

VOTED AUSTRALIA'S BEST FOOD MAGAZINE

ABC

delicious.

MARCH 2010

ONLY \$6.95
NZ \$7.90*

JILL DUPLIX LIGHTENS UP

Low-fat recipes
packed with flavour

JAMIE'S SIMPLE ENTERTAINING

Impress with his
make-ahead menu

ON TOUR WITH MATT PRESTON

In search of NZ's
top wine & food

easy does it

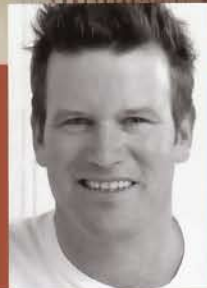
30-MINUTE DINNERS YOU'LL LOVE



Jill Duplex's
paprika chicken
with tabbouleh



**POH
LING YEOW**
FOOD FROM
HER NEW SHOW



**BEN
O'DONOGHUE**
THE BEST
CORN FRITTERS



**NIGELLA
LAWSON**
NO-FUSS
BAKING

PLUS REGIONAL FLAVOURS FROM NOOSA, MUDGEES & TASMANIA

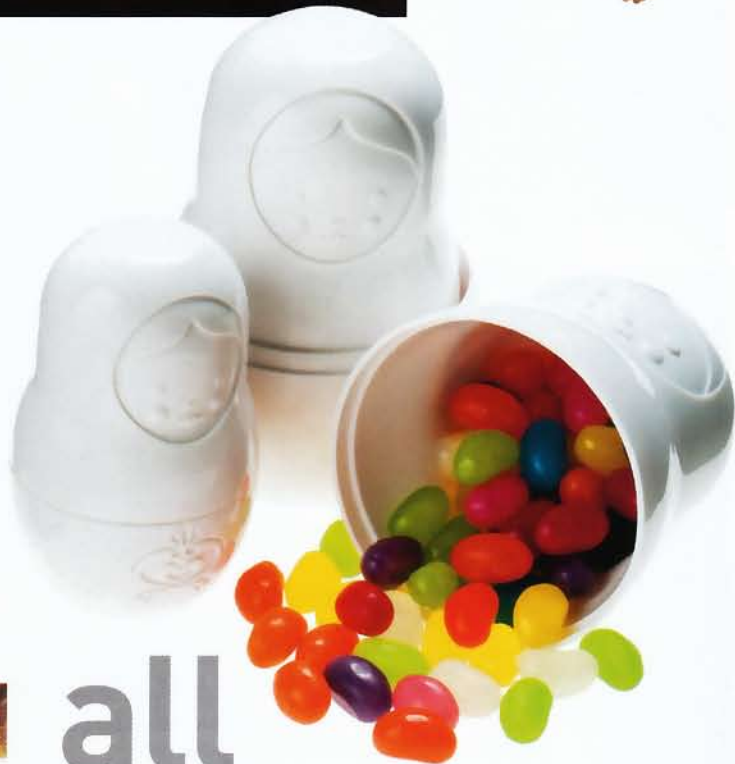
foodiefile.

• shopping • ingredients • recipes • books



sweet as

Jazz up your morning toast or add depth to desserts with Malfroy's Gold, a native floral honey produced in NSW's Blue Mountains and Central Tablelands. The beehives are moved regularly to catch the best pollen and nectar, and because it isn't micro-filtered, blended or overheated like some, it retains the natural flavour and texture. From \$11; visit: malfroygold.com.au. ◀



all dolled up

We think these M-Cups measuring cups are too cute to keep in the cupboard. Featuring six measures, these Russian dolls (matryoshkas) deserve pride of place on the bench instead. From \$25, for stockists, tel: 1800 819 270. ▲

FLAVOUR ON ICE

For the next best thing to eating fresh porcini in Italy, try adding frozen Viking Platter Piccolo Porcini Mushrooms to your favourite risotto or pasta dishes at home. Belissimol! \$8.50/200g, from gourmet food shops and delis. Stockists, tel: (02) 9676 4200. ▶



hot off the press

Jamie Oliver's done it again. His Garlic Slice 'n' Press removes the skin of garlic cloves and gives you the choice of crushing or slicing. This nifty gadget is made from cast zinc and can tackle garlic cloves of any size. \$39.95, tel: 1800 651 146. ▶

