

Bringing goodness to you

market

Magazine

HARRIS FARM
MARKETS

Big Italian Special

RECIPES, TIPS
AND MORE...

Buon appetito!

FREE!



No bake mango cheesecake page 42

So easy!

So delicious

WITH STEPS TO MAKE THE MANGO CROWN

FEED YOUR
FAMILY ON A
BUDGET!

Spring

GARDENING • ENTERTAINING • WELLNESS • TRAVEL • PUZZLES •



Falcon have been manufacturing freestanding cookers at the same historic site in Royal Leamington Spa in the UK for more than 190 years, where they are still found today. That same founding passion for quality, reliability and love of gourmet cooking still inspires the Falcon excellence.



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Try these terrific,
budget-friendly tacos
made with our big-batch
bolognese sauce.

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It's our
Italian
special issue.
Favoloso!

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Welcome

H

ELLO AGAIN,

It has been a huge month here at Harris Farm. We reopened a completely renovated and now terrific store at Erina and, a week later, opened a brand spanking new store in Lane Cove. They have both proven very popular with the locals!

We have a few catchcries at HFM – we try to be “More Market than Supermarket” because markets are fun to shop in and supermarkets are a drag. So we try to ignite the senses with “Freshness and Abundance” and we try to “Willy Wonka” it. We haven’t quite got a chocolate river (yet!) but with popcorn machines, pour your own milk, honey and peanut or almond butter,

“
We are
definitely
stepping up
what it means
to have a shop
that lets people
connect with
the ‘Natural
Joy of Food’

and a Breadfall delivering fresh loaves from the sky, we are definitely stepping up what it means to have a shop that lets people connect with the “Natural Joy of Food”.

We are also continuing our work to deliver “Value with Values”. The “value” part of that equation has been tough with veg prices being as high as we’ve ever seen them. Thankfully that has come back to reality and spring veg is now really affordable again.

This is terrific not just for your hip pocket but also for your health. As part of our “values” effort, we have been supporting a medical pilot program run by The George Institute where doctors prescribe healthy food boxes (with heaps of vegies) to food-insecure patients with diabetes. The health outcomes are really exciting and they are now moving to a randomised clinical trial where we are hoping to prove conclusively that healthy food is as effective as medicines and cheaper! Could this lead to healthy food boxes being included on the pharmaceutical benefits scheme? We hope so – stay tuned!

Sincerely,

Tristan

**Tristan Harris, Co-CEO,
Harris Farm Markets P/L**

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Editor's Letter

Dear all,

We'd love to hear from you re this matter. We are debating table manners because of our Seasonal Picks feature on asparagus! Some time ago, at a dinner, I ate my asparagus with my knife and fork. And to my distress, I discovered "Good heavens!" was the incredulous response to my ignorance! Now normally I am a stickler for table manners. However, this time I transgressed a very serious rule held by the English and other European countries. Unless full of runny sauce, one must eat one's asparagus with one's fingers! I am debated on this but, if you check, you will find it to be accurate.

And to Italian table manners, too. You will rarely, if ever, find a spoon accompanying your fork to eat pasta at an Italian table. No, you roll you pasta around your fork, or lift singular

items of pasta, and eat it so.

Also in Italy, you use a knife and fork to peel and eat your fruit, not eat it by hand with peel left on.

One or two others come in for debate. You leave your knife and fork when finished, parallel on your plate facing directly away from you, or angled from 4 o'clock to 10 o'clock. At meal's end, you leave your napkin loose beside your plate, which messages that you are finished. Folded you are still eating.

But we'd love to hear from you on many more table dos and don'ts, so you can agree, disagree or update us, and we will feature your responses in an upcoming issue. You can email me at julia@zaetta.com. Looking forward to it. And see you next issue – it's Christmas!

Julia Zaetta, Editor

Cathy's Column

Dear Customers,

We no sooner came through COVID, to be hit with floods, the cost of living starting to bite, and the Bureau of Meteorology indicating we're likely to face another wet, La Niña year – the reality of living in our changing climate. All of these things shape our choices and as things get tough, so too does our "say-do" barometer. We all want our planet to be in good shape for our next generation but in hard times our resolve lessons.

But I reckon we can do it together and help each other so we are all part of the solution and not part of the problem. We, at Harris Farm, are trying to support our farmers who are pushing hard on regenerative farming, which is all about leaving more than you take. It works with nature to produce food while enriching the soil, and encourages biodiversity in the ecosystem while shifting away from monocropping and reliance on chemicals that degrade soil health. We have plenty of regen products in-store

for you to try – so keep an eye out for the yellow regen stickers. And also our "Imperfect Picks" range of vegies, which cuts down on food waste.

We were the first stores that officially stopped single-use plastic bags at the checkout. You, our customers, either bring your own recycled bags or use the cardboard boxes the fruit and veg came in. Thank you to all of you who have embraced this. The recycling goes on!

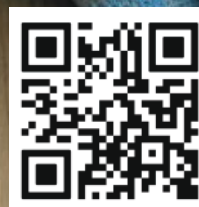
But we have to do more. And to keep us accelerating our driven-by-nature ambitions, we've recently hired a new Head of Sustainability, Evie Murdoch, an agricultural scientist and advisor to agribusinesses on food, climate, carbon, natural capital and sustainable finance. How we welcome her!

And thank you for your part in embracing new ways of doing things. The great result is we're not only saving the planet, but money too. So let's keep at it.

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



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Seasonal Picks

A FRUITY FACT

Although eggplant is mostly considered a vegetable, it is actually a fruit because it grows from a flowering plant and contains seeds.

It's a delicious time of year with lovely produce at its peak. Now is the moment to celebrate versatile and vibrant vegies – eggplant, capsicum and asparagus

Eggplant

To the Italians it's melanzane, to the Indians it is brinjal, to the French it's aubergine, but, whatever you call it, eggplant is a delicious and versatile veg and it's in season right now.

Choose a firm, glossy-skinned fruit with no brown marks. The shiny purple adds great colour to the fruit bowl but eggplant keeps longer if stored in the fridge's crisper section.

Recipes often advise salting eggplant to remove bitterness from the skin, but modern varieties do not have bitter skin so you can absolutely skip this step.

EGGPLANT PARMIGIANA

To make the real Italian Parmigiana, slice 5 eggplants. Dust in flour and shallow-fry in oil. Using 800g of sugo sauce, spoon a little into the base of a baking dish. Top with a single layer of eggplant, a handful of grated parmesan and fresh basil leaves – then repeat, finishing with sugo. Top with sliced mozzarella. Bake at 180°C for 20-30 minutes. Scatter with extra basil, and serve.

FRUIT

Blood oranges
Cumquat
Mandarin
Lemons



Strawberries
Papaya
Blueberries
Rhubarb



Raspberries
Loquats





A GREAT LUNCH

Drizzle thick slices of sourdough with olive oil, then chargrill briefly and rub with the cut side of a garlic clove. Spread thickly with ricotta and lay strips of roasted capsicum over the top. Grind over black pepper and top with fresh basil leaves.



Capsicum



The full rainbow of capsicum – green, yellow, orange and red – are plentiful in early spring as farmers in Bowen, on the north-east coast of Queensland, harvest crops that have been growing through the balmy tropical winter

All the colours of capsicum start out as green fruit. Green capsicum is picked unripe and green, which is why it is more bitter, while the other colours are left to ripen in the sun and achieve their full flavour and colour. (Which also explains why green capsicum is cheaper than red or yellow – it is quicker to produce.)

Red capsicum is delicious raw and crunchy in salads and salsas, or stuffed and baked. But it becomes a real luxury when blackened over a barbecue grill or in a hot oven, left to cool down and sweat under cover, then peeled and sliced into silky, sweet and smoky strips.

Super easy to make!



GOOD 4 YOU!

Red capsicum is a super-source of Vitamin C. Only guava and blackcurrant juice have higher levels of vitamin C per 100g. Avoid a cold – crunch on capsicum!



HOW TO COOK

Roast – roll the spears in olive oil and cook in a hot oven for 10 minutes, until slightly charred.

Barbecue – turning spears on a grill can be tricky. Make it easier by using a couple of skewers to join the spears into a raft that is easy to turn on the grill.

Sauté – chop spears into thumb-sized lengths and toss in olive oil and butter over high heat for two or three minutes until soft.

Boil – drop into salted water and let boil for just a few minutes before draining and dressing with butter.

It's delicious and nutritious, and the perfect time to indulge in abundant Aussie asparagus – plucked fresh from the fields of Victoria

Asparagus spears shoot out of the ground in the fields of Koo Wee Rup in Victoria's Gippsland region and are on our plates very soon after. At the height of the growing season, asparagus can grow 5cm a day!

Choose bunches of asparagus with firm stems and tight tips. Wrap in a tea towel lightly sprinkled with water, and store in a plastic bag in the crisper. For best flavour, enjoy them sooner rather than later as each day in storage reduces the sugar content of the spears. **MM**

VEGETABLES

Broad beans
Avocado
Broccolini
Cauliflower



Kohlrabi
Artichokes
Asparagus
Broccoli
Eggplant



STEAM 'EM

An asparagus steamer is tall and thin and allows whole spears to stand upright and steam evenly. If you don't have one, trim the spears to fit your steamer basket and cook for a few minutes until tender-crisp.

Asparagus



FISH *in the* FAMILY

Since 1976, Fish in the Family have been responsibly sourcing the finest fish and seafood from trusted Australian suppliers. Now in our 3rd generation, that commitment hasn't stopped - we're still serving up the highest quality, freshest seafood the ocean has to offer

you might say it's a family passion.

We're excited to be bringing this same commitment to our two new stores now open in Lane Cove & Erina Fair



Scan for recipes

Find your nearest store here: fishinthefamily.com.au/storelocator

There's just so much to love about the romance and flavours of traditional Italian cooking at its finest. And when these delicious dinners come together in just one pan there is even more to adore – so *buon appetito!*

HAVE AN Italian Affair



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

COOK'S *Tip*

For best results, remove the lamb from the fridge one hour before cooking to bring it to room temperature.

ITALIAN ROASTED LAMB LEG WITH POTATOES

A SPRING THING

Lamb has long been associated with springtime, and is served in Italy's spring during Easter and Passover holidays.

Recipe on page 16

GOOD TO KNOW
Desiree potatoes are considered perfect for roasting because they crisp up well and hold a firm and creamy texture when baked.



TIPS FOR COOKING YOUR IDEAL Lamb

Use a meat thermometer to determine doneness. Lamb continues to cook while resting, so take it out of the oven when it reaches 3°C–6°C before your desired taste.

Medium-rare
60°C–65°C

Medium
65°C–70°C

Medium-well done
70°C

Well done
75°C

ITALIAN ROASTED LAMB LEG WITH POTATOES (PAGE 15)

PREPARATION TIME: 20 minutes
COOKING TIME: 1 hour 50 minutes
SERVES: 6

4 cloves garlic, crushed
¼ cup rosemary leaves, finely chopped
3 anchovy fillets in oil, drained, finely chopped
1 Tbsp finely grated lemon zest
⅓ cup extra virgin olive oil
3 tsp sea salt flakes
Freshly ground pepper, to season
2kg leg of lamb, trimmed
3 large red onions, thickly sliced
3 tsp caramelised balsamic vinegar
2 large stems rosemary
1.2kg Desiree potatoes, peeled, cut into large wedges
Steamed green beans scattered with toasted flaked almonds, to serve

- 1. Preheat oven to 180°C fan-forced.** Line a large roasting pan with baking paper. Combine garlic, rosemary, anchovies, lemon zest and 2 Tbsp oil in a bowl. Add 1 tsp sea salt flakes and season with pepper. Using a handheld blender, blitz the mixture until a rough paste forms.
- 2. Score lamb crossways at 1cm-wide intervals.** Rub lamb with rosemary mixture. Lay onions onto the centre of prepared baking pan to make a bed for the lamb. Drizzle with balsamic vinegar. Top with rosemary stems. Place lamb onto rosemary. Roast the lamb for 20 minutes.
- 3. Toss potatoes with remaining 2 tsp sea salt flakes and remaining 2 Tbsp oil.**
- 4. Reduce heat to 160°C fan-forced.** Arrange potatoes around lamb, turning once during cooking. Roast for 1 hour 20 minutes (for medium lamb; see tip, left) or until cooked to your liking. Remove from oven, cover lamb with foil and rest for 10 minutes.
- 5. Serve lamb, onion and potatoes with steamed green beans scattered with toasted flaked almonds.**

SICILIAN PORK WITH FENNEL, CAPSICUM AND OLIVES

PREPARATION TIME: 20 minutes
COOKING TIME: 1 hour 25 to 1 hour 30
SERVES: 4

¼ cup extra virgin olive oil
800g pork scotch fillet, cut into 4cm cubes
2 medium red onions, cut into 1cm-thick wedges
3 cloves garlic, finely chopped
1 tsp fennel seeds, crushed
½ tsp dried chilli flakes
1 medium fennel bulb, trimmed and sliced
1 yellow or red capsicum, cut into 1cm-thick slices
½ cup dry white wine
400g can diced tomatoes
Sea salt flakes and freshly ground pepper, to season
250g truss cherry tomatoes
½ cup Sicilian olives
2 tsp finely grated lemon zest
Crusty bread, to serve

- 1. Preheat oven to 160°C fan-forced.** Heat 1 Tbsp oil in a large ovenproof dish over medium-high heat. Cook pork, in batches (adding extra oil as required), for 5 minutes or until golden and caramelised. Transfer to a plate.
- 2. Heat 1 Tbsp oil in the pan over medium-high heat.** Add onions, garlic, fennel seeds and chilli flakes. Cook, stirring often, for 3 minutes until light golden.
- 3. Add fennel and capsicum.** Cook, stirring for 4–5 minutes, until softening. Add wine and cook, stirring and scraping the base of the pan, for 1–2 minutes until slightly reduced.
- 4. Add canned tomatoes, pork and pan juices.** Stir to combine. Season. Cover and bring to the boil over medium heat. Transfer pan to the oven and bake, covered, for 35 minutes.
- 5. Place truss tomatoes onto the pork mixture.** Bake, with the lid just ajar, for 30 minutes or until pork is very tender. Sprinkle with lemon zest. Serve with crusty bread.



COLOUR ME UP

Swap truss tomatoes for a punnet of mixed heirloom cherry tomatoes. They'll be just as sweet and add a splash of extra colour. Cooking for the kids? Be sure to pit the olives.

SICILIAN PORK WITH FENNEL, CAPSICUM AND OLIVES

HEALTHY TOO!

Not only delicious, lean pork is a healthy source of protein, B6, B12, thiamin, niacin, zinc and omega-3. So dig in!

SAY CHEESE!

For a special boost of extra flavour, add the rind from a wedge of parmesan cheese to the minestrone soup when you add the stock.



HINT! HINT!

Save the green leek top trimmings. They're full of flavour and perfect for adding to your next vegetable stock, along with other vegie scraps and peels. See our Garbage Soup recipe at marketmagazine.com.au. Promise it's delicious!

\$ BUDGET TIP \$

Swap out the prosciutto for thinly sliced salami and the bocconcini with grated pecorino or parmesan.

ITALIAN ONE-PAN DINNERS

SOUPER Fresh

Try HFM Homemade Pesto. It's made in the Harris Farm production kitchen using fresh ingredients from the markets – and it's perfect for this soup!

GREEN MINESTRONE SOUP WITH BOCCONCINI AND PROSCIUTTO

PREPARATION TIME: 20 minutes

COOKING TIME: 35 minutes

SERVES: 4

- 1 ½ Tbsp olive oil
- 4 thin slices prosciutto
- 2 leeks, white part only, halved lengthways, thinly sliced
- 3 cloves garlic, finely chopped
- ½ tsp dried red chilli flakes
- 2 celery sticks (include leaves), thinly sliced
- 2 medium zucchinis, halved lengthways, cut into 1cm slices
- 6 cups good-quality chicken or vegetable stock
- 75g cavolo nero or kale leaves (about 3 stems), trimmed, thinly sliced
- 100g green beans, cut diagonally into 2cm pieces
- 400g can cannellini beans, drained, rinsed
- 1 Tbsp store-bought fresh basil pesto, plus extra to serve (see tip, left)
- Salt salt flakes and freshly ground pepper, to season
- 4 balls (160g) fresh bocconcini, roughly torn

1. **Heat 2 tsp oil in a large saucepan over medium-high heat.** Add prosciutto and cook for 1 minute on each side or until golden. Transfer to a plate lined with paper towel. Once cooled, break prosciutto into shards.
2. **Heat remaining oil in pan over medium heat.** Add leeks. Cook, stirring often, for 5 minutes or until softened. Add garlic, chilli flakes, celery and zucchini. Cook, stirring occasionally, for 3-4 minutes until softening.
3. **Stir in stock. Cover and bring to the boil over medium-high heat.** Reduce heat and simmer, uncovered and stirring occasionally, for 10 minutes. Bring back to the boil over medium heat.
4. **Add cavolo nero or kale, green beans and cannellini beans.** Reduce heat and simmer for 10 minutes or until vegetables are just tender. Stir through pesto. Season.
5. **Ladle soup into bowls. Top with torn bocconcini and shards of prosciutto.** Drizzle with extra pesto, then serve.

LIGURIAN SEAFOOD STEW (PAGE 20)

PREPARATION TIME: 25 minutes

COOKING TIME: 40 minutes

SERVES: 4

- 2 Tbsp extra virgin olive oil, plus extra to serve
- 1 large red onion, finely chopped
- 4 cloves garlic, crushed
- 1 tsp toasted fennel seeds, crushed
- ½ tsp dried chilli flakes
- 1 medium fennel bulb, trimmed, diced
- 1 stick celery, chopped (include leaves)
- 1 Tbsp tomato paste
- ½ cup dry white wine
- 2 cups fish stock
- 2 x 400g cans diced tomatoes
- Sea salt flakes and freshly ground pepper, to season
- 600g thick white fish fillets, pin-boned, skinned, cut into 4cm cubes
- 8 large green king prawns, peeled, deveined (tail left on)
- 16 black mussels, cleaned
- 2 Tbsp finely chopped flat-leaf parsley leaves
- Chargrilled garlic bread and lemon wedges, to serve

1. **Heat oil in a large deep-frying pan over medium-high heat.** Add onion and garlic. Cook, stirring often, for 3 minutes until softening. Add fennel seeds and chilli flakes. Cook, stirring, for 1 minute. Add fennel and celery. Cook, stirring occasionally, for 4-5 minutes until just beginning to soften.
2. **Add tomato paste and wine. Cook,** stirring, for 1-2 minutes until reduced by a half. Add stock and tomatoes. Cover and bring to the boil. Reduce and simmer, uncovered and stirring occasionally, for 20-25 minutes or until reduced and thickened. Season.
3. **Increase heat to medium-high, cover** and bring tomato mixture to the boil. Reduce heat to medium. Add fish, cover and cook for 2 minutes. Add prawns and mussels. Cover and cook for 2-3 minutes or until prawns and fish are just cooked through and mussels open.
4. **Sprinkle with parsley. Drizzle with** olive oil. Serve with chargrilled garlic bread and lemon wedges.

FISHY FINDS

Blue-eye cod, barramundi or monkfish fillets are perfect choices for this stew.

LIGURIAN SEAFOOD STEW

Recipe on page 19

IF YOU MISSED IT

When we ran this Ligurian Seafood Stew recipe in the spring issue of *Market Magazine* last year, it was an instant hit with readers. You loved it, we love it – so here it is again!

CHICKEN CACCIATORE

PREPARATION TIME: 15 minutes

COOKING TIME: 50 minutes

SERVES: 4

8 (about 1kg) skinless chicken thigh fillets
 2 Tbsp plain flour
 Sea salt flakes and freshly ground pepper, to season
 2 Tbsp extra virgin olive oil
 1 brown onion, finely chopped
 3 cloves garlic, finely chopped
 1 red capsicum, deseeded, cut into 5mm strips
 150g button mushrooms, sliced
 1 Tbsp tomato paste
 1 cup dry white wine
 400g can cherry tomatoes
 6 sprigs of thyme, plus extra to serve
 ½ cup Kalamata olives
 Creamy polenta, to serve

1. Pat chicken dry with paper towel.

Place flour onto a plate. Season. Lightly dust chicken in flour.

2. Heat 1 Tbsp oil in a large deep-frying pan or saucepan over medium-high heat. Brown chicken, in batches, for 2-3 minutes on each side until golden. Transfer to a plate and set aside.

3. Heat remaining oil in the pan over medium heat. Add onion. Cook, stirring occasionally, for 3-4 minutes until softening. Add garlic, capsicum and mushrooms. Cook, stirring occasionally, for 3-4 minutes until just softening. Stir in tomato paste and cook for 1 minute. Add wine and cook for 2 minutes or until reduced by half.

4. Add tomatoes and thyme. Stir to combine. Tuck chicken into the tomato sauce. Cover and bring to the boil over medium heat. Reduce heat and simmer, covered and stirring occasionally, for 25 minutes. Stir in olives. Cook, uncovered, over medium heat until sauce has slightly thickened and chicken is tender.

5. Serve with extra thyme leaves and creamy polenta. MM

\$ BUDGET TIP \$

When buying veg for this recipe, such as capsicum, look for HFM's Imperfect Picks range. It's 50% cheaper – and tastes just as good!



There's no better way
to celebrate 'the sweet
life' than through gorgeous
Italian desserts.

In an edited excerpt from
her new cookbook, Vanessa
Bottaro – cook, author and
editor of the Italian Spoon
website – shares her
favourite offerings.

La *Dolce* vita



TAKE THE BISCUIT

The savoiardi biscuits used in this recipe are available in most supermarkets and Italian food stores. You can also use ladyfingers.

BEST-EVER TIRAMISÙ Recipe on page 26



This is an edited excerpt from *The Italian Entertaining Cookbook* by Vanessa Bottaro (Amazon, \$49.50).

Kitchen CONFIDENTIAL

The secret to this best-ever tiramisù lies in the Italian meringue. It creates a rich, creamy and decadent texture – everything you want in a dessert!

Flour POWER

This delicious orange pistachio cake is created with a powder-fine Italian flour called 00. The flour is made from soft wheat and is frequently used in Italian desserts and pastas. It is available in most supermarkets and Italian food stores. Alternatively, you can use a plain, all-purpose flour.



GET FRESH
Packed with pistachio nuts, this moist cake tastes as good as it looks! To keep it from going dry, store at room temperature in a sealed cake box or stand.

ORANGE PISTACHIO CAKE

PREPARATION: 50 minutes

COOKING: Nil

SERVES: 8

180g unsalted butter, melted, plus extra to grease
190g 00 flour or plain flour, plus extra to grease (see tip, opposite)
100g pistachios, plus extra to decorate
3 eggs, separated
1 pinch salt
210g sugar
200g vanilla-flavoured yoghurt
Zest and juice of 2 oranges
16g Italian vanilla-flavoured baking powder (such as Lievito Bertolini), sifted
Icing sugar, sifted, to serve

1. Preheat oven to 160°C fan-forced. Grease a 23cm round cake pan by lightly coating the base and sides with butter. Line the base with baking paper. Add a heaped tablespoon of 00 or plain flour, then turn and shake the tin to coat the buttery sides of the pan.

2. Place pistachios in a food processor and blitz. The mixture should have a combination of roughly chopped and finely chopped pistachios. Alternatively, finely chop with a knife.

3. Using a stand mixer with whisk attachment or hand beater, beat the egg whites with a pinch of salt until stiff peaks form. With the mixer or hand beater running, add the egg yolks, one at a time. Add the sugar, one Tbsp at a time, beating well after each addition.

4. Beat in butter, pouring a little at a time until all combined. Add one Tbsp of yoghurt at a time, continually beating until well combined.

5. Use a wooden spoon to stir in flour, 1 Tbsp at a time. Stir in orange zest and juice, then sifted baking powder. Stir in

the chopped pistachios, reserving 1 heaped Tbsp to top the cake.

6. Pour cake mixture into prepared pan. Bake for 33 minutes or until a skewer inserted in centre comes out clean. Allow cake to cool in pan for 10 minutes, then transfer to a cake stand to cool completely.

7. Dust with icing sugar and reserved chopped pistachios, then serve

TORRONE SEMIFREDDO

PREPARATION: 30 minutes, plus 6 hours setting time

COOKING: Nil

SERVES: 8

450ml thickened cream
1 vanilla bean, split lengthways, seeds removed, or 1 tsp vanilla bean paste
40g caster sugar
40g liquid glucose
100g honey
3 egg whites
200g unsalted roasted almonds
100g unsalted roasted pistachios

1. Line a 6cm deep, 13 x 24 cm loaf pan with baking paper, allowing the sides to overhang.

2. Place thickened cream in a mixing bowl. Use a stand mixer with whisk attachment or hand beater and beat until soft peaks form. Stir in vanilla bean seeds or vanilla bean paste. Refrigerate.

3. Place sugar, glucose and honey into a clean, grease-free saucepan. Cook over medium heat for 4-6 minutes or until it reaches 125°C on a sugar thermometer and is slightly thickened. Remove from the heat and allow to cool.

4. Beat egg whites on high speed in a mixing bowl until they hold medium peaks. With the beaters still going, slowly and carefully pour hot honey and sugar syrup in a thin stream down the side of the bowl of egg whites. Continue to beat for a further 4 minutes or until the meringue has cooled.

5. Remove whipped cream from the fridge. Use a spatula to fold cream into the semifreddo mixture. Stir in pistachios and almonds. Pour into the prepared loaf pan (or individual 6cm-deep moulds; see tip, below) and smooth the surface. Cover with baking paper and freeze for 6 hours or until set.

6. Invert semifreddo onto a platter, and serve immediately.

PARTY SIZE!
Entertaining? If you'd like single serves for your guests, swap the loaf pan for 5-6cm deep individual moulds.



VANILLA PANNA COTTA AND MIXED BERRY COMPOTE

PREPARATION: 35 minutes, plus minimum 4 hours setting time

COOKING: Nil

SERVES: 4

8g gelatine leaves
115g caster sugar
1 vanilla bean, split lengthways, seeds removed, or 1 tsp vanilla bean paste
750ml thickened cream

BERRY COMPOTE

250g frozen mixed berries, defrosted
Zest of 1 lemon
50g caster sugar
2 Tbsp lemon juice

1. Soak gelatine leaves in a bowl of cold water for 5-10 minutes until softened. Set out 4 dariole moulds or ramekins.
2. Heat caster sugar, vanilla bean seeds or paste and ½ of the cream in a small heavy-based saucepan over low-medium heat. Bring almost to a boil, then remove from heat. Squeeze out and discard excess moisture from gelatine leaves. Stir gelatine leaves into hot vanilla cream until well combined and gelatine is dissolved. Set aside to cool slightly.
3. Rinse dariole moulds or ramekins in cold water (without drying them). This will make the panna cotta easier to turn out once set.
4. Use a stand mixer with whisk attachment or hand beater to whip remaining cream until soft peaks form. Fold whipped cream into vanilla cream mixture. Pour panna cotta mixture through a sieve into a jug, then pour into dariole

moulds or ramekins. Refrigerate for 4 hours or until set.

5. To make the berry compote, place mixed berries, lemon zest, sugar and lemon juice in a medium-sized saucepan. Stir over low to medium heat for 3-5 minutes or until the sugar dissolves and juice reduces to your desired consistency. Set aside to cool completely.
6. To serve, dip the dariole moulds or ramekins in boiling water for 7 seconds. Turn each vanilla panna cotta onto a serving plate. Arrange berry compote on the plate with the panna cotta.

BEST-EVER TIRAMISÙ (PAGE 23)

PREPARATION: 40 minutes, plus minimum of 2 hours chilling time (or overnight if time permits)

COOKING: Nil

SERVES: 6

3 egg yolks
60g caster sugar
500g mascarpone
40ml marsala wine
300g savoiardi biscuits
250ml espresso coffee, hot
3 Tbsp unsweetened cocoa powder (cacao magro), to dust

ITALIAN MERINGUE

100ml water
125g caster sugar
115ml egg whites (from approximately 3 large eggs)

1. Place egg yolks and caster sugar in large mixing bowl. Beat using a stand

mixer with paddle attachment or hand beater on high speed until mixture is pale and thick.

2. Add mascarpone and beat on medium speed until combined, being careful not to over mix as you may split the mascarpone. Add marsala wine, then set aside.

3. To make the Italian meringue, pour water into a clean, grease-free saucepan and slowly add the sugar, making sure all the grains get wet. Bring to the boil over medium heat, then cook for 10 minutes.

4. Beat egg whites in a separate stainless-steel bowl using a stand mixer with whisk attachment or hand beater on high speed until medium peaks form. With the beaters still going, slowly and carefully add hot sugar syrup in a thin stream down the side of the bowl. Continue to beat until the meringue is completely cool (stainless-steel bowl is no longer hot).

5. Gently fold meringue into mascarpone mixture. Pour coffee into a shallow bowl. Soak savoiardi biscuits in coffee, a few at a time, without letting them get completely sodden, and giving a light squeeze when taking them out. Place coffee-soaked biscuits into a 30 x 21cm dish. Dip enough biscuits into coffee to cover the base of the dish. The coffee shouldn't soak all the way through; there should still be a small portion of biscuit in the middle untouched. Using a fine mesh strainer, sprinkle cocoa powder over biscuits.

6. Spread ½ the mascarpone mixture over biscuit layer. Cover with another layer of coffee-soaked biscuits and sprinkling of cocoa powder. Pipe the final layer of mascarpone. Alternatively, spread the final mascarpone layer and use a spatula to smooth the surface.

7. Refrigerate for at least 2 hours or overnight until the tiramisù is firm to cut.

8. Just before serving, use a fine mesh strainer to dust with cocoa powder.

Divide tiramisù into portions, then serve. **MM**

HINT! HINT!

You can prepare the panna cotta 1 day in advance and refrigerate overnight.



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- 1 Add ingredients
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- 3 Enjoy!



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Arancini



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These traditional Sicilian Risotto Balls derive their name from the word “*little oranges*”, which in turn comes from their shape and colour. Made with Arborio Rice, filled, crumbed and then fried.

These are a perfect snack or as part of a meal.

**Porcini & Mozzarella, Tomato & Mozzarella,
Bacon & Leek and Chicken & Mushroom.**

Simply heat and serve. Ready in 15 minutes.

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Feed THE Family

ON A BUDGET!

Bolognese 3 Ways

Recipe on page 33

Simmer up a whopping big pot of thick, rich meat sauce so you can serve it again, and again, and again. One batch-cooked recipe equals four meals. That, our friends, is dinner made easy. This recipe makes enough for four family dishes. We have given you three recipes for your bulk bolognese sauce – called bolognese ragu in Italian – plus you'll also have enough to remake your favourite of the three recipes again.

Hint! Hint!
Recycle old takeaway containers by washing and reusing them over and over again.

PHOTOGRAPHY: ANDRE MARTIN • FOOD STYLING AND RECIPES: ELLE VERNON

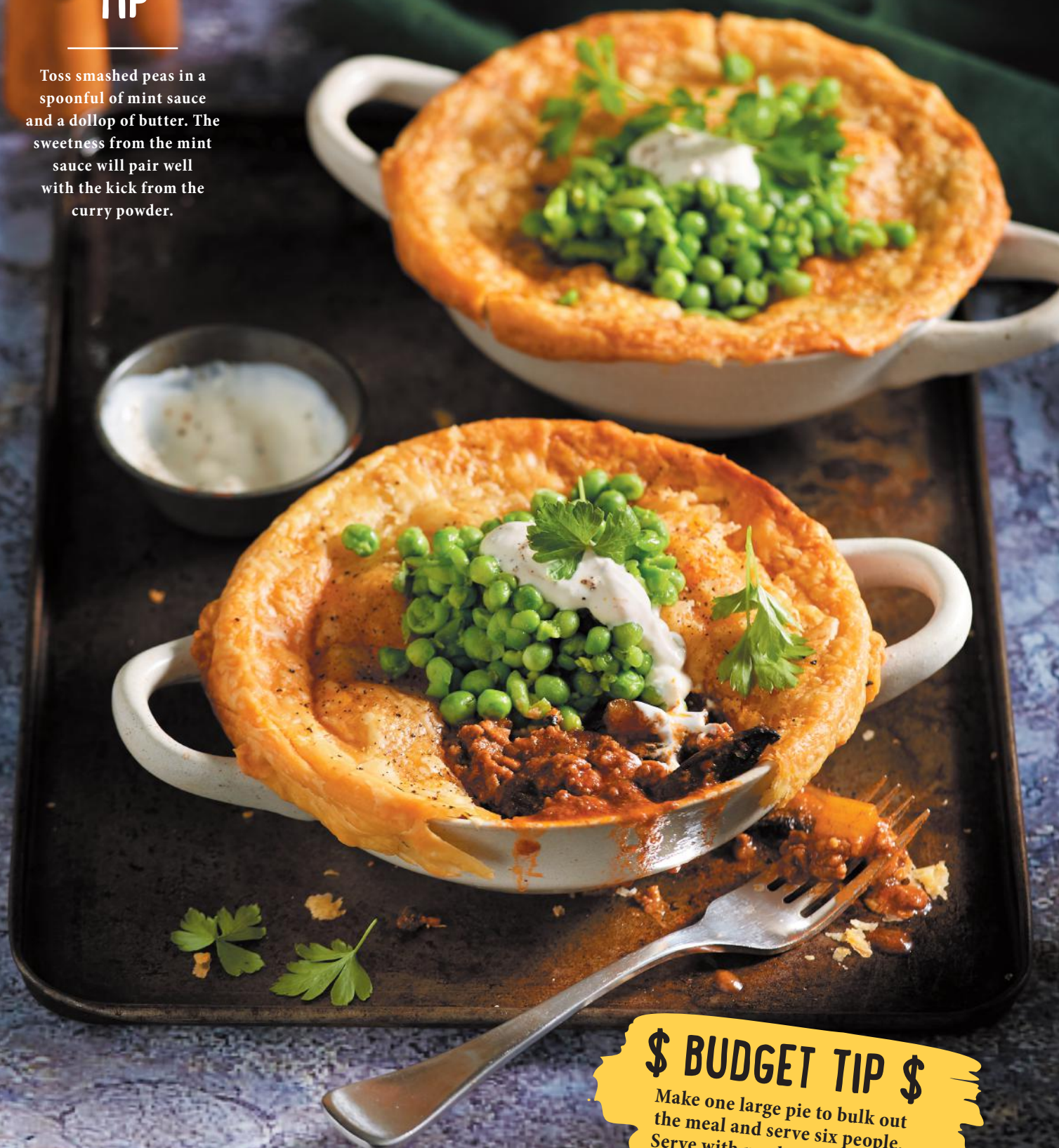
\$ BUDGET TIP \$

Use only half the bolognese sauce and add a couple of cans of red kidney beans instead. It's cheaper and more nutritious!



Cook's TIP

Toss smashed peas in a spoonful of mint sauce and a dollop of butter. The sweetness from the mint sauce will pair well with the kick from the curry powder.



\$ BUDGET TIP \$

Make one large pie to bulk out the meal and serve six people. Serve with mashed potato and vegetables on the side.

Cook's TIP

Of course, if you don't have spaghetti in the cupboard, you can serve your sauce with another pasta. Take a walk down the pasta aisle in your local HFM and be amazed by the endless options of shapes, colours and varieties – including sourdough, egg-free, whole wheat and gluten-free.

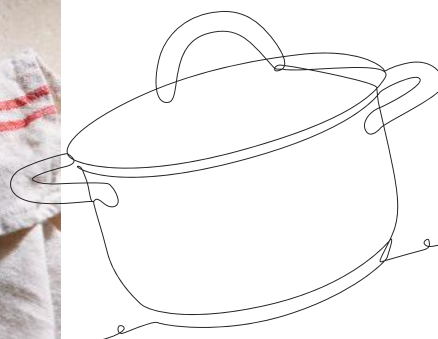
\$ BUDGET TIP \$

Basil is a fresh and vibrant addition to this meal, however, to save a couple of dollars, you can just leave it out.



Cook's TIP

The 2-hour cook time will deliver impressively tender and rich results; but if you are tight on time, you can get away with only cooking the sauce for 1 hour.



BIG BATCH BOLOGNESE SAUCE

PREPARATION: 15 minutes

COOKING: 2 ½ hours

MAKES: 12 cups

4 Tbsp extra virgin olive oil
2 brown onions, finely diced
5 cloves garlic, minced
4 sticks celery, finely diced
2 large carrots, diced into 1cm cubes
1 large zucchini, diced into 1cm cubes
2kg beef mince
500ml red wine
¾ cup tomato paste
800g tin diced tomatoes
500ml chicken stock
Sea salt flakes and freshly ground pepper, to season

1. Heat 2 Tbsp of the oil in a large saucepan over a medium-high heat. Add onion, garlic, celery, carrot, and zucchini, then cook, stirring occasionally, for 15 minutes.
2. Meanwhile, pour remaining oil into a large frying pan. Add mince and cook, stirring every few minutes, for 15 minutes or until mince is brown and no longer red.
3. Add mince to saucepan of cooked vegetables. Increase heat to high. Stir in wine and tomato paste. Bring to the boil and cook for 5 minutes or until wine has reduced by half.
4. Stir in tomatoes and stock, then cover saucepan with a lid, leaving lid slightly ajar. Reduce heat to medium-low and cook for 2 hours, stirring occasionally, until you have a thick, rich meat sauce. Season, then set aside to cool.
5. Spoon sauce into four containers (3 cups each). Label and freeze for up to 3 months.

SMUGGLED Vegetables

If you're cooking for kids (or perhaps fussy adults) who won't eat anything resembling a vegetable, you can purée the cooked onion, garlic, celery, carrot and zucchini in a blender with the chicken stock, and then return it to the saucepan and continue cooking as normal. *Shhh.*

SPAGHETTI BOLOGNESE

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

SERVES: 4

¼ x quantity frozen Big Batch Bolognese, thawed overnight in the fridge (3 cup portion)
125ml water
¼ cup basil leaves, plus extra to garnish
1 Tbsp dried oregano
Sea salt flakes and freshly ground black pepper, to season
400g dried spaghetti
Shaved parmesan, to serve

1. Put defrosted bolognese into a large saucepan. Add water, basil leaves and dried oregano and stir to combine. Set over medium heat, stirring occasionally, for 15 minutes or until hot. Season.
2. Meanwhile, cook spaghetti in a large saucepan of boiling salted water, following packet directions, until al dente. Drain well, then add to the bolognese sauce. Use a pair of tongs to toss together, coating the spaghetti in the sauce.
3. Serve topped with parmesan and garnished with extra basil.

MEXICAN BEEF SOFT TACOS

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

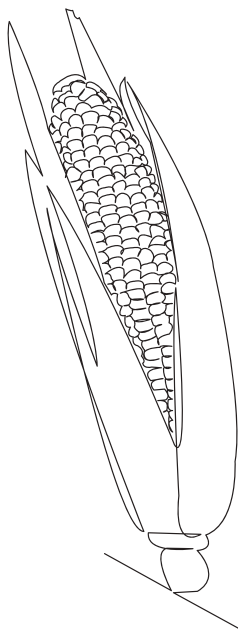
SERVES: 4-6

¼ x quantity frozen Big Batch Bolognese, thawed overnight in the fridge (3 cup portion)
125ml water
35g sachet taco or Mexican seasoning
1 handful baby spinach leaves
Sea salt flakes and freshly ground pepper, to season
10 flour or corn tortillas
2 cups rocket leaves
1 avocado, thinly sliced
½ red capsicum, thinly sliced
Tomato salsa, sour cream, coriander leaves and lime wedges, to serve

CORN SALSA

½ cup cooked corn kernels (see tip, right)
¼ red onion, very finely diced
1 Tbsp chopped coriander leaves
1 Tbsp extra virgin olive oil
1 Tbsp lime juice

1. To make corn salsa, combine all ingredients in a bowl and set aside to allow flavours to infuse.
2. Put defrosted bolognese sauce into a large saucepan. Add water, taco seasoning and spinach. Stir, then set over medium heat, stirring occasionally, for 15 minutes or until hot. Season.
3. Meanwhile, heat a chargrill pan over high heat and warm tortillas for about 30 seconds each, or until soft and lightly charred. Set aside on a plate and cover with foil to keep warm.
4. Place rocket, avocado and capsicum on a serving platter.
5. Serve bolognese sauce, warmed tortillas, corn salsa, rocket, avocado, and capsicum platter to the table, DIY-style, along with tomato salsa, sour cream, coriander and lime wedges so everyone can create their own soft tacos.



Corny TIP

You can cook a couple of fresh corn cobs, then slice off the kernels, or alternatively you may like to use a can of corn kernels. Just drain them well before adding them to the salsa.

MAKE IT A Fiesta

Take a look in-store at your local HFM to find an array of authentic Mexican foods to add to your taco feast – try Gran Luchito Refried Beans With Smoky Chipotle, Latin Deli Pico de Gallo, Gran Luchito Habanero Mango Salsa and, of course, you can't go wrong with a big bowl of natural corn chips.

CURRIED BEEF AND MUSHROOM POT PIES

PREPARATION TIME: 15 minutes

COOKING TIME: 35 minutes

SERVES: 4

¼ x quantity frozen Big Batch Bolognese, thawed overnight in the fridge (3 cup portion)
125ml water
2 Tbsp extra virgin olive oil
450g button mushrooms, sliced
2 tsp fresh thyme leaves
1 Tbsp curry powder
Sea salt flakes and freshly ground black pepper, to season
2 sheets frozen ready-rolled puff pastry, partially thawed
1 free-range egg, lightly beaten
Smashed peas, sour cream and flat-leaf parsley leaves, to serve

1. Put defrosted bolognese sauce into a large saucepan. Stir in water, then set over medium heat, stirring occasionally, for 15 minutes or until hot.
2. Meanwhile, heat oil in a large non-stick frying pan over medium-high heat. Add mushrooms and thyme. Cook for 5 minutes, then stir in curry powder and cook for a further 5 minutes until mushrooms are tender. Stir into bolognese mixture, then season.
3. Preheat oven to 200°C fan-forced. Place four 1 ¼-cup-capacity ovenproof dishes on a large oven tray.
4. Cut pastry into four rounds, about 2cm wider than the opening of the ovenproof dishes to allow for overhang.
5. Divide bolognese mixture evenly into dishes. Put pastry rounds on top, pressing pastry onto the sides of each dish to adhere. Using scissors, cut a cross in the centre of each. Brush with a little egg, then season with pepper. Bake for 20 minutes or until pastry is golden.
6. Serve pies with smashed peas, sour cream and parsley. **MM**

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Charred Corn & Kale Golden Goddess Salad

Serves 4

INGREDIENTS:

Birch & Waite Golden Goddess Dressing & Sauce

- 3 corn cobs
- 1 bunch of kale
- 2 cucumbers
- 1/8 red cabbage, thinly shaved
- 1 avocado, thinly sliced
- 1/3 cup mint leaves
- 1/3 cup coriander leaves
- 1 lime, halved
- 1 red onion, thinly sliced
- 1/2 cup water
- 1/4 cup apple cider vinegar
- 1 1/2 tbsp caster sugar



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and to shop ingredients online

BIRCH
&
WAITE

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Why are Italian desserts so loyal? They cannoli be happy with you!

Over to the kids!

Hiya kids, here's a fruit-filled sweet treat inspired by the famous Italian dessert, tiramisù. Layer it, love it and lick the spoon clean!

FRUITIMISÙ

PREPARATION:

20 minutes

COOKING: Nil

MAKES: 4

- ½ x mango, flesh diced
- ½ x 125g punnet blueberries
- ½ x 250g punnet strawberries, diced
- 1 Tbsp caster sugar
- ¾ cup freshly squeezed orange juice (or a different fruit juice)
- 8 savoiardi (sponge or ladyfinger) biscuits
- 1 ½ cups vanilla-flavoured yoghurt – or your favourite ice-cream
- Mint leaves, to garnish



STEP 1 Put mango, blueberries and strawberries in a bowl. Add sugar and stir. Set it aside for 15 minutes to allow the sugar to dissolve – a small amount of fruity liquid should appear in the bottom of the bowl. Cool, huh?



STEP 2 Pour orange juice into a bowl. Place one biscuit into the juice, soak it for a few seconds, then flip it over for a few more seconds. Break the biscuit in half and place it in the base of a serving glass. Repeat with 3 more biscuits, and 3 more glasses. You can also use cups or recycled jars – they don't have to match!



STEP 3 Spoon a couple of dollops of yoghurt (or ice-cream) on top of each. Then top with a couple of spoonfuls of the yummy fruit mixture.

STEP 4 Repeat steps 2 and 3, layering with the rest of the biscuits, yoghurt (or ice-cream) and fruit. Serve garnished with mint leaves. Or, cover each glass with plastic wrap, put them in the fridge, and serve in a few hours or the next day. **MM**

- Don't leave bickies in the juice for too long, otherwise they will get too soggy and soft to hold.
- You could also top your fruitimisù with choccie shavings, toasted coconut or sprinkles – be creative!

ASK MUM OR DAD TO HELP

How do you say goodbye to an Italian chef? Pasta la vista, baby. Ha, ha.





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Mango Magic

One of the most anticipated fruit seasons of them all, finally, the mango has returned to market! And, thanks to the many varieties grown in Australia, we can enjoy these tropical treasures all through the spring and summer

All about

The bulk of our mangoes come from the sunshine-filled farms of the Northern Territory and Queensland, which is why we get to enjoy them from as early as September. Go on, grab a mango and add a burst of sunshine to your next meal. Here's how to tell them apart:

KENSINGTON PRIDE

These are the king of the mango family as they tick all the boxes. The Kensington has that iconic mango aroma, a sweet tangy flavour, and a rich yellow-hued flesh that is juicy and tender. A top all-rounder!

CALYPSO

These mangoes have a thin seed so you get more flesh. They don't contain stringy bits and are on the slightly firmer side. Fantastic for adding to a salad.

HONEY GOLD

The Honey Gold's skin is golden, as is the flesh. The flavour is sweet, sweet, sweet! – in a good way, they are absolutely delicious. These mangoes are usually quite generous in size and have a lovely aroma. Eat them as they are, and get ready for the juicy drips – or use them in salads, desserts or smoothies.

PALMER

Palmers have more of a reddish blush to their skin compared to most mango varieties. They are usually a little bit smaller. Once you cut one open, you'll find a firm and sweet yellow-orange flesh.

KEITT

The Keitt has a pinky-red blushed skin with yellow-orange flesh inside. They are generally on the more generous size with a sweet, yet milder, flavour.



HEY, SWEET Cheeks

A treat for your lips and your hips. Mangoes are low in fat and kilojoules, are a great source of calcium, high in vitamins such as C and A, plus they are a rich source of fibre and potassium. Oh, and they are also a low-GI food. And did we mention they are delish?



HINT! HINT!

Mangoes will ripen at room temperature, not in the fridge. So only chill them when they are ripe enough to eat.

PHOTOGRAPHY: ANDRE MARTIN • STYLING AND RECIPES: STEPHANIE SOUVLIS AND MELISSA SURIANO • WORDS: ELLE VERNON

YOU SEXY Thing

Throughout folklore, mangoes have been lauded for their aphrodisiac properties – and there is some scientific evidence to back this up. The fruits are high in vitamin E, linked to balancing sex hormones, which can result in a higher drive for both men and women. *Oh la la!*



HINT! HINT!

You can swap snow pea sprouts for mesclun salad leaves, watercress or shredded iceberg.

VIETNAMESE PRAWN, MANGO AND RICE NOODLE SALAD

PREPARATION: 15 minutes

COOKING: 5 minutes

SERVES: 4

200g thin rice noodles
2 bunches asparagus, trimmed, sliced on the diagonal
2 mangoes, flesh very thinly sliced
24 cooked tiger prawns, peeled, tails on
½ red onion, very thinly sliced
2 cups snow pea sprouts
½ cup coriander leaves, plus extra to garnish
Lime wedges, to serve

DRESSING

1 clove garlic, minced
1 red chilli, very thinly sliced
1 Tbsp caster sugar
4 Tbsp lime juice
2 Tbsp fish sauce
¼ tsp salt

- 1. Bring a small saucepan of water to the boil.** Add rice noodles and remove from heat. Allow to stand for 4 minutes or until noodles are soft. Drain under cold running water and transfer to a large bowl.
- 2. Meanwhile, cook asparagus in boiling water for 1 minute or until just tender,** then rinse under cold water.
- 3. Add asparagus to noodles along with mango, prawns, onion, snow pea sprouts and coriander.**
- 4. Combine all dressing ingredients in a small jug.**
- 5. Pour dressing over the salad, gently toss, then garnish with a scatter of extra coriander leaves and lime wedges.**



CHICKEN CURRY WITH MANGO AND LEMONGRASS

PREPARATION:

15 minutes

COOKING:

45 minutes

SERVES: 6

5 stalks lemongrass, white part only, chopped
4cm piece ginger, peeled
2 kaffir lime leaves (discard the centre vein), plus extra 4
1 long red chilli, trimmed, halved
¼ cup brown or palm sugar
4 Tbsp tamarind purée
1 bunch coriander, leaves and stems separated
1 Tbsp vegetable oil
400ml can coconut milk
8 chicken thigh fillets, boneless and skinless, halved
Juice and finely grated zest of 2 limes
120g green beans, top and tailed
2 mangoes, peeled, flesh cut into cubes
Steamed rice, roti, mango chutney, lime wedges and micro herbs, to serve

1. To make the curry paste, place lemongrass stalks, ginger, 2 kaffir lime leaves, chilli, brown or palm sugar, tamarind and coriander stems in a food processor. Blitz until smooth.
2. Heat oil in a heavy-based saucepan and add curry paste. Cook for 2-3 minutes on a medium heat. Pour in coconut milk. Bring to a boil, then turn down heat to a simmer and add chicken, lime juice and zest. Cover saucepan and gently simmer for 25 minutes until chicken is tender.
3. Remove lid and cook for a further 10 minutes to reduce. Add beans, mango and extra 4 lime leaves, and cook for 5 minutes.
4. Just before serving, stir in coriander leaves. Serve hot with rice, roti, mango chutney, lime wedges and micro herbs.

HINT! HINT!

Coriander is notorious for hiding dirt in the stems. Soak in cold water before use to remove any grit.

MANGO Ago go!

The rainy weather that soaked the east coast this winter didn't impact Darwin's mango growers, and Top End farms grow over half our Aussie harvest. So mangoes are go!



\$ BUDGET TIP \$
Reduce chicken quantity by half and add a couple of diced carrots and potato wedges in its place.

HINT! HINT!
Use a cake slide or spatula to carefully transfer the mango rose to your cake.

THE ROSE

How to crown your cake with a beautiful, edible mango rose

**STEP
BY
STEP**



1
Remove the two cheeks from the mango.



2
Slice the mango skin from each of the cheeks.



3
Thinly slice both mango cheeks lengthways.



4
Use your hands to gently fan out the slices into a line.



5
Starting at one end, begin to curl the line into the centre.



6
Continue to curl until a tight spiral has formed. Ta da!

NO BAKE MANGO AND LIME CHEESECAKE

PREPARATION: 45 minutes, plus 15 hours chilling

COOKING: Nil

SERVES: 10

Melted butter, for greasing
4 mangoes, peeled, pit removed
½ cup water
5 tsp gelatine powder
500g cream cheese, chopped, softened
⅔ cup caster sugar, plus extra 1 Tbsp
150ml thickened cream
1 cup sour cream
2 limes, finely grated zest, and juice
Pulp of 3 passionfruits
¼ cup roughly chopped macadamia nuts

CRUST

150g digestive biscuits or any plain sweet biscuits
100g butter, melted
1 Tbsp caster sugar

MANGO JELLY

¼ cup water
1 tsp gelatine powder
2 Tbsp lemon juice

1. Grease a 20cm round springform cake tin with butter.
2. To make the crust, place biscuits in a food processor until fine crumbs form. Add butter and sugar and process until well combined. Pour into prepared tin. Press down firmly onto the base. Set aside.
3. Place the flesh of 2 mangoes into a blender and blitz until smooth. (You'll need 600g of flesh.) Place ¾ cup of the purée into a bowl, cover, and set aside in the fridge for use in the jelly. Leave the remaining in blender.

4. To make the cheesecake filling, put water in a microwave-safe bowl. Sprinkle over the gelatine and stir. Set aside for 5 minutes, then microwave for 15 seconds on high. Stir. Repeat until dissolved. Set aside to cool for 5 minutes.

5. Add cream cheese, sugar, cream and gelatine mixture to the mango mixture in the blender. Process until smooth. Pour into cake tin on top of crust, then refrigerate for 3 hours.

6. To make the mango jelly, repeat step 4 with water and gelatine. Place lemon juice and reserved mango purée into a large bowl. Pour in gelatine mixture. Mix well. Pour over the chilled cheesecake filling and spread evenly. Refrigerate for 12 hours to set.

7. When ready to serve, combine sour cream, lime juice and extra caster sugar, then spoon on top of the cake.

8. To decorate, slice remaining mangoes (see opposite for how to make a mango rose). Place on top of sour cream.

9. Drizzle cake with passionfruit and scatter macadamias over the top. Serve.

\$ BUDGET TIP \$

If you love mangoes as much as we do, buy in bulk! You'll pay much less per fruit if you buy a tray of them.

STICKY BLACK RICE PUDDING WITH MANGO AND COCONUT YOGHURT

PREPARATION: 15 minutes

COOKING: 1 hour 10 minutes

SERVES: 6-8

1 cup black rice
3 cups water
¼ tsp salt
½ cup caster sugar
1 ½ cups coconut milk
2 mangoes, peeled, sliced
2 cups coconut yoghurt
Toasted coconut flakes and mint leaves, to garnish

1. Bring rice, water and salt to boil in a heavy-based saucepan. Reduce heat to low and cover with a lid. Simmer for approximately 30-40 minutes until rice is cooked, but still has a bit of moisture in the pot.

2. Stir in sugar and coconut milk and bring to the boil over a high heat. Reduce heat to a simmer, stirring occasionally for 20 minutes, then stirring constantly for 10 minutes until the mixture is thick and rice is tender but still chewy.

3. Remove from heat and cool for approximately 30 minutes, stirring occasionally as it cools.

4. Divide rice into serving glasses or bowls. Top with sliced mango and a generous dollop of coconut yoghurt. Garnish with coconut and mint.

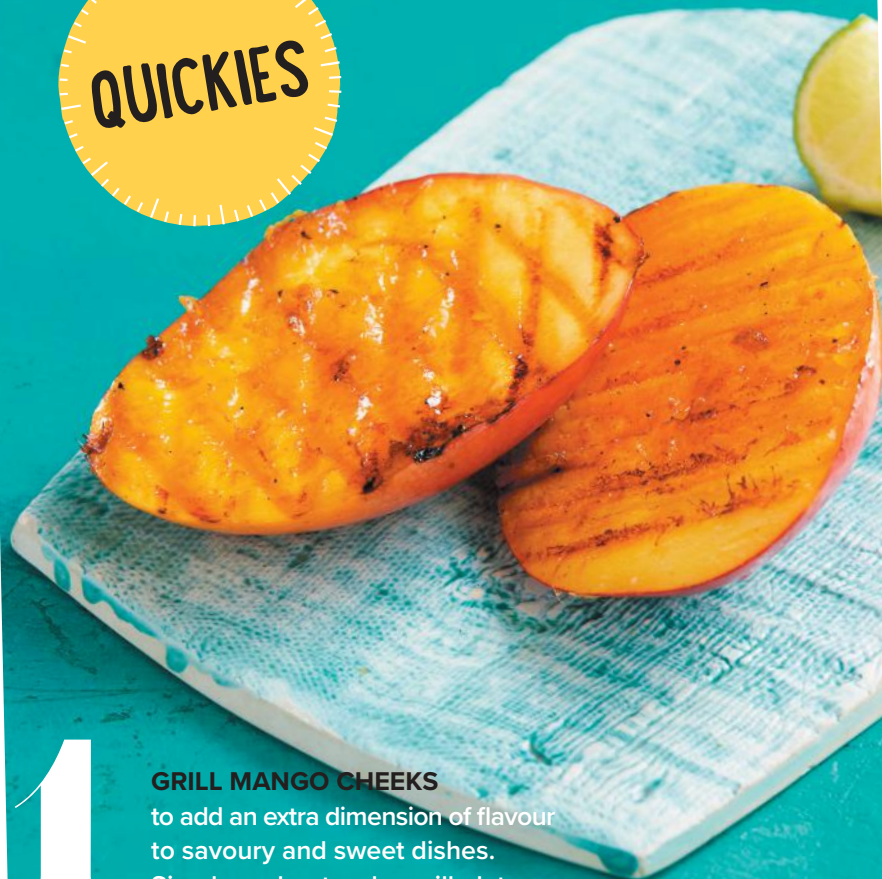


QUICKIES

1

GRILL MANGO CHEEKS

to add an extra dimension of flavour to savoury and sweet dishes. Simply preheat a chargrill plate over high heat and briefly grill the cheeks until charred.



2

MAKE A QUICK MANGO SWIRL

ice-cream by puréeing the flesh of 1 mango, then folding it through 1L of semi-softened vanilla ice-cream. Refreeze for 8 hours, then serve.



3

MAKE A MANGO SALSA

for a fresh addition to grilled fish, chicken or prawns. Finely dice mango, capsicum, red onion and chilli, then toss together with lime juice and a sprinkle of salt.



4

HEDGEHOG MANGO CHEEKS

for the easiest way to enjoy these sweet, juicy fruits. MM





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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 Iceburg 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".

PROUDLY
PRODUCING
**THE
AUSSIE
EGG**
SINCE 1965



www.pirovic.com.au

Tea for the planet.

Packaged
in recycled card,
hand printed
with vegetable inks

Compostable
and biodegradable
tea bags

Ethically
and sustainably
grown in India

Certified
organic tea,
no plastics,
no nasties



Find The Organic Tea Project in your local Harris Farm or online
theorganicteaproject.com

The Organic Tea Project (TOTP for short) produces tea that is ethically and organically grown, packaged and delivered with purpose. The team behind the brand believe tea should taste good and shouldn't break the bank or the planet.

Tea with Purpose

How it began

Nearly 40 years ago a friendship began in a small south Indian village between a young Australian boy, Jonas and an Indian boy Alok.

They would ride around the streets on bikes experiencing the sights and sounds of the community including the delicious smells and tastes from the local tea shops. At 10am and 3pm each day without fail, people would stop work, put down their tools and drink tea. It was a time for everyone to come together, chat and refresh. Jonas and Alok remember fondly sitting down with the locals and partaking in this daily ritual. This is where their love and shared passion for tea began.

Alok grew up to specialise in organic food production and now works closely with farmers in India to implement organic farming processes and fair trade certification. Jonas eventually moved back to Australia and pursued a creative career but never forgot his roots.

While working with friends who had a cafe in Bondi he noticed their chai just wasn't the same as the delicious, spice filled, sweet chai that he remembered from childhood.

He got in touch with Alok and The Organic Tea Project was born. A sustainable, organic tea brand that prides itself on delivering quality tea that tastes and smells just like traditional Indian tea should.

TOTP's forest honey infused sticky chai was the first blend produced by the team and it remains their best seller by far. This Sticky Chai blend contains the whole leaf and broken Pekoe Assam tea, with a variety of traditional spices which include cinnamon, cardamom, cloves, ginger, star anise and black peppercorns. It is then mixed by hand, where it is coated with a generous amount of organic honey from the east Indian forests of Odisha.



"I cannot get enough of this chai! It not only tempts everyone with the incredible smell when I open my Keep Cup, its taste is next level. I HIGHLY recommend it!"

After the success of the Sticky Chai, Jonas and Alok with the help of Jonny - who grew up on tea plantations around the world and is the son of an expert tea sommelier - created 8 core organic tea blends that can be found in Harris Farm stores across Australia.

The tea blends include 4 black teas; a strong malty Breakfast blend, a light Earl Grey, a delicate Darjeeling and a gently spiced Masala Chai. Along with black teas you can find their Green tea and 2 herbal blends Apres Meal and Ayurvedic.

In addition to superior taste, TOTP is dedicated to protecting the environment. All products are certified organic by NASAA (National Association for Sustainable Agriculture Australia). By choosing to be certified, it means that each tea plantation is ecologically sustainable, set up to conserve the ecology and natural habitat of the area without polluting soil, air and water. Crops are grown without the

use of synthesised chemicals like pesticides, fungicides, herbicides, growth regulators or concentrated fertilisers.

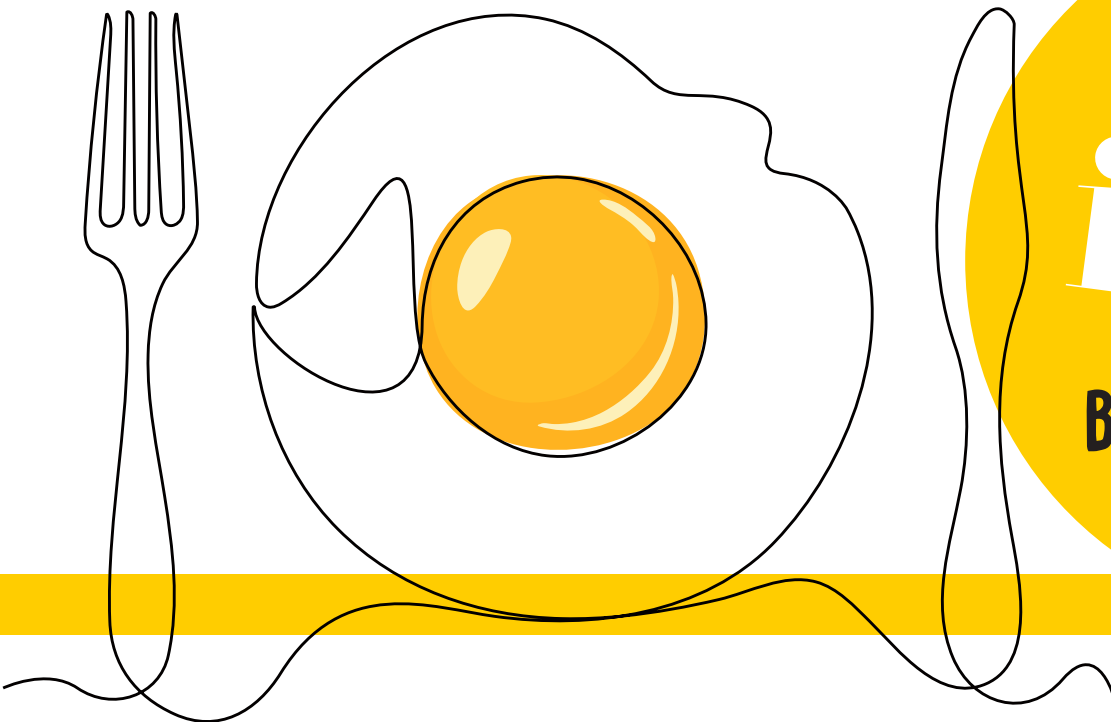
What's Next

Organic tea sales have increased over the last few years, particularly with health and sustainability at the forefront of everyone's mind. The Organic Tea Project is refreshing the brand to bring to life its colourful Indian heritage and focus on sustainability and accessibility.

The key mission for TOTP is about making organic tea accessible to all and educating the public, in a fun, colourful way, about why drinking organic tea shouldn't have to be expensive or damaging to the planet.

While most tea bags can release between 100 nanometres of microplastic into a single cup, TOTP's tea bags are plastic free. Each pyramid tea bag is fully biodegradable and comes in a recycled cardboard box that has been hand printed using vegetable based inks. Loose Leaf is also available providing even less packaging. The waste from each cup of TOTP tea can be placed directly into your home compost to start the regeneration process all over again.

TOTP is clear they are not competing with other wellness teas. Health and wellness is an inevitable by-product of producing organic tea and so the TOTP team likes to say that choosing organic tea is not only great for your body but also for the future of our planet. **Hear Hear!**



Fat is not the enemy! If you're still avoiding it like the plague, here's why you need to rethink its role in your daily diet

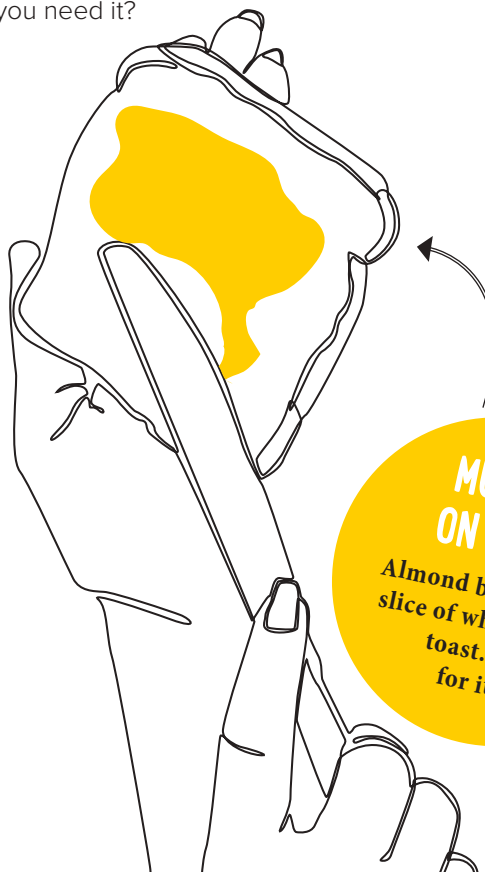
'EAT FAT, GET FAT'. That was a heck of a catchy 'health' message we fell for hook, line and sinker way back in the '80s and '90s. It touched a nerve and it stuck. A handful of influential 'wellbeing' commentators made bank with their bestselling books on the subject. And food manufacturers – ever aware of the zeitgeist – obliged by creating fat-free versions of everything from yoghurt and cheese to chips, bickies and beyond. Helpfully, they also slapped the words 'fat free!' and 'low fat!' on items that contained precisely zero fat to begin with but, hey, points for brilliant marketing.

There were just a few wee problems with this, and if you've ever eaten fat-free cheese you'll easily guess the first one. It's awful. Don't even get us started on low-fat butter. Removing fat often also means removing taste and changing mouth-feel. To compensate, things like sugar, salt, flour, thickeners and other ingredients of uncertain origin are added to make the food vaguely palatable again.

Of course, being fat free doesn't equal low kJs. In fact, the opposite can be true due to elevated sugar content.

And perhaps those reduced-fat versions of your faves aren't as satisfying – so you eat more to try and fill up.

You see where this slippery slope is headed? Uh, huh. Right to the revelation that since we embraced this whole fat-free baloney fest, we've become fatter and sicker than ever! Where's the 'shaking my damn head' emoji when you need it?



SOME FAT FACTS TO **chew on**

- Your body and brain need 'good' fat to function at optimum levels.
- Fat helps you absorb essential vitamins, minerals and other nutrients from the food you eat.
- It provides protection for your vital organs and cells.
- It's necessary for energy and healthy hormone production.
- Beneficial fats are actually good for your heart. They help regulate cholesterol, protect against inflammation and ward off disease.
- It helps keep your skin stay supple and younger looking.
- Oh, and it tastes bloody good too!

PHOTOGRAPHY: SHUTTERSTOCK



Good fat, bad fat

It's true, not all fats are created equal and there are definitely some you should eat more sparingly

STEER CLEAR

Give saturated fats a miss most of the time. These are found in fatty red meats, chicken skin, high-fat dairy, margarine, and vegetable oils that are liquid at room temp, such as palm oil. Also limit fried fast food, commercial baked goods and processed snack foods.

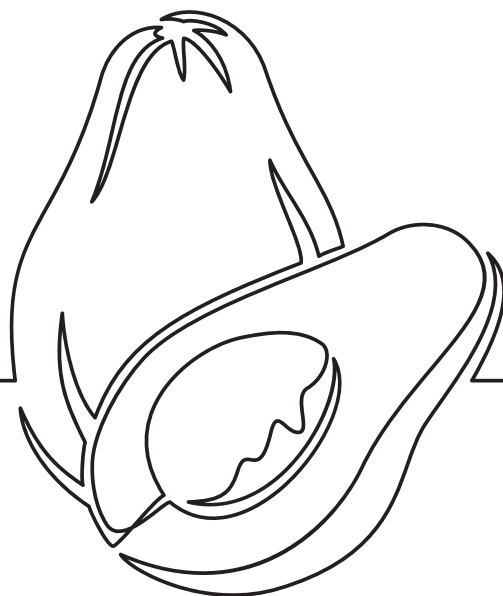
EGGSACTLY!

A large whole egg contains around 6 grams of fat. And the latest research says eggs do not raise cholesterol levels, like we once thought. So eat eggs.

KEEP NEAR

Unsaturated, monounsaturated and polyunsaturated fats are your go-to good guys. Every day, add some (or all!) of the following to your menu.

- Avocados
- Avocado oil
- Olives
- Olive oil
- Oily fish like salmon, trout, mackerel and tuna
- Seeds including sesame, chia, pumpkin and flaxseed
- Nuts including almonds, walnuts, Brazil and macadamia
- Good-quality dark chocolate (we said what we said!)



FAT IS FILLING!

IN FACT – WILD AND CRAZY PLOT TWIST – INCLUDING GOOD FAT IN YOUR DAILY DIET CAN ACTUALLY HELP YOU LOSE WEIGHT SINCE IT POSITIVELY IMPACTS SATIETY. THIS MEANS YOU'RE LESS LIKELY TO MINDLESSLY CONSUME EMPTY KILOJOULES IN AN EFFORT TO FEEL FULL.

IT'S IN THE MIX

Aim for a combo of a healthy fat, a protein and a wholegrain carb at each meal or snack for the best bang for your energy buck.



FLAKY SALMON SALAD

On a base of rocket and baby spinach add flaked salmon (or protein of choice), slivered almonds, sliced avocado, quinoa or brown rice, cherry tomatoes, cucumber and chopped spring onions. Drizzle with a simple dressing of fresh lemon juice, olive oil, salt and cracked pepper. Enjoy! **MM**



Happiness is eating *pineapples*

You know what, we should eat pineapples much more than we do – baked, grilled and fresh – because apart from being juicy, mouth-watering and versatile, they're amazingly good for you too

So let's find out where the good ones come from. Growers of Pure Gold pineapples have pineapple juice flowing through their veins. There are generations of farming experience massed in the company, with many growers continuing a family tradition. Ken Fullerton is one of them. Based in Elimbah on the Sunshine Coast, Ken is a fourth-generation farmer and works the land with his brothers, Chris and Scott. His family are pineapple pioneers, having grown the fruit for more than a century. "We'll try hard to keep it going another 100 years," he says.

Most of the Pure Gold growers are based on the Sunshine Coast, which is the largest pineapple-growing region in the country. More are located in the districts just south of Cairns. Together the Pure Gold farmers produce about 12 million pineapples a year – 40 percent of Australia's pineapple harvest.

Pure Gold pineapples are available year round, so we can all enjoy their delicious taste any time we like. And pineapples are hugely versatile so they're a handy regular buy. Keep some on hand in the fridge to add a touch of sweet sunshine to baked treats, fruity desserts, savoury dishes and dips, zingy breakfast smoothies and sunset cocktails. Or, simply enjoy them fresh: chilled, sweet and juicy.

HOW PINEAPPLES GROW

Pineapples are in the bromeliad family and grow on spiky-leaved plants about a metre high. To grow a pineapple, crowns or slips

are first hand-planted into prepared fields, then nurtured for 14 months until the plant is mature enough to flower and fruit.

The fruit starts as a tiny crown atop the flowering stem, and over six months converts brilliant Queensland sunshine into sugars as it grows. Up to two years after planting, the fruit is ready to eat. Pure Gold farmers harvest at peak ripeness – then start the process over.

"CHOOSE IT, CHOMP IT..."

A Pure Gold pineapple is ready to eat as soon as it's picked, and won't ripen further. Rather than decorate the fruit bowl, it's best prepared for eating and stored in an airtight container in the fridge, where it will keep for 3-4 days. "Choose it, chop it, chill it, chomp it," is grower Ken Fullerton's advice.

To prepare, simply cut off the top and the bottom, then slice off the skin from the sides. Cut in quarters and remove the core. Don't throw the core out – it's a source of bromelain, which is good for digestion, so freeze and then use in smoothies.



For more information, visit
puregoldpineapples.com.au.





Left: Ken Fullerton grows four and a half million pineapples a year.
Main image: The pineapple fields in the Glasshouse Mountains farm at sunset.

5 ways WITH PINEAPPLES

1

SLIDE A SLICE OF
barbecued pineapple onto a
burger for true Aussie flavour.

2

CHANGE UP BREAKFAST
with a pineapple smoothie spiced
with cinnamon, ginger, cloves and
black pepper, and whizzed with
coconut water and honey.

3

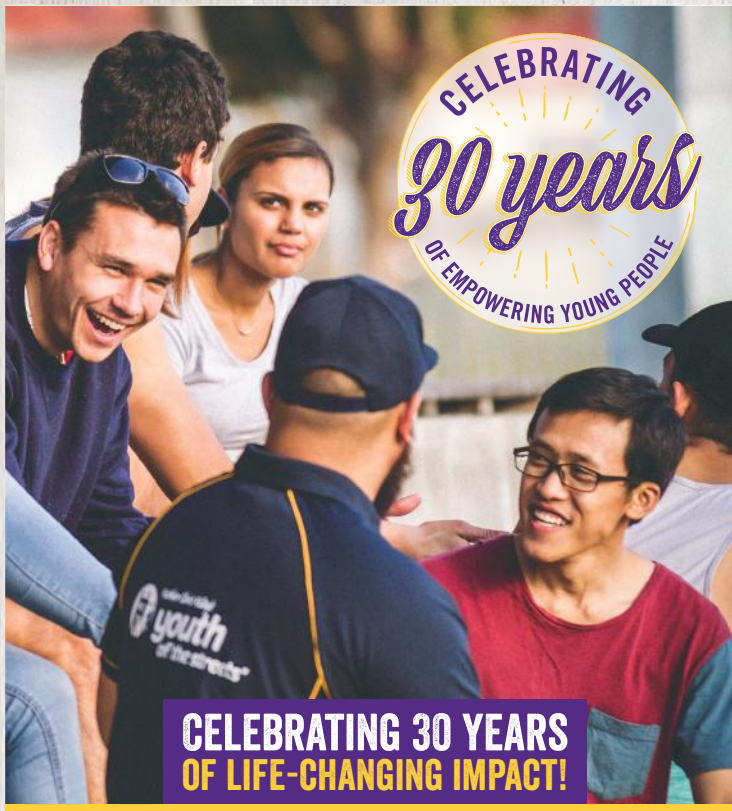
FOR A QUICK AND DELICIOUS
dessert, mix chunks of pineapple with
brown sugar, slices of fresh ginger
and a good splash of rum. Cover
and bake until tender.

4

ENJOY COCKTAIL HOUR
with a classic piña colada – put 3 cups
of ice, a cup of fresh diced pineapple,
half a cup of pineapple juice and
100ml each of Bacardi and Malibu in
the blender, then whizz to a slushy
consistency. Makes enough for two!

5

MEET THE BLP –
grilled bacon, lettuce and pineapple
on mayo-licked bread. Alternatively,
leave the bread off, and wrap the
grilled pineapple spears in cooked
bacon and a lettuce leaf for
a delish barbecue side dish.



"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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MARKET TO YOU



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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 and super delicious!

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

rawmaterials.com.au



PURE GOLD PINEAPPLES

These amazingly versatile fruit are available all year round. They are grown by Pure Gold farmers who produce over 12 million annually from the Sunshine Coast.



puregoldpineapples.com.au

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Garden Notes

Our seasonal tips for planting, growing and nurturing your garden

IN FLOWER NOW

Wisteria

Dripping with pendulous mauve flowers in springtime, wisteria smells just as beautiful as it looks. A single plant can fill a whole garden with a cloud of fragrance and the bees find the blooms quite irresistible. To enjoy the best flower display, wisteria needs plenty of sun (it sulks in the shade) and something sturdy to climb on, such as a pergola, wall or fence. If you're after a less vigorous climber, check out the new 'Amethyst Falls' wisteria, which is more compact and better behaved, and can even be grown in a container or trained over a tripod; visit pma.com.au.

Wisteria tunnel in a garden near Piazzale Michelangelo in Florence, Italy.

Spring BANQUET!

When spring rolls around, it's hunger games in the garden. All the plant roots compete for the same soil nutrients to feed their burst of spring growth. Which is where you come in – it's time to give everything in the garden a good dose of plant food.

POTS and TUBS

Feed your larger container plants, such as shrubs and small citrus trees, with a slow-release fertiliser formulated for pots. Spring flowers and veggies growing in containers or window boxes can be fed with a soluble fertiliser every couple of weeks – these contain a wide range of nutrient goodies to keep them thriving.

Garden Beds

Apply a dressing of organic fertiliser over all garden beds (pelletised manures are good), to feed your shrubs, trees and perennial plants. Organic plant foods break down slowly, enriching the soil and supporting soil microbes. However, they don't contain all of the trace elements

that plants need, so follow this up with an application of a slow-release fertiliser, which takes the form of small granules or 'prills'. You can apply both fertilisers at the same time, but be sure to adjust the dosage rates accordingly, so you don't overdo it.

Lawns

Winter-weary lawns are desperate for a feed at this time of year, to get their green thing back! The best option in spring is to apply one of the controlled-release lawn foods (look for the organic-based ones), rather than using a hose-on product. The latter are great for use later in the season, when you're after a quick green up. Ideally, spike the lawn surface first to aerate it – this helps with fertiliser and water absorption.

FEED YOUR SOIL

Soilbionic is a nutrient-rich humus compost, specially formulated to regenerate soils by enhancing their microorganic life (which also helps them absorb more CO₂). It improves water retention and fertiliser uptake, and also buffers the soil pH level. Developed especially for Harris Farm Markets, Soilbionic is made by recycling organic waste and is safe and gentle to use on all plants, including Australian native species. It can be added to both soils and potting mixes and only small quantities are needed. It costs \$19.99 for a 2.5kg bag and is available at HFM stores or online. **Visit harrisfarm.com.au.**

PLANTINGS

Get into spring – it's the perfect planting season!

VEGETABLES

- Artichokes
- Beans
- Beetroot
- Capsicums
- Carrots
- Celery
- Cucumbers
- Eggplants
- Leeks
- Lettuce
- Melons
- Parsnips
- Pumpkins
- Radishes
- Silverbeet
- Squash
- Sweet corn
- Sweet potatoes
- Tomatoes
- Zucchini

FLOWERS

- Ageratum
- Alyssum
- Californian poppy
- Calibrachoa
- Coleus
- Cosmos
- Dianthus
- Gerbera
- Impatiens
- Marigold
- Salvia
- Snapdragon
- Petunia
- Phlox
- Portulaca
- Verbena
- Sunflower
- Zinnia



Bringing on the Sun



Sunflowers make the cutest pot subjects, and they're super easy to grow from seed sown in spring or early summer. Choose pots with a 15-20cm diameter (terracotta look great), fill them with potting mix and sow one seed per pot, keeping them moist, but not saturated, until they germinate. Make sure you choose one of the dwarf sunflower varieties, which grow to around 40cm high and flower for weeks.



BOOKS



WHAT TO READ

Charlie Albone is one of Australia's best known garden designers, a regular on TV lifestyle shows and a winner of awards at the Chelsea Flower Show in the UK. And now he's sharing his design secrets with this 'inspirational and practical guide to complete outdoor transformations'. *Garden Of Your Dreams* starts by demystifying the garden-planning process, whether you have an urban courtyard or a rural spread, and moves on through the soil prep, building and planting stages. It also includes a guide to the author's favourite plants, distilled from his many years of designing. **Published by Murdoch Books, \$39.99.**

OFF THE SHELF

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

- Pansies
- Tulips
- Polyanthus
- Phalaenopsis orchids
- Azaleas
- Lavender
- Gerberas
- Ranunculus
- Potted colour
- Tomato plants
- Advanced vegies
- Palms
- Indoor plants

Note: Not all lines available at all stores.



For a splash of brilliant foliage colour in the garden, check out the striking new coleus cultivar 'Ruby Heart'. Its heart-shaped leaves are a deep ruby red, with a contrasting chartreuse border that continues onto the undersides. Like all coleus varieties, it prefers a semi-shaded spot and is not frost tolerant. Neat and compact, it grows to around 45-65cm high and is great for pots or garden beds. Visit oasishorticulture.com.au.

Fab Foliage



THINGS TO DO IN YOUR Garden

1

BE INSPIRED

by the spring season to tackle a few garden improvements – plant a hedge, start a vegie garden or buy a few feature pots so you can enjoy a changing parade of seasonal flowers.

2

PRUNE BACK

summer flowering shrubs like hibiscus, oleander, plumbago and Chinese lantern to encourage fresh new growth and lots of blooms when the weather warms up.

3

KEEP AN EYE OUT

for aphids clustering on the tips of new spring growth (they may be green or brown). Either squash them with gloved fingers, or spray with a soap-based insecticide.

4

PLANT A FEW CONTAINERS

of long-blooming summer annuals during late spring. Think petunias, calibrachoas, marigolds, verbena and salvias, all of which are available as seedlings at this time of year.

5

BUY A NATIVE WARATAH

while they're in bloom and plant in a lightly shaded spot in the garden. As well as the traditional red, there are also white and yellow forms available.

6

TACKLE PATCHES OF BINDII

or clover in lawns now, before they spread and set seeds. Either dig them out or hand spray, using a selective herbicide for lawns.

7

SEPARATE BROMELIAD PUPS

that form at the base of the parent plant, and either pot these up or replant them to create a bigger clump.

8

SPREAD A LAYER OF MULCH

over exposed soil, to help retain moisture through the warm months ahead. Use sugar cane mulch, pea straw or homemade compost, spreading it about 5-7cm deep.

9

HANG BAITS

in fruit trees to monitor for fruit fly – if you catch any, it's time to spray with a targeted insecticide.

10

LIGHTLY PRUNE

back flowering natives after they've finished blooming. Plants such as wattles, Geraldton wax, bottlebrush and philotheca all benefit from an annual trim.

11

FEED CITRUS TREES

(if you haven't already) to ensure they're in peak health as they start to flower and set their fruit.

12

TREAT WEEDS

in paving the chemical-free way, by pouring a splash of boiling salted water over them.

13

PLANT A CHERRY TOMATO

in a tub (or a hanging basket) near the back door, so you'll always have fruit to grab for your summer salads. **MM**



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Let's go

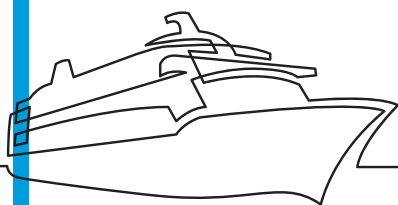


You can take in Europe's finest attractions on a river cruise with Uniworld.

It's time to get excited about a dream cruise with Cunard's upcoming Australian season.



Enjoy 'magic at sea' on the *Disney Wonder* – and meet Mickey!



BY HELEN HAYES

Market takes you cruising!

Ah, the days of shipboard fun, exploration and relaxation are back! So pack your bag, beg, buy or borrow the latest spy novel and read on for great ideas for cruising! All aboard!

It's not just us folk at *Market Magazine* who can't wait to hit the deck. Joel Katz, Managing Director of Cruise Lines International Association (CLIA) Australasia, says: "Cruising is making a strong comeback and we are now seeing a renewed enthusiasm for cruise travel among Australians, who have long been some of the world's most passionate cruisers."

"Cruise lines are reporting strong bookings, several years into the future. We're also seeing renewed confidence among cruisers – the number of past

passengers who say they'll cruise again in coming years is now back at levels similar to those before the pandemic.

"Cruising has returned only recently to Australasia, but as we move into summer we're going to see more ships returning to our part of the world, opening up new cruise options around Australia, New Zealand and the South Pacific."

With so many cruises available, choosing yours will be exciting in itself. Here are just a few to whet your appetite. Visit cruises.com.

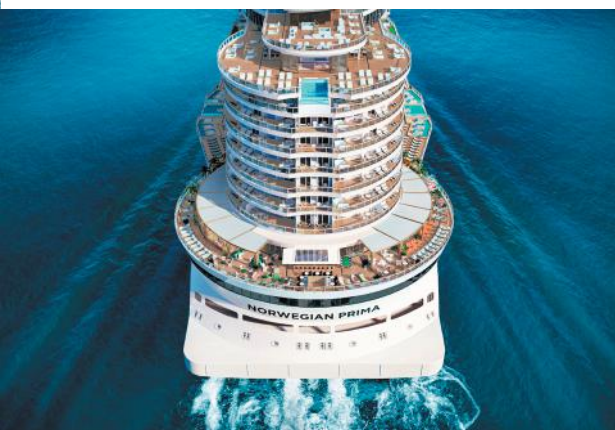
MAGIC AT SEA WITH DISNEY

Disney Cruise Line is coming to Australia and New Zealand with a limited season of magical vacations from late 2023. The 'Disney Magic at Sea' sailings on *Disney Wonder* will feature characters from Disney, Marvel, Pixar and *Star Wars*, as well as imaginative dining and spectacular entertainment. Two-to-six-night cruises will depart from Sydney, Melbourne, Brisbane and Auckland. Visit disneycruiseline.com/aunz.

Be impressed by the expansive decks and sleek stern of the *Norwegian Prima*.



Sail the remote islands of the East Indies with Coral Expeditions.



PRIMA MAKES A SPLASH!

Norwegian *Prima* – Norwegian Cruise Line's brand-new ship, named by Katy Perry in Iceland in September – is the first of six brand-new *Prima* Class cruise ships. *Prima* offers the most outdoor deck space and expansive accommodation of any new build. She has the largest and first three-level racetrack at sea on the *Prima* Speedway, as well as The Drop, a 10-storey plunge experience. Other onboard standouts include Ocean Boulevard, Infinity Beach and Oceanwalk. Visit ncl.com.

CUNARD ON SALE

With *Queen Elizabeth's* Australian season fast approaching, now is the time to save with Cunard's popular Annual Savings Event. Book your dream escape with savings of up to 25 per cent on select voyages onboard the three *Queens*. The offer includes itineraries across Cunard's 22-23 and 23-24 Australia and New Zealand home port seasons, Asia, Europe, Transatlantic Crossings, and the Americas. Book before 30 November 2022. Also, check 'Australia's Gardening Journey', departing Melbourne on February 4, 2023. Visit cunard.com.

THERE BE DRAGONS

Australian cruise company Coral Expeditions has announced exciting voyages in the remote islands of the East Indies, with Komodo, Sulawesi and Borneo on the agenda. Visit Lembata Island, with one of the last subsistence whaling communities, then to the Kelimutu crater lakes on the island of Flores to encounter endemic wildlife including the famed orangutan and illusive sun bear in Borneo. Swim with harmless jellyfish at the Togean Islands with some of the most exquisite dive and snorkel opportunities in the world. And, of course, you may run into endangered Komodo dragons. The tours include 14 nights 'In the Wake of the Makassans' itinerary onboard the *Coral Geographer*; a 20-night circumnavigation of Sulawesi, and the 14-night 'Into the Wilds of Borneo' voyage, from Makassar to Singapore. Visit coralexpeditions.com.au.

TAKE ME TO THE RIVER

Uniworld Boutique River Cruises reveals what's new for its 2023 and 2024 collections, which elevate river cruising to a whole new level of luxury. The 2023-24 program will offer three new Rhine cruises, an extended Mekong itinerary, a new cruise and rail pairing in India, and fresh extension offerings – as well as delivering the award-winning service and luxurious fleet that Uniworld is renowned for. One of the new itineraries is the 15-day Grand Central Europe expedition that will cruise on the Rhine, Main and Danube Rivers through to Belgium's magical Christmas markets – offering delicious holiday treats at the most festive time of the year. Visit uniworld.com/au.



You can also encounter orangutans in the wild on a Coral Expeditions voyage.

HIP, HIP HURTIGRUTEN!

Turning 130 is a big deal, and for Hurtigruten, signifies a long and rich maritime heritage that started with the Norwegian Coastal Express in 1893. To celebrate this milestone, Hurtigruten has launched two new offerings for 2023, the Svalbard Express and North Cape Express, onboard the M.S. *Trollfjord*, which is undergoing a full refurbishment in time for these special sailings.

The new 16-day Svalbard Express itinerary will include some of the Norwegian coast's most popular destinations, such as the Lofoten Islands, Vesterålen, and the North Cape, before heading north to Longyearbyen in Svalbard, the world's northernmost populated city. The North Cape Express itinerary, also 16 days, takes guests to Oslo, the capital of Norway, and both the country's southernmost and northernmost points. Visit hurtigruten.com.au.

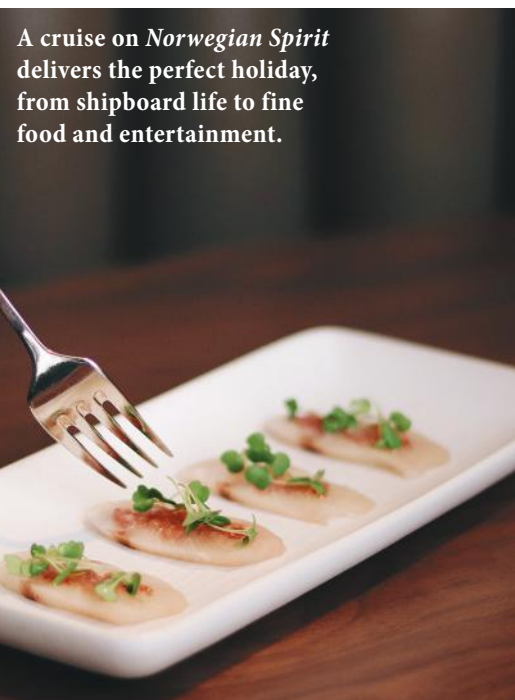
Soak up the stunning sights of Norway aboard Hurtigruten's M.S. *Trollfjord*.





In the Spirit

Norwegian Cruise Line (NCL) is delivering an early Christmas present to Australian cruisers, with December 22nd the day that *Norwegian Spirit* will sail gracefully into Sydney Harbour



A cruise on *Norwegian Spirit* delivers the perfect holiday, from shipboard life to fine food and entertainment.



What a Christmas present for cruise lovers, with *Norwegian Spirit* making her stylish entrance into Sydney Harbour on 22 December to conduct a season of great cruise itineraries in Australian and New Zealand. Not only is she the first Norwegian Cruise Line ship to sail these waters in three years, but she will also be showing off her extensive US\$100m renovation – the most expensive refurbishment in NCL's 55-year history.

And when we say extensive, we mean extensive, with *Norwegian Spirit*'s refurbishment incorporating just about everything from the tip of her bow to her sleek stern. And the other exciting news? She isn't just dropping in for a visit, *Norwegian Spirit* is coming for the season! No wonder Ben Angell, Vice President and Managing Director of NCL APAC, is a tad excited to see her, saying: "*Norwegian Spirit* now offers a whole host of new features that appeal to the adult Australian cruiser."

WHAT YOU'LL FIND ONBOARD

Norwegian Spirit is a smaller ship, carrying just over 2,000 guests, and is packed full of features. There is the adults-only Spice H2O pool retreat that transforms into an open-air cocktail lounge and nightclub after dark, as well as the Mandara Spa, which is now twice as big and features a Thermal Suite with steam room, sauna, shower experience and heated-tile loungers.

Cruisers will be spoiled for choice when looking at where to dine. *Norwegian Spirit* has 14 dining options to choose from – including Le Bistro with its rich French flavours and Onda by Scarpetta with contemporary Italian.

NCL is known for its spellbinding original entertainment, and *Norwegian Spirit* offers enthralling shows 'Elements' – a visual feast of flying, dance and magic, along with 'Blazing Boots', a pop-country music and stage extravaganza guaranteed to get your toes a-tapping.

At the end of the night, guests will happily bid the day farewell and head for their beautifully reimagined stateroom, whether it be a spacious suite or a balcony stateroom with floor-to-ceiling windows for the ultimate ocean vistas.

WHERE YOU'LL BE GOING

Norwegian Spirit will sail 10 local itineraries between December 2022 and March 2023, from her home ports of Sydney and Auckland. The itineraries include eight 12-day sailings between the two harbour cities, with visits to destinations such as Hobart and Burnie in Tasmania, Melbourne, and Eden on the NSW Sapphire Coast. In New Zealand, destinations include Napier, Tauranga, Wellington and Akaroa.

The ship will also offer two 'Extraordinary Journeys through the South Pacific', sailing from Papeete in French Polynesia to Sydney in December, visiting Moorea and Bora Bora, Pago Pago in American Samoa, Lautoka and Dravuni in Fiji, and the Isle of Pines in New Caledonia on the way. A Sydney to Papeete journey will take place in March 2023.

DESTINATION HIGHLIGHTS

Check out the superb places *Norwegian Spirit* will visit during her inaugural season in Australia and New Zealand

BURNIE

"Tucked away on the northwest coast of Tasmania, Burnie is a quaint seaside enclave renowned for its eclectic shopping, local makers' workshops, boutique chocolate shops, cafés and galleries – the ideal spots to pick up unique souvenirs to treasure back home. Other highlights include strolling along the Emu Bay waterfront, learning about local wildlife at the Little Penguin Observation Centre or whisky tasting at the internationally acclaimed Hellyers Road Distillery."

TAURANGA

"The largest city in New Zealand's Bay of Plenty, Tauranga is a hub for fishing, sailing, kayaking and adventure sports. Those who prefer their action on the ground will enjoy the city's shopping and gallery scene, or a seaside meal at the buzzing Strand Waterfront precinct. The nearby Kaimai Mamaku Forest Park is popular with travellers keen to hike, spot native birds or learn more about the area's gold-mining history."

DOUBTFUL SOUND

"A genuine wilderness wonderland, Doubtful Sound is less a port of call and more a scenic sailing experience, characterised by dramatic landscapes, cascading waterfalls, sheer cliff faces and captivating wildlife, including bottlenose dolphins, fur seals and penguins. Larger, yet less visited, than Milford Sound, Doubtful Sound's majestic beauty will captivate travellers who enjoy areas of untamed natural beauty, and there is no better way to take it all in than from the deck of a cruise ship."

– Ben Angell

HOW TO BOOK

For more details about *Norwegian Spirit*'s Australia/New Zealand cruises in 2022, 2023 and 2024, visit ncl.com, call 1300 255 200, or contact your travel agent.

Queen

of the sea

If you want the culinary experience of your life, then take a cruise to food lovers' heaven – amid luxury and splendour unequalled – on one of the most magnificent ships sailing the oceans right now, the *Queen Elizabeth*.
She's foodie heaven!



Welcome to Cunard's *Queen Elizabeth*, returning to Australian shores in November for a five-month season, making Australia and New Zealand her home ports during summer. Her residency Down Under makes it as easy as possible for you to enjoy the Cunard experience, while exploring incredible destinations at Australia's doorstep.

You'll experience Cunard's best of fine dining and in-suite dining, plus other superlative eating areas, all enhanced by outstanding service, hand-selected entertainment, engaging speakers, a well-equipped library and more. Every detail has been meticulously crafted to make your experience magnificent.

COME AND JOIN THE GREAT CULINARY VOYAGE!

Wonderful news! You can now join the Great Australian Culinary Voyage on *Queen Elizabeth*, which is Cunard's inaugural culinary-themed cruise, setting sail from Sydney on 28 January 2023, and offering you a wonderful opportunity to indulge your love of food and wine while on a fabulous cruise to Tasmania.

Some of Australia's most celebrated chefs, winemakers and food critics will shine the spotlight on Australia's culinary uniqueness and diversity. Exclusive dishes created by these Australian food icons will make this an unmissable experience for all you dedicated food lovers and enthusiasts.

MEET THE FAMOUS FOODIES YOU'LL CRUISE WITH

You'll dine with acclaimed chef Matt Moran, who'll create his signature dishes (just you wait for his Maremma duck) and who'll share his passion for Australian food and produce.

Then meet Mark Olive, from show *The Outback Café*, who will treat you to a native-Australian-ingredient cooking demonstration, collaborate with Cunard's chefs for a three-course menu with Indigenous produce for a special dinner, and participate in Q&A sessions.

Darren Purchase, well known through his *MasterChef* appearances, will be taking over Cunard's famous and much-loved Afternoon Tea. He'll also be creating two

Below left: Matt Moran's famous Maremma duck.

Below right: Cunard's much-loved daily Afternoon Tea.



Matt Moran, Mark Olive, Darren Purchase, Huon Hooke, Terry Dupleix and Jill Dupleix.

unique pastries that will feature on a special menu at one of the ship's popular restaurants. Then you can join the live cooking demonstration, where you'll learn tips and tricks from Darren to take home and impress your favourite people.

Big cheers to Huon Hooke, one of Australia's most revered wine critics, who'll delight you with his extensive knowledge of Australian and international drops through a wine masterclass, various talks and wine pairings at special dinners. As a result,

you'll hear and you'll learn, and leave the ship as a wine expert, too!

Then chat to Terry Dupleix and Jill Dupleix, both esteemed food writers and critics, who'll be hosting Q&A sessions, giving talks and heading up food demonstrations by headline chefs.

What a time you'll have! Enjoy this splendid cruise, learn about and feast on some of the best food ever – and you'll be left with a lifetime menu of experiences onboard *Queen Elizabeth* to absolutely thrill you.

From AUD\$1,249 per person twin share in an Inside Stateroom, guests can join Cunard's 5-night Great Australian Culinary Voyage. *Queen Elizabeth* departs Sydney on 28 January 2023 before calling into Australia's culinary hotspots, Melbourne and Burnie (Tasmania), and arriving back in Sydney on 2 February. For more information and to book, visit cunard.com/culinary-voyage.



CUNARD

What's to love ON CUNARD

WHITE STAR SERVICE

Cunard's crew have been meticulously trained to offer you the pinnacle of luxury service at sea. The bell boys are on hand to make your journey unforgettably luxurious.

AFTERNOON TEA

At 3.30pm every day enjoy Cunard's complimentary Afternoon Tea of fresh scones, finger sandwiches and cakes made to perfection, served by white-gloved waiters in the Queens Room.

GALA NIGHTS

Guests are invited to step out in style and enjoy a glamorous evening with a plenitude of signature dining, stylish décors, specialty cocktails, and music and entertainment long into the night.

GRILL SUITE EXPERIENCE

Savour the luxury of floor-to-ceiling windows, abundant space to relax, private balconies, a butler, exclusive access to the Grills Lounge and Terrace, and dining in the Princess or Queens Grill restaurants.

ICONIC VOYAGES

Cunard's Around the World Voyages and Transatlantic Crossings are some of travel's most legendary experiences. Flagship *Queen Mary 2* regularly makes the Transatlantic Crossing – the classic voyage between the UK and New York created from the first route in 1847.

Travel news



Island life AS BEACHFRONT BEAUTIES OPEN ON HAYMAN ISLAND

For wow factor, check out the new Beachfront Pavilions at InterContinental Hayman Island Resort! The good news is they are located in a secluded area away from the main resort – perfect for romance or a peaceful escape sans kids. There are 12 brand-new, free-standing pavilions in this adults-only retreat, with a gorgeous private heated plunge pool boasting views over the beach, a separate living area, covered outdoor balcony, and spacious bedroom and ensuite. Serenity is the key here, but if you want to head up to the main resort to swim in the incredible Hayman Pool, have a poolside cocktail or join up for one of the tours on the island, you are close enough to do so. The new Beachfront Pavilions are a welcome addition to the elevated luxury offering that includes the Beachfront Villas, the three-bedroom Hayman Beach House and four-bedroom Hayman Residences. Visit haymanisland.intercontinental.com.

Your waking view from the Beachfront Pavilion at InterContinental Hayman Island.



TRAVEL TIPS
Use an old-fashioned luggage tag, take as much carry-on as you can, and use Apple Air Tags, just in case your bags take a holiday without you!

Market stayed... AT CURRAJONG RETREAT

Last night, in my super luxe bed in my glamping tent, complete with wood burning fire, I was serenaded to sleep by the gentle sounds of the river down below, accompanied by a chorus of frogs and owls. I am in the bush, my canvas tent bookended with a large deck overlooking the river and a modern bathroom. Currajong Retreat is a working Angora goat farm on beautiful bushland at Burragate, 40 minutes from Merimbula Airport. Guests can enjoy a lavish picnic in a pretty paddock, a romantic dinner, a dip in the river or just relaxing on the deck with its stylish bathtub. The Forsdick family are amazing hosts, with guests wanting for nothing. The food is plentiful and delicious, the experience soul-nurturing, and the goats curious and friendly. Book now for a stay in October and November, when it is kidding season, with guests able to lend a hand bottle feeding the babies. It is an unforgettable experience. Visit www.currajongretreat.com.

Live life on the edge at CityClimb in New York.



High times IN NEW YORK

In New York City, rooftop views are definitely a thing. There is the iconic Empire State Building and the Rockefeller Center – both of which offer vertigo-inducing vistas over Manhattan. But now there is another, very different, way of seeing New York from way up high – from the outside of a building. CityClimb at Edge claims to be the highest outdoor building ascent in the world. Climbers start their ascent at over 300 metres, on the 100th floor of Edge at Hudson Yards, and climb up a series of steep steps to a platform where they can stand near the edge and hang out over the city. All safe and sound with a harness, of course. Visit nycgo.com; edgenyc.com/cityclimb.

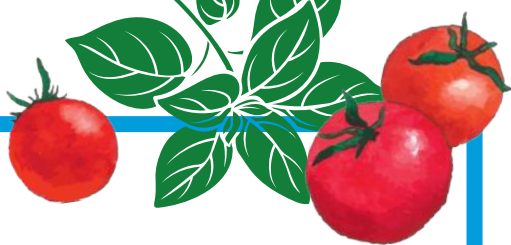
Compiled by Helen Hayes

Feed a friendly goat at Currajong Retreat...



...then enjoy a bath with bush views at your glamping tent at the retreat.





...when in Italy

GOTTA KNOW YOUR FOOD FACTS

1 Where did pizza come from, especially Pizza Margherita? Raffaele Esposito was said to invent pizza as we know it, in early 19th-century Naples. He also created the Pizza Margherita to honour the visit of Italy's Queen Margherita. He made the pizza the colour of the Italian flag with mozzarella for white, tomato for red and basil for green. Rumour has it, she loved it!

2 What does Italy's dessert name tiramisù mean? Much-loved tiramisù comes from the Veneto region, first made in the 1960s. Tira means 'lift'; mi means 'me'; and 'su' means up. And it absolutely does that, lifts me up!

3 If you're dining Italian, what is the correct way of eating your bread? Like in Australia, and many other countries, bread is an appetiser or accompaniment. With Italian meals it has a specific use, to mop up the sauces of your dish. It is called *fare la scarpetta*, which means 'to make the little shoe' to scoop up your last bits!

4 Where is the world's oldest coffee house? Famous Caffè Florian in Venice is thought to be the oldest coffee house in the world. It has been operating since 1720 in St Mark's Square and has become the place to be in Venice. Do go, but be prepared for a sizeable bill!

5 Can you name the four ingredients in an Aperol Spritz? And the optional fifth? Easy! Prosecco, Aperol, soda water and ice. And an orange slice is the optional fifth. Often described as an Italian sunset in a glass, Aperol originated in Padua in 1919 and prosecco has a much longer history in the Veneto region. Combined, they rose to fame in the new form of Aperol Spritz in the very chic 1950s in Northern Italy.

6 How do you drink cappuccino like the Italians and what does it mean? In Italy, cappuccino is a morning beverage. Italians do not drink milky coffee past midday. So if you want to do as the Italians do, only drink cappuccino in the morning. The name is the diminutive of cappuccio meaning 'hood'. Cappuccino means little hood, and relates to the brown colour of the hoods of the monks and nuns of the Cappuccini (Capuchin) order.

7 Approximately how many types of pasta are there in Italy? The answer ranges somewhere between 350 to 600 hundred varieties! And the five favourites are: penne, spaghetti, fusilli, rigatoni and tagliatelle. **MM**

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BEFORE YOU GO...

FOOD

Puzzle

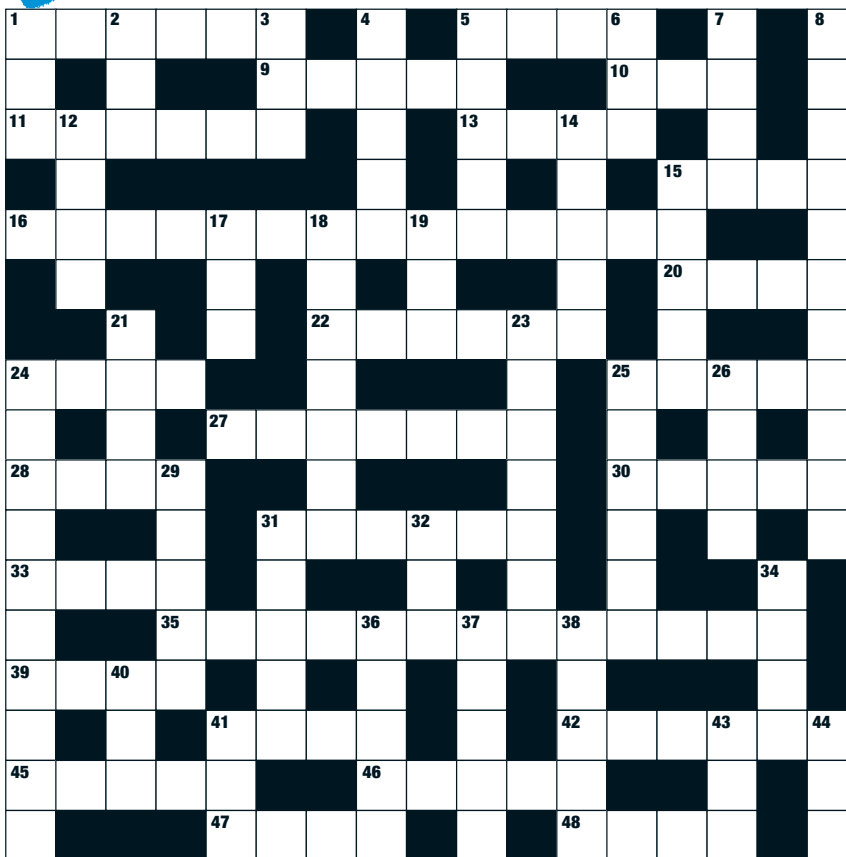
Gotta love a good puzzle – especially when it's about food! So put yourself to the test and see if you can solve this delicious crossword

ACROSS

- 1 Wine and vine fruit (6)
- 5 --- Grey, refined tea variety (4)
- 9 Source of seafood (5)
- 10 Ms Buttrose, media identity (3)
- 11 Religious sermon (6)
- 13 Flesh-eating monster (4)
- 15 Sparkling water (4)
- 16 --- pie, hearty old-fashioned pastry treat (5,3,6)
- 20 --- Hayworth, screen legend (4)
- 22 Casually read a recipe book, eg (6)
- 24 Slang for 35 Across, eg (4)
- 25 Asparagus prong (5)
- 27 Vegetable much-loved by Olive Oyl's fella (7)
- 28 Russian mountain (4)
- 30 Fine porcelain used for fancy meals (5)
- 31 Disease-spreading fly (6)
- 33 --- vegetable, such as parsnip or turnip (4)
- 35 Popular vegetable also known as German finger and Austrian Crescent (7,6)
- 39 Basmati or jasmine, eg (4)
- 41 Out of (4)
- 42 Macro biomolecules (6)
- 45 Below (5)
- 46 Pasta variety (5)
- 47 Sweet potatoes (4)
- 48 Cut a carrot into cubes, eg (4)

DOWN

- 1 Set like jelly (3)
- 2 Donkey (3)
- 3 Male child (3)
- 4 Lukewarm (5)
- 5 Mushroom also known as a velvet shank, well known for its role in Japanese cuisine (5)
- 6 Fib (3)
- 7 Starch extracted from the pith of various palm stems (4)
- 8 Delicious sweet loaf made from curved yellow fruits (6,5)
- 12 Consumes food (4)
- 14 Wash with water before cooking (5)
- 15 Sweet sticky liquid used in cakes and desserts (5)
- 17 Nap (3)
- 18 Serviettes (7)
- 19 French cocktail made with crème de cassis (3)
- 21 Food fish (4)



- 23 Annoying trek or trudge (7)
- 24 German pickled cabbage dish (10)
- 25 Paper envelope containing culinary powder (6)
- 26 --- Blyton, kids' author (4)
- 29 Type of pancake or fritter in Ashkenazi Jewish cuisine (5)
- 31 Large mammal of Central and South America (5)
- 32 Foot digit (3)
- 34 What we consume to stay alive (4)
- 36 Nobody wants to find these in their gravy or custard (5)
- 37 And nobody wants their gravy or custard too thin, like this, either (5)
- 38 Greased (5)
- 40 Blue-eyed table fish (3)
- 41 Sauté (3)
- 43 --- cream, delicious frozen treat (3)
- 44 Drink delicately (3)

Across 1 Grapes, 5 Earl, 9 Ocean, 10 Ita, 11 Lesson, 13 Ogre, 15 Soda, 16 Steak and kidney, 20 Rita, 22 Peruse, 24 Spud, 25 Spear, 27 Spinach, 28 Ural, 30 China, 31 Tsetse, 33 Root, 35 Kipler potato, 39 Rice, 41 From, 42 Lipids, 45 Under, 46 Penne, 47 Yams, 48 Dice, Down 1 Gel, 2 Ass, 3 Son, 4 Tepid, 5 Enoki, 6 Lie, 7 Sago, 8 Banana bread, 12 Eats, 14 Rinse, 15 Syrup, 17 Kip, 18 Napkins, 19 Kir, 21 Tuna, 23 Schiepp, 24 Sauerkraut, 25 Sachet, 26 Enid, 29 Latke, 31 Tapir, 32 Toe, 34 Food, 36 Lumps, 37 Runny, 38 Oiled, 40 Cod, 41 Fry, 43 Ice, 44 Slip.

pukka

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”

A MESSAGE FROM OUR CEO, BRAD LATHAM

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