

frequent feasters

Hi Hi Hi. Ho Ho Ho.

Wishing you a very Merry Christmas and a wonderful new year from muesli headquarters. I do hope that you've had a terrific year and that now you have the chance to wind down, reflect on the year just passed, dream about next year and sit quietly (or loudly!) and enjoy the company of family and friends...and of course, hopefully in arms reach of some delicious food and your favourite beverage(s)!

Flip



food in focus: passionfruit



Passionfruit contain a perfect mouthful of delicious tangy pulp which is packed full of Vitamin C. And like a Christmas bauble passionfruit appear at this time of year.

There are two main varieties – the small wrinkly skinned granadilla and the larger smooth skinned panama.

Really wrinkled flesh means that the tropical fruit has gone past its prime.

Choose passionfruit which are heavy for their size and store them at room temperature for 1-2 days.

If you have access to a passionfruit vine bag as many as you can then freeze them whole or scoop the flesh into icecube trays. They thaw perfectly.

Some people go to the trouble of straining the pulp to remove the seeds. I think this is not only a waste but the crunch is part of the delight of eating passionfruit pulp.

getting fit

I am slowly returning to fitness (after having had a little boy born during the Tour De France) and recently had the wonderful opportunity, along with several other media, to train with former Olympian Matt Shirvington (yes I am name-dropping) for four weeks. Matt has started a new business called Shirvingtone (clever huh?) and is working closely with Vitasoy and James Duigan – a US-based Aussie fitness expert who is Elle McPherson's personal trainer. James flew out from the States with the express purpose of training us and it was an amazing experience. It is part of my training for the Oxfam 100km walk which takes place next April – auspiciously on my birthday. I am doing it with 3 fabulously fit ladies (I am the anchor) and we have called ourselves the Iron Ladies – because we all first met whilst training for ironman events and between us we have completed 16 of them (3.8km swim, 180km bike and 42km run). You can check us out on the Oxfam website - <http://tinyurl.com/yzcrfa9>. We have pledged to raise \$5000 for this wonderful charity and are well on our way of doing that.

By the way, it's not too late for you to take up the challenge. (Just a thought for an early new Year's resolution!)

places to try

Because they're now serving Flip Shelton's Natural Muesli by the bowlful!

Out of town:

Springs Lane, Rye - The cafe at Peninsula Hot Springs

St Kilda: Dr Jekyll, 104 Grey Street. There is a beautiful, tree lined courtyard at the rear. They use quality produce to create some delicious meals including scrambled free range eggs with house cured ocean trout on grilled viennoise (brioche) roll or the Jekyll sandwich with Istra Capocollo, Calendar Cheddar, cornichons, caramelised onions, rocket & relish.

The problem is not that there are problems.
The problem is expecting otherwise and thinking that having problems is a problem.

Theodore Rubin

frequent feasters

make

Raspberry Vinaigrette

Add a little zing to a summery salad with this dressing.

ingredients

¼ cup raspberry jam – I have recently discovered a New Zealand brand called Anathoth (which means 'new beginnings'. The business started in 1987 when a family bought a rundown raspberry farm. Great story and equally fabulous jams)

2 Tbsp malt vinegar

2 Tbsp lemon juice

1 tsp wholegrain mustard

¼ tsp salt

½ cup extra virgin olive oil

method

Blend together the jam, vinegar, lemon juice, mustard and salt

Whisk in the olive oil

Allow flavours to infuse for two hours before whisking again. Dress blanched green beans or peas with this berry delicious, summery vinaigrette or drizzle over halved avocados.

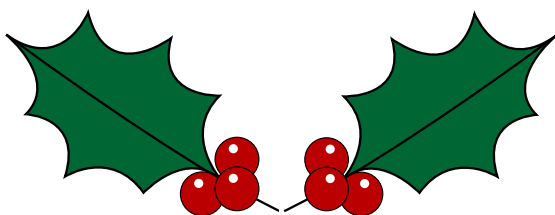
TIP

This is the time of year when a bit of wine is drunk. If you have had a party and have some wine left over don't tip it down the sink because you can make your own vinegar. 'Vinaigre' literally means 'sour wine'.

Combine all of the wine in a clean glass container of wine bottles. Cover with some muslin or a bit of clean cloth and place in a cupboard.

The exposure of wine to air begins the process of changing wine to vinegar. After only a couple of hours of being exposed to air, acetic acid bacteria starts to grow. Over the following days and weeks the alcohol disappears completely and is replaced by acetic acid. And then you have vinegar.

In three weeks time, pour the vinegar into a bottle, stick on a label and use it for salad dressing.



buy

what's in season during summer?

- Apricots
- Berries
- Cherries
- Mango
- Melons
- Nectarines
- Oranges
- Passionfruit
- Peaches
- Pineapple
- Asparagus
- Avocado
- Capsicum
- Cucumber
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini

had a gutful?

Frequent feasting friend Samantha Gowing is an Australian Clinical Nutritionist and Wellness Coach who specialises in Irritable Bowel Syndrome (she has helped me enormously with this issue) and is also a healthy advocate for my gluten free muesli.

Sam says, "Don't you hate it when your guts misbehave? They can ferment, rumble and explode, not only causing us irritation in our irrigation, but embarrassing us too. While most of us can live with the occasional abdominal indiscretion about one in five Australians suffer from more than just the occasional bad bowel day. Symptoms are severe enough to be given a name – Irritable Bowel Syndrome, or IBS."

SPECIAL FFF CHRISTMAS OFFER:

Tune In, Tone Up and Turn Your Life Around

Book in an initial clinical appointment with Sam (Melbourne/Byron Bay/Brisbane) and receive a Free Health Report and a copy of her Healing Foods DVD valued at over \$150.

Go to www.foodandhealth.com.au for more info.

HERE'S HOW YOU COULD FEEL AFTER HER PROGRAM

- Soothe inflamed, irritated intestinal lining
- Control painful cramps
- Help break down food aiding in easier digestion
- Silence embarrassing gas attacks
- Safely flush dangerous toxins
- Normalize healthy bowel movements
- Improve overall energy levels and restore a sense of well-being

I have just started a weekly blog on television. Check it out at fliponthetelly.wordpress.com and leave your comments. I'd love to hear from you.