

frequent feasters

Dear Frequent Feasters

It's a busy time of year - that's why this edition of Frequent Feasters is a little late. Now for me, Fruit Mince Tarts are essential Christmas eating, that's why I have included a never-fail recipe for them here. I've also included a fabulous recipe which I will definitely be whipping up on Christmas morning. Wishing you a very Merry Christmas and a wonderful new year, and thank you for all your support this year.

Best wishes, Flip



sing

Dashing through the bush
In a rusty Holden Ute
Kicking up the dust
Esky in the boot
Kelpie by my side
Singing Christmas songs
It's summer time and I am in
My singlet, shorts & thongs

CHORUS:

OH, JINGLE BELLS, JINGLE BELLS
JINGLE ALL THE WAY
CHRISTMAS IN AUSTRALIA
ON A SCORCHING SUMMER'S DAY
JINGLE BELLS, JINGLE BELLS
CHRISTMAS TIME IS BEAUT
OH WHAT FUN IT IS TO RIDE
IN A RUSTY HOLDEN UTE

Engine's getting hot
Dodge the kangaroos
Swaggy climbs aboard
He is welcome too
All the family is there
Sitting by the pool
Christmas day, the Aussie way
By the barbecue!

CHORUS

Come the afternoon
Grandpa has a doze
The kids and uncle Bruce
Are swimming in their clothes
The time comes round to go
We take a family snap
Then pack the car and all shoot through
Before the washing up

CHORUS

check out...

On SBS next year there are heaps of fab food shows returning. Here's a quick taster of what's to come... one of Australia's toughest food critics Matthew Evans is back for a second series of *Gourmet Farmer* with ten new episodes. Following the success of *Italian Food Safari*, Maeve O'Mara who surely must have the best job in town, heads to France with Guillaume Brahimi to check out the best French cuisine with six episodes called *French Food Safari*.

Meanwhile, Peter Kuruvita from Sydney's Flying Fish takes us on a personal gastronomic and cultural journey through his homeland of Sri Lanka with six episodes, currently titled *My Sri Lanka with Peter Kuruvita*. And New York Chef and best selling author Anthony Bourdain presents the Emmy award winning series *Anthony Bourdain: No Reservations* and he trots around the globe sampling the weird and wonderful cultures and cuisines the world has to offer.

Meanwhile, Channel 7 will serve up another helping of *My Kitchen Rules* hosted by Manu Fidel and Pete Evans, *Conviction Kitchen* with Ian Curley (about a bunch of cons given a second chance through cooking) and Ben O'Donohoe who presented *Surfing the Menu* with Curtis Stone many years ago, gets his own travel and food show. Channel 10 is dishing up *Masterchef III* and *Junior Masterchef*.



What would you attempt to do if you knew you would not fail?

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make

Fruit Mince Tarts

Stuff

Filling

1 granny smith, peeled and cored and chopped finely or coarsely grated
 1/3 cup (45g) currants
 1/3 cup (60g) apricots, diced
 1/3 cup (55 g) cranberries or dried cherries
 1 tablespoon mixed peel
 1/2 teaspoon mixed spice (or a blend of cinnamon and nutmeg)
 1 tablespoon lemon juice (or sherry!)

Combine all ingredients in a bowl and set aside.

Short Crust Pastry

Pre-made or whip up a batch ...

Ingredients:

2 cups (270 g) flour
 1 teaspoon baking powder
 1/2 teaspoon salt
 1/2 cup (125 g) butter, cubed and at room temperature
 1/4 cup water
 Squeeze lemon juice

Action

Into a large bowl sift flour, baking powder and salt.

Add butter and rub into the flour using finger tips, until mixture looks like bread crumbs.

Add water and lemon juice in small volumes to the mix to form a firm dough, leaving the sides of the basin clean.

Sprinkle board lightly with flour, turn dough onto board and knead gently until smooth.

Dust rolling pin with flour, and roll pastry out.

Using a cookie cutter, cut dough to fit low sided muffin tray or double patty pans.

Fill each pie casing with filling.

Optional: Make extra pastry and cut out Christmas shapes to put on top of pies – stars are the most common but there are other shapes too, like Christmas trees and reindeer...

Bake at 200 degrees for 10 minutes, lower temperature to 180 degrees and continue to cook for another 30 minutes.

make

(Gluten free) Citrus Polenta Pancakes

This recipe comes from my wonderful friend Samantha Gowing. If you like this one (which would make a heavenly Christmas morning breakfast!) you are sure to love her others which can be found at: www.foodandhealth.com.au.

Stuff

1/2 cup polenta
 30 g rice flour
 Pinch salt
 1 egg
 1/2 cup milk - cow, soy, rice or almond
 1 orange, zest and juice
 30g melted butter
 1 dessertspoon coconut oil for frying

Action

Mix together all dry ingredients

Beat the egg, then add in the melted butter and milk

Fold in the dry ingredients. Mix until just blended.

Fold in the orange juice and zest

Allow to rest for 10 minutes before frying

Melt some coconut oil in a skillet on medium high.

Dollop in about 1/2 cup of batter. Wait for the bubbles to appear and begin popping, then flip over the pancake. Cook until browned.

Serve with honey blossom yoghurt.

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

Silence is one of the great arts of conversation.