

Taste

Tasty Bits

Appley ever after

Guide to marrying tastes

ASHGROVE Cheese at Elizabeth Town is to host three Sunday afternoon sessions of sampling Tasmanian cheeses and wines. Jane Bennett, of Ashgrove Cheese, will talk about six award-winning cheeses from Ashgrove, Heidi Farm and Lactos and Anne McKay, of St Mathias Vineyard, will match them with wines from there and Moorilla Estate.

The two-hour sessions begin at 2pm and cost \$20. They will be held on May 30, June 27 and August 1. Bookings are essential — on phone 6368 1105 or e-mail info@ashgrovecheese.com.au

Wurst to very best

THE May cooking class at Wursthause Kitchen on Tuesday, May 25 is on taking the roughest cut and turning it into the choicest with long, slow cooking. The class, costing \$40, is at 7pm. Book on 6224 0644.

Wursthause Kitchen has pheasants and guinea fowl in stock for about three months. They come from Olsen Game Birds in Victoria and have a thick layer of fat under the skin that keeps the meat moist as it cooks, which for pheasant can be long and slow or hot and fast with a long resting period. As ever, Wursthause is happy to supply ideas for cooking them.

Saucy dig at leader

FOUNTAIN has launched soy and teriyaki sauces that have been brewed for as long as six months, which brings out the umami, or meaty, flavours far more effectively than soy sauce prepared without brewing. Fountain says in blind taste tests, subjects have preferred it to the market leader Kikkoman. The ingredient lists for both sauces are the same: simply soy beans, wheat, salt and water and the Fountain has sugar, which the Kikkoman does not. Kikkoman has also been at this game for 300 years.

The Fountain Naturally Brewed range includes, soy, salt-reduced soy, soy and garlic and teriyaki sauce, costing about \$2.50 for 250ml in a glass bottle.

Lunch at the double

FOR those whose resolve to save money and prepare their own lunch for work constantly dissolves in a last-minute rush to leave on time, there's Sanitarium Lunch Today. Tomato and Basil Pasta, Roast Pumpkin Risotto and Thai Green Curry are made from fresh ingredients, cooked, then packaged in a foil pouch.

At lunchtime, all you need to do is tear the top off, empty the contents on to the plastic plate provided, heat for two minutes in a microwave and eat with the fork provided. You don't even need to add water. Lunch Today costs about \$4.50 for a 320g pack, so you can do your queuing at the supermarket instead of taking up the valuable lunch hour or, more likely, half-hour.

ELAINE REEVES



Eating in

Judith Sweet

IT'S apple time again and we should be continually grateful to Captain William Bligh, of the notorious Bounty, for bringing apples here.

In 1788, he planted the first apple seedlings on Bruny Island. They flourished and in 1833 *The Van Diemen's Almanac* reported that the success of the plantings was so astonishing it had to be seen to be believed. By 1895 apples were being exported from the colonies to Britain and Tasmania became known as the Apple Isle.

Recently, I was on Bruny Island for a Slow Food Tasmania event. We were treated to an enthusiastic talk and demonstration by Allen Gilbert, who lives there and has developed an orchard specialising in heritage apples; he showed the group how to graft and prune so that a variety of apples could be grown on the one tree. This allows for almost anyone with a garden plot to have an apple tree bearing fruit from early to late in the season.

Great advances in technology and the resulting quality of cool store apples have occurred but there's nothing quite like

picking one from a tree or having a new season, unwaxed, crisp and juicy apple.

Looking through my recipes, I've been deciding what to put into print. I must have 30 or so apple cake recipes, all of them quite delicious. At the time of the announcement of the engagement of Denmark's Prince Frederik and Mary Donaldson I was asked to supply a Tasmanian cake recipe for some bakers in Denmark — and I'll share it with you. I used Tasmanian saffron, which adds a delightful colour and flavour, and local honey as well as apples.

Apple cake with crumble topping

125g butter

½ cup caster sugar

2 eggs, lightly beaten

½ tsp vanilla essence

1 cup self-raising flour

½ cup wholemeal self-raising flour

500g Tasmanian cooking apples, sliced thinly (approx 5cm thick)

½ cup chopped Tasmanian walnuts

Few strands of saffron soaked in 1 tbsp hot apple juice and 1 tsp Tasmanian bush honey

¼ cup milk

pinch of salt

TOPPING:

2 tbsp brown sugar

40g butter

½ cup rolled oats

1 tsp honey

Grease and completely line a 22cm round and at least 5cm deep tin.

Cream the butter and sugar until fluffy. Add the eggs gradually and beat. Add the essence and fold in the sifted flours alternately with the milk and saffron mixture.

Reserve one cup of apple slices for the top of the cake.

Fold the remaining apples and the walnuts through the mixture.

Spoon the mixture into the prepared tin, smooth the surface and top with apple slices.

Combine the brown sugar, butter and rolled oats in a small pan. Heat on low until the sugar is dissolved and butter



melted. Spoon the crumble over the apple.

Cook for about 35 minutes at 180C, then leave in the tin for 15 minutes. Lift the cake out by the paper and cool it on a wire rack.

Quail with apples and cider

This is a tasty, make-ahead recipe of quail enhanced by the addition of apples, cider and sweet golden onions. The quail is well cooked, rather than rare.

4 whole quail

1 large cooking apple

1 bay leaf

8 baby onions, peeled with root left on

1 tbsp redcurrant or crab-apple jelly

100ml medium dry cider

½ tsp sugar

Freshly ground black pepper

½ tsp salt

2 tsp butter

Preheat the oven to 200C. Put the quail and bay leaf in an ovenproof casserole, cover and cook for 10 minutes. Remove from the heat and reserve any juices. Reduce oven heat to 180C.

Leave the root ends on the onions to prevent them from falling apart. In a pan melt the butter

and sugar and cook the onions until golden brown.

Cut the apple in half, remove the core and slice it into eighths. Do not peel. Add the onions and remaining ingredients into the casserole with the quail and cook for a further 20-25 minutes. If desired, the quail can be quickly browned under a hot grill for 2-3 minutes.

Serve on a bed of wild rice or creamy mashed potato and parsnip.

GET NUDE WITH THESE WINTER REDS!

Coonawarra Cabernet 01 WAS \$19 NOW \$8

Limestone Coast Merlot 01 WAS \$18 NOW \$7.50

Pitchfork Red WA 01 WAS \$18 NOW \$7.50

Margaret River Cabernet Blend WAS \$22 NOW \$8

Tasmanian Pinot Noir 01 WAS \$24 NOW \$9.50

Tasmanian Cabernet Merlot 03 WAS \$25 NOW \$10

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ROBERTS LIMITED AUCTION

ATTENTION - WINE COLLECTORS Thursday June 3, 2004

Inspection from 5.30 pm
Auction Commences 7.00 pm
Lindisfarne Rowing Club Inc
16A Esplanade, Lindisfarne
Enq: Robert Drummond 0418 132 763,
AH 6243 9002

FULL DETAILS NEXT WEEK



A Rare Opportunity

Charles Shoobridge, Chef of The Elbow Room Restaurant, 9-11 Murray Street, has taken recently delivery of Wild Harvest, Great Bay Scallops from Bruny Island.

These delicious large scallops have an exquisite flavour and are freshly harvested and delivered twice weekly, for the next four weeks.

Available in conjunction with our a la carte menu, or as part of our 'Coguille Saint-Jacques' menu, four courses for forty nine dollars. See below.

Appetiser Scalloped Tartare

Soup Scalloped Veloute

Mains Scallops 'Au Jacques' served on the half shell with lemon & Garlic butter

Dessert White Chocolate Panne Cotte with Orange Gelati

For Bookings, Phone Charles on 6224 4254

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