



Hello!

Well it's official – we are a nation of square-eyes with more than 17.23 million of us tuning in to see some or all of Channel 7's coverage of the Olympic Games. I stayed up every night till the small hours to capture every possible event, until my eyes felt as heavy as those barbells in the super heavyweight weightlifting division. While my productivity at work was somewhat low I was totally inspired by the athletes physical – and in some cases, mental – feats, and am now feeling ready for a busy final quarter of the year. Hope you are too.

Cheers
Flip

food in focus: peas



Peas are a fabulous addition to any meal. As a kid I loved mixing peas through mashed potato – still do actually!

They are fantastic cooked with some mint leaves and topped with a little knob of butter or drizzle of olive oil.

A packet of frozen peas makes an excellent icepack if you've been in the wars.

And yes, frozen peas are also good in a pantry emergency, but they are certainly no substitute for the fresh ones which are sweet and delicious.

Some greengrocers sell shelled peas in punnets but be careful as peas lose their natural sweetness as soon as they are picked so they can sometimes be dry and bitter.

Better still, shell the peas yourself. It's actually quite cathartic and you can do it watching telly. One kilo of peas in their pods yields 500 grams....and heaps of Vitamin C.

photo: freedigitalphotos.net

buy

what's in season during spring?

Pink Grapefruit
Berries
Asparagus
Mandarins
Oranges
Pineapple
Avocados
Watercress
Spring onions
Peas

make

mushy peas on toast

This is comfort food with a touch of spring to it!

stuff

1 cup fresh peas
A few sprigs of watercress
1 tablespoon pinenuts
Olive oil
Garlic clove
2 pieces toast

action

Boil peas for a few minutes. Drain.

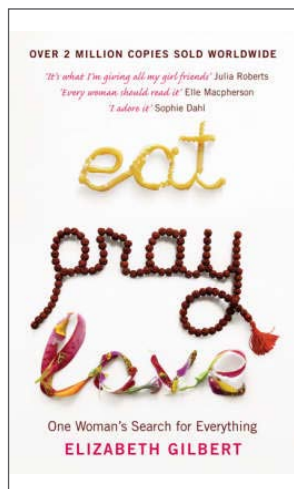
In a small processor blend the peas, water cress and pine nuts and drizzle of olive oil.

Brush garlic clove over the toast.

Spread toast with pea mixture and season with a little salt and pepper if needed.

Flip can now be heard talking food on MIX FM (101.1FM),
alternating Thursdays at 8.35am with Bridge, George and Tom

read



"Eat Pray Love" by Elizabeth Gilbert

This book is impossible to put down! It's been years since I've read a book I enjoyed so much. Anyone who loves sharp writing, a personal journey and some fabulous descriptions of food will get pleasure from this book. Although it was published in 2006 and has been on Oprah, I have only just read it and have been recommending it to everyone!

more stores

My muesli and porridge is now available in Canberra, Adelaide and Perth and every week we are adding more stores to the stockists list which is very exciting.

If you have a favourite health food store or deli feel free to tell us and we will approach them about stocking my products.

porridge

The "five-grain porridge" which was launched for Winter 08 and was well received by food critics and the media, has been selling like hot cakes which is fabulous. Seems that Goldilocks and the three bears are not the only ones who like to start their day with a bowl of warming grains.

new

A 500g muesli slice is now available in some stores and cafes. This slice combines all three muesli blends along with coconut, brown sugar, honey and butter for a gastronomic delight. Perfect for when the afternoon munchies strike or enjoy after dinner with a cup of tea or coffee. Great for both lunch boxes and dinner parties.

done

I recently had my own Olympic quest - to sample as much delicious food as humanly possible during my recent trip to the UK and Italy! The Poms still can't do casual café food but they sure as hell can do fabulous pub fare and fine dining. And Mr Gordon Ramsay has stamped himself all over the culinary landscape.

I ate at two out of Ramsay's three 'pubs' - The Warrington in Maida Vale and The Narrow in the Docklands, and I have to say the food and service was fantastic. The prices were also very reasonable, even with the killer conversion.

In Italy - the food was sublime, especially in the little village of Vernazza which clings to the steep cliffs on the Cinque Terra. There we savoured freshly made pasta that melted in your mouth, simple rustic pizzas, delicate pastries and coffee to ensure a lifetime addiction. And the gelati - my goodness - whilst not a fan before, I am a total convert now.



One of the few cafes in the tiny village of Vernazza, Cinque Terra



"Some cheese please"... just one of the myriad things to try at the Borough Markets, London

next

The next Frequent Feasters will be out on 1 December with lots of home-made Christmas present ideas and foody book suggestions.

The / in illness is isolation, and the crucial letters in wellness are we.

author unknown