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Magazine

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with rubs and
marinades

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popsicles

CRAZY
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HARRIS FARM MARKETS

Editor

Julia Zaetta

Managing Editor

Leanne Archer

Art Directors

Christine Schiedel

Michelle Miller

Food Director

Elle Vernon

Food Writers

Alejandro Franco Lancini

Annette Forrest

Gardening and Features Writer

Roger Fox

Contributors

Adriana Donnola

Sam Harrison

Robin Powell

Photography and Pre-Press

Bonnie Coumbe

Al Watchorn

Sales Directors

Diane Dunlea

Stephen Baragry

Rebekah Rajasuriar

(02) 4861 6311

Creative Services

Beth Donson

**With thanks to
Harris Farm Marketing and
Management Team**

Publishers

Simon and Helen Green
Highlife Publishing Pty Ltd

Email: simon@highlifemag.com.au

Highlife Publishing Pty Ltd

The Acre, Level 1,

391-397 Bong Bong Street

Bowral NSW 2576

PO Box 1174, Bowral NSW 2576

**“Every night
we eat together
we spend
around 30
seconds for
each person
to say the
one thing they
are grateful
for today.”**



Welcome to MARKET MAGAZINE

I used to wonder why Mum made us say grace before dinner every night. Then more recently, I've been reading about the mental health benefits of practising gratitude. Also, as I have had my own kids around the table, I've wanted a little family habit we could all share.

So every night we eat together we spend around 30 seconds for each person to say the one thing they are grateful for today. “My socks because they keep my feet warm.” “Music because it makes me feel better when I'm sad.” From the mouths of babes...

We then look at the food and say a quick thanks for all of the people, animals and resources that made it possible – the farmers, the truck drivers, the sun, the rain, the people who cooked it and more. (Granted, this is a little self-serving because

I usually supplied it through HFM, paid for it and cooked it!)

Apart from a special little custom, it's amazing how much it has made me appreciate the food we have here in Australia. Our fruit and veg is just incredible and so fresh. Our meat and seafood is as good as any in the world.

And we are so lucky to have the internet and *Market Magazine* with a gazillion recipes on hand at any minute to bring it together. Every single night becomes an opportunity to discover a killer new dish and win the “unprompted” thanks of my kids!

I am thankful, too, that what you do in your family we also get to share in, here in Aus. Happy New Year!

Tristan

Tristan Harris, Co-CEO,
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Editor's Letter



Aha! So just after you've had any amount of cooking, preparing, styling, serving and cleaning up during the silly season, **we invite you into this issue with "let me entertain you"!** Oh Lord, are we crazy! Have you not had enough?

Well, yes, you have – of that full-on celebratory entertaining. But now, it's that leisurely, casual, relaxing type, slow and laid-back, **with drink in hand and effortless, chilled-out conversations** with your favourite folk.

And who doesn't love that?!

So we've filled the magazine with foods that are easygoing for you to set out on your table, outdoors, around your barbie, glamping or, damn it, just wherever you want to sit back, chat, nibble and enjoy the people you're with.

But this issue I have a particular love. And it's when something inspires you and changes the way you do things – forever. **The flowers in ice cubes have just tantalised me completely** on page 86. They're absolutely beautiful. Of course, we know about the idea but when you see it and imagine serving it to the delight of your guests, they're breathtaking. **Good thing is, you can buy edible flowers in bags (at HFM, too)** or learn what's good to go from your garden. My ice cube tray will never be the same again. And, indeed, how I serve drinks! And I'm thrilled.

From there, of course, we thought of the kids, because all good things come to an end and school is returning. **But check out the cheeky recipes for your kids' school lunchboxes.** Not only will they munch, crunch and lunch with total satisfaction but you'll need to give the recipes to other mums to make sure their kids don't make off with them – because they'll want to!

Ah, but what a nice time of the year it is. And we hope there are dishes here you just relish as you while away this blissful time. From me, with my stunning ice cubes, 'Cheers' to you and a very good 2022 to all. Enjoy, and see you next issue!

Julia Zaetta, Editor

Cathy's Column

Dear Friends,

The beginning of yet another year, but somehow this one feels different. The pandemic seems to have changed everything for me. I don't think life will ever be the same – funnily enough, in some ways for the better.

Maybe I'm just older!

Suddenly friends and family seem much more fun to spend time with than an outing or a holiday in some strange land. I so hope our team at Harris Farm can be there for you when it's your turn to entertain, feed and have fun with friends and family.

While on our team, I'd really like to give a call out to them. Like our amazing health workers, they too were at the frontline, serving us through lockdowns, trying to get us to follow health regulations, working

extended hours – you were amazing guys, truly amazing. Thank you!

The foodie thing I've most enjoyed during lockdowns was adding that bit of extra pizzazz to whatever dish I was cooking. **Like I discovered the truffle-flavoured butter to add to good old boiled spuds.** Hey presto, from cook to chef! **Or, crushed garlic and a drizzle of olive oil over spinach. And my favourite edible flowers with burrata and a punnet of Sweet Delight tomatoes sprinkled with Fig Vino Cotto!**

The other thing we seemed to think about was exercise and I discovered the best thing for that – my gorgeous shopping trolley. **Instead of driving to the shop, I put on sneakers and wheel my VOOMcart up the road,** into the shop and back home straight into my kitchen. See them on page 85, and we are giving away two of them. So good luck!

Now Happy New Year to you all, and see you at the Farm!

Cathy Harris, AO PSM, Chair, HFM Pty Ltd



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Seasonal Picks

The New Year brings our favourite juicy holiday fruits – watermelon, mangoes, peaches and cherries. By the end of January, we'll add nectarines, rockmelon and grapes. Life could not be sweeter!

NEW YEAR FRUIT

Seedless watermelon
Rockmelon
Gala apples



Honey gold mangoes
Lychees



Tasmanian cherries
Pineapples



Bananas
Finger limes
Valencia oranges



BAKE IT

Halve nectarines and remove stones. Arrange, skin-side down, in a baking dish, then add a dab of butter, a swirl of maple syrup and a sprinkle of cinnamon to each fruit. Pour over the juice of an orange and bake in a moderate oven for 15-20 minutes.



Peaches & nectarines

The tastiest varieties of our favourite stone fruits have been growing slowly since spring, developing flavour and sweetness. And, finally, here they come – January is **PEACH** month and February is ripe for **NECTARINES**.

Whether you favour white or yellow, slipstone or not, the varieties of peaches and nectarines that need winter nights to set the fruit offer the best flavour – and they all ripen with the New Year.

You don't need to squeeze a peach or nectarine to tell if it's ripe. Just check the stem end of the fruit and choose ones that are yellow or golden. Fruit that is green around the stem has been picked early and may not fully ripen.

Buy firm but well-coloured fruit and let it come to perfect ripeness on the kitchen bench. Stone fruit is easily bruised so is best left to ripen stem-end down in a single layer on a platter, rather than mixed in a bowl.

DID YOU KNOW?

Peaches were known as 'Persian apples', because ancient Romans believed they were from Persia (Iran). But they actually originated in China, dating back as early as 6000 BC.

TEAR IT

Pull slipstone peaches into pieces and lay them on a platter of soft lettuce leaves. Tuck thin slices of prosciutto around them, dollop about your favourite soft cheese and scatter over a handful of chopped roasted hazelnuts. Dress with apple cider vinegar, along with hazelnut and olive oils mixed with a dash of maple syrup.

PEACHES



BLITZ IT

Grapes add sweetness to a smoothie of spinach and cucumber. Add lemon juice for balance, plus ice and either chilled coconut or filtered water. Energy plus!



Grapes

Thompson Seedless are the pick of the GRAPES in mid summer.

Green, oval-shaped, and incredibly sweet, they're the best value of all varieties.

They're also the ones used most often for drying as sultanas.

BBQ IT

Cut chicken thighs into bite-size pieces. Toss in a mix of sweet chilli sauce, lime juice and peanut oil and marinate while the barbecue is heating. Thread the chicken onto skewers interspersed with green grapes, then cook. Serve skewers with fresh coriander leaves.

SLICE IT

Mix halved grapes with thinly sliced fresh fennel, plenty of fresh mint, toasted pine nuts and dressing made with chardonnay vinegar and olive oil.

The first harvests are picked from vines in Mildura, on the Victorian side of the Murray River, and a few weeks later the focus shifts to Robinvale, an hour or so down the river.

When buying grapes, the freshness indicator is the stem, which should look green and fresh, like it just came off the vine.

Though renowned for their sweetness, grapes are actually a low-GI fruit, meaning their sugars are slowly released. The result is a perfect afternoon pick-me-up that offers long-lasting energy.

The season for Thompson Seedless peaks just as school goes back, and they are great in a lunchbox, or offered as a frozen treat when heat-frazzled kids get home from school.



NEW YEAR
VEGETABLESCucumber
CarrotsBroccoli
Cauliflower
Baby cosKumara
ShallotsSilverbeet
Tomato
Snake beans

Australian garlic

The Koonya Garlic Festival is Australia's longest-running **GARLIC** fiesta. The one-day event celebrates the joy of this delicious bulb, the food it flavours and the arts it inspires. Held in February in the tiny Tassie hamlet of Koonya (pop. 134), it's a fragrant indicator garlic season has arrived.

TOP TIP

Rub a cut garlic clove around a salad bowl before adding leaves and dressing. This way you'll get a lovely garlic flavour, without the aggressive bite of a raw bulb.

The introduction of cheap imported garlic in the mid-1990s almost killed off the Australian garlic industry. Many farmers shifted to other crops, unable to compete against the low-priced imports. But Aussie garlic is back, with consumer demand for fresh, locally grown bulbs growing every year.

Fresh garlic explodes with sticky juices and intense complex flavours, so you don't need to use as much as you do with older garlic, especially imported varieties that have been chemically treated. It is best stored where air can circulate around the bulb – definitely not one for the crisper!

FRY IT

Melt 50g of butter in a frying pan with 1 Tbsp of olive oil. Add 3 finely chopped garlic cloves, 10 medium-sized green prawns and a pinch of dried chilli. Sizzle for a minute before turning the heat down, adding a handful of chopped fresh parsley and cooking until the prawns curl and colour completely.

GARLIC

SPREAD IT

Whip up summer's best-ever garlic bread by melting 100g of butter and mixing it with 4 grated garlic cloves, 2 Tbsp grated parmesan, a handful of chopped fresh basil, and salt and pepper to taste. Cut a baguette into 2cm-thick slices, without cutting all the way through the loaf. Use a teaspoon to spread the butter in each slit. Wrap in foil and bake in a hot oven for 15 minutes.



Butcher's choice



SUPER BURGERS

How to master the ultimate **BEEF BURGER**.

The key to a really tasty burger is the patty. **For a treat, try** chopping your own mince from chuck steak. **First cut into dice**, removing any sinew, then finely chop the meat. **Season with your choice** of flavourings, divide into balls, and then flatten into patties. **The result will be** a more crumbly patty, with a deliciously deep and juicy flavour. **Don't fancy all that chopping?**

Pick up prepared chuck or brisket patties in-store, which offer the extra flavour without the effort.

Play around with different bun options. **Try a soft milk** bun, or sweet brioche. **Slice and grill Turkish** bread, barbecue sourdough, fold a flatbread or toast split English muffins. **Or, try a nude** burger, folded into a crispy lettuce leaf.

It's simply not summer without **LAMB** on the barbie.

If lamb on the barbecue is your Australia Day go-to, look out for butterflied legs and shoulders that help feed a crowd with no effort.

Butterflying refers to butchering techniques that remove the bone from the joint, making for easy, quick cooking.

Check the cut is an even thickness and, if necessary, slash the thickest sections so it cooks reasonably evenly. **Don't be too concerned** about minor differences as the varying thicknesses will result in different

levels of done-ness, meaning you can slice it to please both the rare meat eaters and the well-doners in the crowd.

Find butterflied lamb legs and shoulders pre-marinated in-store, or make your own marinade or rub. **Quickest of all is** ground roasted cumin rubbed over the meat with enough olive oil to make a slurry. **Do this about half** an hour before cooking, allowing the meat to come to room temp before it's cooked. **Season well with salt** before barbecuing. **See more** marinade recipes on page 34. **MM**



Slice up clever cuts of **STEAK** for mouth-watering meals that are also budget-friendly.

For thrifty family barbecues skip pricey premium steaks served whole; instead, choose cheaper cuts that show off their best sides when sliced thinly.

Bavette and flank are both packed with flavour and are a smart budget buy. **These cuts eat best** when seasoned with salt, rubbed with olive oil, barbecued to medium-rare, rested and then thinly sliced across the grain.

Pile the sliced meat onto a bed of rocket and baby spinach, then add a mustardy dressing.

Or, toss the sliced beef through soft leaf lettuce, sliced cherry tomatoes, fresh mint, coriander and Thai basil, chopped peanuts, snipped red chillies and Thai-style dressing, with an extra squeeze of fresh lime juice.





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Now let me entertain you

Gather your favourite people around because the summer months are perfect for entertaining. These colourful platters and sharing boards make for the ultimate spread – providing a feast for the eyes as well as stomachs.



All ingredients from Harris Farm Markets.

Cook's TIP

Chargrilled sourdough slices drizzled with a garlic-infused olive oil will add abundance to your already generous offering. Stack them, dip them and enjoy!

RECIPES & STYLING: ANNETTE FORREST • PHOTOGRAPHY: LOUISE LISTER • PHOTO CHEF: LARA REYNOLDS

tip time

Fresh, fresh, fresh! Buy the freshest-quality ingredients and let the quality of the fruit and veg, meats and deli items be the star.

Antipasto Platter

**RICOTTA****STUFFED ZUCCHINI FLOWERS**

Recipe on page 24

**BUFFALO MOZZARELLA WITH
ROASTED GRAPES AND PESTO**

Recipe on page 24



Barbecued Meat Lovers' Board

PREPARATION: 30 minutes

COOKING: 40 minutes

SERVES: 6

tip time

To build your platter in the most artful way, arrange the larger elements first, then the smaller items and garnishes to fill the spaces around them.

**TO
Serve**

Prepare barbecued rump with salsa verde, barbecued pork coil with chilli jam, and Moroccan spiced lamb with tzatziki following the methods. Serve each grouped together on a large board.

BARBECUED PORK SAUSAGE COIL WITH CHILLI JAM

500g pork sausage coil
375g truss cherry tomatoes
Olive oil, to brush
1 bunch fresh bay leaves
Chilli jam, to serve

Preheat a lightly greased barbecue over medium heat. **Secure pork sausage coil** with 2 metal skewers. **Brush sausage coil** and tomatoes with oil. **Place sausage coil** onto a greased barbecue and cook for 10 minutes. **Add tomatoes to** the barbecue and carefully turn the sausage coil. **Cook for 12 minutes** or until tomatoes are just tender and sausage is cooked through. **In the last minute** of cooking, place bay leaves on grill and heat until fragrant. **Serve sausage and tomato** with bay leaves and chilli jam.

BARBECUED RUMP WITH SALSA VERDE

1 Tbsp olive oil
2 x 400g rump steaks, trimmed
Sea salt flakes, to season
2 tsp coarsely ground black pepper
1/3 cup HFM fresh salsa verde

Brush steaks with oil, then season with salt and rub with cracked pepper. **Heat a lightly** greased barbecue over high heat. **Sear meat, fat-side** down, for 2-3 minutes or until golden. **Lay steak on** the barbecue or chargrill for 3-4 minutes, then turn and barbecue for 3 minutes (for medium-rare), or until cooked to your liking. **Transfer to a plate**, lightly cover with foil, and rest for 10 minutes. **Slice and serve** with salsa verde.

MOROCCAN SPICED LAMB CUTLETS WITH TZATZIKI

3 tsp Ras el Hanout or Moroccan spice mix
1 tsp sea salt flakes
2 cloves garlic, crushed
1/4 cup extra virgin olive oil
12 lamb cutlets, trimmed
200g tub tzatziki
Fresh mint leaves and barbecued lemon halves, to serve

Preheat a greased barbecue on medium-high heat. **Combine Ras el Hanout** or Moroccan spice, salt, garlic and oil in a small bowl. **Brush mixture over** lamb. **Barbecue lamb for** 2-3 minutes on each side (for medium-rare), or cook to your liking. **Transfer to a tray**, cover lightly with foil, and rest for 5 minutes. **Serve with tzatziki**, fresh mint leaves and barbecued lemon.

Vegetarian Sharing Board

PREPARATION: 25 minutes

COOKING: 35 minutes

SERVES: 6

225g tub beetroot hummus
250g Qukes (baby cucumbers),
halved lengthways
8 snacking carrots, peeled and
halved lengthways

ITALIAN CAPSICUM, EGGPLANT AND ZUCCHINI

2 cloves garlic, crushed
¼ cup extra virgin olive oil, plus
extra for drizzling
1 medium red and 1 medium yellow
capsicum, cut into 2cm thick strips
1 large zucchini, cut diagonally in 1cm
thick slices
1 (about 375g) plump eggplant,
cut lengthways into 1cm slices
and halved
Sea salt flakes and freshly ground
black pepper, to season

Preheat a chargrill or barbecue over medium-high heat. **Combine** garlic and oil in a small bowl. **Brush vegetables with** oil mixture. **Chargrill vegetables, in batches,** for 4-5 minutes until just tender. **Transfer to a serving bowl.** **Drizzle liberally with** extra olive oil and season with salt and pepper. **Set aside to** slightly cool before serving.

FRIED HALOUMI WITH POMEGRANATE AND HONEY

200g haloumi, drained and dried,
sliced lengthways into 3 slices and
halved diagonally
Extra virgin olive oil, to shallow fry
Fresh pomegranate and clear honey,
to serve

Heat ½cm oil in a large non-stick frying pan over medium heat. **Add haloumi and**

fry for 1-2 minutes on each side or until golden. **Drain on paper towel.** **Serve warm with** pomegranate and honey.

BROCCOLINI WITH ALMONDS

2 bunches broccolini, halved
lengthways
2 Tbsp extra virgin olive oil, plus extra
for brushing
1 clove garlic, crushed
¼ cup slivered almonds
1 Tbsp lemon juice
Sea salt flakes and freshly ground
black pepper, to season

Heat a chargrill or barbecue over high heat. **Brush broccolini with** oil. **Chargrill or barbecue** for 2-3 minutes or until just crisp and lightly charred. **Transfer to a serving plate.** **Just before serving,** heat oil in a small frying pan. **Add garlic and almonds,** then cook until golden. **Add lemon juice** and season with salt and pepper. **Drizzle warm dressing** over broccolini just before serving.

TO Serve

Prepare Italian capsicum, eggplant and zucchini, broccolini with almonds, falafels with tahini yoghurt and flatbread, and fried haloumi with pomegranate and honey following the methods. Serve each grouped together on a large board, along with remaining ingredients.

FALAFELS WITH TAHINI YOGHURT AND FLATBREAD

2 x 250g tubs chilled
sesame falafels
¾ cup Greek-style
natural yoghurt
2 Tbsp tahini
1 Tbsp lemon juice
Sea salt flakes and freshly
ground black pepper,
to season
Pomegranate
molasses, to drizzle
6 Lebanese flat breads,
cut into triangles
Tabouli, lemon wedges
and mint leaves, to serve

Heat falafels following packet instructions. **Combine** yoghurt, tahini and lemon juice in a bowl, then season. **Drizzle with pomegranate** molasses. **Serve falafels with** tahini yoghurt, tabouli, lemon wedges and mint leaves.

Tip time
Slice, dice and chop all of your delicious platter elements into easy-to-serve pieces. This will make it easier for guests to fill their plates.



MANGO WITH SALTED CARAMEL AND PEANUT SNAPS

2 large just-ripe mangoes
 $\frac{1}{3}$ cup salted caramel sauce
 Handful blueberries, to serve
 6 (50g) peanut snap biscuits

Slice flesh from mangoes and remove skin. **Cut into 1-cm** pieces and spoon into 6 serving glasses. **Top with salted** caramel and blueberries, and serve with biscuits.



CHOCOLATE-DIPPED STRAWBERRIES

100g dark chocolate, broken into pieces
 250g punnet large strawberries, washed and dried

Line a baking tray with baking paper. **Place chocolate in** a microwave-safe bowl. **Microwave on high** for 40 seconds or until almost melted. **Stir with a** metal spoon until smooth. **Dip the pointy** end of each strawberry into the melted chocolate. **Place onto baking** tray. **Refrigerate for 15** minutes until chocolate is set, then serve.

TO Serve

Prepare choc-dipped strawberries, chargrilled peaches with raspberry Eton mess, mango with salted caramel, and figs with mascarpone following the methods.

Serve on a large board with fresh fruit (we used passionfruit and watermelon) and indulgent treats – like our Persian nougat and choc-coated almonds.



tip time

If you don't have a super-duper serving board, arrange your spread on the table using multiple smaller platters or boards. Various heights also add interest!

FIGS WITH MASCARPONE

125g mascarpone
2 tsp icing sugar mixture
6 plump figs, cut open (at room temperature)
Chopped Turkish delight and honey, to serve

Place mascarpone and icing sugar in a bowl. **Whisk until smooth and fluffy.** Spoon mixture into figs. **Top each with** a piece of Turkish delight, then drizzle with honey.

CHARGRILLED PEACHES WITH RASPBERRY ETON MESS
Recipe over page

PREPARATION: 45 minutes
COOKING: 5 minutes
SERVES: 6

Fruit Dessert Board

CHARGRILLED PEACHES WITH RASPBERRY ETON MESS

From page 23

2 Tbsp caster sugar
6 medium just-ripe peaches, halved
125ml thickened cream
2 tsp icing sugar mixture
125g punnet raspberries, lightly crushed
2 mini (about 50g) pavlovas, roughly broken up

Preheat a chargill on medium-high heat. **Place** **caster sugar** onto a plate. **Press cut-side of** peaches into the sugar. **Chargill peaches for** 3-4 minutes or until charred. **Transfer to a** serving bowl. **To make** **raspberry Eton mess**, use electric hand-beaters to whip cream and icing sugar in a bowl until soft peaks form. **Chill until ready** to serve. **Just before serving**, swirl raspberries and pavlova through the cream. **Transfer to** a serving bowl and serve with peaches.

tip time

Eat the rainbow. A platter full of colour is eye catching and irresistible. Choose varying shades of food and add fresh herbs and lemon wedges.

Antipasto Platter

From page 17

PREPARATION: 35 minutes

COOKING: 25 minutes

SERVES: 6

220g tub mixed olives
200g tub marinated artichokes
200g tub stuffed baby peppers, lightly drained
200g thinly sliced prosciutto
100g sliced salami
½ ripe rockmelon, deseeded and cut into thin wedges
Rocket leaves and Lavosh crackers, to serve

BUFFALO MOZZARELLA WITH ROASTED GRAPES AND PESTO

250g red seedless grapes, snipped into small bunches
Extra virgin olive oil, for drizzling
Caramelised balsamic vinegar, for drizzling
125g buffalo mozzarella, drained
⅓ cup HFM fresh basil pesto
Chargrilled sourdough baguette bread and fresh basil leaves, to serve

Preheat oven to 200°C fan-forced. Place **grapes onto** a baking tray lined with baking paper. **Lightly drizzle with** oil and caramelised balsamic. **Roast for 12** minutes or until tender. **Set aside to** cool to room temperature. **Serve roasted grapes** with buffalo mozzarella, pesto, grilled sourdough baguette and basil leaves. **Drizzle with extra** olive oil, if desired.

RICOTTA STUFFED ZUCCHINI FLOWERS

⅔ cup plain flour
⅓ cup cornflour, plus extra for dusting
1 cup chilled soda or mineral water
150g fresh ricotta, drained on paper towel
2 Tbsp grated parmesan, plus extra to serve
2 tsp finely grated lemon zest
Sea salt flakes and freshly ground black pepper, to season
200g packet fresh zucchini flowers (with the baby zucchini attached)
Light-flavoured olive oil or rice bran oil, to shallow fry
Dill sprigs and lemon wedges, to serve

To make the batter, combine flours and soda water in a large bowl. **Whisk until just** combined (it will be lumpy) and stand for 10 minutes. **Combine ricotta, parmesan** and lemon zest in a bowl. **Season with salt** and pepper and mix until smooth. **Gently pry each** zucchini flower open and snap off the stamens in the flower. **Fill each flower** with ricotta mixture. **Gently twist petals** to enclose the filling. **Heat about 5cm oil** in a large frying pan over medium-high heat. **Lightly dust zucchini** flowers in extra cornflour, then dip into batter. **Fry in batches** for 2 minutes on each side or until light golden and crisp. **Drain on paper** towel and transfer to a plate. **Sprinkle with extra** parmesan and dill. **Serve immediately with** lemon wedges. **MM**

TO Serve

Place olives, artichokes and baby peppers in serving bowls. Arrange buffalo mozzarella with roasted grapes, and prepare zucchini flowers (cook just before serving) following the methods. Assemble on a large platter with remaining ingredients, then serve.



FISH *in the* FAMILY



For more of Mum's recipe's, see our range of recipe cards in store or head to our website.

CRUMBED KING DORY TACOS WITH JALAPENO GUACAMOLE

SERVES 4

Flathead fillets or boneless white fish fillets
can also be used in this recipe.

500g King Dory fish fillets

2 tbsp plain flour

¾ tsp smoked paprika

Sea salt flakes and freshly ground black pepper

2 eggs, lightly beaten

2 cups panko breadcrumbs

Rice bran or canola oil, for pan-frying

8 large soft flour tortillas, warmed

3 cups shredded Iceberg lettuce

200g grape tomatoes, halved lengthways

Kewpie mayonnaise and sriracha hot sauce, to serve

JALAPENO GUACAMOLE

1 large avocado, halved, stone removed

2 tbsp lime juice

1/3 cup coriander leaves, chopped

½ fresh jalapeno chilli (or use long green chilli),
deseeded, finely chopped

To make jalapeno guacamole, scoop avocado flesh into a bowl and roughly mash. Add lime, coriander and chilli. Season with salt and pepper. Stir until just combined. Press a sheet of plastic wrap onto the surface. Chill until ready to serve.

Preheat oven to 90°C/70°C fan-forced. Cut each fish fillet into 3-4cm wide strips. Combine flour and paprika in a shallow bowl and season with salt and pepper. Whisk eggs in a shallow bowl. Place breadcrumbs onto a plate.

Heat 1/2cm oil in a large non-stick frying pan over medium-high heat. Dip fish into flour to lightly coat, dip into egg then evenly coat in breadcrumbs. Cook fish in batches, for 1-2 minutes on each side until golden. Transfer to a rack on a baking tray and keep warm in the oven between cooking batches.

* Serve fish with jalapeno guacamole, warmed tortillas, lettuce, tomatoes, mayonnaise and sriracha hot sauce.

YOU CAN FIND US INSIDE THE FOLLOWING HARRIS FARM MARKETS:

Albury, Bondi, Bowral, Broadway, Drummoyne, Isle of Capri, Leichhardt, Lindfield, Manly, Newcastle, Orange, Potts Point, Rose Bay, St Ives West End, Wetherill Park



Cook's TIP

To make a quick radish and fennel salad, use a knife or mandolin to slice thinly a bunch of radish, a medium fennel and a handful of brussels sprouts. Combine with 1 cup of mint leaves, a handful of halved snow peas, a little crumbled feta and a drizzle of olive oil, lemon juice and sherry vinegar. Toss well, season and serve. Bravo!

Grill Seekers!

Give the snags a break and get your summer sizzle on with a vibrant array of delectable options to liven up your barbecue. Build your repertoire with bold and flavoursome meat skewers and tender chicken, or keep it light and lush with fresh seafood. It's time to fire up the barbie and get grilling!

PHOTOGRAPHY: ANDRE MARTIN • STYLING: STEPHANIE SOUVLIS • RECIPES & FOOD PREPARATION: MELISSA SURIANO

SPICE CRUSTED BBQ PRAWNS Recipe on page 34



GRILLED CHICKEN WITH SALSA VERDE

PREPARATION: 15 minutes

COOKING: 10 minutes

SERVES: 4

8 chicken thigh fillets, halved
¼ cup extra virgin olive oil
Salt and pepper, to season
Basil leaves and lemon slices, to serve

SALSA VERDE

2 cloves garlic
½ cup basil leaves
½ cup coriander or parsley leaves
2 Tbsp lemon juice
2 Tbsp salted capers, rinsed
2 anchovies, drained, rinsed

1 Tbsp red wine vinegar
⅓ cup extra virgin olive oil

1. Place chicken and oil in a large bowl, then season and toss until well coated.
2. Thread two pieces of chicken onto 8 bamboo skewers. Set aside.
3. For the salsa verde, place all ingredients in the bowl of a food processor and blend until just combined. The salsa should be roughly mixed, not a smooth paste. Add a little water if too thick, to adjust to your desired consistency.
4. Preheat the barbecue grill to medium heat.
5. Grill chicken for about 8-10 minutes, turning once or twice until chicken is cooked through.
6. Serve chicken topped with generous spoonfuls of salsa verde, along with basil leaves and lemon slices.

GRILLED CORN WITH PARSLEY AND CHIVE BUTTER

PREPARATION: 10 minutes

COOKING: 20 minutes

SERVES: 4

2 Tbsp chopped fresh parsley
1 Tbsp chopped fresh chives
125g butter, softened
2 Tbsp lemon juice
Salt and pepper, to season
3L water
2 Tbsp sea salt
4 cobs of corn, in the husks
1 Tbsp vegetable oil

1. To make parsley and chive butter, combine herbs together. Place softened butter in a medium bowl and add herbs. Add lemon juice slowly and continue to stir until combined. Season well with salt and pepper. Alternatively, you can place all ingredients in a blender and blitz until combined. Refrigerate until ready to use.
2. Place water, salt and corn in a large saucepan and bring to the boil.
3. Once boiling, cook corn for 3 minutes. Drain well.
4. Peel husks back and secure with a piece of husk or twine. Brush corn kernels with vegetable oil.
5. Preheat the barbecue grill to medium heat.
6. Grill corn for about 15 minutes, turning often until tender and charred.
7. Serve corn hot with parsley and chive butter smothered over the top.

Cook's TIP

Have toothpicks aplenty on hand for your guests when serving corn on the cob!





COUSCOUS SALAD

PREPARATION: 5 minutes

COOKING: 5 minutes

SERVES: 4-6

2 cups couscous
2 cups boiling water
1 medium capsicum, finely diced
1 medium red onion, finely diced
½ cup coriander leaves
¼ cup extra virgin olive oil
Juice of 1 lemon
Salt and pepper, to season

1. Place couscous in a bowl and pour over 2 cups boiling water.
2. Using a fork, fluff couscous to separate the grains until all the liquid has been absorbed.
3. Stir in capsicum, red onion and coriander leaves.
4. Add olive oil and lemon juice, then season. Toss together until well combined, then serve.

ROSEMARY SKEWERED MEDITERRANEAN LAMB

PREPARATION: 20 minutes, plus overnight marinating

COOKING: 10 minutes

SERVES: 4-6

5 cloves garlic, crushed
¾ cup extra virgin olive oil
Juice and grated zest of 2 lemons
4 sprigs rosemary, leaves chopped
1kg boneless lamb shoulder, cut into 2-3cm pieces
Salt and pepper, to season
Long rosemary branches, leaves removed (for skewers)
Coriander leaves, to garnish
Grilled pita bread and couscous salad, to serve (see couscous recipe, left)

GARLIC YOGHURT

¾ cup natural thickened yoghurt
1 clove garlic, crushed
2 Tbsp lemon juice

1. Mix garlic, oil, lemon juice and zest, and chopped rosemary in a large bowl.
2. Add lamb, toss to coat, and leave to marinate for at least 1 hour or preferably overnight.
3. To make garlic yoghurt, combine yoghurt, garlic and lemon juice in a bowl and season with salt. Set aside in the fridge.
4. Thread three to four pieces of lamb onto each rosemary branch.
5. Preheat the barbecue grill to medium heat.
6. Grill lamb skewers for 3 minutes, then turn and cook for a further 4 minutes or until lamb is just cooked through. For medium-rare, this will take approximately 8 minutes as it will continue to cook once you remove it from the barbecue.
7. Serve lamb skewers garnished with coriander, and with garlic yoghurt, toasted pita bread and couscous salad on the side.



SIMPLE GRILLED SALMON SKEWERS

PREPARATION: 15 minutes

COOKING: 10 minutes

SERVES: 4

180g unsalted butter, softened
4 anchovies
3 sprigs thyme, leaves picked
1 sprig rosemary, leaves picked
6 chive sprigs, roughly chopped
1 Tbsp parsley leaves
4 x 150g boneless salmon fillets, halved lengthways
¼ cup extra virgin olive oil
Salt and pepper, to season
Lime wedges and green salad, to serve

1. Place butter, anchovies, thyme, rosemary, chives and parsley into the bowl of a food

Recipe continues on page 32

After stripping and washing the rosemary skewers, dry them in the oven or simply use fresh.



processor and process until smooth. Cover with cling wrap and refrigerate until ready to serve.

2. Thread each piece of salmon onto a bamboo or metal skewer.

3. Coat salmon with olive oil and season well.

4. Preheat barbecue to medium.

5. Grill salmon for 2-3 minutes each side, turning once, until cooked through, brushing each fillet with the prepared butter while cooking.

6. Serve salmon topped with remaining anchovy and herb butter. Squeeze over a little lime juice and serve with green salad.

Cook's TIP

You can add additional toppings such as avocado and extra coriander.

GRILLED SPICED FISH TACOS

PREPARATION: 20 minutes

COOKING: 10 minutes

SERVES: 4

2 tsp chilli powder

1 tsp ground cumin

1 tsp ground coriander

½ tsp smoked paprika

1 tsp garlic powder

1 tsp salt

1 tsp pepper

1kg firm boneless white fish fillets, cut into 5-7cm pieces

Oil, for brushing

8 flour tortillas

Chipotle mayonnaise, to serve

SLAW SALAD

240g packet dry coleslaw mix

1 cup Greek-style yoghurt

½ tsp ground cumin

Juice of ½ lime

¼ tsp pepper

½ tsp salt

3 green shallots, finely sliced

2 cloves garlic, crushed

½ bunch fresh coriander leaves

1. Combine all spices in a large bowl with salt and pepper. Add fish and toss well to coat.

2. Thread 3 pieces of fish at a time onto bamboo skewers. Set aside.

3. Heat barbecue grill plate to medium heat and brush with oil.

4. For the slaw salad, place coleslaw mix in a large bowl and add the rest of the ingredients, except for coriander, and stir well. Cover and set aside.

5. Grill fish skewers for 2-3 minutes on each side until fish is cooked through.

6. Stir coriander through slaw mix. Serve fish and slaw salad with tortillas and chipotle mayonnaise.

GRILLED PINEAPPLE AND SUMMER FRUITS

PREPARATION: 10 minutes

COOKING: 5 minutes

SERVES: 4

1 large pineapple, skin and core removed, cut into 8 wedges

3 nectarines, cut into wedges

Maple syrup, to drizzle

125g punnet raspberries

125g punnet blueberries

1 cup vanilla bean yoghurt

Mint leaves, to garnish

1. Thread each pineapple wedge onto a bamboo skewer.

2. Heat barbecue grill to medium.

3. Place pineapple skewers and nectarines on grill. Cook for 2-3 minutes, turning once, or until lightly charred.

4. Arrange on a serving platter and drizzle with maple syrup. Add raspberries, blueberries and vanilla yoghurt to the platter. Garnish with mint leaves and serve immediately.



If desired, you can use a combination of other summer stone fruits such as peaches or plums.



SPICE CRUSTED BBQ PRAWNS

PREPARATION: 15 minutes

COOKING: 5 minutes

SERVES: 4-6

1 tsp sea salt
1 tsp ground coriander
1 tsp ground cumin
1 tsp smoked paprika
¼ tsp of chilli powder (optional)
¼ cup extra virgin olive oil
1kg whole green prawns, unpeeled
Micro herbs, lemon wedges, and
radish and fennel salad, to serve
(see recipe on page 26)

1. Place salt, spices and olive oil in a small bowl and mix well.
2. Skewer prawns from the tail of the prawn to the base of the head.
3. Toss prawns in the spice mixture just before cooking.
4. Heat barbecue grill to medium.
5. Cook prawns until they turn a dark colour and are cooked through.
6. Baste with any leftover spice mixture as prawns are cooking.
7. Serve prawns on or off skewers with a scatter of micro herbs, a few lemon wedges, and a radish and fennel salad on the side.

5 Tbsp fennel seeds
3 cloves garlic
Salt and pepper,
to season

1. Place all ingredients into a blender and blitz until smooth.
2. Rub onto any meat, poultry or fish before grilling.

FENNEL AND GARLIC SPICE RUB

BBQ SPICE MIX

2 Tbsp cumin seeds
2 Tbsp coriander seeds
2 Tbsp fennel seeds
1 Tbsp black peppercorns
1 cinnamon stick

1. Place all ingredients in a frypan on medium heat until fragrant.
2. Either blend in a food processor or crush in a mortar and pestle until spices are ground. Don't worry if they aren't fully crushed into a powder.
3. Rub over meat, poultry or fish before grilling.



BBQ RUBS AND Marinades

These zingy flavour boosters will make your dishes sing! They work beautifully with poultry, beef, lamb, pork or fish.

CHILLI SPICE RUB
(great for fish tacos)

- 2 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garlic powder
- 1 tsp sea salt flakes
- 1 tsp ground black pepper
- ½ tsp smoked paprika
- ¼ cup olive oil

1. Place all ingredients in a bowl and mix well. Rub over meat, poultry or fish before grilling.

ASIAN-STYLE MARINADE
(great for fish)

- 2 sticks lemongrass, sliced
- 8 kaffir lime leaves, finely sliced
- 3 cloves garlic, crushed
- 3 Tbsp soy sauce
- 1 tsp fish sauce
- 1 piece ginger (5cm), peeled and chopped
- Juice of 3 limes
- 1 red chilli, seeds removed, finely chopped
- 150ml olive oil

1. Place all ingredients in a bowl and marinate your meat, poultry or fish, tossing to coat.

MEDITERRANEAN MARINADE

- 6 cloves garlic, crushed
- ¾ cup olive oil
- Juice and finely grated zest of 2 lemons
- 4 sprigs rosemary, finely chopped
- Salt and pepper, to season

1. Combine all ingredients in a bowl and mix well. Add to your meat, poultry or fish, tossing to coat. **MM**

Shop the Market

LIME AND SPINACH CURRY PUFFS

Preheat oven to 200°C fan-forced. Pour Vegan Made Easy Lime Spinach Dahl into a sieve over a bowl to remove excess liquid. **Using a 11cm-round** cookie cutter, cut 12 rounds from store-bought frozen shortcrust pastry. **Place 1 ½ Tbsp** of the dahl mixture in the centre of each pastry round. **Brush the edges** with the egg, then fold to enclose and press with a fork to seal. **Place on oven** trays lined with baking paper. **Brush with egg** and scatter with sesame seeds. **Bake for 15-20** minutes or until golden. **Serve with combined** Beerenberg Mango Chutney, diced mango and cucumber, along with lime wedges and coriander on the side.

NOW TRY THIS

Roast halved sweet potatoes until just tender, scoop out the centre and mash. Mix mashed sweet potato with lime spinach dahl, then return to the sweet potato hollow. Roast again until golden.

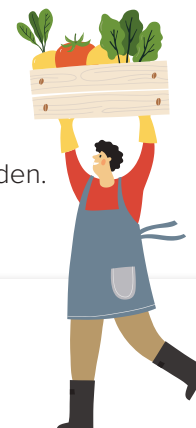
Top Tip
Stir chutney through sour cream and serve with potato wedges for dipping.



Vegan Made Easy Lime Spinach Dahl 430g



Beerenberg Mango Chutney 280g



Stock up on



Add something new to this week's shopping basket. We have clever ways to transform store-bought finds into tasty weeknight meals and weekend wonders.

MEDITERRANEAN LAMB CUTLET PLATTER

Combine crushed garlic, a drizzle of olive oil and a squeeze of lemon juice in a large bowl. **Add about 8** lamb cutlets and toss to coat. **Remove lamb from** marinade, then sprinkle generously with Moredough Kitchens Gourmet Lamb Seasoning. **Heat a little** oil in a frying pan over medium heat. **Cook lamb for** about 3 minutes each side for medium-rare. **To serve,** arrange on a platter with roast potato wedges, hummus dip, baby Lebanese cucumbers, cherry tomatoes, radish, mint, lemon wedges and an abundant sprinkle of South Cape Greek Style Fetta.

NOW TRY THIS

Frozen feta is great for finely grating over your next pasta dish or salad. Once grated, don't worry, it defrosts very quickly on your food. Give it a go!



Handy Hint
Make your roast potatoes epic by sprinkling them with this seasoning before you roast.

Stock up on



South Cape
Greek Style
Fetta 200g



Moredough
Kitchens
Gourmet Lamb
Seasoning 30g

CHICKEN AND EGG CAESAR SAMBO

Pan-fry Hazeldenes Free

Range Chicken Caesar Tenderloins until lightly browned and cooked through. **Grill or toast** slices of sourdough, then generously spread with aioli. **Top with finely** shredded baby cos, sliced chicken pieces, sliced prosciutto, soft poached Pirovic Certified Organic Free Range Eggs and lots of finely grated Grana Padano Parmesan. **Season and serve** with lemon wedges on the side.

NOW TRY THIS

Try 'boiling' an egg in your air fryer. Place a couple of eggs in the air fryer basket and cook at 160°C for about 8 minutes, then set aside for 2 minutes before serving – no water needed! **MM**

Top Tip
Freeze your parmesan rind and then add it to your next Italian-style soup, stew or bolognese sauce.



Stock up on



Hazeldenes Free Range Caesar Chicken Tenderloins 500-650g



Pirovic Certified Organic Free Range Eggs x 6 pack 300g



If blood oranges are not available, you can just use normal oranges, or store-bought blood orange juice.

BLOOD ORANGE CAMPARI GRANITA Recipe on page 44

If you want a non-alcoholic granita, just leave out the Campari.

PHOTOGRAPHY: ANDRE MARTIN • STYLING & RECIPES: STEPHANIE SOUVLIS • RECIPES & FOOD PREPARATION: MELISSA SURIANO

Nice i e baby

These will keep in the freezer covered for up to two months.

Keep your cool with these icy treats. They're easy to make – so less time in the kitchen and more time enjoying them with friends. Whether you like yours on a stick or in a glass, you'll fall in love with every mouthful.

MOJITO SLUSHIES

PREPARATION: 10 minutes

FREEZING: 6 hours

SERVES: 6-8

1/3 cup caster sugar

1/3 cup water

125ml white rum

Juice of 2 limes

60ml store-bought green juice

250ml soda water

1/2 bunch mint leaves

5 cups ice

- 1. Place sugar and water** in a saucepan on low heat and stir until sugar has dissolved. Remove from heat and set aside to cool.
- 2. When cool, combine sugar** syrup, rum, lime juice, green juice, soda water and mint leaves in a jug.
- 3. Pour mixture in the** jug of your blender and add ice. Blend until mixture is thick. Add more ice if you prefer a thicker consistency.
- 4. Serve immediately in** glasses or cups.

Look for fresh green juice in your local Harris Farm Markets. Flavours such as apple, spinach and cucumber work well.



Shape UP!

There is an array of different shaped moulds available these days so get creative! You'll find rockets, ice-cream cones, stars and cactus to name just a few.

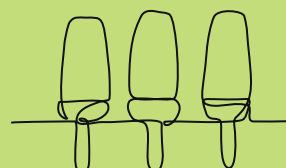


LYCHEE COCKTAIL POPSICLES Recipe on page 44

Entertaining? Serve these popsicles resting in martini glasses, with a splash of prosecco poured over the top.

Cook's TIP

To loosen the popsicles for release, simply run under hot water for approximately 10-20 seconds.



Scatter with toasted coconut flakes for extra crunch.

PINEAPPLE, COCONUT AND MINT POPSICLES Recipe on page 44

BLOOD ORANGE CAMPARI GRANITA

PREPARATION: 5 minutes, plus cooling time

FREEZING: 6 hours

SERVES: 6-8

$\frac{1}{3}$ cup caster sugar
 $\frac{1}{3}$ cup water
 1L soda water
 400ml blood orange juice (if using fresh, you'll need about 5 oranges)
 100ml Campari

1. Place sugar and water in a saucepan over low heat and stir until sugar has dissolved. Remove from heat and set aside to cool.
2. Stir in soda water, orange juice and Campari.
3. Pour into a 1.5-litre-capacity tin and freeze for 6 hours or overnight.
4. When ready to serve, remove from freezer and scrape with a fork to create the granita flakes. Serve in glasses.

RASPBERRY AND COCONUT SWIRL POPSICLES

PREPARATION: 15 minutes

FREEZING: 6 hours

SERVES: 8

1 cup frozen or fresh raspberries
 400ml can coconut milk
 2 Tbsp maple syrup or honey

1. Place raspberries in a blender and purée until smooth. Set aside.
2. Pour coconut milk and maple syrup in a bowl. Whisk with fork until blended.

3. Using an 8-hole 125ml-capacity popsicle mould, pour raspberry purée one third of the way up the holes, followed by the coconut milk mixture. To give it a swirl effect, place a skewer in the mixture and whirl it around.

4. Add popsicle sticks to the moulds, using a piece of tape or popsicle lid to hold them in place. Freeze for 6 hours or overnight before serving.

LYCHEE COCKTAIL POPSICLES

PREPARATION: 8 minutes

FREEZING: 6 hours

SERVES: 8

8 lemongrass stalks
 300g tin lychees (using half the lychees and 150ml of the lychee juice from the tin)
 220g ice cubes
 125ml vodka
 2 Tbsp coconut water
 2 Tbsp lime juice
 6-8 large mint leaves
 2 Tbsp coconut milk

1. Prepare lemongrass stalks by trimming the white end off, peeling back the remaining leaves, and cutting them down to 12cm. These will be the popsicle sticks.

2. Place all ingredients, except lemongrass, in a blender.

3. Blend on a low speed, slowly increasing the speed to high, and blend until smooth.

4. Pour the mixture into an 8-hole 125ml-capacity popsicle mould.

5. Place one stick of lemongrass in each mould as the stick, using a piece of tape to hold them in place if necessary.

6. Freeze for at least 6 hours or overnight. Remove from moulds and serve immediately.

PINEAPPLE, COCONUT AND MINT POPSICLES

PREPARATION: 10 minutes

FREEZING: 6 hours

SERVES: 6

550g fresh pineapple flesh
 $\frac{1}{3}$ cup coconut milk
 $\frac{1}{2}$ cup mint leaves

1. Place pineapple in a food processor or blender and blend until smooth.

2. Add coconut milk and combine.

3. Pour pineapple mixture into a 6-hole 125ml-capacity popsicle mould, adding mint leaves as you go.

4. Place a stick in each mould, using a piece of tape or popsicle lid to hold them in place.

5. Freeze for at least 6 hours or overnight. Remove from moulds and serve. It's the flavour of summer in just one bite! **MM**



Justine Schofield's pick of Fromager d'Affinois cheeses



Petit d'Affinois

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Excellence

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Mini d'Affinois

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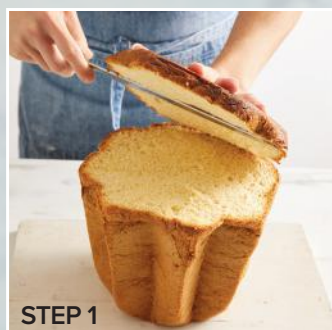
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FRESH AUTHENTIC A PLEASURE TO EAT

PORK AND FENNEL CACCIATORE SALAMI • PANCETTA FLAT PORTION MILD
AUST PROSCIUTTO SLICED 500G • PANCETTA FLAT PORTION CHILLI
TRUFFLE ARTISAN SALAMI • MORTADELLA ITALIAN STYLE CHUB
SALAMI CACCIATORE MILD • SALAMI CACCIATORE HOT





STEP 1



STEP 2



STEP 3



STEP 4



STEP 5

MANGO AND RASPBERRY PANDORO ICE-CREAM

PREPARATION: 25 minutes, plus 8 hours freezing

COOKING: 5 minutes

SERVES: 12

750g pandoro
1L vanilla ice-cream
500ml mango sorbet
¼ cup raspberry jam or conserve
125g punnet raspberries
3 Tbsp limoncello (optional)
Thinly sliced mango and pineapple wedges, plus passionfruit pulp, to serve

WHITE CHOCOLATE GANACHE

⅓ cup thickened cream
1 cup white chocolate melts

1. Turn pandoro upside down.

Using a large serrated knife, slice off a 1cm thick disc. Set aside.

2. With the knife at an angle, cut out the centre of the pandoro to create a hollow.

3. Use a spoon to carve the pandoro to create a minimum 2-3cm thick wall. The thickness of the wall will differ in places due to the shape.

4. Measure the width of the opening, then cut the reserved disc to fit snugly inside it (you can use a side plate

to assist you). Set aside. Meanwhile, remove ice-cream and sorbet from the freezer and allow to sit at room temperature for 10 minutes to slightly soften, but not become runny.

5. Brush the whole inside of the pandoro wall evenly with jam.

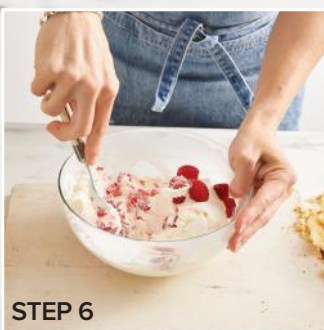
6. Place softened vanilla ice-cream in a large bowl, then add half the raspberries and smooch half into the ice-cream to create a ripple effect, leaving some intact.

7. Spoon a little raspberry ice-cream mixture into the hollow, followed by a spoonful of sorbet. Then repeat until the hollow is almost full.

8. Place reserved disc on top, pushing down for it to sit level. Transfer to a plate, still upside down. Cover with plastic wrap and freeze for 8 hours or overnight.

9. To make white chocolate sauce, heat cream in a small saucepan over medium heat. Once simmering, remove from heat and stir in chocolate. Set aside until chocolate has melted, then stir until smooth. Refrigerate for about 15 minutes or until thickened to honey consistency.

10. Just before serving, flip pandoro onto a serving plate and set aside at room temperature for 10 minutes, then brush with limoncello, if desired. Drizzle with white chocolate sauce and decorate with mango, pineapple, passionfruit and remaining raspberries, then serve immediately. **MM**



STEP 6



STEP 7



STEP 8

To make it
easy to slice
frozen pandoro,
dip a knife in hot
water, dry it, then
slice.

★ — Starring — ★ Pandoro

10 simple steps to wow your guests with this bliss bomb dessert.



THE PIROVIC FAMILY

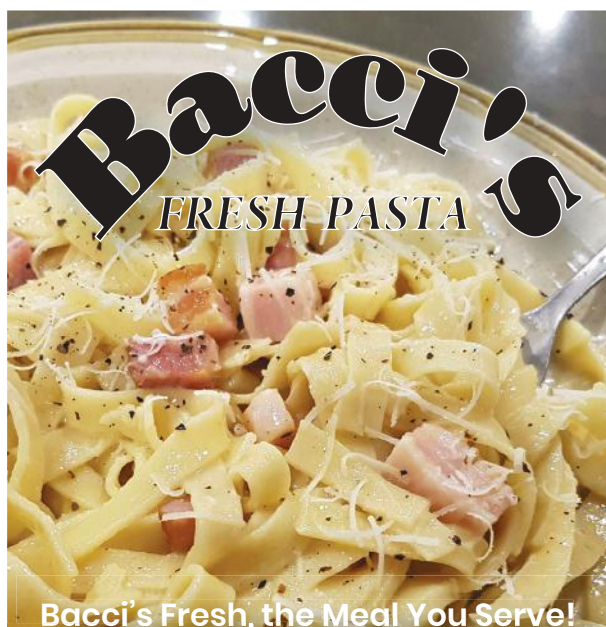
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 So it's time to get your hands on as much
 fresh seasonal produce as you can.
 Create fabulous meals that will help you and
 your family linger over the long warm
 nights and get into entertaining. Have
 a mate or special date joining you for
 dinner? With our simple tricks and tweaks,
 you can transform these family meals
 into something even more terrific.
 So cook up and enjoy!

Saffron and Tomato Mussels • Linguine • Prawn Tacos with Avocado • Grilled Corn and Palm Heart Salsa • Grilled Vegetable and Haloumi Turkish Toasties • Sumac and Yoghurt Chicken Kebab with Green Tahini Dressing

RECIPES: ALEJANDRO FRANCO • PHOTOGRAPHY & STYLING: BONNIE COUMBE

HARRIS FARM • ALL INGREDIENTS FROM

READY IN 40 MINS

Tip

While the mussels are cooking, shake the pot or stir every minute to help them open.



**FOR MATES
AND DATES**

Use white wine, cider or beer instead of stock.



SAFFRON AND TOMATO MUSSELS LINGUINE

PREPARATION: 15 MINUTES • COOKING: 25 MINUTES • SERVES 4



INGREDIENTS

½ leek
 3 cloves garlic
 200g punnet Kumato grape tomatoes
 ½ bunch flat-leaf parsley
 250g punnet Sampari tomatoes
 Olive oil
 Salt and pepper, to season
 200ml chicken or vegetable stock
 1 pinch saffron
 1kg live pot-ready mussels
 500g packet linguine pasta
 1 Tbsp butter
 1 lemon

1. Preheat oven to 200°C fan-forced. Finely dice leek and garlic. Cut Kumato tomatoes in half and finely chop parsley. Set aside.
2. Place Sampari tomatoes on a baking tray lined with baking paper. Drizzle with olive oil, then season. Roast for 15 minutes.
3. Meanwhile, heat a large deep cast iron pot over medium-high heat. Drizzle a little olive oil, add leek and garlic, and cook for 3 minutes, stirring until softened and golden.
4. Add Kumato tomatoes and cook for a further 3 minutes. Pour in stock and saffron, then bring to the

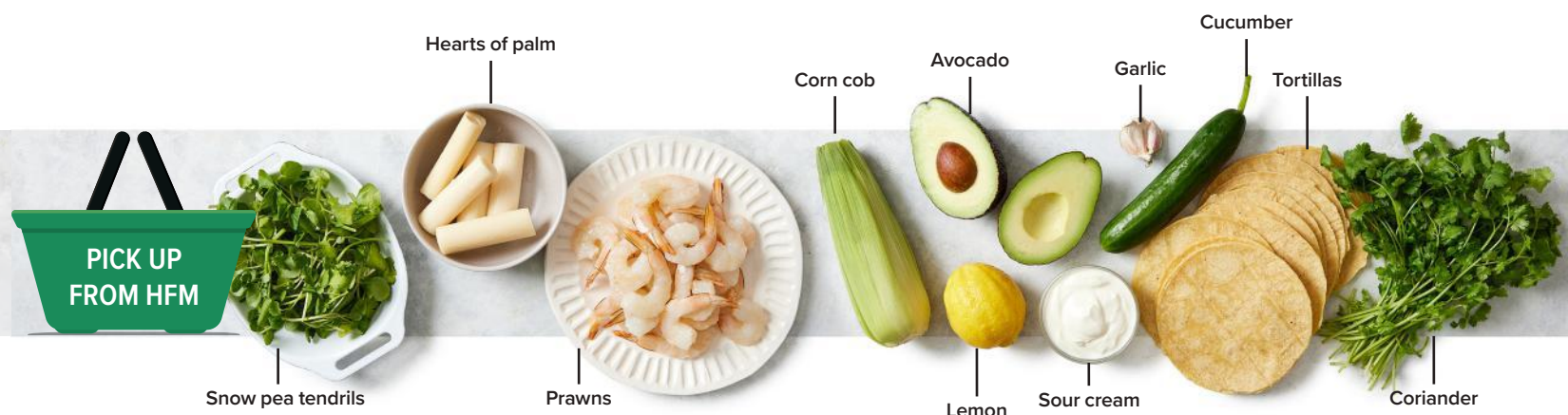
boil. Reduce heat to medium-low and simmer for 10 minutes.

5. Meanwhile, bring a large saucepan of salted water to the boil. Drain mussels into a colander and set aside.

6. Cook pasta in salted boiling water according to packet instructions.

7. Add mussels to the tomato and saffron broth and cover with lid. Cook for 3-5 minutes or until mussels open. Add butter, parsley and juice of ½ lemon, then toss well.

8. Drain pasta, add to the pot with mussels and toss well. Serve garnished with roasted tomatoes.



PRAWN TACOS WITH AVOCADO, GRILLED CORN AND PALM HEART SALSA

PREPARATION: 15 MINUTES • COOKING: 30 MINUTES • SERVES 4



INGREDIENTS

1 corn cob in husk
1 avocado
1 Lebanese cucumber
400g can hearts of palm
½ bunch coriander
4 Tbsp sour cream
1 clove garlic
1 lemon
Salt and pepper, to season
Olive oil
500g fresh marinated
garlic prawns
2 x 330g packets corn tortillas
1 punnet snow pea tendrils

1. Preheat oven to maximum temperature using grill function or preheat barbecue to high. Remove husk and silks from corn. Cook corn for about 3 minutes on each side until charred all over.
2. To make the salsa, finely dice avocado. Cut cucumber in half lengthways, remove seeds by scraping with a teaspoon, then cut cucumber into small dice. Finely slice palm hearts and finely chop coriander, then place them all into a mixing bowl. Set aside.
3. Place sour cream in a bowl. Peel and crush garlic directly into the bowl, squeeze in the juice of ½ a lemon and add half of the coriander. Mix well and season. Set aside.

4. Slice grilled corn kernels from cobs and add to the avocado salsa. Drizzle in a little oil and add half of the remaining coriander. Squeeze over a little of the remaining lemon juice, season, and set aside.
5. Heat a frying pan on high and drizzle with oil. Cook prawns for about 2 minutes on each side until golden. Squeeze over remaining lemon juice and add remaining coriander. Toss well and serve in a bowl.
6. Heat tortillas in a pan or on a barbecue plate for ½ minute on each side. Serve garlic prawns hot with avocado and palm hearts salsa, snow pea tendrils and garlic sour cream.

READY IN 45 MINS

Tip

To cook prawns that impress, do not overcrowd the pan. Cook in 2 separate batches to ensure the pan stays hot and sears the prawns rather than stews them.

**FOR MATES
AND DATES**

Add chipotle paste to
the garlic sour cream.

Tip

Instead of toasting the sandwich in the oven, you can use a sandwich press. But don't push it down to flatten, as you want to keep it nice and thick.

READY IN 50 MINS



FOR MATES
AND DATES

Add harissa spice or paste to the cumin mayo for an extra flavour punch.



GRILLED VEGETABLE AND HALOUMI TURKISH TOASTIES

PREPARATION: 15 MINUTES • COOKING: 35 MINUTES • SERVES 4



INGREDIENTS

500g Dutch cream potatoes
Olive oil
Salt and pepper, to season
2 red bull horn chillies
2 zucchinis
500g haloumi
3 Tbsp mayonnaise
2 tsp ground cumin
½ lemon
430g loaf Turkish bread
4 Tbsp salsa verde
270g jar grilled eggplant strips, drained
½ x 60g packet alfalfa sprouts
Potato chips, to serve

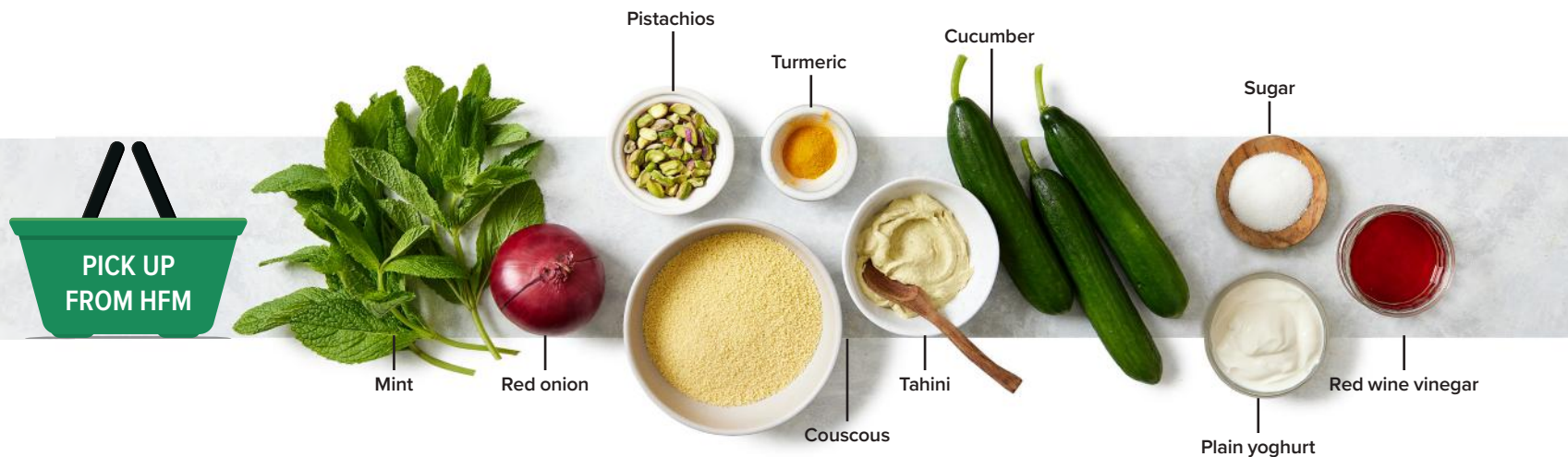
- 1. Preheat oven to 180°C** fan-forced. Line 2 oven trays with baking paper.
- 2. Wash potatoes, pat dry,** and finely slice into 5mm thick slices using a mandolin. Arrange potatoes on oven trays, toss with a little olive oil, season, and spread out in a single layer. Bake for 35 minutes or until golden and crispy.
- 3. Preheat barbecue or grill** plate to high. Slice chillies in half lengthways, remove seeds, and drizzle with olive oil. Grill for 10 minutes or until softened and charred. Remove from heat. Set aside.
- 4. Slice zucchinis lengthways into** 5mm thick discs using a mandolin. Drizzle with a little olive oil and grill

for 3 minutes each side until charred and softened. Set aside.

5. Cut haloumi into 4 slices. Grill or pan-fry for 1-2 minutes on each side until golden, then set aside.

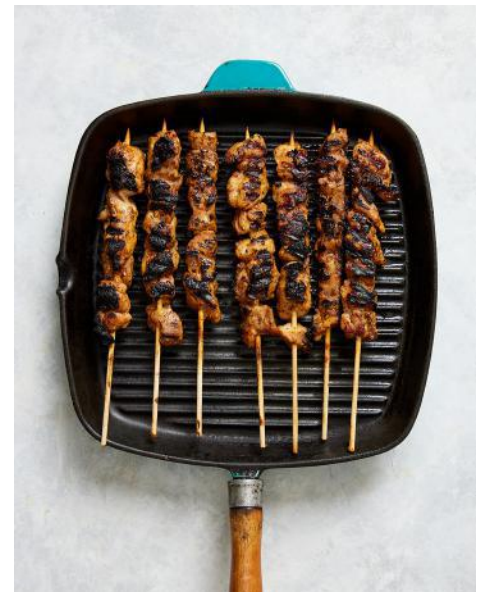
6. In a large bowl, combine mayonnaise, cumin and the juice of ½ a lemon. Season and set aside.

7. Slice Turkish bread in half lengthways and spread the cumin mayonnaise on one half and salsa verde on the other. Fill with eggplant strips, grilled vegies and haloumi. Place into the oven until the bread crisps and toasts. Open the sandwich and add sprouts, then close and slice up into smaller sandwiches. Serve with potato chips on the side.



SUMAC AND YOGHURT CHICKEN KEBABS WITH GREEN TAHINI DRESSING AND COUSCOUS

PREPARATION: 15 MINUTES • COOKING: 25 MINUTES • SERVES 4



INGREDIENTS

½ red onion
 2 Tbsp sugar
 ¼ cup red wine vinegar
 3 Lebanese cucumbers
 ¼ bunch mint
 2 Tbsp pistachios
 2 Tbsp green tahini dip
 4 Tbsp plain yoghurt
 ½ lemon
 Salt and pepper, to season
 1 cup couscous
 Olive oil
 2 x 375g packets sumac and yoghurt chicken kebabs

- 1. Preheat barbecue on high** heat.
- 2. To make pickled onion**, finely slice red onion and place in a small saucepan with sugar and vinegar. Heat over high heat and bring to the boil. Cook for 2 minutes and remove from heat. Pour onto a plate and refrigerate for 20 minutes.
- 3. Cut cucumber into 5mm** thick discs. Wash and finely chop mint and roughly chop pistachios. Set aside.
- 4. Combine green tahini and** yoghurt in a mixing bowl. Add the juice of ½ lemon, sliced cucumber, and most of the mint, reserving a little for garnish. Toss, season, and refrigerate.

- 5. Place couscous in a** bowl. Add a drizzle of olive oil and season. Pour in 1 cup of boiling water and mix well. Cover with a lid or plastic wrap and stand for approximately 3 minutes. Remove lid and fluff with a fork, then set aside.
- 6. Cook chicken kebabs on** the barbecue for about 8 minutes, turning until cooked through and golden brown.
- 7. Serve chicken kebabs** on a bed of couscous with pickled onions and green tahini dressing. Garnish with pistachios and reserved mint. **MM**

Tip

Use a griller, frying pan or hot oven on grill function to cook the kebabs if you don't have a barbecue.

READY IN 40 MINS**FOR MATES AND DATES**

Add a pinch each of turmeric and cayenne pepper to the couscous before pouring in the boiling water.



Victorinox Swiss Classic Tomato and Table Knife

LOOK SHARP

Glide through tomato skin, or show that melon who's boss. Neither fruits nor vegetables can withstand the sharp wavy edge of the Victorinox paring knife. With its ergonomic handle and perfect size, you might even use it to cut everything else in the kitchen as well.



LOVING THE Edge

The knife that will change your life!

Want a knife in your kitchen you'll absolutely love and can't do without? Who doesn't. Then the Victorinox Tomato and Table Knife is it! Keep several on hand for fruit and veggies, especially those with soft skin, as the stay-sharp blade neatly cuts without bruising. And because they're serrated stainless steel, they make a great general table knife for clean cuts through steaks and burgers, too.

For good kitchen hygiene, you can colour code your knives for separate cutting purposes; use a different shade for vegetables, fruit, chicken, fish, red meats and more. Then match your coloured paring knives with accompanying products from the Swiss Classic collection, such as the Carving, Santoku or a variety of knife sets.

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for stockists.



INTO THE FOLD

For even more food-prep pleasure, this foldable paring knife is perfectly multipurpose. Inspired by Victorinox Swiss Army Knives, your 'take-anywhere blade' provides a standout-quality wavy edge and supreme versatility. This knife is great for picnicking, camping, boating, fishing and taking your lunch to work. It's also available in six colourful handle options. **MM**



Victorinox
Swiss Classic
Foldable
Paring Knife.

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LUNCHBOXES

for little legends

PHOTOGRAPHY, STYLING & RECIPES: ELLE VERNON

Fill the kids lunchboxes with new ideas and food they'll look forward to – and actually eat. It's good nourishing fare they can munch on the run, with thought given to intolerances and allergies.

Prepare for your kids to come home with empty lunch containers!

The new way to enjoy a chicken sambo on the run – rolled sushi-style!

SEE YUMMY RECIPES OVER THE PAGE.



21



CHICKEN SUSHI ROLL SANDWICHES

(dairy-free, nut free)

PREPARATION: 15 minutes, plus 30 minutes marinating

COOKING: 10 minutes

MAKES: 8 sushi rolls

- 4 small chicken tenderloins
- 2 tsp kecap manis sweet soy
- 1 tsp extra virgin olive oil
- 8 large slices square-shaped wholemeal bread, crusts removed
- 2 Tbsp kewpie mayonnaise, plus extra
- 2 sheets nori, quartered
- 2 baby cucumbers, quartered
- ½ avocado, thinly sliced

1. **Toss chicken in kecap** manis and set aside to marinate for 30 minutes.
2. **Heat oil in a** small frying pan over medium heat. Add chicken and cook for about 8 minutes, turning or until cooked through. Remove from pan and set aside to cool.
3. **Use a rolling pin** to flatten bread slices. Spread bread with mayonnaise, then top with nori. Slice chicken in half then divide chicken, cucumber and avocado among bread slices and squeeze a little extra mayonnaise down the opposite side, as the glue. Roll up tightly to enclose.
4. **Use a serrated knife** to cut each roll into three bite-size pieces, or leave them whole if desired, then pack into lunchboxes.



Cook's TIPS

← If your child is gluten intolerant, swap the bread for a gluten-free option. Also check the label of your soy sauce to ensure it is gluten-free, otherwise use tamari.

→ These little golden pastry gems are full of vegetables and flavour. Pop a little container of tomato chutney in the lunchbox with them, and your kids will dip with delight.

→ To make these veg sausage rolls free of gluten, you can use a gluten-free puff pastry.

VEGETABLE AND FETA SAUSAGE ROLLS

(meat-free, nut-free)

PREPARATION: 25 minutes

COOKING: 35 minutes

MAKES: 16

- 800g sweet potato, peeled, cut into 2-4cm chunks
- 2 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- 2 tsp dried Italian herbs
- 1 tsp smoked paprika
- 2 green shallots, thinly sliced
- Finely grated zest of ½ lemon
- 2 Tbsp tomato paste
- 100g Greek-style feta, crumbled
- 1 Tbsp finely chopped flat-leaf parsley
- 2 sheets frozen ready-rolled puff pastry, partially thawed
- 1 free-range egg, lightly beaten
- Sesame seeds, to garnish
- Tomato chutney, to serve

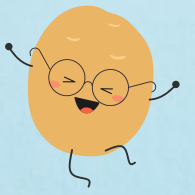
1. **Preheat oven to 180°C** fan-forced. Line an oven tray with baking paper.
2. **Place sweet potato, olive** oil, garlic, dried herbs and paprika in a large bowl. Toss well to coat and transfer to oven tray. Spread out to form a single layer and bake for 25 minutes or until tender. Set aside to cool to room temperature.
3. **Increase oven to 200°C** fan-forced. Line two oven trays with baking paper. Use a fork to mash the cooled sweet potato. Combine with shallots, lemon zest, tomato paste and feta, then add the parsley.
4. **Cut pastry sheets in** half. Divide mixture into quarters and spoon portions down 1 long edge of each pastry rectangle. Brush opposite edge with a little egg. Roll up firmly to enclose, so seam is underneath.
5. **Use a serrated knife** to cut each roll into 4. Place rolls on prepared trays, seam-side down. Brush with a little egg, then scatter over sesame seeds. Bake for 25-30 minutes or until golden and cooked through. Set aside to cool for 15 minutes to eat warm. Or, cool rolls to room temperature and refrigerate, ready to pack into lunchboxes. Serve with tomato chutney.

Time-poor in the morning?
You can always cook the chicken the day before.



You can cook the sweet potato the day before to speed up preparation.

IT'S HARD TO RESIST A SAUSAGE ROLL, EVEN ONE THAT DOESN'T CONTAIN ANY MEAT.



LUNCHBOX FILLER



Popcorn
Berries
Mango cheeks
Cherry tomatoes
Baby cucumbers
Boiled eggs
Brown rice crackers
Hummus or dips
Batons of cheese
Carrot sticks

If preferred, you can swap out the mango for 2 ripe peaches or nectarines.



FLOURLESS MANGO AND BANANA BLENDER MUFFINS

(dairy-free, nut-free, refined-sugar free)

PREPARATION: 10 minutes

COOKING: 25 minutes

MAKES: 12

2 cups rolled oats, plus 1 Tbsp extra
1 mango
1 ripe banana
2 free-range eggs
½ cup milk (we used oat milk)
2 Tbsp extra virgin olive oil
2 Tbsp honey
1 tsp baking powder
½ tsp bicarbonate of soda

1. Preheat oven to 180°C fan-forced. Line 12 holes of a ⅓-cup-capacity muffin tin with paper cases.

2. Place oats in the jug of a high-speed blender and blitz for about 10 seconds or until very finely chopped.

3. Dice mango flesh and place ½ in a bowl, setting it aside for garnishing. Place remaining mango flesh into the jug of a blender with the blitzed oats, then add all remaining ingredients, except 1 Tbsp extra oats. Process until smooth.

4. Pour batter into holes. Scatter with remaining mango and extra oats. Bake for 20–25 minutes or until light golden brown.

5. Set aside to cool for at least 15 minutes, or cooled to room temperature, ready to pack into lunchboxes. **MM**

THESE MUFFINS COULDN'T BE EASIER. SIMPLY BLITZ A HANDFUL OF GOOD-FOR-YOU INGREDIENTS IN A BLENDER, THEN BAKE!

ALWAYS REFER TO EACH PRODUCT LABEL TO ENSURE THE ITEM YOU ARE USING IS RIGHT FOR YOUR INDIVIDUAL DIETARY REQUIREMENTS, ESPECIALLY IF YOU OR THE PERSON YOU ARE COOKING FOR HAS A FOOD ALLERGY OR INTOLERANCE



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ZUCCHINI PIZZAS WITH FRESH PINEAPPLE, HAM AND TOMATO

(gluten-free, nut-free, egg-free)

PREPARATION: 15 minutes **COOKING:** 10 minutes **MAKES:** about 32

Read the recipe before you start creating. But you knew that already!

WHAT YOU NEED

- 2 large thick zucchinis
- 1/3 cup tomato pizza sauce
- 3/4 cup shredded mozzarella
- 1/3 cup finely chopped sliced ham
- 8 grape tomatoes, thinly sliced
- 1/2 cup finely diced fresh pineapple



STEP 1: Preheat oven to 220°C fan-forced and line two oven trays with baking paper. Slice zucchini into 5-7mm thick discs.



STEP 2: Arrange your zucchini on trays in a single layer. These will be your base. And a new way to enjoy pizza!



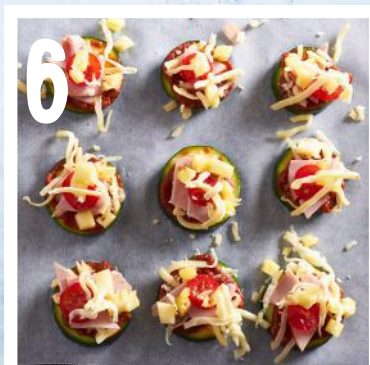
STEP 3: Spread the bases with tomato pizza sauce.



STEP 4: Sprinkle with 1/2 cup of the mozzarella. Yummo!



STEP 5: Top with ham, tomato and pineapple.



STEP 6: Scatter with the remaining mozzarella. Bake for 10 minutes or until cheese is melted, gooey and golden.



STEP 7: Set pizzas aside to cool down for at least 10 minutes to eat warm, or cool them down to room temperature for later. Either way, dig in! **MM**



Your best tools in the kitchen are your very own hands, so be sure to wash them before and after you cook.



Always cook with the help of a grown-up as it's much safer and also much more fun!

Psst, they're super yummy to eat cold so pack them into your school lunchbox.

JUST FOR THE KIDS

PIZZA PARTY

Hey kids, it's pizza time! And we think the best pizzas are the yummy mini ones. Try our tasty toppings or add your own faves such as mushrooms, capsicum, salami or shredded cooked chicken. P.S. The base of these pizzas are made of zucchini, not bread! Cool, huh?

Have all the ingredients and equipment ready before starting your scrumptious mini pizzas.



CUT OUT AND SAVE IN YOUR OWN RECIPE SCRAP BOOK!

PHOTOGRAPHY, STYLING & RECIPE: ELLE VERNON



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-twist-
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Pimp My Salad products are shown against a colorful background. The products include jars of Cashew Parmesan, Super Seeds, Coconut Bacon, and Hemp Parmesan. The products are labeled with 'PIMP-MY-SALAD' and 'REAL' branding. The background features various food items like broccoli and a spoon with seeds.



Our seasonal tips for planting, growing and nurturing your garden.

IN FLOWER NOW

You know it's high summer when crepe myrtles let loose their frothy cascades of blossom. These lovely small trees come in a real paintbox of colours, including pink, cerise, red, mauve, purple and white, and now is a great time to choose one so you can get just the flower colour you want.

Crepe myrtles make a great compact shade tree near the house – most grow to around 5 metres – or for planting on nature strips, where their tough constitution makes them well suited. Look out for the Indian Summer range of cultivars, which has especially pretty flower colours and good disease resistance.

GROW GINGER

If you love the zingy tang of ginger in your cooking, then think about growing your own. Ginger plants grow readily from a piece of root, either in a garden bed or large pot. The plants die down in winter, before shooting back in spring, when a whole crop of new rhizomes (the edible roots) will start to develop underground. After that you harvest them as needed.

PLANTING TIPS

Start with a healthy piece of ginger root, and cut it into 5cm-long pieces, using a sharp knife. The knobbly sections on each piece are the 'eyes', from which the leaves will sprout. Plant the pieces about 5-10cm deep and 20cm apart in loose crumbly soil with a little compost mixed through. Water regularly and you should see shoots start to emerge within four weeks or so. Plants do best in warmer climates, in a spot with filtered sunlight (they're not frost tolerant). In terms of harvesting, just dig up sections of root from established plants, as you need them.

POT GROWING

For flourishing potted ginger, choose a large diameter pot – at least 30-40cm across – so you'll get a good crop of roots to harvest. Partially fill with good-quality potting mix, place in the ginger pieces, then cover them with 5-10cm of mix. Once the plants are well developed, simply harvest root pieces as you need them. Or, you can tip the whole clump out when it dies back during winter and preserve your ginger crop in plastic bags in the freezer.

BOOKS

As our love affair with indoor gardening rolls on, here's an inspirational guide to growing beautiful house plants to transform your interior spaces. In *Green Thumb*, Craig Miller-Randle shares his 40+ years of experience as an indoor plant grower, designer and stylist. There's information on choosing the right container, propagating, watering, feeding, making your own potting mix, pest control and, of course, getting the placement just right. The photography is truly lush, as you'd expect, and the book includes a handy A-Z guide to indoor plant species, along with well-illustrated step-by-step projects. According to Craig's philosophy, no-one is born with a green thumb, but anyone can grow one – you just need the right guidance.

Published
by Plum/Pan
Macmillan
Australia,
RRP\$44.99.





SUMMER BROMANCE

Bring flamboyant foliage colour to those shady parts of the summer garden, with hardy bromeliads.

There are all sorts of different forms available, with foliage that is splashed, speckled and striped in various colours and patterns. They thrive in low-light conditions and, being epiphytes, are happy to grow in the shallowest of soil, which makes them great for using under trees. They also make the ideal low-maintenance pot plant.

PURPLE POWER

Vincas are great summer-long bloomers, and this new variety is especially eye-catching. 'Tattoo Blueberry' smothers itself in deep purple flowers, on a plant growing to around 25-35cm high. It's ideal for either pots or garden beds, thrives in full sun and has good drought and heat tolerance. It's a new release in the Perfect for Pots range from Floriana, available through Bunnings stores.



PLANTINGS

The warmth of mid summer has seed sowings jumping out of the ground.

VEGETABLES

Beans (dwarf), beetroot, broccoli, brussels sprouts, cabbage, cauliflower, carrots, celery, leeks, lettuce, onions, parsnips, radishes, rhubarb crowns, silverbeet. In tropical areas, also cucumbers, tomatoes and zucchinis.

FLOWERS

Ageratum, alyssum, calendula, cineraria, forget-me-not, linaria, lobelia, nasturtium, nemesia, pansy, Iceland poppy, stock, verbena, vinca and viola.

GARDEN DIARY



OFF THE SHELF

Keep an eye out for these plants in the nursery section of your local Harris Farm Markets:

- Lisianthus
- Potted summer colour
- Phalaenopsis orchid (mini)
- Succulents
- Sunflowers
- Chrysanthemums
- Dahlias
- Ferns
- Palms
- Peace lilies
- Indoor plants
- Vegetable seedlings
- Hedge plants

Note: Not all lines available at all stores.



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visit northcote.pottery.com.

JUST ADD WATER

Add the sound of tinkling water to your garden scene with an Irondale Water Feature, which comes with its own pump, power cord and fittings. Water pours from a vintage-style tap and overflows into containers below, made from high-density resin. It's easy to install and operate, and is available from Bunnings.

THINGS TO DO IN YOUR *Garden*

1

FEED CITRUS TREES

during February, using a citrus-specific fertiliser. Water trees regularly, especially during hot spells, and spread a layer of mulch over the soil to help retain moisture around the roots.

2

LIQUID FERTILISE

summer-flowering annuals every two weeks to stimulate more blooms and keep the display going right through until autumn kicks in.

3

PLANT A FLOWERING

gum tree while they're in colour – 'Summer Red' and 'Summer Beauty' are two of the most popular varieties.

4

PLAN A

summer pruning to control exuberant growth on climbing plants such as wisteria, star jasmine and bougainvillea. Prune back roses too, in late summer, to stimulate a whole new flush of flowers in autumn.

5

ADD A TROPICAL MOOD

to your summer garden with plantings of lush foliage plants like palms, bromeliads, ornamental gingers and cannas.

6

REPLACE POTTED PLANTS

that are struggling with heat-loving succulents. There are many colours and forms to choose from and they'll thrive with minimal attention (even while you're away on holidays).

7

ADD WONDERFUL

summer scents to your garden – frangipani, gardenia, murraya and stephanotis all give off delicious fragrances.

8

REMOVE THE FLOWER

stems from agapanthus that have finished blooming, so they don't seed and spread.

9

TRIM BACK

your favourite herbs (or harvest them regularly) to stop the plants going to seed.

10

LIFT THE MOWER



blades to give your lawn a higher cut through the summer months.

This creates a denser, more drought-resistant sward, which also stays greener.



11

TAKE CUTTINGS

of favourite plants like geraniums, gardenias, abutilon and frangipani – they'll strike easily while the weather is warm.

12

KEEP AN EYE OUT

for fungal diseases during humid summer weather; they often show up as a powdery white or grey fuzz on leaves. Cut off affected foliage and spray plants with a fungicide.

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Sage

With its soft grey-green leaves, sage is pretty enough to grow for its looks alone, but it's also packed with flavour.



This flavoursome member of the *Salvia* family flourishes in both pots and garden beds. **As part of the** *Salvia* genus (*Salvia officinalis*), it grows to around 30-60cm high and can be harvested year-round, if winters aren't too frosty.

In food, sage is native to the Mediterranean region. It was

cultivated by the ancient Romans (they believed it prolonged youth!) and it features widely in Italian cuisine. **Sage leaves are sautéed** in butter or oil before being added to Italian dishes, and it's often an ingredient in *soffritto* (the base of an Italian stew). **It's also used in meat** seasonings and adds its warmly pungent flavour to vegie recipes too.

OTHER Sages

If you're looking to pretty up your herb patch, consider growing purple sage (*Salvia officinalis* 'Purpurascens'), which has deeper green leaves flushed with purple, or the variety 'Tricolor' with pink, cream and purple variegations.

Pineapple sage (*Salvia elegans*) has spicily fragrant leaves that can be added to salads and fruit salads, or floated in summer drinks. It also bears pretty red flowers.

TO GROW

Like all *salvias*, sage can easily grow from seed, but buying seedlings or young plants will give you quicker results.

Plant in a sunny spot, in free-draining soil, and apply liquid fertiliser every few weeks to boost growth.

Sage is great for containers too, and looks especially lovely in terracotta pots – the grey-green of the foliage creates the perfect contrast for any sunny outdoor area.

A potted sage is lovely on a balcony, courtyard or deck.

Tip

The leaves of sage can be deep fried to make a tasty, crispy chip to be enjoyed as a snack, or broken up and used as a garnish on savoury dishes.

Purple Sage



Pineapple Sage



Tricolor Sage



TO HARVEST

Use sage fresh in cooking, harvesting sprigs or individual leaves as you need.

The younger, smaller leaves have the sweetest flavour.

You can also dry it by hanging a bunch upside down until dried completely, then stripping the leaves and storing them in an air-tight jar.

Alternatively, preserve fresh leaves by freezing in ice-cube trays. **MM**

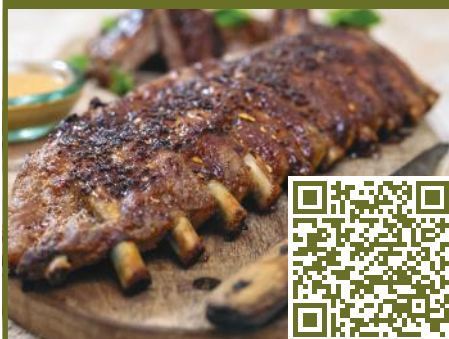
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HOW YOU PUT THE *green* IN GROCERY SHOPPING



“The greatest threat to our planet is the belief someone else will save it,” says Robert Swan, activist and polar explorer, and Harris Farm Markets couldn’t agree more. So they’re being part of the climate solution – and so are you by shopping there.

WORDS: LEANNE ARCHER

When you step into any HFM store you know they have committed to 100% renewable energy sources.

This investment is equivalent to 25 million trees per year in carbon offset over the next 10 years!

From flipping the switch to renewable energy sources to championing regenerative farming and zero food waste, this independent

Aussie grocer is stepping up to the plate to help save the planet.

In showing its commitment to protecting the environment (and becoming a climate rockstar), Harris Farm Markets is slashing its own greenhouse gas emissions. The grocery chain has shared plans to reducing its carbon footprint in line with the internationally recognised Greenhouse Gas (GHG) Protocol.

What you talkin' about?

"We want to have as little impact on the environment as possible and carbon is what we've identified as the biggest issue," says Charbel Daher, General Manager of Supply Chain at Harris Farm Markets. So, to reduce this carbon footprint, they've unveiled their three-step, or scope, plan.

This involves monitoring Scope 1, 2 and 3 emissions with the end game of becoming carbon neutral; see box, right. *Voilà!*

IT'S ALL ABOUT *Scopes*

SCOPE 1:

This scope covers emissions produced directly in the running of a business; eg, gas in fridges, powering of air-con units and burning diesel in delivery trucks.

SCOPE 2:

These are emissions caused by the power we buy and use, such as electricity.

SCOPE 3:

The third scope involves emissions created in the production and consumption of products; eg, the growing and raising of food.

SCOPE 1: STEPS TO A SMALLER FOOTPRINT

When you reach into the HFM fridge for your favourite camembert, you're most likely thinking about what wine to wash it down with, rather than what's keeping it at optimum temp. But commercial refrigeration is a big emitter of nasty greenhouse gasses, and Harris Farm has acted on the issue by replacing their old gas-run fridges with more climate-friendly models. "We use something new now with a water-loop system, which is more advanced in regards to efficiency and a lot more environmentally friendly," explains Charbel. "We started introducing them five years ago, and they're being put in all new stores and ones undergoing renovation. Eventually, all our stores will have these fridges, reducing emissions considerably."

Charbel says other Scope 1 projects being rolled out include timers being placed on air-con units to switch them off between midnight and 4am each day, upgraded curtains on fridges to conserve temperature, and energy-efficient LED lights installed across all stores.





It's very cool because we're also supporting the regional community by investing \$1.5 million a year in local wind and solar farms."



SCOPE 2: THE BIG POWER MOVE

Let's get real. To fight climate change, we need to ditch fossil fuel use, like yesterday. Harris Farm knows this, and in January this year it led the way as an Aussie food retail chain 100% committed to renewable energy sources across all 25 stores. They have invested in wind energy (from Sapphire Wind Farm near Glen Innes) and solar power (by Bomen Solar Farm in Wagga Wagga), locking in the price for the next 10 years. This equates to a huge reduction in CO2 emissions of around 170,000 tonnes a year. Winning!

"In real terms, we've saved 2000 homes worth of electricity over the 10 years," says Charbel. "This is equivalent to 25 million trees per year in carbon offset, which is the size of Olympic Park, and savings of around 25 million litres of water each year."

Courtney McGregor, Harris Farm's Sustainability Project Lead, adds, "It's very cool because we're also supporting the regional community by investing \$1.5 million a year in local wind and solar farms."

SCOPE 3: HEART AND SOIL

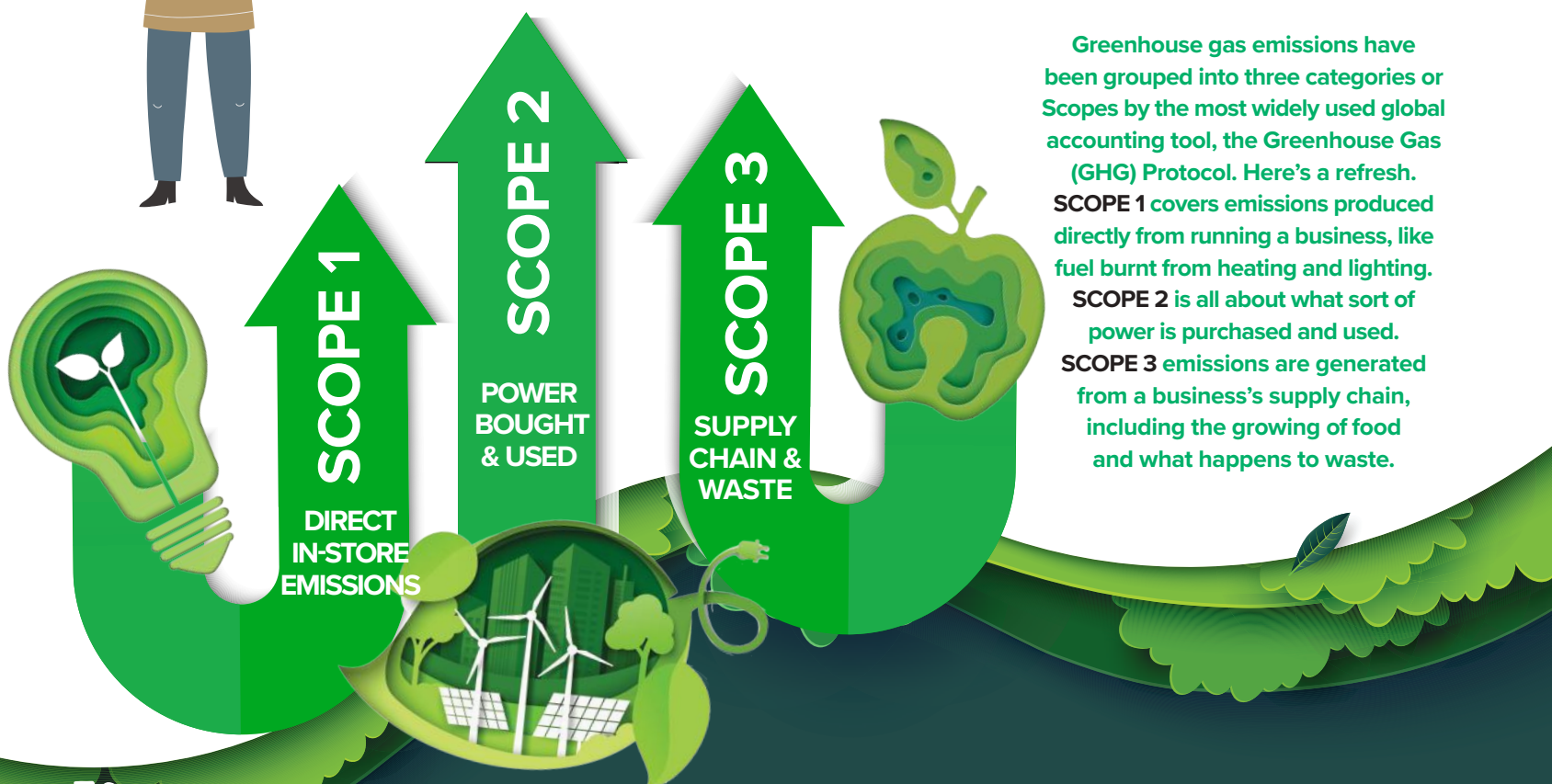
Climate change and soil depletion are the real grim reapers of food security – but, here's the good news (woot!), they don't have to be. You see it's all well and good reducing plastic packaging and shopping with reusable bags, but unless we change our farming practices there's going to be a lot less food to put in them. So what's the point?

Something for you to chew on

Food production makes up a massive percentage of the climate-change issue and Harris Farm Markets is tackling it head on. Co-CEO Angus Harris points out HFM's packaging, electricity and machinery combined make up just 12 per cent of their overall carbon footprint – with the remaining 88 per cent coming from the food they sell.

"In February 2021 we launched the It's All In The Soil campaign to inform customers about carbon in the atmosphere and how it relates to soil," says

THE SCOPES AT A GLANCE



Angus, who explains the biggest impact is the way food is grown and raised. “We sell food, and food comes from soil, and if you improve the health of the soil, it actually draws carbon down from the atmosphere.

“When it comes to climate change, everyone loves to throw rocks at agriculture,” he adds, “but it can actually be part of the solution – or the ‘soil-ution’ as we say for a bit of fun.”

Meanwhile, back at the farm...

Out of all the green initiatives launched by Harris Farm, this one has to be their favourite child: regenerative farming. HFM partners with and promotes farmers in their supply chain who use this holistic agricultural method – where chemical nasties such as pesticides, herbicides and petroleum-based fertilisers are replaced

with practices that work with Mother Nature, rather than against – which replenishes instead of depletes our glorious soil. Harris Farm stocks around 30 producers at the forefront of this industry. Here are just two of them.

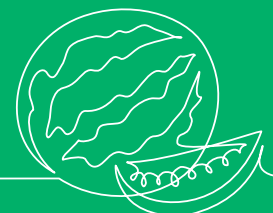
Have your beef and love it, too

One-of-a-kind beef supplier Provenir is flying the flag for ‘meat with morals’. This Aussie business has introduced kinder, more ethical practices for raising cattle – including sparing them from a dreaded trip to the abattoir. Instead, a mobile abattoir is trucked directly to the cattle on their home turf. And happy cows equals happy eating; this is due to reduced stress hormones that compromise meat quality.

Besides working with farmers who raise chilled-out, grass-fed cows, Provenir – who has supplied beef to Harris Farm since 2019 – are champs when it comes to the environment. By adopting regenerative land management, they counter climate change with a process called carbon sequestration. Say what? This means carbon is drawn from the atmosphere into the soil, which in turn makes it softer and more productive. Now, who wants steak?

Waste NOT

In other top news, Harris Farm is cutting further Scope 3 emissions – and proving its no waster – by diverting food from landfill. Their Re-Purposeful Picks initiative transforms fruit and veg waste once destined for the bin into delicious new products – including smoothies, pizza toppings and chips. Who knew going green could be so darn tasty?



BUY NUTS AND SAVE THE RAINFOREST

Brookfarm is a leading producer of top-notch macadamia products and also a boss in the regen agricultural space. Over the past three decades, farmers Pam and Martin Brook have not only produced prized goodies, including their fave Brookfarm Toasted Muesli found at HFM, they’ve also been restoring Australia’s original subtropical rainforest in the Byron Bay hinterland.

The Brooks have planted 35,000 subtropical rainforest trees, along with their 4500 macadamia trees, to restore the original ancient rainforest that had mostly been wiped out in the area, with

less than 1 per cent remaining. In restoring their slice of rainforest, the Brooks have also produced flourishing macadamia crops – proving regen farming is win-win for both producers and the planet. **MM**



New Year skin

Saviours

How to restore your inner glow following all the fun and festivities of the silly season.

After the truly lovely indulgences of the recent festive season, the New Year seems like a perfect time to hit the 'reset' button, knowing that a more healthy eating plan will deliver results. Cutting out processed foods and loading up on seasonal whole foods is going to support your smoother, fresher-looking skin goals, stat.

While nothing gets rid of that pesky skin situation cellulite – we've tried all those 'magic' creams – eating more dimple-fighting foods and using a DIY body scrub, made from coffee granules, will improve the overall look and feel of your skin.

Cellulite is very common, affects around 85 per cent of women, and is caused most likely by hormonal alterations to the layer of fat just beneath the skin, known as subcutaneous fat. It actually affects bodies of all shapes and sizes – you're absolutely not alone!

Cellulite is very common, affects around 85 per cent of women, and is caused most likely by hormonal alterations to the layer of fat just beneath the skin, known as subcutaneous fat. It actually affects bodies of all shapes and sizes – you're absolutely not alone!

1 AN EASY DIY BODY SCRUB

½ cup used (and cooled) coffee granules
½ cup white sugar
¼ cup coconut oil, room temperature, in a liquid state (so it combines but doesn't melt the sugar)

Stir mixture and combine well before pouring in a clean jar and storing in the fridge. When next in the shower, massage the scrub onto thighs and butt in a circular motion, leaving it on for about five minutes before rinsing off. Use at least once a week.

DID YOU KNOW? You've probably noticed the influx of coffee-based body scrubs on shelves and it's with good reason – they work! But it's easy, cost-effective and more sustainable to make your own from leftover coffee grounds if you're making a brew each morning. It's win-win!

2 WHY IT WORKS

Caffeine stimulates blood flow to the area and works as a diuretic,

reducing the look of dimply skin. The sugar acts as a skin-brightening exfoliant, removing dead skin cells, which usually slough off naturally when you're young but slow down as we age. The coconut oil softens and hydrates, and can also reduce the look of scars over time thanks to its high content of fatty acid.



3

WHAT TO EAT (THAT'S IN-SEASON)

Load up on foods rich in free radical-busting vitamin C, which helps boost collagen production, a protein that strengthens, smoothes and plumps out the skin. Think oranges, lemons, grapefruits, finger limes (they have three times the vitamin C content of mandarins – just substitute where you would use a lemon or lime), broccoli, kale, spinach and capsicums.

Also, you want to eat a lot of fibre to flush out toxins, which slow down circulation, so load up on delicious Tasmanian cherries, mangoes, asparagus, avocados and silverbeet. **MM**



Sugar is an effective skin-brightening exfoliant.



Shop 'til you drop

to lose those Christmas kilos!

The thing about grocery shopping is it's never a one and done event. People expect to be fed, like, multiple times a day. (Bit rude if you ask us.) When you're trying to be healthy, unwise impulse buys can wreck the best-laid plans, but you can flip that switch. How you shop can have a marked impact on wellness goals. Whether it's weight loss, lowering dodgy cholesterol, or just adopting a cleaner way of eating – the method matters! So here's your 10-step plan.

1

BE CHOOSY Firstly, smart cookies shop fresh and local. If you're lucky enough to have a Harris Farm Market nearby you're already winning. It's an immersive riot of colour and variety that makes it easy to put your health first. In fact, that gorgeous farm-to-table vibe might be worth a wee road trip if there's not one close.

2

READ THE FINE PRINT

Nutrition labels tell interesting stories but it can be hard decoding them

without a corresponding food science degree. Let's make it easy: the more unrecognisable ingredients listed on a label, and the longer that list, the less likely it is to be a wise choice. We said what we said!

3

SHOP THE PERIMETER FIRST

The unique layout of HFM means you can toss this tip but if you do find yourself in a regular grocery store, patrolling the perimeter is an age-old rule of thumb for healthy shopping. It's where the freshest, whole foods live. Fill your trolley with fruit and veg, meats, seafood and dairy items first, and only then venture inward.

4

GIVE IT THE COLD SHOULDER

The freezers are also generally located on the outer loop and

you can find good, healthy stuff here, too. Think plant proteins like frozen edamame, frozen fruits perfect for smoothies (keep an eye out for HFM's new Re-Purposeful Picks frozen berries range), and easy vegetarian meals to keep in the freezer for times you don't feel like cooking.



5

MANAGING THE MIDDLE

Dry staples including rice, pasta and cereals as well as canned and jarred goods like tomatoes, kidney beans, stocks, sauces and condiments live here. Don't be afraid to stock up on these essential basics but be discerning. Many middle-aisle items contain preservatives and additives to help keep them shelf stable, which is all well and good but...

6

BE A PLAN-TASTIC SHOPPER

Wherever you shop, don't fly by the seat of your pants. Planning is everything.

We're not only talking about a list but a list that has been created with a week or more's worth of specific meals in mind. Besides helping you stick to your goals, you'll spend less and be in and out faster. Seek recipe inspo from your favourite foodie bloggers and/or a divine magazine (much like the one you're flipping through now!). Take inventory and note any staples that need replenishing, too.

7

DANGER WILL ROBINSON!

Bickies, chips and chockies, oh my! Can you stop at a single serving size? If so, go you! Some of us cannot be trusted in the snacky aisles when we're on a health quest. That goes double for sugary drinks. When in doubt, keep them out of the house!

Tip

CLICK IT!

While there's a lot to be said for being able to see and feel your goodies, online click-and-deliver options are a genius way to stop random, impulse buys. Bonus: you'll also avoid the marauding hordes. Go on, give it a whirl.



8

NEVER SHOP HUNGRY OR TIRED

You know it's true.

Hungry, tired people are not responsible for what they throw in the trolley and/or mindlessly consume in the car on the way home. So grab a sandwich, smoothie or piece of fruit before you head out.

9

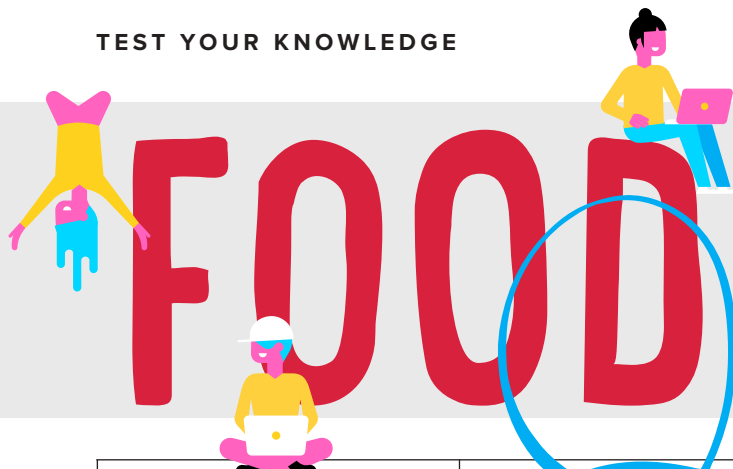
BEWARE THE CHECKOUT

At HFM, we've taken care of this for you but, in regular stores, the checkout can be one more chance to test your resolve with not-so-healthy treats on your way out. So stick your fingers in your ears and go *la la la* until you've cleared the store.

10

TRAVEL SOLO Is a grocery shopping buddy ever really a good idea?

If you're both on the same page and can successfully divide and conquer, then maybe. Often, though, the process is slowed and complicated by extras who refuse to stay on script. And sometimes the worst offenders aren't even toddlers! **MM**



Consider yourself an aficionado of all things cuisine? Well, put yourself to the test with this fun, food-inspired brain teaser.



1. What did William Shakespeare describe as the 'food of love'?

2. Which salty fish is used in the ingredients of Worcestershire sauce?

3. What vegetable do the French call *pomme de terre*?

4. What is the meat component of the British dish toad in the hole?

5. What type of seeds are used to make tahini?

6. Chevron is the meat of which animal?

7. Callery, Afghan and willow-leaved are varieties of which fruit?

8. What nuts are usually included in a Waldorf salad?

9. Which fruit used to be called the tree tomato?

10. What green vegetable gives Popeye his superhuman strength?

11. A kipper is what type of fish?

12. In which year was Harris Farm Markets established?

13. Which vegetable did George H. W. Bush frequently mention his dislike of?

14. In which country did haloumi cheese originate?

15. What is a chipotle?

16. What is Holly having for breakfast in the opening scene of *Breakfast At Tiffany's*?

17. What was the name of Fats Domino's 1956 food-themed hit song?

18. The US marines consider it bad luck to eat which type of fruit, especially near tanks?

19. Who wrote the 1987 novel *Fried Green Tomatoes At The Whistle Stop Café*?

20. What colour is a ripe feijoa fruit?

21. From which language does the word chorizo derive?

22. Red Leicester is a cheese from which country?

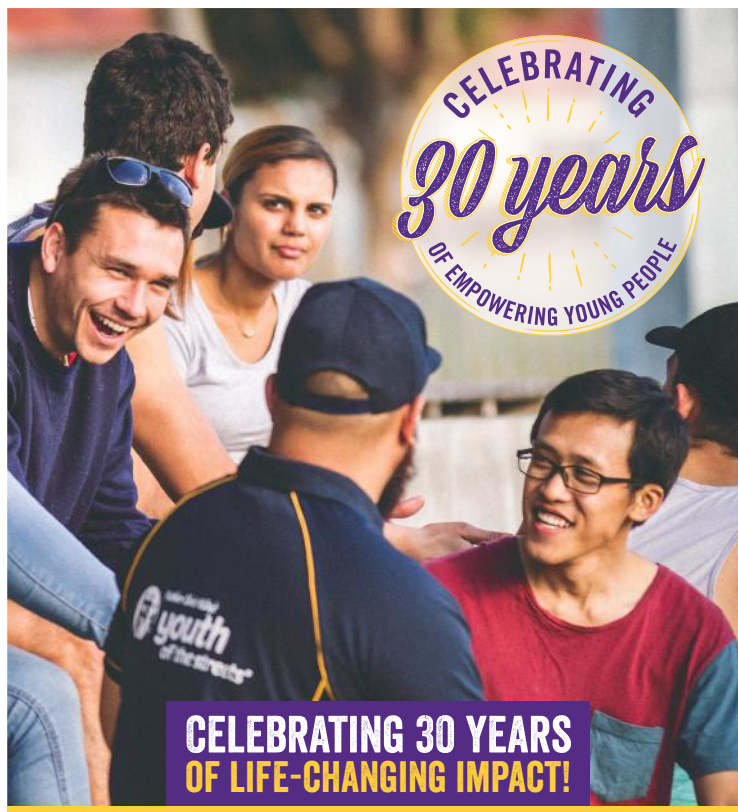
23. What is taramasalata?

24. What is the main vegetable ingredient found in sauerkraut?

25. In which US state was the Heinz company originally established?



ANSWERS: 1 Music, 2 Anchovies, 3 Potato, 4 Sausage, 5 Sesame, 6 Goat, 7 Pear, 8 Walnuts, 9 Tamarillo, 10 Spinach, 11 Herring, 12 1971, 13 Broccoli, 14 Cyprus, 15 A smoke-dried jalapeño chilli pepper, 16 Coffee and a Danish, 17 'Blueberry Hill', 18 Apricot, 19 Fannie Flag, 20 Green, 21 Spanish, 22 England, 23 Dip made from fish roe, 24 Cabbage, 25 Pennsylvania.



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Now sit back and enjoy

Flowers with Attitude...

At this time of year with casual entertaining at its peak, embellish your drinks with flowers to make them super beautiful. Think juices, cocktails, lemonades, smoothies, teas, waters, and more to make whatever you serve totally delightful.



Colour coordinate blooms and drinks or create a vibrant contrast to be a real show-off!

MANGO MOJITO



Use the shape of your glass to decide whether to float or stand the flowers. Consider where they are best placed to greet and charm the drinker.

Turn your serving jugs into showpieces, too, with blooms on and in them.



Try
THIS!

Load the top of your glass with a full arrangement of florals. Just add a decorative straw to access the drink. Even prettier!



Great edibles

- Borage
- Carnations
- Chrysanthemums
- Citrus blossoms
- Fuchsia
- Hibiscus
- Impatiens
- Lavender
- Lilacs
- Marigolds
- Nasturtium
- Pansy
- Peony
- Roses
- Sunflowers
- Violets

...with ice please

Lucky us! There is an enormous amount of edible flowers and leaves available for us to use. Check online to see how many exquisite varieties there are to inspire you. But always check they are safe to eat and without pesticides before serving them!

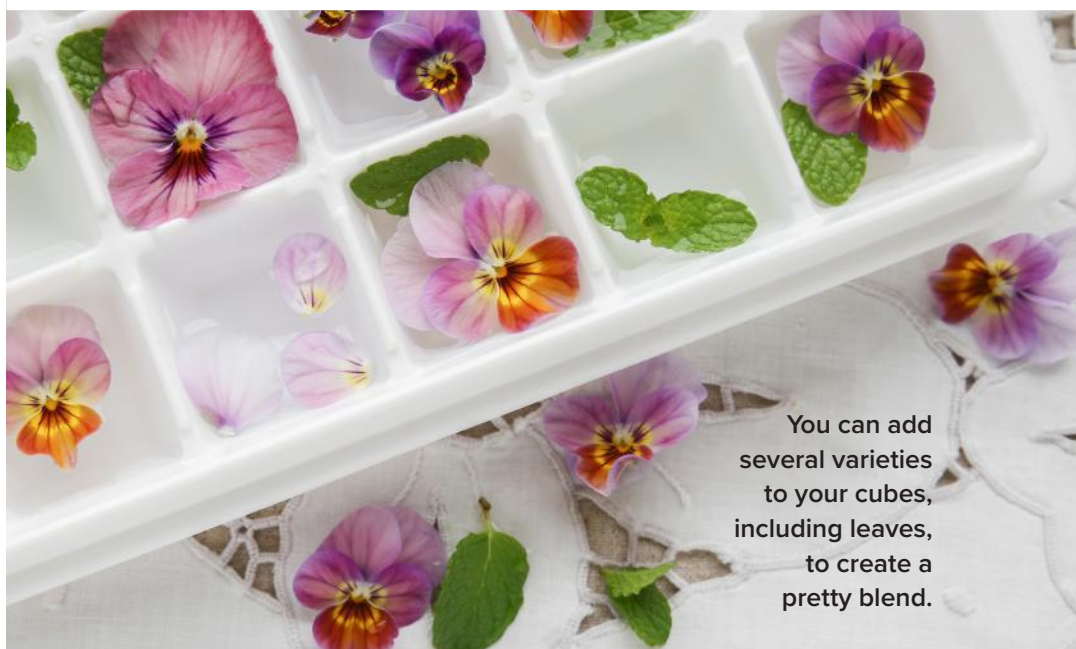
How to make flowers in ice cubes.

- 1. Choose ice cube trays in shapes you fancy** including hearts, stars, circles, squares and more.
- 2. Boil water first.** This ensures ice water is clear. Tap water can be cloudy, although you might like the cloudy look.
- 3. Pick flowers** when they are at their absolute peak of freshness.
- 4. Taste them** to ensure the flavour will match the drinks you are using them in.
- 5. Fill ice cube tray halfway with water.**
- 6. Add flowers and arrange** to fit artistically and comfortably within. You can leave some of the flower exposed beyond the freeze line if you choose.
- 7. Place a few drops of water on top** of the flowers to keep them in place.
- 8. Freeze for about 24 hours.**
- 9. Remove ice tray from freezer,** fill to the top with water, and refreeze. **MM**

Harris Farm Markets sell packets of edible flowers – so gorgeous creativity is right at your fingertips!



Equally as breathtaking are flowers in ice cubes. They will transform any drink into a masterpiece everyone will adore.



You can add several varieties to your cubes, including leaves, to create a pretty blend.

WATER MADE BEAUTIFUL



Go crazy with mixing flowers, colours and shapes



Transform buckets into works of art with blooms in cubes floating on the top.



COLOUR ME HAPPY



Go full and fabulous by filling ice cubes to the max with big blousy blooms, so they take creative control of your glasses.

Cheers!

FROM MARKET TO YOU

Take the time to check all these products out and you'll be thrilled with what you find, and what interesting additions you can make to all your dishes...and...get ready for all the compliments!



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