange potatoes in the dish. Sprinkle with cheeses. Bake for 20-25 minutes or until cheese is golden and sauce is bubbling.

Scatter with basil leaves and serve.

THE RIGHT SPUD
 The Sebago is a great floury all-rounder potato and perfect for baking. Use a soft brush and scrub under cold running water to remove dirt from skin. Ensure potatoes are dry before cooking.



CHORIZO AND BLACK BEAN STUFFED SWEET POTATOES (PAGE 13)

PREPARATION: 30 minutes

COOKING: 1 hour 15 minutes

SERVES: 4

- 2 x 700g plump sweet potatoes, halved lengthways
- 2 Tbsp extra virgin olive oil, plus extra to drizzle
- Sea salt flakes and freshly ground black pepper, to season
- 1 small red onion, finely chopped
- 2 chorizo sausages (220g), diced
- 2 cloves garlic, finely chopped
- 1 small red capsicum, deseeded and cut into a 1cm-dice
- 1 long green chilli, deseeded and finely chopped, plus extra to serve
- 400g can black beans, drained, rinsed

- ½ cup tomato passata
- ½ cup coriander leaves, chopped, plus extra to serve
- 1¼ cups shredded tasty cheese
- Sour cream, diced avocado and lime wedges, to serve

- 1. Preheat oven to 180°C fan-forced.** Line a large oven tray with baking paper.
- 2. Brush sweet potatoes with 1 Tbsp oil.** Season and arrange, cut-side down, onto the oven tray. Bake for 45-50 minutes or until tender when tested with a skewer. Remove from oven. Carefully turn sweet potatoes over and set aside to cool slightly.
- 3. Meanwhile, heat remaining oil in a frying pan over medium heat.** Add onion, chorizo, garlic, capsicum, and chilli. Cook, stirring often, for 6 minutes or until capsicum is tender. Stir in beans, tomato passata and coriander. Cook, stirring occasionally, for 5 minutes. Season. Remove from heat.
- 4. Using a sharp knife, cut a 1.5cm border around the edge of each sweet potato and scoop out the flesh to form a cavity.** Roughly chop flesh and add to chorizo mixture. Stir to combine. Spoon chorizo mixture into the sweet potatoes. Place onto a large oven tray lined with baking paper. Sprinkle with cheese. Bake for 20-25 minutes or until cheese is melted.
- 5. Serve stuffed sweet potatoes with** sour cream, avocado, extra coriander, extra chilli and an extra drizzle of oil, with lime wedges on the side.

Cool BEANS

Black beans are power-packed with nutrition. They are rich in antioxidants, fibre and protein, and can help your body regulate blood sugar.

SPINACH, BACON AND GOAT CHEESE STUFFED MUSHROOMS

PREPARATION: 20 minutes

COOKING: 35 minutes

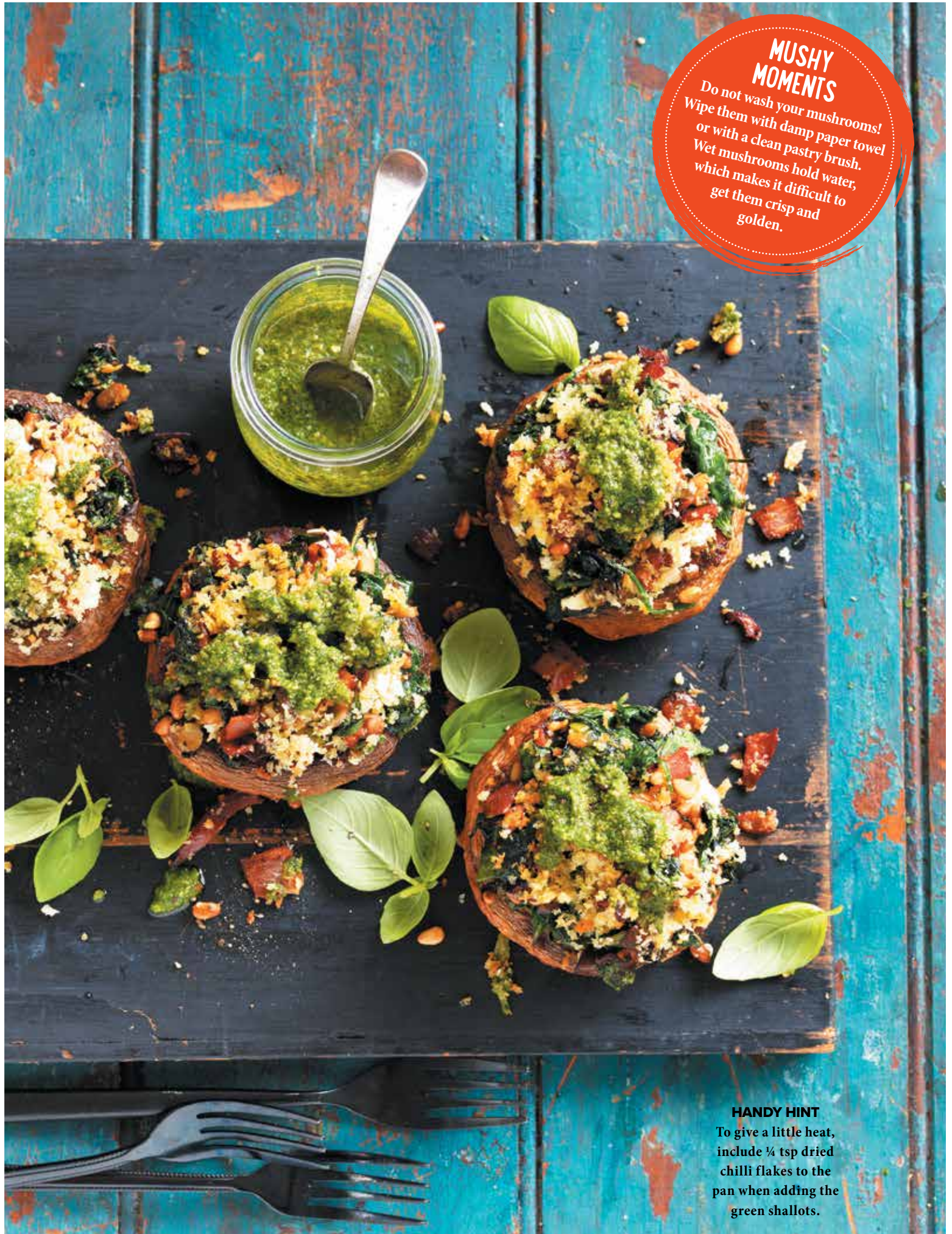
MAKES: 4

- 4 large flat mushrooms (about 150g each)
- 2 Tbsp extra virgin olive oil
- 150g rindless streaky bacon rashers, chopped
- ¼ cup pine nuts
- 2 green shallots, trimmed and thinly sliced
- 2 cloves garlic, crushed
- 240g baby spinach leaves
- 80g soft goat cheese, roughly crumbled
- Sea salt flakes and freshly ground black pepper, to season
- ⅓ cup panko breadcrumbs
- HFM upcycled basil pesto and basil leaves, to serve

- 1. Preheat oven to 180°C fan-forced.** Trim off the stems from the mushrooms and roughly chop. Set aside in a bowl. Place trimmed mushrooms onto an oven tray lined with baking paper, stem-side up.
- 2. Heat 1 Tbsp oil in a large frying pan over medium-high heat.** Add bacon and pine nuts. Cook, stirring often, for 3-4 minutes until bacon is crisp. Using a slotted spoon, transfer bacon mixture to a plate lined with paper towel. Set aside.
- 3. Add 2 tsp of oil to the pan and heat over medium heat.** Add green shallots, garlic and chopped mushroom stems. Cook, stirring often, for 2 minutes. Gradually add spinach and cook, tossing, until almost wilted. Remove from heat. Set aside to cool slightly.
- 4. Place bacon mixture, spinach mixture and cheese in a large bowl.** Season. Mix until well combined, then spoon evenly into mushrooms.
- 5. Combine breadcrumbs and remaining 2 tsp oil.** Mix until crumbs are coated in oil. Sprinkle onto the mushrooms. Bake for 15-20 minutes or until crumbs are golden and mushrooms are just tender.
- 6. Drizzle with a little basil pesto and scatter with basil leaves, then serve.** MM

MUSHY MOMENTS

Do not wash your mushrooms! Wipe them with damp paper towel or with a clean pastry brush. Wet mushrooms hold water, which makes it difficult to get them crisp and golden.



HANDY HINT

To give a little heat, include $\frac{1}{4}$ tsp dried chilli flakes to the pan when adding the green shallots.



A SWEET TREAT

ANVERS CONFECTIONERY ONLY USES THE HIGHEST QUALITY INGREDIENTS AND WHERE POSSIBLE, THE BEST OF THE LOCAL INGREDIENTS

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MID-WEEK
DINNER?**



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BAKED WHITE BEANS WITH PORK BELLY AND BACON Recipe on page 26

Make it SLOW

Meals are cooked low and slow to let their flavours come to life – meat is so tender it melts in your mouth and vegies are packed with such tang and spice your people will never want to leave the table

COOKS TIP

Fresh tarragon gives this French-style dish a subtle licorice-like flavour. If preferred, you can use 4-5 sprigs of fresh thyme in place of the tarragon.

CREAMY CHICKEN WITH LEEKS, BACON AND TARRAGON

PREPARATION: 25 minutes

COOKING: 2 hours 15 minutes

SERVES: 4

¼ cup extra virgin olive oil
 8 chicken thigh cutlets, skin on, trimmed
 2 Tbsp plain flour, seasoned
 2 leeks, trimmed and thinly sliced (use the white part only)
 2 stems celery, sliced (include the leaves)
 150g rindless streaky bacon, sliced into 1cm strips
 3 garlic cloves, finely chopped
 1 cup dry white wine
 1 ½ cups chicken stock
 1 ½ Tbsp Dijon mustard
 200g button mushrooms, halved
 7g fresh tarragon sprigs (see tip, left)
 ½ cup thickened cream
 100g (about ½ bunch) cavolo nero, trimmed
 Baguette or sourdough bread, to serve

1. Preheat oven to 140°C fan-forced.

Heat 1 Tbsp oil in a large, deep ovenproof casserole pan or Dutch oven over medium heat. Dust chicken in seasoned flour. Brown chicken, in batches, for about 8 minutes until golden. Transfer to a plate.

2. Heat 1 Tbsp oil in the pan

over medium heat. Add leek, celery and bacon. Cook, stirring for 5 minutes, until leek is tender. Add garlic and cook for 1 minute.

3. Add wine and cook for

1 minute. Stir in stock and mustard.

Heat until hot. Add chicken, mushrooms and tarragon. Cover. Transfer to the oven and cook for 1 ½ hours.

4. Remove from the oven. Simmer,

uncovered, over medium-low heat for 10 minutes until slightly reduced. Remove from heat and stir in cream.

5. Heat remaining 1 Tbsp oil in a large frying pan over high heat. Add cavolo nero and cook, tossing, for 2-3 minutes until just tender.

6. Serve chicken with the cavolo nero and baguette or sourdough.

HINT! HINT!

For a Mediterranean-style feast, serve this delicious lamb dish with a Greek salad and warmed pita bread.

SLOW-ROASTED GREEK LAMB SHOULDER WITH POTATOES Recipe on page 22

SLOW-ROASTED GREEK LAMB WITH POTATOES (PAGE 21)

PREPARATION: 30 minutes

COOKING: 4 hours 30 minutes

SERVES: 6

2kg lamb shoulder, bone-in, trimmed
2 Tbsp extra virgin olive oil
2 cups chicken stock
2 sprigs rosemary
1kg washed all-purpose potatoes, peeled, dried, cut into thick wedges
2 Tbsp lemon juice
Hummus and lemon wedges, to serve

LAMB MARINADE

⅓ cup extra virgin olive oil
¼ cup lemon juice
2 Tbsp finely grated lemon zest
6 large garlic cloves, finely chopped
2 Tbsp finely chopped rosemary leaves
1 Tbsp dried Greek oregano leaves
2 tsp sea salt flakes and freshly ground black pepper, to season

1. Preheat oven to 140°C fan-forced. Using a metal skewer, prick lamb about 10-12 times on each side. Place lamb into a large sealable plastic bag.

2. Place all marinade ingredients in a bowl. Stir until well combined. Add marinade to lamb. Seal. Massage marinade into lamb until evenly coated. Refrigerate for 4 hours or overnight if time permits. Remove lamb from fridge and leave at room temperature for 1 hour before cooking.

3. Heat oil in a large, deep heavy-based baking pan over medium heat. Add lamb, skin-side down, and cook for 4-5 minutes until skin is golden. Turn and cook for 2 minutes. Remove from heat.

4. Add stock and rosemary sprigs. Cover lamb with a sheet of baking paper, then 2-3 layers of foil, and seal well, pinching the edges of the foil against the pan. Transfer to the oven. Cook for 2 ½ hours.

5. Remove from oven. Uncover lamb. Arrange potatoes around lamb. Spoon

pan juices over potatoes and lamb. Drizzle with lemon juice. Cover with foil and seal well. Cook for 1 ½ hours or until lamb is very tender.

6. Remove the foil. Increase the oven temperature to 170°C fan-forced. Cook for 25-30 minutes or until potatoes are crisp and golden.

7. Serve lamb with hummus and lemon wedges on the side.

Chef's SECRET

This curry and the raita are excellent made the day before and refrigerated in airtight containers. The flavours develop beautifully when left overnight.

BEEF CHEEK AND POTATO MADRAS COCONUT CURRY

PREPARATION: 25 minutes

COOKING: 4 hours 15 minutes

SERVES: 6

4 beef ox cheeks (about 1.4 kg), trimmed

Sea salt flakes and freshly ground black pepper, to season

2 Tbsp vegetable oil

1 brown onion, finely chopped

3 garlic cloves, finely chopped

2 Tbsp finely grated fresh ginger

4 cardamom pods, crushed

⅔ cup madras curry paste (see tip, opposite)

¼ cup tomato paste

1 x 400g can diced tomatoes

2 cups beef stock

2 cinnamon quills

⅔ cup coconut cream

500g small chat or cocktail potatoes, halved

Basmati rice, warmed naan bread, mint leaves and lime wedges, to serve

MINT AND CUCUMBER RAITA

¾ cup Greek-style natural yoghurt

1 Lebanese cucumber, deseeded and finely diced

1 garlic clove, crushed

¾ cup mint leaves, finely chopped

1 Tbsp lime or lemon juice

½ tsp sea salt flakes

1. Preheat oven to 140°C fan-forced. Pat beef cheeks dry using paper towel. Season with salt and pepper.

2. Heat 1 Tbsp oil in a large, heavy-based ovenproof casserole pan or Dutch oven over medium heat. Brown beef cheeks on all sides for about 10 minutes. Transfer to a plate.

3. Heat remaining oil in the pan over medium heat. Add onion and cook, stirring often, for approximately 5 minutes or until tender. Stir in garlic, ginger and cardamom. Cook, stirring, for 1 minute.

4. Stir in curry paste and tomato paste. Cook, stirring and scraping the bottom of the pan, for 2 minutes. Stir in tomatoes and stock. Add cinnamon quills and beef cheeks. Spoon tomato mixture over beef cheeks. Cover and bring just to the boil over medium heat. Transfer to the oven. Cook for 2 ½ hours.

5. Meanwhile, to make the raita, combine all ingredients in a bowl. Stir to combine. Cover and chill until ready to serve.

6. Stir coconut cream into the curry. Turn beef cheeks. Add potatoes. Cover and cook for a further 1 ½ hours or until beef cheeks are very tender.

7. Remove curry from the oven and stand for 10 minutes. Using 2 forks, roughly break up the beef cheeks and stir through the curry.

8. Serve the curry with the raita, basmati rice, warmed naan bread, mint leaves and lime wedges.

COOK'S TIP

Curry paste brands can vary in spiciness so check the directions on the label about the quantity to use before cooking. You can also use rogan josh or korma curry pastes for this recipe.



HEALTHY AS

Sweet potatoes are one of the most nutritious vegies, with high levels of vitamins A and C, iron, potassium and fibre. Not only do they taste great, they are low in KJs – so it's win, win, win.

PERSIAN SWEET POTATO WITH GREEN LENTILS AND SPINACH Recipe on page 26

BRAISED KOREAN BEEF RIBS

PREPARATION: 25 minutes

COOKING: 2 hours 50 minutes

SERVES: 4

4 beef chuck ribs (about 1.5kg), trimmed
 1 Tbsp peanut or vegetable oil
 Sea salt flakes and freshly ground black pepper, to season
 1 brown onion, finely chopped
 2 Tbsp finely grated ginger
 4 garlic cloves, finely chopped
 1 red bird's-eye chilli, deseeded and finely chopped
 2 Tbsp gochujang (see tip, right)
 2 cups reduced-salt beef stock
 ¼ cup reduced-salt soy sauce
 2 Tbsp brown sugar
 2 Tbsp rice wine vinegar
 1 Tbsp sesame oil
 1 large carrot, halved lengthways and cut into 3cm-thick pieces
 Steamed rice, kimchi, shredded green onions and toasted sesame seeds, to serve

1. Preheat oven to 140°C

fan-forced. Cut each rib, between the bones, into 3 pieces.

2. Heat oil in a large

ovenproof casserole pan or Dutch oven over medium heat. Season beef, then brown on all sides for 8-10 minutes. Transfer to a plate. Set aside.

3. Add onion to the pan.

Cook, stirring often, over medium heat for 5 minutes or until tender. Add ginger, garlic and chilli. Cook, stirring, for 1 minute.

4. Add gochujang, stock, soy sauce, sugar, vinegar and sesame oil. Stir, scraping the bottom of the pan, until bubbling.

5. Add beef. Spoon gochujang mixture over beef. Cover. Transfer to the oven. Cook for 1 hour. Add carrot. Cover and cook for 1½ hours or until ribs are very tender. Remove from oven. Drain or spoon off some of the excess oil on the surface. Serve ribs with steamed rice, kimchi, finely shredded green onions and toasted sesame seeds.

GOOD TO KNOW

Gochujang is a sweet, savoury and spicy fermented paste made from rice, red chilli and wheat. It's widely used in Korean cooking.



Get SPICY

Saffron threads are the dried stigmas of the saffron crocus flower. They need hydration to draw out the aromatics, so ensure you soak in water before adding.

PERSIAN SWEET POTATO WITH GREEN LENTILS AND SPINACH (PAGE 24)

PREPARATION: 25 minutes

COOKING: 2 hours 20 minutes

SERVES: 4-6

2 Tbsp extra virgin olive oil
 1 red onion, finely chopped
 3 garlic cloves, finely chopped
 1 tsp ground turmeric
 1 tsp ground coriander
 1 tsp ground cumin
 ½ tsp dried chilli flakes
 1 x 400g can cherry tomatoes
 2 ½ cups vegetable stock
 Large pinch saffron threads, soaked in
 1 Tbsp hot water (see tip, right)
 1.4kg orange sweet potato, cut into
 large pieces
 1 cup dried green lentils, rinsed
 and drained
 75g baby spinach leaves
 2 Tbsp finely chopped flat-leaf parsley,
 plus extra to serve
 Sea salt flakes and freshly ground
 black pepper, to season
 Brown rice, crumbled feta cheese and
 pomegranate seeds, to serve

1. Preheat oven to 130°C fan-forced.

Heat oil in a large, deep ovenproof casserole pan or Dutch oven over medium heat. Add onion. Cook, stirring occasionally, for 5 minutes or until tender.

2. Add garlic, turmeric, coriander, cumin and chilli flakes. Cook, stirring, for 2 minutes until aromatic.

3. Add tomatoes, stock and saffron.

Stir until well combined. Bring to the boil over medium heat.

4. Add sweet potato and lentils.

Stir to combine. Transfer to the oven. Cook for 2 hours or until sweet potato is just tender.

5. Stir in spinach and parsley.

Cover. Return to the oven and cook for 5 minutes or until spinach is just wilted. Season.

6. Serve with brown rice, crumbled

feta, pomegranate seeds and extra chopped flat-leaf parsley.

BAKED WHITE BEANS WITH PORK BELLY AND BACON (PAGE 19)

PREPARATION: 25 minutes, plus soaking time for beans

COOKING: 3 hours 30 minutes

SERVES: 4

300g dried white beans

2 tsp fennel seeds

2 Tbsp extra virgin olive oil

1kg piece pork belly, rind removed, cut into 2cm-thick slices and each slice halved

1 brown onion, finely chopped

200g smoked rindless bacon rashers, chopped

2 celery stalks, finely chopped

1 carrot, finely chopped

½ tsp dried chilli flakes

3 garlic cloves, finely chopped

¼ cup tomato paste

1 cup dry white wine

2 cups chicken stock, plus extra if necessary

2 Tbsp maple syrup

1 ½ Tbsp Dijon mustard

4-5 thyme sprigs

½ tsp sea salt flakes and freshly ground black pepper, to season

Pan-fried sourdough bread, to serve

1. Rinse beans and place in a bowl.

Cover with cold water. Leave to soak for 8-10 hours or overnight. Drain beans.

2. Preheat oven to 130°C fan-forced.

Heat a large, heavy-based ovenproof casserole pan or Dutch oven over medium heat. Add fennel seeds and toast for 1-2 minutes or until aromatic. Remove and set aside.

3. Add 1 Tbsp oil to the pan and

heat over medium heat. Brown pork, in batches, turning occasionally, until golden. Transfer to a plate and set aside.

4. Heat remaining oil in the pan

over medium heat. Add onion, bacon, celery, carrot and chilli flakes. Cook, stirring often, for 6-7 minutes or until vegetables soften.

5. Add garlic and cook, stirring, for

1 minute. Stir in tomato paste and cook, stirring, for 1 minute. Add wine and cook for 2 minutes.

6. Add stock, maple syrup, mustard,

thyme and toasted fennel seeds. Add sea salt flakes and season with pepper. Stir to combine. Add drained beans. Arrange pork in the bean mixture. Bring just to the boil over medium heat.

7. Cover. Transfer to the oven. Cook

for 2 hours. Stir and add a splash of extra stock if necessary to keep the beans moist. Cover and cook for a further 1 hour or until pork is very tender. Serve with pan-fried bread. **MM**

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the market grocer

CERTIFIED PLANT BASED

Amaze-zing!

From
zest to flesh,
we celebrate all
there is to love about
our favourite zingy
citrus fruits – oranges
and lemons

PHOTOGRAPHY: ANDRE MARTIN • STYLING AND RECIPES: ELLE VERNON

KEEP IT SWEET!

Vanilla essence adds a sweet floral flavour to this delicious cake. You can also use vanilla extract or vanilla bean paste in the recipe.

LEMON, RICOTTA AND ALMOND CAKE Recipe on page 31

Cook's
TIP

Zest the lemon directly into the bowl with the butter as this captures the natural fragrant citrus oil in the outer layer of the skin.

ORANGE AND APEROL SLICE

PREPARATION: 15 minutes

COOKING: 30 minutes

SERVES: 12-16

Softened butter, to grease, plus extra 125g
 ⅓ cup icing sugar, plus extra to serve
 1 ¼ cup plain flour
 3 free-range eggs
 1 cup caster sugar
 Finely grated zest of 1 orange
 ⅓ cup freshly squeezed orange juice
 1 Tbsp Aperol

1. Preheat oven to 180°C fan-forced.

Grease a 27cm x 17cm slice tin with butter and line base and sides with baking paper, extending the paper 2cm above the sides.

2. Beat icing sugar and extra butter in a large bowl with a spatula until combined. Stir in 1 cup flour until a crumbly mixture

Lose the BOOZE?

If you don't want to use Aperol, simply swap it for additional orange juice, or lemon juice if you want to make your slice a little bit zestier.

forms. Use your hands to bring mixture together into a soft, smooth dough. Press mixture evenly into the base of the tin to form a thin, smooth layer.

3. Bake mixture for 15 minutes or until light golden brown.

4. Meanwhile, put eggs, caster sugar, orange zest, juice, Aperol and remaining flour in a large bowl and whisk until smooth. Pour over hot base.

5. Bake for 20 minutes or until no longer wobbly. Cool slice completely in pan before removing, then cut into squares.

6. Serve dusted with extra icing sugar.



LEMON, RICOTTA AND ALMOND CAKE (PAGE 29)

PREPARATION: 15 minutes

COOKING: 50 minutes

SERVES: 8-12

Softened butter, to grease, plus extra 100g, chopped, softened
Finely grated zest of 2 lemons
1 tsp vanilla essence
1 cup caster sugar
4 free-range eggs, separated
200g almond meal (about 2 cups)
250g fresh ricotta
⅓ cup flaked almonds
Icing sugar and double cream, to serve

1. Preheat oven to 160°C fan-forced.

Grease base and sides of a 22cm round springform cake tin with butter, then line with baking paper.

2. Put extra butter into a large bowl. Add zest and vanilla, then beat with an electric hand mixer until soft. Add ½ cup of the caster sugar and beat for a further 5 minutes or until pale and creamy. Add egg yolks, beating until combined.

3. Add almond meal and ricotta, stirring with a wooden spoon and breaking up any lumps of ricotta.

4. Beat egg whites in a large bowl until soft peaks form. Gradually add the remaining caster sugar and beat with an electric hand mixer until stiff peaks form. Add half to the almond meal mixture, stirring well. Gently fold in the remaining egg white mixture, keeping as much aeration as possible.

5. Spoon mixture into prepared tin and smooth surface. Scatter almond flakes evenly over the top. Bake for 45-50 minutes or until almond topping is light golden and cake is cooked when tested with a skewer. Allow to cool completely in the cake tin before removing. Dust with icing sugar and serve with cream.

HINT! HINT!

Keep an eye on your cake during cooking as the heating time may vary depending on your microwave. Either way, it'll be done in a flash and you'll be enjoying it in no time!



TANGY Tips

1.

For a smoother mug cake mixture, stir with a fork.

2.

Almond milk is the perfect dairy-free choice for this recipe.

3.

Use a wide mug rather than a tall and narrow one.

LEMON, ALMOND AND OLIVE OIL MUG CAKE (DAIRY-FREE)

PREPARATION: 2 minutes

COOKING: 1 minute

MAKES: 1

1 Tbsp olive oil
1 Tbsp caster sugar
2 Tbsp dairy-free milk
1 Tbsp almond meal
Finely grated zest of ¼ lemon
2 Tbsp self-raising flour
Coconut yoghurt, lemon curd and icing sugar, to serve

1. Put oil, sugar and milk in a 250ml capacity microwave-safe coffee mug or cup and stir with a fork until combined.

2. Stir in almond meal and zest, then stir in flour.

3. Microwave on high heat for approximately 45 seconds.

4. Allow to cool for 1 minute. Serve with a dollop of yoghurt and curd, dusted with icing sugar.



LEMON RISOTTO WITH PRAWNS

PREPARATION: 15 minutes

COOKING: 35 minutes

SERVES: 4

2 cups arborio rice
3 Tbsp olive oil, plus extra to serve
500ml chicken stock
125ml dry white wine
50g butter, diced
1 lemon, zest finely grated, plus
2 Tbsp lemon juice
Sea salt flakes and freshly ground black pepper, to season
260g green (raw) peeled prawns
3 cloves garlic
1 large red chilli, thinly sliced
Flat-leaf parsley leaves, to garnish

- 1. Preheat oven to 200°C fan-forced. Put** rice in a large roasting pan. Add 2 Tbsp oil and stir well. Bake, uncovered, for 10 minutes.
- 2. Put stock and wine into a small** saucepan over high heat. Bring to the boil.
- 3. Remove pan from oven. Pour in hot stock** and wine, then stir. Cover pan with foil to ensure no steam can escape. Bake for 20 minutes.
- 4. Set aside, covered, for 5 minutes. Remove** the foil, being careful of steam. Add butter, lemon zest and juice. Use a fork to separate grains and incorporate flavours. Season.
- 5. Heat remaining oil in a large frying pan** over medium heat. Add prawns and cook for 4 minutes or until almost cooked through. Stir in garlic and chilli and cook for 1 minute. Season.
- 6. Serve risotto topped with garlic** prawns, drizzled with a little extra olive oil, and garnished with parsley.

Get SAUCY

Give your prawn risotto an extra punch of flavour by drizzling it with HFM upcycled salsa verde. This delicious sauce, from the Re-Purposeful Picks range, contains upcycled ingredients.

MISO, SOY AND ORANGE CHICKEN TRAY BAKE

PREPARATION: 10 minutes

COOKING: 45 minutes

SERVES: 4-6

1 orange
8 skinless chicken thigh fillets
1 green shallot, thinly sliced on diagonal
Toasted sesame seeds, to garnish
Steamed rice, steamed sugar snaps and pak choy, to serve

MISO-SOY MARINADE

2 Tbsp white miso paste
2 Tbsp soy sauce
2 Tbsp honey
1 Tbsp finely grated fresh ginger
1 clove garlic, finely grated
2 tsp sesame oil

- 1. Place all marinade ingredients into** a large bowl and mix well.
- 2. Finely grate the zest of orange into** the bowl. Add chicken and toss to coat. Refrigerate for 30 minutes to marinate. You can also do this overnight if preferred.
- 3. Preheat oven to 200°C fan-forced.** Line a large roasting tray with baking paper. Transfer chicken to tray in a single layer. Pour marinade over the top. Bake for 20 minutes.
- 4. Meanwhile, slice zested orange** into 1cm thick rounds, then halve.
- 5. Carefully remove tray from the oven.** Spoon tray juices over the top of the chicken, then arrange orange slices in-between chicken thighs. Return to the oven and bake for a further 20-25 minutes or until chicken is caramelised and cooked through.
- 6. Scatter chicken with** shallot and a sprinkle of sesame seeds to garnish. Serve chicken with rice and vegetables on the side.

TOP TIP!

Add a hit of spice to your chicken bake by drizzling it with a little chilli oil just before serving.



Toasted sesame seeds add texture and flavour to this tasty bake.

Perfect Pairings

When cooking with oranges or lemons, you can't go wrong when you combine them with any of the below flavours. We have split them into individual fruit pairings but, ultimately, they're interchangeable

Strawberry and rhubarb

Almonds and walnuts

Coconut, lime and blueberries

Lemon

Basil, dill and thyme

Rosemary and thyme

Mint and chilli

Lemon

Ginger and garlic

Lemon

Lemon

Anchovies, capers and olives

Chocolate, cloves and cinnamon

Beetroot and carrot

Orange

Orange

Orange

Orange

Lemon

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PAN-FRIED CAULIFLOWER WITH PRESERVED LEMON AND LABNEH

Remove the flesh from two wedges of Gasons Gourmet Preserved Lemons. Discard flesh and finely chop rind.

Combine in a bowl with a glug of olive oil, drizzle of honey, splash of water, spoonful of currants and sprinkle of ground sumac. Season.

Slice one head of cauliflower into 1cm-thick steaks. Combine a glug of olive oil, a minced garlic clove, a couple of sprigs of thyme and a sprinkle of fennel seeds in a bowl. Brush over cauliflower.

Heat a frypan over high heat. Cook cauliflower for 6 minutes on each side until just tender.

Serve on a bed of baby spinach leaves, dolloped with The Cheese Board Traditional Labneh Cheese, a scatter of smoked almonds and the preserved lemon mixture drizzled all over.

NOW TRY THIS

The next time you make a Moroccan or Middle Eastern-style stew, add finely chopped preserved lemon rind to the hot couscous or steamed rice you're serving it with.

Serve any leftover labneh sprinkled with dukkah and a generous pile of warmed pita bread.

GET ZESTY

Preserved lemons add a complexity and zing to meals that can't be duplicated with fresh fruit.

Stock up on



Gasons Gourmet
Preserved Lemons 300g



The Cheese Board
Traditional Labneh
Cheese 335g





Try these mouth-watering meals using quality store-bought finds from the aisles of your local HFM

BAVETTE STEAK WITH GARLIC, PAPRIKA AND THYME MUSHROOMS

Preheat a frypan over high heat. Season Cape Grim Beef Bavette Steak and cook for 6 minutes on each side for medium, or cooked to your liking.

Set aside to rest lightly covered in foil. To the same pan (don't wash it), add 4 trimmed portobello mushrooms, stalk-side down, and cook for 4 minutes.

Turn over and add a generous dollop of Monjay Mezza Garlic Dip to the pan along with a few sprigs of thyme and a pinch of smoked paprika. Cook, stirring, for 1 minute. Continue cooking for a further few minutes, spooning the garlic pan sauce over the mushrooms.

Serve steak sliced on a bed of mashed potato, topped with mushrooms and garlic pan juices. Garnish with finely chopped parsley.

NOW TRY THIS

Use garlic dip as a quick substitute for garlic flavour when cooking. Try adding to sauces, dressings, stews, casseroles – anything you like with garlic! Use it in the later stages of cooking.

Bavette steak is perfect sliced and layered in a classic steak sandwich or piled into Mexican-style tacos.



HIGH STEAKS

The bavette steak is high in protein and low in fat. It's great for grilling as it doesn't need to be marinated.

Stock up on



Cape Grim Beef
Bavette Steak
approx. 650g



Monjay
Mezza Garlic
Dip 250g

YOU MELT ME

Toast the sandwiches until the brie is gooey and oozing. Your taste buds will thank you!

Cook's TIP

Always use ham off the bone for this recipe – it's sweeter, moister and simply tastes superior.

BRIE, FIG AND HAM TOASTIES

Spread a couple of slices of sourdough with a thin layer of wholegrain mustard and a scatter of fennel seeds.

Layer with thinly sliced Crèmeux Brie Provincial Cheese and sliced leg ham off the bone.

Generously spread a layer

of Cuttaway Creek Golden Fig Jam onto extra sourdough slices. Press bread, jam-side down, onto the ham.

Spread butter onto both outer sides of the sandwich.

Heat a large non-stick frypan over medium-high heat and toast sandwiches on each side until sourdough is golden and brie cheese has melted. Serve with pickles on the side.

NOW TRY THIS

Top your next potato bake with a layer of sliced brie for added extravagance and flavour. Add it about 10 minutes before the end of baking, as it doesn't take long to melt!

Mix a little fig jam with finely chopped oregano, a splash of balsamic vinegar and a little olive oil. Brush mixture over lamb or chicken kebabs, then grill until the meat is caramelised and cooked through. Delish! **MM**



Stock up on



Crèmeux Brie Provincial Cheese 200g



Cuttaway Creek Golden Fig Jam 220g

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4

GREAT RECIPES

- Salmon And Filo Pastry Winter Pie
- Pork Cutlets With Maple-Glazed Brussels Sprouts And Celeriac Remoulade
- Baked Conchiglioni With Creamy Pesto And Croutons
- Andean Chupe Soup With Chicken, Chorizo, Quinoa And Corn

RECIPES: ALEJANDRO FRANCO • PHOTOGRAPHY AND STYLING: BONNIE COUMBE

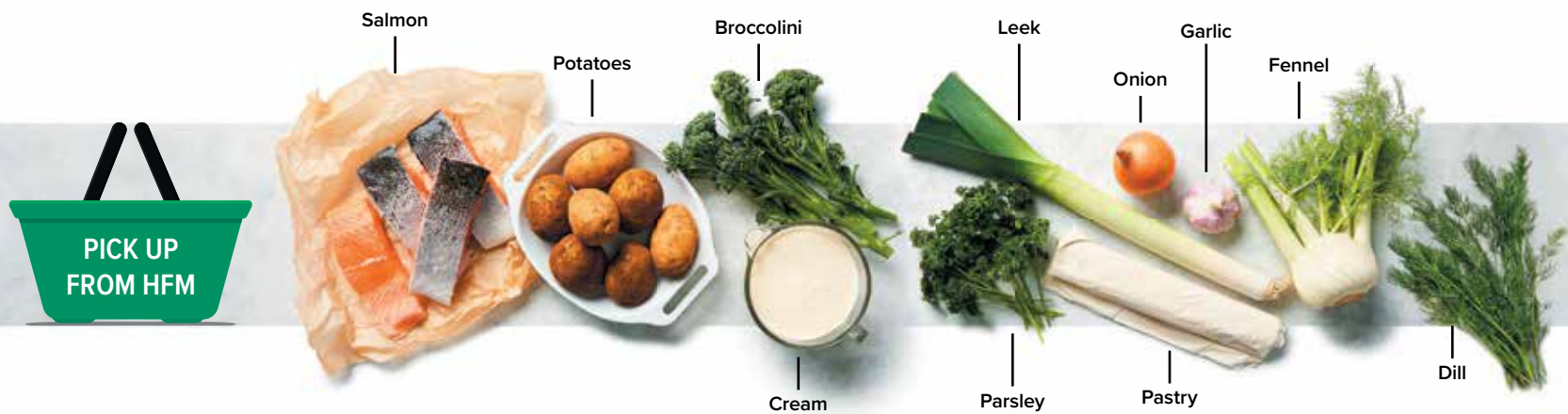
Cook's TIP

You can include more seafood in this recipe – add scallops, prawns or any other fish that takes your fancy.



FOR MATES AND DATES

Add a good splash of white wine while cooking the leek.



SALMON AND FILO PASTRY WINTER PIE

PREPARATION: 35 MINUTES • COOKING: 55 MINUTES • SERVES: 4



Step 3



Step 4



Step 6

INGREDIENTS

500g Queen May potatoes
1 onion
¼ fennel bulb
½ leek
3 cloves garlic
½ bunch dill
½ bunch curly parsley
1 bunch broccolini
4 fillets Atlantic salmon, pin-boned
Olive oil, for drizzling
500ml cream
2 tsp plain flour
Sea salt flakes and freshly ground
black pepper, to season
70g butter
10 sheets filo pastry

1. Preheat oven to 200°C fan-forced.

Peel and dice potatoes into 2cm cubes. Place into a saucepan, cover with cold water and add a good pinch of salt. Cover and bring to the boil over high heat. Uncover and cook for 10-15 minutes until tender. Drain and set aside.

2. Meanwhile, dice onion, fennel and leek. Finely slice garlic. Pick and chop dill and parsley. Finely slice broccolini. Remove and discard skin from salmon. Cut salmon into 2cm pieces. Set aside.

3. Heat a flameproof casserole dish over high heat. Drizzle with oil. Add fennel, garlic and leek. Cook, stirring often, for 5 minutes or until golden.

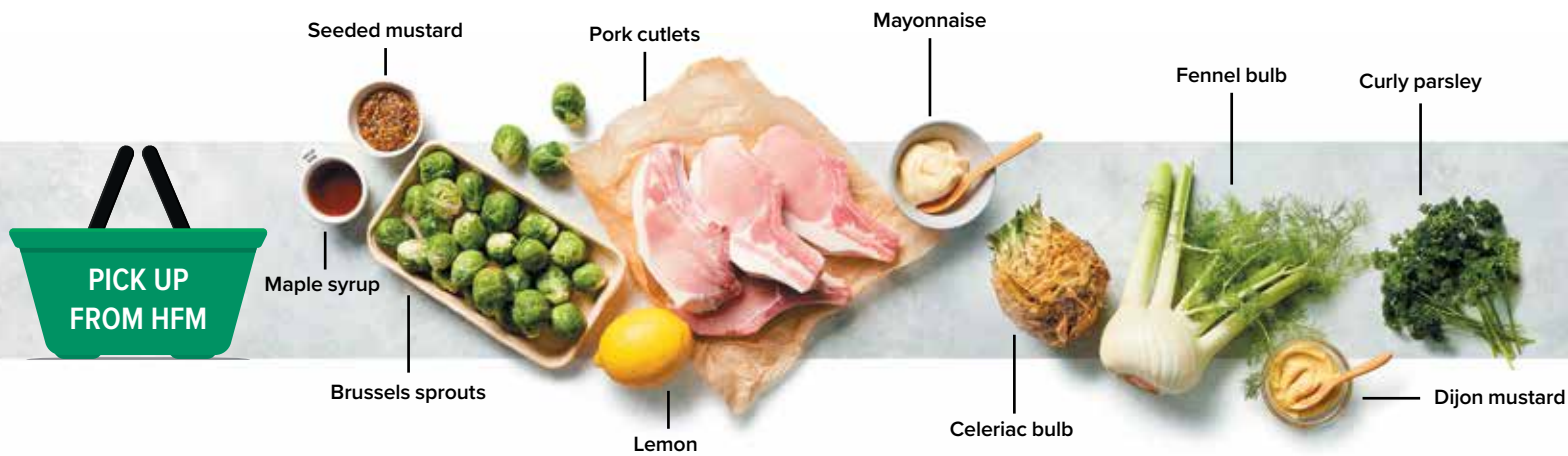
4. Add dill, parsley, cream and flour to mixture. Mix well. Add broccolini. Season. Bring to the boil over medium

heat. Reduce heat to low and stir through potatoes and salmon. Cook for 5 minutes or until thickened. Remove from heat.

5. For the filo pastry topping, melt butter. Place 1 pastry sheet on a clean bench, gently brush with a little melted butter. Place another pastry sheet on top, at an angle, to start forming a round shape. Repeat using remaining pastry sheets and ¾ of remaining butter until a rounded shape forms.

6. Roughly scrunch pastry to form a rustic round 'lid' to fit the dish. Carefully transfer pastry to the dish. Brush with remaining butter. Bake for 25 minutes or until pastry is golden brown and crispy.

7. Remove from oven. Stand for 10 minutes and serve.



PORK CUTLETS WITH MAPLE-GLAZED BRUSSELS SPROUTS AND CELERIAC AND FENNEL REMOULADE

PREPARATION: 20 MINUTES • COOKING: 15-25 MINUTES • SERVES: 4



INGREDIENTS

1 tray Brussels sprouts (500g)
 2 Tbsp maple syrup
 Olive oil, for drizzling
 Sea salt flakes and freshly ground black pepper, to season
 ½ celeriac bulb
 ¼ fennel bulb
 1 lemon
 1 Tbsp mayonnaise
 2 tsp Dijon mustard
 1 Tbsp seeded mustard
 ¼ cup chopped curly parsley
 4 pork cutlets

1. Preheat oven to 200°C fan-forced.

Cut Brussels sprouts in half. Place on an oven tray lined with baking paper. Drizzle with maple syrup and a little olive oil. Season. Roast for 15-20 minutes, tossing halfway through, until golden brown and caramelised.

2. Meanwhile, to make celeriac and fennel remoulade, trim celeriac and fennel.

Finely slice celeriac using a mandolin. Cut into matchsticks. Place into a bowl. Finely shave fennel using a mandolin. Add to celeriac. Juice lemon and add to mixture. Add mayonnaise,

mustards and parsley. Mix well and season. Refrigerate until ready to serve.

3. Heat a greased barbecue plate or chargrill pan over high heat. Pat pork dry using paper towel. Season. Barbecue or chargrill pork for 3 minutes each side or until golden brown and charred. Depending on the thickness of cutlets, transfer to oven and cook for 5-7 minutes or until cooked to your liking. Transfer pork to a plate. Cover with foil and rest for 10 minutes.

4. Serve cutlets with celeriac and fennel remoulade and Brussels sprouts.



FOR MATES AND DATES

Swap out the cutlets for
pork belly, if preferred.

Cook's TIP

Add a caramelised zing
to this dish by grilling
a couple of halved lemons
along with the pork.

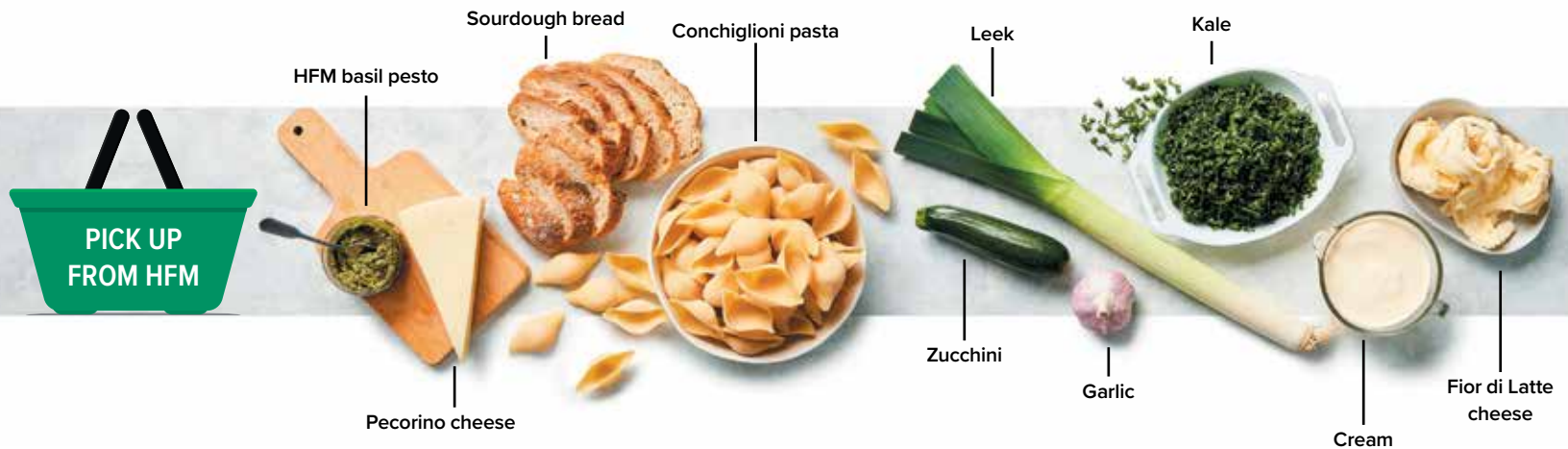


FOR MATES AND DATES

For extra flair at a dinner party, try serving the conchiglioni in individual baking dishes.

Cook's TIP

To give this dish heat, add a good pinch of dried chilli flakes to the cream.



BAKED CONCHIGLIONI WITH CREAMY PESTO AND CROUTONS

PREPARATION: 15 MINUTES • COOKING: 50 MINUTES • SERVES: 4



INGREDIENTS

½ leek
 3 cloves garlic
 1 zucchini
 200g pecorino cheese
 4 slices sourdough bread
 Olive oil, for drizzling
 Sea salt flakes and freshly ground black pepper, to season
 500g conchiglioni pasta
 ½ punnet (60g) shredded kale
 500ml cream
 200g HFM basil pesto
 150g Fior di Latte cheese

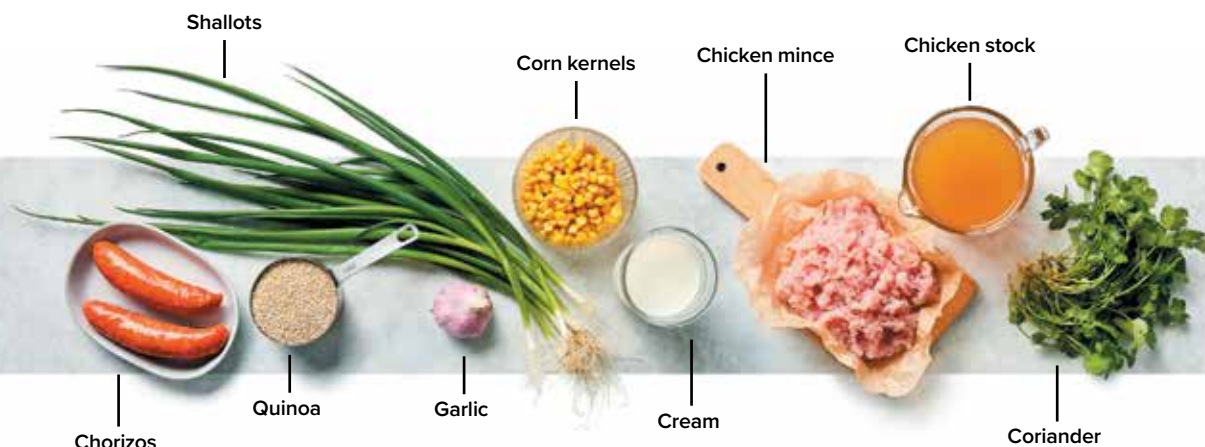
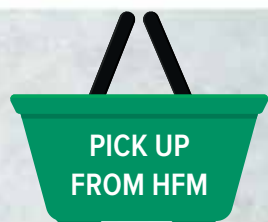
- 1. Preheat oven to 200°C fan-forced.** Bring a large saucepan of salted water to the boil over high heat. Finely dice leek. Finely slice garlic. Grate zucchini. Grate pecorino cheese. Set aside.
- 2. To make croutons, tear bread into** bite-sized pieces and place on an oven tray lined with baking paper. Drizzle with oil and season. Bake for 15 minutes, tossing once, until golden brown. Remove from oven and set aside.
- 3. Add pasta to boiling water and** cook for 14 minutes (or following packet instructions) until al dente.
- 4. Meanwhile, heat a large flameproof** casserole dish over high heat. Drizzle with oil. Add leek and garlic and cook,

stirring often, for 2 minutes. Add zucchini and cook for 3 minutes. Add kale and cook for 2 minutes. Season and stir in cream. Bring just to the boil over medium-low heat.

5. Reserve 2 Tbsp grated pecorino cheese for serving and add remaining cheese to pan. Stir over medium-low heat for 3 minutes or until melted. Stir in pesto. Remove from heat.

6. Drain pasta. Toss pasta through creamy pesto mixture and transfer to a baking dish. Tear the Fior di latte into pieces and sprinkle over pasta mixture. Bake for 15 minutes or until golden.

7. Serve with reserved grated pecorino cheese sprinkled on top and croutons.



ANDEAN CHUPE SOUP WITH CHICKEN, CHORIZO, QUINOA AND CORN

PREPARATION: 35-40 MINUTES • COOKING: 50 MINUTES • SERVES: 4



INGREDIENTS

½ cup white quinoa
2 chorizos (about 220g)
1 bunch shallots
3 cloves garlic
½ bunch coriander
350g can corn kernels, drained
Olive oil, to drizzle
4 cups (1L) chicken stock
Sea salt flakes and freshly ground black pepper, to season
¼ cup cream
500g chicken mince

- 1. Wash quinoa and cook following** packet instructions. Fluff cooked quinoa with a fork and set aside.
- 2. Cut 1 chorizo diagonally into thin** slices and cut remaining chorizo into small dice. Wash and finely slice shallots. Finely slice garlic. Wash and chop coriander (including stems), reserving a few whole leaves for garnish. Drain corn. Set aside.
- 3. Heat a large flameproof casserole** dish over medium-high heat. Drizzle with a little olive oil. Add diced chorizo and cook, stirring often, for 2 minutes or until golden. Transfer to a medium bowl and set aside. Add sliced chorizo to pan and cook for 2 minutes on each side until golden. Transfer to a plate and set aside.
- 4. Add garlic and shallots to the pan** and sauté over medium-high heat for

3 minutes until golden. Transfer 2 Tbsp of sautéed garlic and shallots to diced chorizo. Add sliced chorizo, corn, stock and 2 cups water. Season. Bring to the boil, covered, over a medium heat, then add cream.

5. Meanwhile, add the chicken to reserved diced chorizo, garlic and shallot mixture. Season. Mix well to combine. Using 1 Tbsp of chicken mixture per ball, roll into small balls and place onto a plate.

6. Carefully add chicken balls to the hot stock mixture. Add ¾ of the chopped coriander and cook over medium heat for 10 minutes. Add quinoa and cook for further 5 minutes. Ladle hot soup into bowls and serve with reserved coriander leaves. **MM**

Cook's TIP

If preferred, swap out quinoa for cooked rice. Try brown, jasmine or basmati.



FOR MATES AND DATES

Drizzle with a little sherry vinegar or lemon juice just before serving.



Hi Friends,
What cheese is
made backwards?
Edam!
Get it?

Over to the kids!

It's time to have fun in the kitchen
by making – and devouring –
these yummy edible trees.
May the forest
be with you!

CHEESY BROCCOLINI TREES

PREPARATION: 20 minutes

COOKING: 15 minutes

SERVES: 2-3 kids

- 1 free-range egg
- ⅓ cup shredded parmesan
- ⅓ cup panko breadcrumbs
- 1 bunch broccolini
- 1 Tbsp extra virgin olive oil
- 2 Tbsp beetroot hummus
- A small handful of mixed sprouts

GET MUM OR DAD TO HELP

BE
CREATIVE!
Swap the beetroot
hummus for a plain
hummus to make it look like
sand, use an olive dip to
make it look like mud, or try
a green pesto to make the
ground look like soft
green grass.



STEP 1 Preheat oven to 180°C fan-forced. Line an oven tray with baking paper. Beat egg in a shallow bowl. Mix parmesan and breadcrumbs in another shallow bowl.



STEP 2 Brush the broccolini stems with oil. Dip the broccolini tops in egg, then into your breadcrumb mixture. Make sure you press down to get heaps of crumbs!



STEP 3 Place broccolini onto the prepared tray, in a single layer (so they cook evenly). Bake for 15 minutes or until the parmesan crumbs are crisp and golden.



STEP 4 Arrange your trees on plates. Spoon hummus onto the plate at the base of the broccolini to create the ground. Sprinkle the hummus with sprouts. Now tuck in! **MM**

PHOTOGRAPHY: LOUISE LISTER • STYLING AND RECIPE: ANNETTE FORREST • PHOTO CHEF: LARA REYNOLDS



ARE YOU NUTS!

Our chocolate squares are bursting with the best ingredients that you can see, taste and experience



TRUE GOODNESS IN EVERY SQUARE



Oladi

KEFIR PANCAKES

...delicious & packed with probiotics & prebiotics



Powerful Formulation of Live Kefir Grain Cultures with Kefir Yeasts & Good Bacteria for Good Gut Health & Immunity

100% Natural

- Contains no added sugar
- Gluten free
- Low in lactose
- With prebiotic fibre that feeds good bacteria in your gut
- With whey protein to promote muscle growth



Scan for recipe

Babushka's Kefir range available in all Harris Farm stores



THE PIROVIC FAMILY

The family passion for first quality lives on today with a third generation of Pirovic's producing the best quality *Organic Free Range Eggs* for your family.



Nicoise Salad

Serves **4** Cooking Time (min) **10**

Ingredients:

175g x Cups fresh Green Beans (Trimmed & Blanched)
1 x Iceberg Lettuce (washed & cut into quarters)
1 x Punnet Cherry Tomatoes (Cut into halves)
425g x Can Tuna in Spring Water (Drained)
½ x Spanish Onion (Thinly Sliced)
4 x Organic Free Range Eggs, Hard Boiled (Shelled & Cut into halves)
350g baby New Potatoes (Steamed)
¼ x Cup Black Olives

Dressing:

2 x Tablespoons Extra Virgin Oil
2 x Tablespoons Wine Vinegar or Lemon Juice
1 x Clove Garlic (Crushed)
1 x Teaspoon Dijon Mustard (Optional)
Freshly Ground Black Pepper to Taste

Method:

1. Divide ingredients into 4 x Salad Bowls
2. Whisk Salad Dressing ingredients together, drizzle over each salad bowl. Add Freshly Ground Black Pepper & Serve.



Our certified organic free range eggs are laid by hens that feed on certified organic natural grain "enjoy".



www.pirovic.com.au



A cuppa a day helps keep the wrinkles at bay!

While you've no doubt heard of the benefits of a teabag over the eyes to reduce puffiness (yes, it really works!), it's not the only way of utilising the beauty benefits of this ancient elixir. Many teas – particularly the herbal variety – have marvellous skin and hair-enhancing qualities, so add these to your beauty regimen



Nettle

FOR THICKER, SHINIER HAIR

Nettle tea is surprisingly mineral rich in iron, calcium, potassium, magnesium, vitamin C (more than an apple), vitamin B complex, vitamin E, amino acids and beta-carotene (five times more than a carrot!), which all encourage new hair growth. Nettle is also a diuretic (reduce that bloat) and its anti-inflammatory abilities promote clearer skin, too. Oh, and if you've been eating too many sweet foods (read: acidic and collagen-zapping), this is the tea to sip on all day long as it helps bring your body back to a more beauty-boosting alkaline state.



Tulsi

FOR SOFTER, HAPPIER SKIN

Tulsi (or Holy Basil) is the 'buzz' tea right now. It's antioxidant-rich so fights damaging free radicals (caused by pollution, sun exposure, chemicals) that are making you age quicker than you should. Although you might not have heard about this green-leaved plant, it's been used for thousands of years in Ayurveda – the ancient system of medicine originating in India – due to its healing abilities. The herb is also one of 12 'adaptogens', a group of plant-based ingredients that help your body respond to stress, anxiety and fatigue, as well as boosting overall wellbeing.



FOR ADDED SKIN GLOW

Peppermint

We now know that good gut health leads to brighter, clearer-looking skin so drinking peppermint tea after a meal will help encourage better digestion. It's rich in antioxidants and vitamin E too, which our bodies need to create a natural barrier to keep moisture in the skin, hence the glow! The menthol helps slow down the production of excess oils in the skin – making it a good choice for problem complexions.

DIY PEPPERMINT TEA WHILE YOU BOIL TWO CUPS OF WATER IN A SAUCEPAN, TEAR UP A HANDFUL OF WASHED FRESH PEPPERMINT LEAVES. TURN OFF THE HEAT, ADD THE LEAVES TO THE HOT WATER AND STEEP FOR FIVE MINUTES WITH THE LID ON (OR LONGER IF YOU LIKE IT STRONGER) BEFORE STRAINING INTO A TEACUP. SIP AWAY AND ENJOY!

DID YOU KNOW? THE DIFFERENCE BETWEEN WHITE, GREEN, OR BLACK TEA IS DOWN TO THE LEVEL OF OXIDATION IN THE LEAVES. WHITE TEA CONSISTS OF YOUNG, BARELY OXIDISED LEAVES, BLACK HAS BEEN FULLY OXIDISED, AND GREEN IS PRODUCED BY STEAMING FRESHLY PICKED LEAVES, WHICH LEAVES LITTLE TIME FOR OXIDATION, SO IT RETAINS CHLOROPHYLL AND ITS NATURAL GREEN COLOUR.

CHAMOMILE

4 FOR LESS PUFFY EYES

Drink calming chamomile tea at any time of the day (it's not just for night), especially during a particularly hectic and stressful day. This will set you up for a results-driven, restorative beauty sleep, which often seems like the ultimate luxury in our switched-on world. Sipping it throughout the day is also soothing for inflammatory skin issues like dry and itchy skin, eczema and acne. If you still look tired the next morning, reuse one of the cold teabags directly over your eyes, even on sensitive skin, to reduce puffiness. It works a treat!

5

Rooibos TO SLOW DOWN AGEING

Hailing from South Africa, rooibos (pronounced ROY-boss), is a unique red tea that has high levels of the antioxidant quercetin, which protects against those harmful free radicals that create fine lines and wrinkles at a faster rate. It's also high in moisture-sealing, hair-boosting zinc and contains exfoliating alpha-hydroxy acids (AHAs), which encourage cell turnover – common in skin products but rare in a tea! Be warned: it does have a slightly bitter taste that takes a bit of getting used to, but worth it!

6 GREEN

FOR SKIN-PLUMPING

Although green tea contains caffeine – so monitor your intake – it's loved in the beauty world thanks to high levels of a super-potent group of antioxidants called catechins. These help reduce collagen and elastin breakdown in the skin while reactivating dying skin cells. It also works on reducing inflammation for the acne-prone and sensitive skin types. Btw, green tea has a higher level of these catechins than black tea, and you'll also find high concentrations in red wine, broad beans, black grapes, apricots and strawberries, so pop them in your trolley too!

Teas available from most Harris Farm Markets; harrisfarm.com.au. MM

Teabag or pot? Lookout, it's polarising! Some tea aficionados would never use a tea bag (or a microwave for that matter), but rest assured you are receiving all the beautifying benefits no matter how you choose to brew your cuppa, so enjoy it any way you like!

pukka



Unwind with nature



pukkaherbs.com/au



Garden Notes

Our seasonal tips for planting, growing and nurturing your garden

IN FLOWER NOW

Cymbidium Orchid

Among late winter's blooms, few are quite as spectacular as cymbidium orchids. Their long sprays of waxy flowers come in brilliant colours, ranging through pink, red, crimson, white, yellow, brown and even green. They're easy plants to grow too, as long as you garden in a frost-free climate, where they'll thrive happily in large tubs positioned in the filtered light under trees. A partly shaded spot in a courtyard or on a deck suits them just fine too. In terms of care, water well through summer, feed occasionally with an orchid food, and don't use pot saucers – they hate sitting in water.



THINGS TO DO IN YOUR *Garden*

1

PLANT BULBS

that are summer flowering during late winter, such as lilies, gladioli and hippeastrums.

2

WATCH FOR LAWN WEEDS

that invade during the winter months, when the grass is not actively growing – clover and bindii are two of the worst. Spot spray them with a selective lawn herbicide.

3

TRANSPLANT TREES

and shrubs that are deciduous, and those you've been wanting to relocate, while they're dormant and leafless. Dig out as large a rootball as possible and prune back the top growth by about a third.

4

COLOUR UP

front porches and back decks with tubs of winter bloomers like polyanthus, primulas and pansies. You'll find them sold as potted colour at this time of year – giving you instant results.

5

PRUNE ROSES

while they're dormant, cutting the stems back by about a third to a half and removing dead branches at the base. Deciduous trees that have outgrown their space can be pruned now too, including crepe myrtles, maples and fruit trees.

6

ADD WINTER-HARDY

herbs to the vegie patch – thyme, chives, rosemary, coriander and chervil can all take the chill.

7

CHECK WATTLES

and other native plants for telltale signs of borer attack – holes covered in a sawdust-like webbing. Clear the hole and poke a wire down to squash the grub, or use a syringe to inject a little insecticide.

8

CLEAN UP

bladed tools, such as shears and secateurs. Wipe them down with methylated spirits to remove any sticky sap residue, then follow up with fine steel wool if necessary. Finish the job with a blade sharpener.

9

EMPTY OUT COMPOST

bins onto the garden over winter, so they're ready for refilling with spring's abundance of lawn clippings and leaf prunings.

10

INTRODUCE FOLIAGE

colour to dull areas of the winter garden. Consider red-leaved plants like nandina and alternanthera, or add a splash of yellow with *Duranta* 'Sheena's Gold'.

11

BRING IN THE BIRDS

by planting a few winter-blooming native plants, such as banksias, correas and grevilleas.



RENOVATE YOUR

Indoor Garden

Indoor gardening has blossomed over the last few years, spurred on by COVID lockdowns keeping so many of us house-bound. If you've created your own little indoor jungle, now is a good time to give your 'plant babies' some TLC. The cooler months are a good time to repot plants that have outgrown their container space, just ahead of their springtime growth spurt.

Your repotting tips

Plants that have thrived and produced lots of top growth will need upsizing to a larger pot. To simplify this process, grow your indoor plants in plastic pots, and sit these inside more decorative outer containers. This also makes it easier to lift them outside when they need spraying, or a little fresh air. Repotting is not difficult – just give yourself a waist-high work surface and you're ready to go. Follow these tips:

1 Tidy up the foliage by snipping off any dead or yellowing leaves with scissors.

2 Squeeze the base of the pot to loosen the root ball, tilt it over and gently extract the plant.

3 Loosen the outer roots, teasing them out with a knife or chopstick, and cut off any that look mushy or rotted.

4 Sprinkle fresh potting mix into the base of the new pot, sit the plant on top and then carefully backfill around it with more potting mix (an old tablespoon makes a really handy tool). Sprinkle slow-release fertiliser pellets for indoor plants and water well.

DESIGNER DIGGING

If you're looking for garden tools with a designer edge, check out the Sophie Conran for Burgon & Ball range, manufactured by the famous English tool company. Made from stainless steel with wooden handles, and featuring stylish design touches like brass ferrules, the range includes forks, trowels, scoops, dibbers, pruners and many other handy items.

Prices start from \$49.95; recipeforserenity.com.au.



PLANTINGS

Get busy with a few of these seasonal plantings.



VEGETABLES

- Artichokes
- Asparagus crowns
- Broad beans
- Cabbages
- Lettuce
- Onions
- Peas
- Parsnips
- Carrots
- Beetroot
- Rhubarb
- Potatoes

FLOWERS

- Ageratum
- Alyssum
- Dahlia
- Delphinium
- Gerbera
- Marigold
- Snapdragon
- Petunia
- Phlox
- Verbena
- Sunflower
- Zinnia

Also plant summer-flowering bulbs, such as canna, gladiolus, hippeastrum, lily and nerine (spider lily).



Daphne with a twist

'Spring Pink Eternal Fragrance'

is a gorgeous new form of this fragrant shrub, with a much tougher constitution. It's tolerant of heat and frost, will grow in both acidic and alkaline soils, and is happy in either sun or light shade. Tight clusters of perfumed pink flowers appear in spring, with repeated spot flowering throughout the year. Use it as a low-perfumed hedge, or plant in patio containers.

For more info, visit pma.com.au.



BOOKS

WHAT TO READ

So can you feed a family from your home garden? Terry Memory says you can, and he's set it all out in his new book *The Smart Veggie Patch*. Having successfully fed his own family for many years, he's keen to dish the dirt on how to produce maximum yields, while minimising the workload to two hours a week. With plenty of how-to instructions, and a strong emphasis on healthy eating and protecting the environment, this is one for any aspiring suburban farmer.

Published by Macmillan Australia, \$29.99.

OFF THE SHELF

Keep an eye out for these plants in the nursery section of your local Harris Farm Markets:

- Chrysanthemums
 - Pansies
 - Cyclamen
 - Cymbidiums
- Phalaenopsis orchids
 - Cinerarias
 - Lavender
 - Gerberas
- Ranunculus
 - Fuchsia
- African daisies
 - Kalanchoes
 - Indoor plants

Note: Not all lines available at all stores.

Wistful winter days demand a splash of flower colour to cheer things up – hello polyanthus! These cute little blooms, members of the *Primula* genus, are sold in full bloom through winter and early spring, and are tailor-made for pots and window boxes. You can go for a whole mix of jewel-box colours, or keep things restrained with plantings in one fave shade. Give them a dose of soluble fertiliser every fortnight, and you'll enjoy many weeks of cheer. **MM**

WINTER
Bling



THE Happy KINGDOM

If there's truth to the adage 'being happy is the greatest form of success' then the small Kingdom of Bhutan is the most successful nation on Earth. And now some of that happiness is coming to us in the form of exquisite edible flowers – bringing both beauty and joy to our food

WORDS: LEANNE ARCHER



WHY SO HAPPY? The Bhutanese rate happiness above all else in this world, including profit. Since the fourth King of Bhutan, King Jigme Singye Wangchuck, famously proclaimed in 1972 that, "Gross National Happiness is more important than Gross Domestic Product," the philosophy has informed every policy decision the government makes – with the Gross National Happiness Index used to measure the collective contentment of the people.

It is this dedication to joy, along with the country's world-leading practices in sustainability – Bhutan is the only carbon-negative country on the planet – that first enchanted Harris Farm Markets' Cathy and David Harris.

The Harris family now has a special relationship with the small Himalayan country, having made multiple visits there since the mid-1980s. Cathy even marched with the Bhutanese Olympic team (consisting of two athletes!) when Sydney hosted the event in 2000, and recently stepped down as Bhutan's Consul General to Australia after 21 years in the role.

And it is thanks to this enduring friendship with the tranquil Buddhist Kingdom that a beautiful product has found its way onto the shelves of Harris Farm Markets.

Hello Blossoms

Bhutan Blossoms is a range of edible flower products that turn simple dishes into works of art. Want to jazz up a casserole or add a colourful floral arrangement to the dessert at your next dinner party? These lovely blossoms not only look spectacular, they can be consumed along with your food offering.





4

1. The Punakha Dzong, also known as 'palace of great happiness', in Bhutan's Punakha Valley.
2. The Himalayan nation sits nestled between India and China.
3. A beautiful Bhutan blue cornflower.
4. The entrepreneurial female farmers with their Bhutan Blossoms.
5. The women at work on their organic flower farm.



5

"The blossoms are just gorgeous to sprinkle or add to things – it takes it from being just another dish to something that blows your mind," says Cathy. "Plus it's all organic, of course, because it is coming from Bhutan." And the feel-good factor doesn't end there...

Meet the female farmers

Bhutan Blossoms is a social enterprise in the country, created with the aim of solving societal and environmental issues. It works in partnership with the Drachukha Flower Group, which was founded by four young entrepreneurial female farmers from the picturesque Punakha Valley.

Despite Bhutan being dubbed as 'The Last Shangri-La' (a mythical earthly paradise), the county does face real economic challenges, including extreme poverty in some pockets, and young Bhutanese are looking for a way to sustain their future.

The Drachukha Flower Group grows the edible flowers, herbs, spices and teas, and helps cultivate ingredients from the surrounding communities – empowering women and young people throughout the region.

The cooperative has also set up the first EU organic-certified farms in Bhutan, in line with the country's goal of becoming the first entirely organic-farmed nation in the world.

Once completely closed-off to the outside world, the kingdom itself continues to hold an air of mystery and magic. The government fiercely protects its culture and pristine environment – and the country still famously has no traffic lights. Travellers have been able to visit Bhutan since the 1970s, although it is tightly regulated under the country's 'high value, low impact' sustainable tourism policy.

PHOTOGRAPHY: SHUTTERSTOCK; CATHY HARRIS; BHUTAN BLOSSOMS



6

OR BRING Bhutan TO YOU...

If travelling to Bhutan is not on your agenda, you can bring a piece of the happy kingdom to your dinner table with the Bhutan Blossoms. Here is a simple recipe to help get you started.

Cathy Harris's Tomato And Burrata Cheese With Bhutan Blossoms

"With these beautiful, tiny little tomatoes that we sell, you put them in a bowl, drizzle in some vinegar, and top it with a generous burrata. You then simply sprinkle a selection of the Bhutan Blossoms on top. It goes from being just another tomato and cheese dish, to something that is truly stunning."

For more Bhutan Blossoms recipes, and to purchase the edible flower range, visit harrisfarm.com.au. **MM**



7



8

6. Cathy Harris with her Bhutan Blossoms offering.
7. The flowers add pizzazz to Cathy's simple dish.
8. You can find the edible Bhutan Blossoms at HFM.

FOR THE LOVE OF

Olives

Toolunka Estate creates olives in the traditional way – and the results are exceptional

WORDS: ROGER FOX

he flavour of a traditionally cured

olive is a delicious experience, according to South Australian olive grower Craig McClory. And he should know. His Toolunka Estate enterprise combines regenerative agriculture with traditional olive processing methods, to create an artisanal product that is served in some of Australia's finest restaurants.

"We're the only artisan olive producers in Australia to focus solely on table-olive production, from paddock through to plate," says Craig. "We don't use any chemicals in our process – even the water is harvested from rainfall."

It turns out not all olives are created equal. Most of the commercially produced varieties are not fermented naturally, but rely on the use of lye (caustic soda) to cure the olives quickly – in as little as 24 hours. Artisan olives, on the other hand, can take anywhere from 12 to 18 months to cure, depending on the variety. Toolunka Estate olives are fermented slowly in a mix of filtered rainwater, organic salt, a splash of vinegar and a selection of carefully chosen herbs.

Evolution of an olive farm

The creation of Toolunka Estate Olives is a classic tree-change story. Back in 2003, Craig and his partner, Andrea Chick, discovered the farm for sale while on a houseboat holiday on the Murray River, and thought it looked like the perfect holiday escape. But plans rapidly snowballed and the lure of the land saw them both leave behind their corporate careers in Adelaide to embark on a new life as olive growers. While the experience has been a learning curve, the journey has brought them to a unique place within the olive growing industry. Today, they produce six varieties of premium green olives, as well as the black Kalamata variety, from their 9000 trees, supplying retail outlets and restaurants around Australia.

MARTINI, ANYONE?

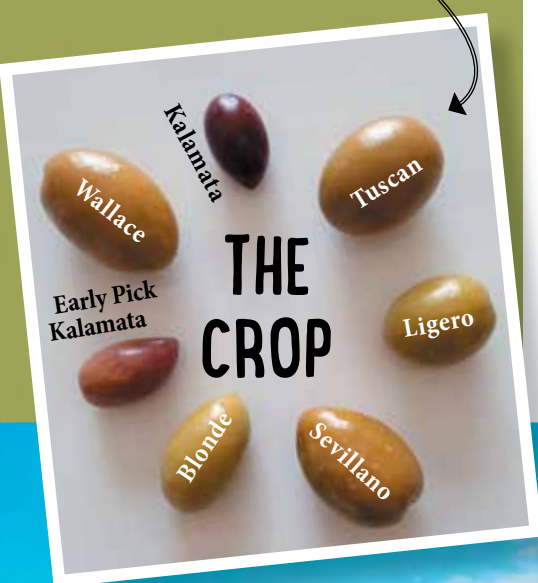
While a green olive is a martini essential, these days it's the 'dirty martini' – where a splash of olive brine is added to the gin and vermouth – that's taking centre stage in the cocktail world. And Toolunka Estate has jumped onboard, releasing their own naturally fermented, chemical-free olive brine in 250ml bottles (look for it in Dan Murphy's and other alcohol retailers).





AN OLIVE BUFFET

The Toolunka Estate product range includes an enticing selection of varietal green olives, including Wallace (the largest variety), Ligero, Sevillano, and Blonde, along with black Kalamata and Early Pick Kalamata, which are lighter in both colour and taste. There are also mixed olive selections, including Tuscan Mix (Italian), Gusto Mix (Spanish) and Kalamata Mix (Greek), as well as Pitted Olives and Martini Olives.



In tune with Mother Nature

Farming in a sustainable and regenerative way is central to Toolunka Estate's approach. It starts with the retention of native bushland zones across the farm, to encourage populations of native birds and animals, and extends all the way through the growing and production processes. The trees are grown without synthetic fertilisers, chemical pesticides or toxic chemicals, while the olives are processed without artificial flavours, colours or caustic soda solutions.

Highlighting the health of their environment, Craig and Andrea have witnessed some impressive signs of biodiversity over recent years – native quail have started to reappear, and in 2019 the vulnerable Regent Parrot was discovered breeding in their area.

The serene view of Toolunka Estate from the Murray River.

1. The lush olive groves of Toolunka Estate in SA.
2. It was love at first sight when the owners spotted the estate from a houseboat on the Murray River.
3. The cute koala logo reflects their commitment to the environment – and martinis!
4. Toolunka's owners Craig McClory and Andrea Chick.
5. The artisan olives are served in top restaurants.

Things TO KNOW

- The difference between a black and green olive is the stage of ripeness – green olives are picked early, while black olives are left on the tree to darken before they are harvested.
- Traditional olive curing takes time – the fruits are fermented for anywhere from 12 to 18 months.
- Herbal flavourings are added later in the curing process, in combinations tailored to suit each particular olive variety. Fennel, chilli, garlic and citrus are just some of the flavourings used at Toolunka Estate. **MM**



Let's go

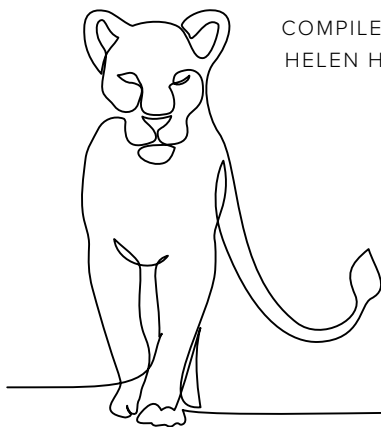


Market takes you travelling!

Travel is back on the agenda and *Market Magazine* has some fab ideas to get you out and about

Out of Africa

COMPILED BY:
HELEN HAYES



ON SAFARI AT SABI SABI

Nothing beats coming upon a pride of lions tucking into lunch, or a leopard dozing in a tree. An African safari alights all the senses and will fill you with wonder. One of the best places to go on safari in South Africa is Sabi Sabi, located in the Greater Kruger National Reserve. A stay in the recently refurbished Earth Lodge is safari

1. Come face to face with lions on a South African adventure at Sabi Sabi.
2. A safari in the Greater Kruger National Reserve will fill you with wonder.
3. Finish your day stargazing at the magnificent Earth Lodge.

perfection, with every detail thought out and every luxury delivered. The 13 ultra-luxurious suites have been sculpted into the earth, with walls made of straw, stone and pigment and tasteful furnishings that reflect the beauty of the location. Sabi Sabi also has three other accommodation offerings nearby. [Visit sabisabi.com](http://Visit.sabisabi.com).

PHOTOGRAPHY: HELEN HAYES; TITANTIC BELFAST

Belfast beauty

A TITANIC PLACE IN BELFAST

Titanic Belfast celebrates 10 years this year, on the shore of Belfast's River Lagan. This spectacular attraction is right next to the Titanic Slipways, the famous Harland & Wolff Shipyard, Drawing Offices and Hamilton Graving Dock – where the *Titanic* was designed, built and launched. Wander through nine galleries on the self-guided Titanic Experience, that tells the story of *Titanic* from her conception, through her construction and launch, to her maiden voyage and subsequent place in history. Afterwards, visit the SS *Nomadic*, the last remaining White Star Line vessel in existence, restored to her original glory and now in the Hamilton Dock. You can stay in the Titanic Hotel in the former headquarters of Harland & Wolff. Visit titanicbelfast.com.

5. Experience the story of the ill-fated *Titanic* where it all began in Belfast.

6. You can also check out the salvaged SS *Nomadic* at the Titanic Belfast site.



7. Marvel at the majesty of Lake Bled from the stunning castle perched above.

8. Then take a jaunt in a traditional pletna boat for a tour of tiny Bled Island.



The castle

SLOVENIAN SURPRISE

When it comes to beauty, Lake Bled is it. From the moment you see the pure blue-green hued freshwater lake, with its crowning glory of Bled Castle sitting high on a cliff, and tiny Bled Island, with its church atop a pimple of green, you can't stop looking at it. Located in Slovenia, Lake Bled is a postcard for this green country. Take in the views from the historic castle, go in a traditional pletna boat out to the island to tour the church and ring the bell, swim in the crystal clear waters of the lake and enjoy the classic sweet of Lake Bled, the *kremšnita* – Lake Bled Cream Cake. Similar to a vanilla slice, it was invented at the Hotel Park in 1953. Where better to taste one than at the source? Visit bled.si/en/.





Market by train and plane...

Let's spa!

SOAK IT UP IN THE YARRA VALLEY

A stay in Victoria's premier wine region is now even better, with a brand spanking new endota spa opened in July 2022, at Balgownie Estate Yarra Valley. This gorgeous 4.5 star resort now ticks all the boxes for wine lovers, with fabulous accommodation, the excellent new Restaurant 1309 and luxury suites, all just an hour's drive from Melbourne's CBD. The new spa has eight treatment rooms, and a unique infrared sauna and tanning room, with spa packages tailor-made to suit individual requirements. The views over the Yarra Valley and Dandenong Ranges are magical, with the food and wine offerings sensational. It is the ultimate short break from the city. Visit balgownie.com/yarra-valley.

SWITZERLAND + QATAR = FABULOUS!

You want a very special trip to surprise and delight you? Then consider these. First up, Switzerland's trains. They're just plain wonderful! Local trains are about as efficient and enjoyable as it gets. But even more so is the Grand Train Tour of Switzerland. Through breathtaking country, past glistening lakes and into alpine scenery, you can train 1,280 exquisite kms of the big tour or break it into sections according to what suits your loves. But whichever you choose, you'll be entertained by your window views. Check especially the Glacier Express, which provides eight hours of sublime travel from St. Moritz to Zermatt – it's spellbinding. And that's not counting all else that Switzerland offers.

Then flying there and back? Stop at the Hyatt Place, Zurich Airport The Circle overnight, to enjoy that 'holiday' before and after your main holiday. Add to that Qatar Airways, and your delightful top and tail is complete.



Luxurious, welcoming and just thoroughly pleasing, Qatar Airways business class has great space, perfectly timed attention and whatever you desire at your beck and call. The food is sublime. And the entertainment is all you require as you enjoy the comfort of your seat, or nodding off with your champagne nightcap! Thus the flights between Sydney, Doha and Switzerland are rather too short for the good time you'll be having. Then Doha Hamad International Airport and the Qatar Premium Lounge continue the pleasure.

Combine all these into one trip – trains, planes and a fine hotel – and you'll find travelling you didn't expect could be so good. And isn't that just what you want! Visit myswitzerland.com/zurich-airport; qatarairways.com/en/destinations/flights-to-zurich.html;

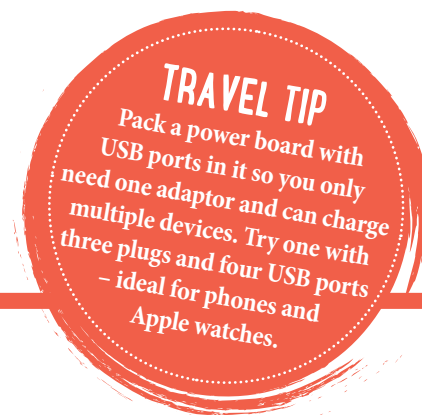
myswitzerland.com/grandtraintour. **MM**

– Julia Zaetta

1. Indulge in wine and food that looks like art at Balgownie Estate Yarra Valley.
2. The sprawling vineyard and resort is even more stunning at sunset.



3. Feel on top of the world aboard the Glacier Express, here on the Landwasser Viaduct in Graubünden.
4. Qatar's emblem, the Arabian oryx, is famous for magnificence and speed – just what you want your flight to be!



TRAVEL TIP

Pack a power board with USB ports in it so you only need one adaptor and can charge multiple devices. Try one with three plugs and four USB ports – ideal for phones and Apple watches.



CONGRATULATIONS TO OUR FRESH AWARDS 2022 WINNERS



Take me cruising...

FOR THE TIME OF MY LIFE!

There's not much better than walking up the gangway of a majestic ship, elegantly welcoming you for your beautiful cruise ahead.

Then setting sail sets you up for the incomparable beauty of the sea with the show Mother Nature puts on especially to thrill you as you cruise.

And with Princess Cruises it's even more special. The activities aboard ship are just as wonderful, and entertain you from morning to night.

So let's start with dazzling menus

The choice of food is designed to excite and delight every palate and taste and is absolutely integral to your cruising pleasure. Superb areas for snacks, breakfasts and light meals right through to formal dinners, or enjoying a drink in one of the bars, will be among the joys you will savour most. Then finding a corner to sit and sip a tea or cocktail, as you just watch, read or listen is simply heavenly.

But what about this special treat to take you to dizzying new heights? Congratulations Princess Cruises because with the start of summer, scooping up one of Italy's most famous



1. Pamper yourself in the Lotus Spa.
2. Then enjoy a delicious gelato.
3. The Universe Lounge is set to entertain you.
4. As is the pool and fabulous outdoor screen.



desserts from Gelato, onboard *Discovery Princess*, *Enchanted Princess* and *Sky Princess*, has just made cruising so much sweeter. The Princess Cruises's gelato shops have been prestigiously designated as *Ospitalità Italiana*, and are the first and only locations to offer an authentic Italian gelato experience outside Italy. How good is that?!

Entertainment just keeps on coming

Then, while you're deep in the delight of savouring your gelato (more than one as you have to try all the flavours), the fantastic activities aboard start beckoning. The ships will entertain you with movies, shows, sports, games, galleries, fitness and spa centres, pools and hot tubs. Or you can

choose quiet times in a library, writing room or internet café. You'll be spoilt for choice! And that's before you even go ashore for other truly fabulous experiences.

And you can stay connected

But there's more! Princess Cruises delivers the ultimate in effortless, personalised cruising, with its world-class dining and entertainment, all elevated with the Princess MedallionClass® experience. On all ships in the Princess fleet, it begins with the Medallion®, a 20-cent-coin-sized wearable device that enables everything from quicker contactless boarding to locating loved ones anywhere on the ship. It also services whatever you need delivered directly to you, wherever you are on the ship! You can also share favourite cruise moments using MedallionNet®, which is fast and reliable WiFi, allowing you to stay connected at sea, as well as with friends and family back home. Too good!!

So if you want an experience of a lifetime, go aboard Princess Cruises. And you'll never want to disembark again!

Visit princess.com. **MM**

— Julia Zaetta





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For more information visit princess.com/ocean



It's double the fun for puzzle lovers! So put yourself to the test and see if you can crack these Sudoku and Word Target brain teasers

LETTER SUDOKU

Here's a Sudoku with a twist! Instead of numbers, each of the given nine letters must be placed once into each row, column and three-by-three square. When the puzzle is complete, one of the vertical columns will reveal a hidden word.

N	E	R	F	L	I	W	G	O
I	W	F	G	E	O	L	N	R
O	L	G	N	W	R	E	I	F
W	F	I	O	G	E	N	L	R
R	O	L	I	N	W	F	G	E
G	N	E	L	F	O	W	I	R
L	G	N	W	I	F	O	E	R
F	I	N	O	G	E	L	R	N
W	F	R	E	G	O	N	L	I

				I	L			E
N		R		G		W		
	O		F	R			G	
					R	E		
G	E						O	R
		N	G					
	I			W	N		L	
		L		E		F		I
O			I	L				

WORD TARGET

In this puzzle, use the letters in the grid to make as many words as you can of FOUR or more letters. Each word must contain the centre letter and there is one nine-letter word to be made. Your target for this puzzle is: 45 words.

E	T	C
N	A	E
I	R	N

Possible words: Acne, Acre, Ancient, Anti, Antic, Cairn, Cane, Caner, Canine, Canner, Cannier, Cant, Canteen, Canter, Care, Carreen, Carnet, Carnle, Cart, Carte, Certe, Certain, Cetane, Crane, Create, Create, Ear, Eaten, Enact, Entrance, Inane, Innate, Irate, Nacre, Near, Neat, Neaten, Neater, Nectar, Race, Rain, Kant, Rate, React, Recant, Retain, Retin, Tanner, Tannic, Tare, Tarn, Tear, Tinea, Trace, Train, Trainee, Trance

Nine-letter word: Nectarine

Hidden word: Flowering



Mamma Emma Fresh Gnocchi

Pour the gnocchi into a pan with your favourite sauce and half a glass of water. Gently stir for 3-4 minutes and it's ready. So simple & super delicious.

Available in the following flavours - Asiago & Porcini, Beetroot, Pumpkin, Gorgonzola, Potato, Spinach & Ricotta and Tomato & Mozzarella

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"I am proud that we are an organisation that will never give up. We will never stop advocating for youth and we will never stop offering our nation's most vulnerable the chance for a brighter future." **Father Chris Riley**

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