

Dear Frequent Feasters

Can you smell it? My nose is twitching... spring is in the air! And it's fantastic. I feel like a bear slowly waking and inching my way to the cave opening ready to head out for some adventure... and in search of some fabulous new flavours. I hope you are ready for the gastronomic changes a new season brings, too.

Flip



cooking shows: still on a rolling boil

Well last year **Masterchef** was a ratings bonanza for Channel 10 but season two sizzled even more. Each night around 2 million people sat down to watch the show (with dinner on their knees?!), which after 12 weeks saw Adam Liaw crowned king of the kitchen. And Channel 10 will be hoping that **Junior Masterchef** (Mini-Masterchef?) will be even bigger!

In the meantime, Channel 10 is screening **Jamie Does...** on Fridays at 7.30pm. The six part series sees Jamie explore the cuisine of six culturally diverse regions including Marrakesh, Andalucia (southern Spain and northern Africa), Stockholm, Venice, The French Pyrenees and Athens.

It's a beautiful blend of travel and food and no doubt pure delight after enduring months trying to convince the townsfolk of Huntington, West Virginia, America's fattest city, to change their eating habits (which was part of the series **Jamie's Food Revolution USA**).

Channel 7 will be dishing up a second serve of **My Kitchen Rules** with Manu Fidel and Peter Evans later this year, along with a brand new show called **Conviction Kitchen** which will be hosted by the brilliant Ian Curley. (I wonder if he has ever thought of opening a cafe called Larry, Curley and Moe?)

Conviction Kitchen will follow a group of ex-criminals as they learn to cook under the watchful eye of renowned chef Ian Curley (The European, Siglo, Melbourne Supper Club and City Wine Shop). It's a culinary bootcamp as we see Ian put those wanting to turn their life around with a second chance to learn new skills and deal with the stress of a highly competitive industry. Curley is the perfect choice. He has a personal reason for being involved – he had a troubled start in life, spending time in a juvenile detention facility before being given new direction when placed in a vocational cooking program.



Who's doing all the washing up?

But wait, there's more! Channel 7 has the format rights to produce the cult hit **IronChef**. It will start production Melbourne shortly with Neil Perry, Guy Grossi and Guillaume Brahimi, meeting a challenger in the Kitchen Stadium each week. This is where sport meets cooking.

The ABC screens **Poh's Kitchen** each Wednesday at 6pm. This 40-week show produced in Adelaide to replace **The Cook and The Chef** has done very well, so much so that it has just been sold to the Discovery cable which broadcasts into Indonesia, Hong Kong, Singapore, Thailand, Malaysia and the Philippines.

Channel 9 has jumped into the kitchen with their own offering although on a much smaller scale, with a short run Saturday arvo show with last year's **Masterchef** winner, Julie Goodwin, called **Home Cooked!**

Meanwhile SBS continues to bring us brilliant food shows including the second series of the magical **Heston's Feasts** (Thursday 8.30pm).

image: Ashley Fisher / flickr

VEG IN, my second cookbook, will be OUT for Christmas. Published by Wakefield.
More details in the next newsletter and on the website soon.

frequent feasters

food in focus: avocado



image: www.sxc.hu/profile/Brybs

The avocado originally hailed from Central America and Mexico but we've been growing them here since the 60s.

Once just a summer fruit, we now have different varieties which means we get avocados all year round - and that's definitely a good thing.

Avocados are like a complete food in one hit – they are loaded with vitamins and minerals and they have the highest amount of protein in the vegetable kingdom. They are low in cholesterol and starch. And yes they do they have a high fat content – but it's monounsaturated fat which is vital to keep your brain ticking, your skin glowing and your joints moving.

make

Avocado and Apple Soup

ingredients

1 avocado - chopped
 1 granny smith apple – peeled, cored, chopped
 1 cucumber - peeled and diced
 juice of 1 lime
 pinch of salt
 cayenne pepper (optional)
 1/4 cup yogurt (buttermilk or smooth ricotta)
 mint leaves

method

Put avocado, apple, cucumber, lime juice, salt and cayenne pepper in a blender. Blend until smooth.

Add yogurt to the blender. Pulse until mixed.

Pour in a bowl. Chill for an hour before serving.

Garnish with chopped mint leaves.

buy

what's in season during spring?

- Pink Grapefruit
- Berries
- Asparagus
- Mandarins
- Oranges
- Pineapple
- Avocadoes
- Watercress
- Spring onions
- Peas

do

It's spring time and that means one thing...time to spring clean! I don't love the doing but I love the ending. My annual spring clean is a frenzied activity when kitchen cupboards are emptied, cleaned and reorganized. The fridge and freezer and pantry are given a culinary audit and a thorough wipe down and for five minutes the kitchen resembles a display home. And then I make a coffee!

There are organizations and individuals who offer cleaning and de-cluttering services but if it's DIY you want, then check out **Speed Cleaning - A spotless house in just 15 minutes a day** by Shannon Lush and Jennifer Fleming. Best \$19.95 you'll ever spend (apart from my muesli)!



more stores

Flip Shelton's Natural Muesli is now available in 17 stores in Adelaide and 20 stores in Perth.

Visit the website for the full listing:
<http://www.flipsmuesli.com.au/where.html>

You will never reach a goal that you do not set.