

# Taste

## Abalone and ewe cheese

### Tasty Bits

AS well as at the Taste of the Huon, Be Shellfish abalone with onion and peppercorn or sweet chilli is available at Hill Street Grocer, Jam Packed, Lipscombe Larder, Wursthau Kitchen and a new seafood and produce outlet, Little Bondi, near the wharf at Port Huon. It costs about \$22 for a bottle with about 70g of abalone in it.

Bruny Island Cheese Company has a new cellar door outlet, at Great Bay at north Bruny Island, that is open from 10am-5pm daily. The Bruny Island Spiced Cherries in Pinot Noir, Walnuts Soaked in Leatherwood Honey, Red Chilli Chutney and Pub Mustard are also on sale at Wursthau Kitchen.

Grandveve products, including a pear chutney, a mutton sausage and the verjuice, are sold only from the cellar door at Devlyns Rd, Birches Bay.

### Coeliac-aware barbecue

IT is Coeliac Awareness Week from March 13 to 20 and the Tasmanian Coeliac Society will mark it with a gluten-free barbecue at Dru Point, Margate, on Monday. Find on more on [www.tascoeliachotmail.com](http://www.tascoeliachotmail.com) or phone 6427 2844.

There is gluten hidden in many places you would not expect to find it — soy sauce, pressed turkey and Milo, for instance — but the foods people with coeliac disease miss most are the obvious gluten-rich foods — bread, pizza, biscuits and cakes.

It is these items that Lola Workman focuses on in *Wheat-Free World* (New Holland, \$32.95). A commercially trained cook, Workman put her mind to gluten-free cooking when her daughter developed an intolerance to wheat 25 years ago.

She does not discuss medical aspects of coeliac disease or wheat intolerance but gets down to the business of providing recipes for hot-cross buns, pizza, sponge cakes, Anzac biscuits, steamed pudding and even a play dough.

Workman provides flour blends that not only do not contain gluten but also have no xanthan or other chemical gums — and every recipe has been baked many times. Workman's books are recognised by the National Coeliac Society of Australia.

### Japanese cooking class

HIDE Shibata of Mitsuno Restaurant in Sandy Bay is the guest chef at Drysdale Institute on March 15. He will use fresh local produce to demonstrate traditional and creative Japanese cooking. The class costs \$69 or \$29 for students; book on 6233 7270.

### Cooking unusual seafood

WHATEVER is rare or unusual at the fish shop on March 29 and 30 is what Simon Webster will demonstrate at cooking classes at the Wursthau Kitchen on those evenings. Because of the cost of the ingredients, the class will cost \$60. Book on 6224 0644.

Marsala buns make a return to the Wursthau for Easter. The fruit for the dense buns is macerated in marsala and spices for weeks. They will be available on the Wednesday and Thursday before Easter, but must be ordered ahead.

This Friday, the Wursthau will cut a Pyengana cheddar, and on Saturday at 11am there are tastings of Tongola goat cheeses.

ELAINE REEVES

# Autumn's gifts

**N**OT only is there noticeable crispness in the early mornings and evenings now March is here but the first crisp apples of early autumn have also arrived.

The first of the season may need to be sought at roadside or market stalls and some of the better fruit and vegetable shops. No doubt some will be available at the Taste of the Huon, to be held at Ranelagh next Sunday and Monday.

It seems a shame to cook apples when they're so fresh but if you like to make apple jelly, the early ones will bring best results. A few fresh apples combined with the last of the blackberries are delicious to make an autumn fruit crumble and also help with the setting of blackberry jam.

As a change from the many salads we have in summer try some crunchy salads featuring new season apples. Gravensteins are the first up and Cox's Orange Pippins, my favourite, are not far behind. The Cox's Orange are quite difficult to find these days as they are no longer a preferred variety for growers due to



### Eating in

JUDITH SWEET

their short keeping properties. The market for Gravensteins has diminished but they can still be found.

Gala and Royal Gala are also one of the early apples harvested and can be distinguished by a pink blush with stripes that can range from yellow through to deep orange. The white flesh of the Gala variety is sweet, juicy, aromatic and versatile as it is good for both eating fresh and cooked. Jonagolds, bright red apples with yellow flesh, are just coming into season and are mostly eaten as a fresh apple but are fine in salads or cooked.

Any of those mentioned would be suitable to use in today's recipes.

### Apple and Zucchini Salad

The zucchini and green apple are cut into very fine strips or julienned. The strips are about the size of a matchstick. Choose small to medium sized zucchini so the skin is still tender.

If you have trouble finding fresh tarragon, a tablespoon of fresh mint can be used as an alternative. You may like to try apple cider vinegar as a substitute for the rice wine vinegar. Rice wine vinegar has a low acidic level and is quite subtle in flavour. This recipe makes enough to serve 8 as a side salad.

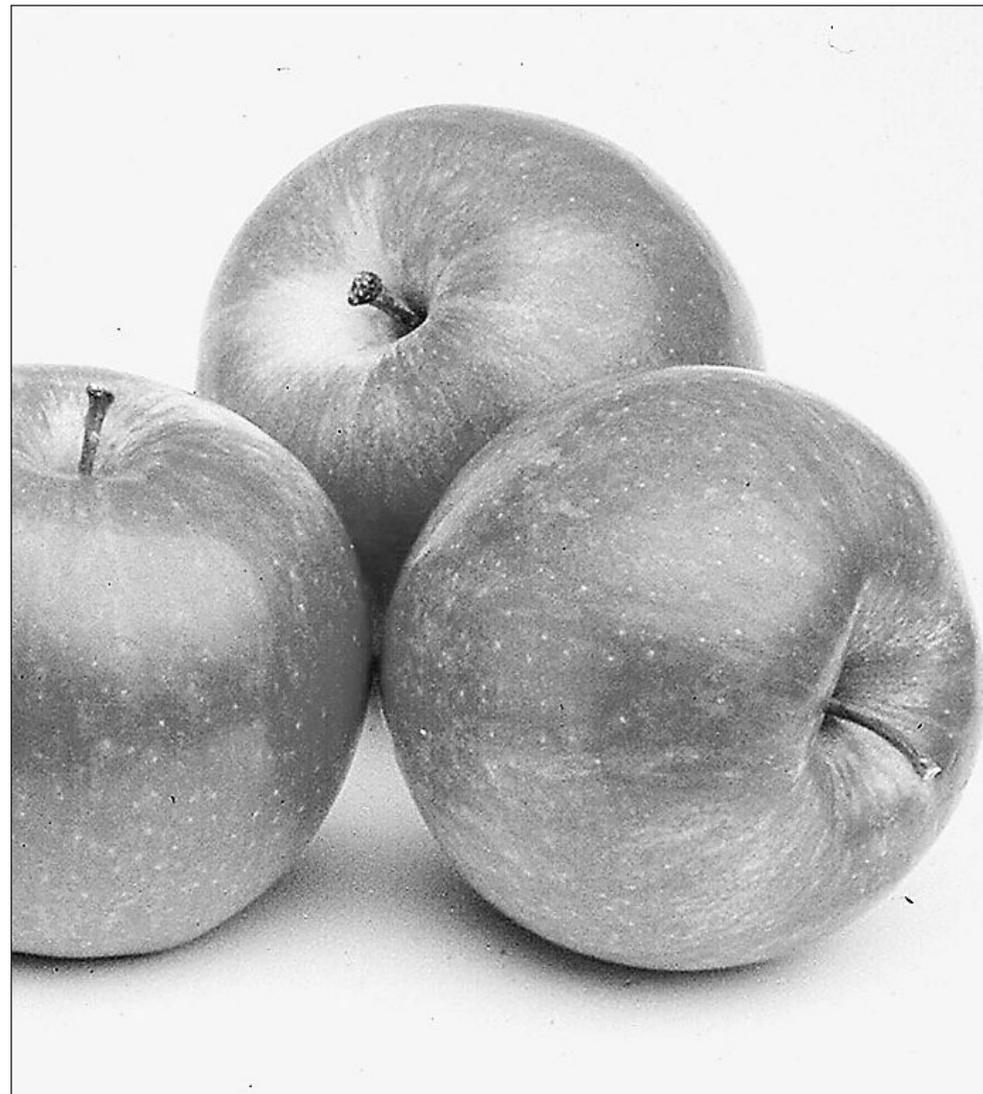
**1 large green apple, peeled and cored**

**1 red apple, quartered and cored**

**250g zucchini, skin on and julienned**

**1 tsp fresh tarragon, finely chopped**

**1 tsp safflower oil**



**2 tbsp rice wine vinegar**

**good pinch salt**

**freshly ground black pepper**

Cut the green apple into julienne strips and very thinly slice the quarters of red apple. Put the vinegar, oil and seasonings in a large bowl.

Toss the apples in the mixture as soon as they are cut. (This will help prevent the apples from discolouring.)

Add the zucchini strips and combine well.

### Apple and grape salad with an apple dressing

Choose a red apple variety that is tart for the best results with this salad. It can be served as a starter when a rich main course is being served. It is also suitable as a side salad. Finely sliced spring onions or diced red onion can be used as a substitute for the shallot.

**250mls unsweetened apple juice**

**1 tbsp honey**

**4 tbsp apple cider or white vinegar**

**½ tsp finely chopped shallot**

**½ tsp Dijon mustard**

**2 tbsp light flavoured oil**

**good pinch salt**

**4 tart red apples**

**350g small seedless grapes**

**juice of 1 lemon**

**1 butter lettuce or soft leaf variety of lettuce, washed and dried**

In a small saucepan combine the apple juice, honey and vinegar. Bring to the boil and simmer for about five minutes. Allow to cool completely.

Prepare the apples by washing and wiping, then cutting into quarters and cutting into small dice.

Cut half the grapes in half — all of them if they are not small.

Roll the fruit in the lemon juice.

Whisk the oil, mustard, salt and shallot into the cold vinegar mixture.

Separate the lettuce leaves and dress with just a dash of the dressing.

Arrange the lettuce on a serving platter or individual plates. Top with the apple and grape mixture and evenly drizzle the remaining dressing over the fruit.

## Top Drops

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MERYL NAIDOO



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