

VOTED THE WORLD'S BEST FOOD MAGAZINE

ABC

delicious.

AUGUST 2009

ONLY \$6.95
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BRING BACK SUNDAY LUNCH

Valli's relaxed menu for friends

FAVOURITE PUDDINGS

Roly poly, apple sponge and the best sticky date

COUNTRY ESCAPES

NSW Southern Highlands & WA

get cosy

COMFORT FOOD WITH A TWIST



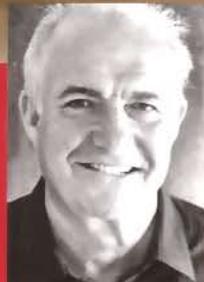
Almond croissant pudding with chocolate sauce



TOBIE PUTTOCK
ONE-POT CHICKEN



JAMIE OLIVER
EASY BAKED SALMON



RICK STEIN
EURO CLASSICS

PLUS MEET THE CHEFS - BEN O'DONOGHUE & DAVID THOMPSON

a new leaf

After water, tea is the most commonly consumed beverage in the world. It contains antioxidant polyphenols, which have been claimed to help cure everything from cancer to heart disease. Regardless of the potential health benefits, there's no doubt a soothing, well-brewed cup of tea is the perfect antidote to a stressful day.

FRESH IS BEST

Tea will go stale within three to 12 months, depending on the type. Buy small amounts of leaf tea regularly and store it in an airtight, lightproof container in a cool, dry place. Avoid porous containers, which can absorb the tea's flavour and aroma – try tins or dark-coloured glass jars instead.

SOMETHING'S BREWING

Different teas require different water temperatures and brewing times. Some kettles will measure the temperature for you, but if not, a thermometer is a useful tea-making tool.

As a general rule, leaf size will define brewing time: the larger the tea leaf the longer the brewing time. For best results, pre-warm your pot and cup and gently stir the leaves during infusion to enhance the flavours.

BACK IN BLACK

Black tea should be brewed with fresh water "straight off the boil" (about 95°C) and allowed to steep for 3-5 minutes. Stick to the old "one teaspoon per person and one for the pot" rule for quantity control. For a stronger tea, add more leaves – don't brew for longer as it will become harsh and bitter. The colour will vary from rich, golden brown to deep chocolate, and you can serve it straight, or with milk, sugar, lemon or honey.

BE GREEN

Green tea is best brewed at 70°C-80°C for 1-3 minutes. If the water is too hot, it will scald the leaves and destroy

their delicate flavour, so allow the boiled water to cool for 5-10 minutes before using. Also, don't infuse the tea for too long, or it may be bitter and astringent. Brewed tea should be a white-golden colour, with a slight green-grey tinge.

WHITE MAGIC

White tea comes from the same plant as the black variety. The leaves are harvested when the buds are still pale and covered with a fine, white fuzz.

It's brewed the same way as green tea and should be clear to pale yellow in colour and emit soft, subtle aromas.

HERBAL HEROES

Herbal teas and tisanes use dried herb leaves and flower petals. The ideal brewing temperature for most is straight off the boil. Brew for 3-10 minutes depending on preferred strength. Herbal teas go well with honey, but are often sweet enough without it.



TEA-TIME TOOLS

From left: • Twin stainless-steel milk jug (part of milk and sugar set) \$12, T2
• Menu ceramic and silicone teapot \$195, Design Mode International
• T-bag teapot in white \$25, T2
• Stainless-steel tea scoop \$7.95, The Essential Ingredient • Malfroy's Gold Premium Silky Oak Honey \$8.95
• Honey dipper \$2.95, Plenty Kitchen + Tableware • Spegels oak salt cellar \$25, Miljö • Spegels round oak board \$39, Miljö • Glass Pyramid teapot \$25, T2 • AdHoc Floating Tea Egg Infuser from \$37, Design Mode International
• Bugatti Vera electric kettle \$399, Premier Products • Japan Gelato Vanilla teapot \$39.95, The Essential Ingredient • Häganäs wooden coaster (part of mug and coaster set) \$35, Accoutrement • Ecology Sticks mug \$24.95 for 4, Plenty Kitchen + Tableware. Stockist details: p 148.

