

Taste

So, all the very breast



Living light

SANDY FRAZER

WITH about only 700 kilojoules (165 calories) and 4g fat per 100g, skinless chicken breast meat is an excellent staple to keep in the refrigerator and freezer.

Minus the skin, chicken is a great source of lean protein. It's low in saturated fat and is a source of vitamins A and B and various minerals; it contains selenium, a powerful anti-oxidant that has been linked to protection against many forms of cancer.

Chicken makes a quick, healthy, low-fat and low-kilojoule meal very easy and it works so well with a variety of seasonings and condiments.

Try a marinade combination of Tabasco sauce, crushed garlic, onion powder and black pepper — or simply squeeze some lemon juice over the fillets, sprinkle them with dill and black pepper and cook them on the barbecue.

Combine lemon juice, rosemary and a pinch of garlic powder, wrap in aluminium foil and bake in the oven. If you bake, steam, grill, barbecue or poach the chicken, you avoid the need for any added fat.

Acidic liquids, such as wine, citrus juice, yoghurt or vinegar, will help tenderise the meat. Put the chicken fillets in a plastic bag, toss in the spices and any other marinade ingredients, seal and roll it around to coat evenly. Then simply pan-fry in a non-stick pan that has been sprayed with a little olive oil. The meat can also be sautéed in a small amount of stock or wine, which will add a lovely rich flavour.

Chicken and Apricot Curry

½ cup chopped onion

2 tsp crushed garlic

3 tsp curry powder

300g chicken breast fillets, skin and all visible fat removed, cut into bite-size pieces

¼ cup apricot jam

1 medium apple, cored and cut into bite-size pieces

¼ cup sultanas

½ cup water

¼ tsp salt

1½ cups plain non-fat yoghurt

1½ tbsp cornflour

Spray a large non-stick pan with olive oil. Cook the onion, garlic and curry powder for 1 minute, then push the mixture to the side of the pan and add the chicken. Cook over medium heat for 3-5 minutes or until no longer pink. Stir the onion back with the chicken. Add the jam, apples, sultanas, water and salt. Combine the yoghurt and cornflour and add, stirring through thoroughly. Stir continuously until the sauce thickens. Serve with rice. Serves 4

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Eating in

JUDITH SWEET

HEARTY flavoured casseroles are ideal for these cold evenings. The two casseroles I have chosen today are delicious and simple to make.

Many people, hearing that dinner is to be a casserole, would be less than eager to hasten to the table. This reputation, unfortunately, is the result of combining poorly matched ingredients or leftovers, often mushed together with a sauce and producing a dish that is unappetising in appearance and flavour.

I like to have one main ingredient in a casserole and introduce a few other flavours that work well together and will result in a flavoursome and texturally satisfying dish.

With a little thought and care a casserole can be a nourishing and satisfying meal that is easy to serve and saves on washing up.

Casseroles have the advantage of being a one-pot meal and lend themselves to being prepared in advance or to slow cooking, requiring little attention through the cooking process.

After the slow cooking that is often required for a casserole I find that it enhances the flavour and gives it a boost if a fresh ingredient is added just before serving.

Today's beef casserole is improved by adding a couple of tablespoons of red wine right near the finish of cooking while some lightly blanched orange rind and fresh herbs are stirred into the lamb dish.

Herbed lamb

This casserole can be cooked on top of the stove or at 180C in the oven. If cooked on the stove simmer for the last 40 minutes.

2 tbsp olive oil

1 large onion, diced

150g lean bacon, diced

150g small mushrooms, wiped and sliced (optional)

1kg boned lamb, trimmed and cubed into 3-4cm pieces

½ cup beef stock

½ cup red wine, plus extra 2 tablespoons

1 teasp fresh oregano

1 teasp fresh rosemary, finely chopped

2 cloves garlic, crushed

1 bay leaf

2 tbsp tomato paste

2 tbsp chopped parsley

Pre-heat the oven to 180C. Heat the oil in a heavy-based frying pan. Add the bacon and onion and cook until the onion is soft. Add the thinly sliced mushrooms, if using, and cook for 2 or 3 minutes.

With a slotted spoon remove the onion and bacon and mushrooms from the pan



Beefing up winter fare

and place them in a casserole dish with a lid. To the frying pan add half the lamb at a time and brown thoroughly. Add all the browned meat to the frying pan and pour over the stock and half a cup of wine. Simmer until the liquid is reduced to approximately half the original quantity.

Pour this mixture over the onions and bacon. Add the herbs, salt and freshly ground pepper to taste, and the tomato paste. Stir to combine.

Cook, covered for approximately 40 minutes or until the lamb is tender. Just before serving stir in the extra 2 tablespoons wine and the fresh parsley. Serve with potatoes, rice, couscous or noodles.

Beef with orange and walnuts

3 tbsp oil

1 tbsp butter

1kg topside or round steak, trimmed of fat, and cut into 3cm cubes

10 golden shallots, peeled

1 navel orange

orange rind strips for garnish

125ml dry white wine

250ml beef stock

salt and pepper to taste

2 teasp each butter and plain flour, creamed together

50g walnut halves, lightly toasted

½ tbsp chopped, fresh rosemary

Pre-heat oven to 180C. Heat a heavy-based pan and add the oil and the butter. Brown the meat on all sides. This will need to be done in batches so as not to reduce the temperature in the pan and result in the meat stewing rather than browning. Remove the meat and place it in a large casserole dish. Add the shallots and cook until golden brown. Add them to the meat.

Remove the orange rind in strips, making sure not to get any pith. Peel the pith from the orange then cut into thick slices (about six slices). Cut the slices into quarters. Add the orange pieces, wine, stock and seasonings to the meat and onions. Combine. Cover and cook for 1½ to two hours until tender. Half way through the cooking time remove from the oven, stir and place back in the oven. When tender, stir in the butter and flour mixture and bring to the boil to thicken the sauce. Check seasoning and correct if necessary. Place the rind into some boiling water and leave for one minute. Remove with a slotted spoon.

Sprinkle the toasted walnuts over the dish just before serving. Top with the orange rind and a little fresh rosemary.

MON-FRI 9am-6pm, SAT & SUN 9am-5pm

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Sunday: Family Feast (children under 12 dine free on Sunday).

Monday: Uniquely European.

Tuesday: Asian Influence.

Wednesday: Aussie Barbecue and Carvery.

Thursday: Mediterranean Journey.

Friday and Saturday: Hooked on Seafood.

Meehan's

In July Meehan's is open on Friday and Saturday nights. Try Barilla Bay oysters, grilled quail breast, marinated wallaby and Tasmania's best char-grilled eye fillet. Top it off with one of our magnificent desserts.

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THE Atrium

Try good old-fashioned foods in July, August and September. Lemon meringue pies, treacle tarts, jelly cakes, golden syrup puddings, raspberry shortbread slice, butterfly cakes, apple dumplings, custard tarts, miniature savoury pies, roly-poly pudding and ribbon sandwiches.

High Tea is available Friday to Sunday from 3pm-5pm. Bookings are recommended.

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