



Hello!

Hope this finds you well and warm as we wander into winter. While there is an abundance of wonderful cooler-clime foods around (check out the list below) now is the time that we tend to turn to comfort foods like thick soups with a fat bit of bread, warming stews and spicy curries and of course filling pasta sauces. Indeed it's a great time of year to enjoy these dishes. I am off to London and plan on eating at some of Gordon Ramsay's pubs... before heading off to Italy to sample, well, everything I can lay my hands on! I will report back in the next newsletter about those gastronomic adventures.

Cheers
Flip

food in focus: walnut



Did you know...

Walnuts have been around for over 3000 years. The Romans considered walnuts food for the gods, and during the Middle Ages, the walnut was believed to protect against witchcraft, fits and fevers.

Today the walnut is not only delicious but a health giving food. They are a key ingredient in waldorf salad and the Greek pastry and baclava.

Walnuts contain as much protein weight for weight as eggs.

They are high in potassium, and other minerals such as zinc and iron, copper and magnesium. They are also a good source of omega-3 oils, folate, Vitamins B 6 and E. Walnuts are recommended to assist circulation and fatigue and are a friend of the heart!

Walnuts have a high oil content and turn rancid quickly so buy small amounts in their shells or store them in the freezer for up to 6 months.

photo: freedigitalphotos.net

buy

what's in season during winter?

Apples, Bananas, Raspberries, Grapes, Kiwi, Rhubarb, Quince, Avocados, Capsicum, Carrot, Cauliflower, Celery, Garlic, Ginger, Fennel, Mushrooms, Peas, Potato, Pumpkin, Silver beet, Sweet potato, Zucchini

eat

flip's crunchy winter salad

Just because it's Winter, doesn't mean you can't enjoy a salad. The peppery watercress and mustard dressing warms you up from the inside!

stuff

50 g/1 bunch watercress or roquette (or witlof - something peppery)
50 g /1 small sized bulb fennel, sliced into wishbones
20 g (handful) of snowpeas, sliced
2 celery sticks, sliced
50 g mung bean sprouts
20 g (fingerful) alfalfa sprouts
50 g walnuts and hazelnuts

Dressing:

1 tablespoon seedy mustard
½ teaspoon horseradish (adjust to taste)
1 tablespoon white wine vinegar
4 tablespoons lemon juice (half a good sized lemon)
1 teaspoon olive oil
Drizzle of honey - optional

To make dressing, place all ingredients in small bowl or jar and mix well.

action

Toss all ingredients into a salad bowl and mix well. Drizzle with dressing and enjoy.

Congratulations to the "The Cook and The Chef" which airs on the ABC, Wednesdays 6.30pm and has notched up 100 episodes.

new

There's lots of new stuff happening!

Flip Shelton's five-grain porridge has just been released for Winter. Now available in stores and on-line. 1kg packs retail for \$14.80.

The golden haired girl and her three hirsute friends were certainly onto a good thing – porridge is both delicious and nutritious, no matter which way you serve it.

My five-grain porridge combines rolled oats, spelt, rye, barley and triticale flakes for a delightful nutty taste and a wonderful textural sensation!



And the best bit is, no messy saucepans are involved, so it's a modern twist on an old theme. Add equal parts of boiling water to the grainy mixture, cover with cling film (to create a little sauna which both steams and softens the grains) and set aside for 5-10 minutes – which gives you plenty of time to have a shower and get dressed.

For more instructions on how to prepare my porridge (old-school and microwave) plus 12 serving suggestions check out www.flipsmuesli.com.au

Flip Shelton's Natural Muesli – now available in the country's capital! It's very exciting to think that maybe just maybe my muesli could end up in our PM's shopping trolley. Thank you to the three Canberra stores who are currently stocking my muesli and porridge.

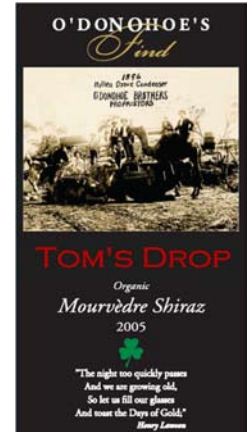
Belconnen: Tom's Superfruits, Shop 9-10, Belconnen Markets, Lathlain Street

Kingston: IGA, Giles St, Kingston

Manuka: Manuka Fine Foods, Shop 13, M Centre, Palmerston Lane

drink

If you are looking for a fabulous organic wine, why not check out **Tom's Drop Organic Wine** from South Australia. There is a lovely story behind this wine – it's named after Thomas O'Donohoe who travelled from Ireland as a 10 year old boy and arrived in Port Adelaide in 1881 aboard the Star of India with his parents and 5 brothers. Thomas later travelled around Australia looking for gold.



The wine has been certified organic since 1990 and the 2005 Mourvedre Shiraz received 94/100 in a recent review by Phillip White in The Independent Weekly. Prices start at around \$25 and you can buy it online or at select shops.

For more info check out www.TomsDrop.com.au

Artisan Espresso has opened its doors at 438 Lygon Street, Brunswick East (Open: Monday-Friday 7am-1pm, Saturdays 8am-2pm). If coffee is your thing, this is an essential spot to stop. Sit back, sip a coffee and suck up that delightfully intoxicating aroma of freshly roasted and ground beans - or just grab a takeaway. Warning: visits to Artisan Espresso can be addictive.

Artisan is owned and operated by self-confessed coffee snob, Marinus Jansen, who has created his very own artisan blend - Padre.

Seven other different coffees with such evocative names as Brazilian superfine, Tiger Mountain and Nicaraguin are sold in various sizes. Marinus uses only traceable single origin coffee so he can identify where each coffee came from and how it was grown and exported. Thank you and well done Marinus!

More info available on www.artisanespresso.com.au



The bitter taste of poor quality lingers long after the sweetness of low cost is forgotten.

Sign on coffee machine (quote by Terry Strudwick), Lawson Grove Cafe, Lawson Grove, South Yarra