

Hello Frequent Feasters

I love this time of year when gardens and markets are bursting with wonderful colours... from the bright orange mandarins, the vibrant yellow peel of the grapefruit which contains the juicy pink flesh.. to the almost iridescent green peas. These foods are a bit like the crumbs which led Hansel and Gretel into the woods... except these colourful fruits and vegetables are tempting us out of our homes and into the outside world again.

Flip



food in focus: mandarins



Mandarins are in season from mid-autumn til late spring.

There are a several varieties including Ellendale, Imperial and Honey Murcott but we buy them under their general name of mandarin.

Mandarins have a sweet, aromatic and delicate flavour and are least acidic of all the citrus fruits.

I also love mandarins because they are easy to peel, the segments separate easily, they are not pithy and generally there are only a few pips.

And for these reasons they make great snacks for kids.

Save the peel, remove any excess pith and dry off in the oven on a low heat for several hours. Slice thinly then add to yogurt, stir into some stewed apple or mix into your own muesli for a tangy twist. Dried mandarin peel is also a key ingredient in some Asian stocks.

buy what's in season during spring?

Pink Grapefruit
Berries
Asparagus
Mandarins
Oranges

Pineapple
Avocadoes
Watercress
Spring onions
Peas

make fennel and mandarin salad

The crunch of the fennel and walnuts, the softness of the mandarin and the slightly salty capers takes your tastebuds on a big dipper ride.

ingredients

Makes 2 serves

2 fennel bulbs
2 mandarins
3 tablespoons capers, rinsed
¼ cup walnuts
small handful watercress (or rocket)
2 tablespoons lemon juice
drizzle extra virgin olive oil

Alternative dressing:

1 egg yolk
1 tablespoon seeded mustard
3 tablespoons lemon juice
3 tablespoons olive oil/safflower oil

method

Remove outer tough layers and fronds of fennel. Chop into crescent shapes.

Peel and remove pith of mandarin segments. Remove any visible pips.

Add capers, walnuts and watercress.

Drizzle with lemon juice and extra virgin olive oil and adjust to taste.

Toss so well combined.

For alternative dressing:

Place egg in a small mixing container. Add mustard and stir well. Add lemon juice and stir again. Slowly add oil and stir until well combined.

more stores

My muesli and porridge is now available in many more stores. Whilst some stores are listed on the website, call 1300 889510 for one closest to you. Or let them know where you'd like to buy it from! Of course you can still order online.

It's not how long life is, rather how good it is.

too many cooks?

What about the Masterchef phenomena? I was totally surprised at the Australian public's voracious appetite for this show. It became the most watched non-sporting show since OzTam ratings started in 2001. There will be a Celebrity Masterchef in September this year with a second season to screen on Channel 10 in the new year. But what I'd like to see is all the fabulous former chefs – Gabriel Gate, Bernard King (RIP), Floyd, Peter Russell Clarke, Ian Parmenter and the like doing battle!

Channels 7 and 9 are also jumping onto the bandwagon – or should I say, into the frypan – and are airing their own cooking based tv shows.

Channel 7 has My Kitchen Rules, which is being produced by the same mob who did My Restaurant Rules – remember all those years ago? This new series will travel the country to find Australia's best home-cooking team. The teams-of-two will do battle from their own kitchens in each state.

The aspiring foodies will have to use their culinary tricks, quirks and local ingredients to impress the judges who will decide which city rules in the kitchen.

The competing teams will have to work against the clock to deliver a winning dining experience. If you are interested, go to mykitchenrules.com.au for more details.

Meanwhile Channel 9 has The Great Aussie Cookoff, hosted by Jo Silvagni and Vince Sorrenti – and will screen in October. It also has family members cooking off against others in a bid to showcase their traditional family culinary dishes.

And don't forget SBS which has always waved the serviette when it comes to dishing up great food shows – there's Maeve O'Meara's Food Safari, Barry Vera's Feast, and a new show called My Family Feast which will be hosted by Sydney chef Sean Connolly (not to be confused with Sean Connery) and premieres on Thursday 27th August at 8pm.

Sadly Maggie Beer and Simon Bryant are hanging up their aprons after 4 years and over 100 episodes. On Wednesday 16th September the final episode of The Cook and the Chef will air, with some behind the scenes footage of how they put the show together.

now

Flip's Top Recession Tips

1. Make a weekly meal plan, then make a shopping list from this before you hit the supermarket and market.
2. For a week write down what you spend on food and see if there is anywhere you can trim your spend.
3. Grains and legumes like chickpeas, pearl barley, lentils are cheap, healthy and very filling. Make soups and stews using them.
4. Shop at the markets late in the day, especially on a Saturday, when bargains are a plenty as store owners try to sell fresh produce.
5. Take your lunch to work or uni. It saves a huge amount of money.

next

Later this year my second cookbook will be released. More details to follow in the next newsletter and I will have a special offer for subscribers.

try

Tea or coffee?

I am loving both of these products. Check them out for yourself.

The latest addition to the Love Chai range is a 100% caffeine free organic chai blend. This chai is perfect for pregnant and breast feeding women or those simply wanting to avoid caffeine. This aromatic blend contains organic spices, Rooibos tea and honey bush tea. The South African teas are abundant in antioxidants and minerals. To find your nearest stockist or to order online go to: www.lovechai.com.au

Padre coffee was created and by a former New Zealander, we will now claim as our own. It is roasted and blended at the East Brunswick Project and served at only a few select places – so keep your eyes peeled and your taste buds at the ready. More info at www.padrecoffee.com.au

How do you view the world? Here's a test... do you lament the fact that a rose has thorns, or do you rejoice because thorns have a rose?