

AUSTRALIA COAST TO COAST

JULY 2009

COUNTRYSTYLE

*warm
welcome*

**NEW ZEALAND
SPECIAL**

**VISIT A LUXURY
LODGE IN WA'S
PEMBERTON**

**ALL SAINTS'
JACK CAMPBELL
ON HIS OUTBACK
CHILDHOOD**

**BAROSSA
CHAMPION**
How a young
woman made
Australia's
best cheese



EXPLORE NEW ZEALAND * *At home on
Manukau Harbour * Otago's standout seafood restaurant*

WIN A \$6000 TRIP TO NEW ZEALAND'S SPECTACULAR SOUTH ISLAND



SLOWLY DOES IT

The new frugality reigns. When UK supermarket chain Sainsbury's featured basic beef chunks on a recipe card, purchases rose by 2000 per cent. Paul McGrath (left), of Sydney's Bistro Ortolan, understands the attraction of beef's 'lesser cuts': "It can take a bit more effort to do a braise using cuts like silverside, blade or oxtail, but the result is a rich, sticky and moist dish," Paul says. "Anyone can cook a steak." His slow-braised oxtail and caramelised sweetbreads prove the point. Bistro Ortolan is at 134 Marion Street, Leichhardt NSW. (02) 9568 4610. Find braising recipes at www.themainmeal.com.au



Cake's comeback

In these tough times, basic ingredients such as flour, butter, baking additives and cream are among the fastest growing grocery categories, according to A.C. Nielsen's 2008 Grocery Report. If you seek a reliable cake guide, turn to the Country Women's Association of Australia whose Cakes (Penguin, \$24.95), includes 130 tempting recipes.

RARE HONEYCOMB

MALFROY'S GOLD RED STRINGYBARK HONEYCOMB IS A RARE AND PRECIOUS THING. "THE TREES MIGHT ONLY FLOWER ONCE EVERY FIVE TO 10 YEARS," SAYS BEEKEEPER TIM MALFROY FROM ROCKLEY NSW. THE COMB HAS A DELICIOUS TOFFEE FLAVOUR. WWW.MALFROYSGOLD.COM.AU



FARMERS' MARKET OF THE MONTH

Hastings Farmers' Market, Wauchope NSW

A quick shop at this lively and terrific market resulted in a lovely lunch — steamed green beans, poached chicken, organic fetta and toasted macadamia salad, a bowl of fresh berries and cream and at least 500g of Baba Lila handmade Russian chocolates. Highlights include Cathy and Jeremy's Footprints stand, where you can pick up at least five different varieties of garlic, and the Dovorja Jam stand. The market also operates in Port Macquarie and Lake Cathie on other weekends.

- **WHEN** Fourth Saturday of month, 8am–noon.
- **WHERE** Wauchope Showground, High Street.
- **CONTACT** Sonia Fingleton (02) 6585 9324; www.hastingsfarmersmarket.com

HARD TO BEET

At its peak right now, beetroot offers many earthly delights. Grate it raw and dress with vinaigrette, cumin seeds, finely sliced spring onion and rocket or parsley as a salad. Or wrap in foil and roast at 150°C for 1 to 2 hours, depending on size, before slipping off the skins and serving warm with butter, pepper and salt.

