

frequent feasters

Hi Frequent Feasters!

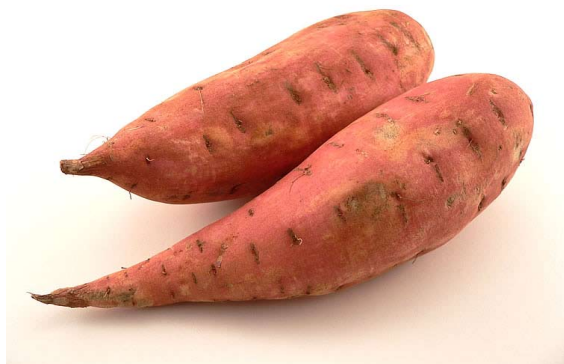
What a great time of year – the gorgeous autumnal colours abound with crisp mornings and clear days... and with it comes a change to the shopping list to include some delicious new fruit and vegetables – including my all-time favourites in rhubarb and quinces. Check out the list below to make sure you haven't forgotten what the change of season brings.

Three more stores are now selling my muesli which is fabulous news and I'd like to thank them for their support - Biviano and Sons in Fairfield, Nick and Sue's Gourmet Deli at Camberwell Market and IGA on Burwood Road, Hawthorn.

Cheers
Flip



food in focus: sweet potato



Despite its name, sweet potato is not related to the potato. It is a staple in many Asian and Latin American countries and is very common here these days. It's sometimes called Kumara in New Zealand.

The sweet potato is an excellent source of Vitamin A and its peak season is Autumn and winter.

Sweet potatoes come in differing shapes, colours and sizes including the most common orange fleshed ones, to purple, brown and white!

Avoid boiling the sweet potato as it just becomes mushy and tasteless.

The best way to cook it is roasted whole or wrapped in foil and cooked in the oven with a knob of butter and some parsley. Sweet potato also makes delicious soup. It's also fabulous sliced and grilled, or for something highly calorific – deep fried sweet potato cake – now you're talking!

photo: freedigitalphotos.net

buy

what's in season during autumn?

- Apples
- Bananas
- Raspberries
- Grapes
- Kiwi
- Rhubarb
- Quince
- Avocados
- Capsicum
- Carrot
- Cauliflower
- Celery
- Garlic
- Ginger
- Fennel
- Mushrooms
- Peas
- Potato
- Pumpkin
- Silver beet
- Sweet potato
- Zucchini

watch

There are a couple of must see shows on TV right now and for completely different reasons. **Mercurio's Menu** (5.30pm Saturday Channel 7, Sydney, Melbourne, Adelaide) hosted by the very versatile Paul Mercurio who loves to brew his own beer when he's not cooking or judging "Dancing with the Stars". The show focuses on regional produce and will have you salivating.

Something however that will make you squirm is **Ramsey's Kitchen Nightmares** (Thursdays 9.30pm Channel 9) hosted by Gordon Ramsey (a chef who runs marathons) who takes to the owner and staff of each restaurant with a metaphorical wooden spoon and whips the business into shape.

Flip talks topical issues each Friday on Sunrise, Channel 7, at 8.20am, with Mel and Kochie.

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make pashka

This is a traditional Russian Easter dish introduced to me by my Polish sister-in-law. This is her mum, Elizabeth's recipe. It is a delicious dessert and usually presented at Easter in a carved wooden dish.

stuff

¼ cup currants
 ½ cup sultanas
 ½ cup dried apricots, diced
 ½ cup brandy
 1 lemon, zest and juice
 125 grams butter
 ½ cup brown sugar
 ½ cup sour cream
 1/3 cup smooth ricotta
 125 grams creamed cottage cheese (or cream cheese)
 dash of vanilla essence.
 100 grams dark chocolate buds or grated dark chocolate
 60 grams slithered almonds, toasted

action

Soak currants, sultanas, dried apricots and lemon zest in brandy and lemon juice. Set aside. The longer you can soak this the better. Several hours are good.

Cream butter and brown sugar until pale and smooth.

Add sour cream and beat until combined.

Then add ricotta, cream cheese and vanilla essence before adding chocolate and almonds. Stir through.

Finally add fruit mixture and stir until well combined.

Line a pudding bowl or another mould with muslin or cheese cloth before transferring mixture into it. Cover with gladwrap.

Chill for 24 hours before serving.

do

The Melbourne Food and Wine Festival, enjoying its 16th year, is nearly over (officially finishing on 8th March) but log onto their website for information about their all year round events. It's a world-class event and indeed I have met people who have travelled from New Zealand and all the way from the USA to come to Melbourne specifically to enjoy this festival and eat!

www.melbournefoodandwine.com.au

idea

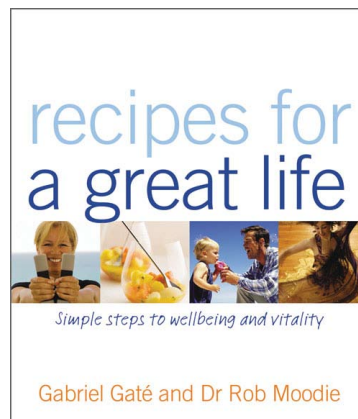
Stuck for a gift idea...or think you are going to end up with 50 vases as wedding presents from family and friends? Then check out www.karmacurrency.com.au where you can buy a friend some good karma ...and they (or you if you set up a wedding gift registry) select where the karma currency goes.

Ashley Rosshandler, Karma Currency CEO says that with the average ages of brides and grooms today at 29 and 31 respectively, many have all the dishes, platters and bedding they need, so many couples are choosing to incorporate a charitable gift registry that can fight malaria, rescue gorillas, educate minds, reunite war torn families or protect forests.

A brilliant idea.

read

Stuck in a rut? Feel like life is unbalanced? Well, Gabriel Gaté, that gorgeous French chef who calls Australia home, has teamed up with health expert Dr Rob Moodie to write a book called *Recipes For a Great Life*.



Gabriel Gaté has written nineteen best-selling cookbooks and has sold more than a million copies in Australia, while Dr Rob Moodie is Professor of Global Health at the University of Melbourne's Nossal Institute. He was CEO of VicHealth from 1998 to 2007. This unusual

pairing of a French chef and an Australian doctor has resulted in a collection of Gabriel's healthy food recipes and Rob's stimulating step-by-step 'recipes for body and soul'.

The book tackles all aspects of a busy modern lifestyle – time management, motivation, food and alcohol, health and fitness, sexuality and friendship and managing stress, and offers ten-week action plans to achieve the 'life balance' we all crave. Published by Hardie Grant, *Recipes for a Great Life* is fully illustrated and costs \$35. A small investment for what is a big reward.

There is no such thing as a problem – just an undiscovered solution.

Flip Shelton