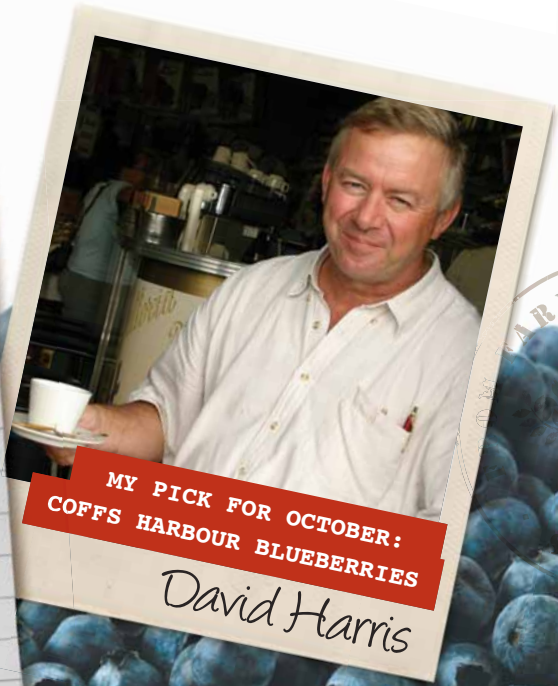


HARRIS FARM MARKETS

fresh news

— OCTOBER 2010 —

- All about parmesan
- Cook like a (Master) chef... try fresh broad beans
- Fruit and vegies... the best of the month
- Please explain... what's the difference between pawpaw and papaya?
- Italian favourites from our deli... arancini, tiramisu
- How to flavour with garlic



What's in season: Avocados, bananas, blueberries, grapefruit, mangoes, melons, papaya, pawpaw, pineapples, pomelo, strawberries, tamarillos and tangelos. Asian greens, asparagus, beetroot, broad beans, cucumber, chillies, garlic (fresh), globe artichokes, green beans, lettuce, mushrooms, peas, potatoes, shallots, silverbeet, spinach, spring onions, watercress and zucchini.

Choosing parmesan...

check it out at our deli and cheese cabinet

Parmesan originated in Parma in northern Italy and today this iconic cheese is produced all over the world.

Parmigiano Reggiano is the original parmesan and is regarded as one of the finest cheeses in the world. It is made only in the legally identified area of registered dairy farms for Parmigiano Reggiano. It is regarded as the ultimate parmesan due to its delicate, sweet and nutty flavour and is priced accordingly.

Also from Italy, is Grana Padano, regarded as the poor relation to 'reggiano', Grand Padano is a more grainy cheese but with a similar concentrated flavour. It has been produced for centuries in the Po Valley of northern Italy and again is made by traditional methods with milk collected from twenty seven provinces. "Grana" is less expensive but like 'reggiano' is a remarkable cheese. In Australia, cheesemakers have adopted the time-honoured process of making this renowned Italian cheese to produce Australian parmesan. Australian parmesan is a robust cheese that has a slightly sweet, and slightly fruity flavour.

Don't keep parmesan just for pasta or risotto - it's wonderfully versatile. Serve small pieces as a nibble, grate or shave it over salad and vegetable dishes. Parmesan teams well with pears, apples, grapes and figs, almonds and walnuts.



**FRESH BROAD
BEANS ARE SUPERB
QUALITY NOW**

Look for small young pods. 1kg of pods will give about 1 cup of shelled beans. Spilt the pods and remove the beans. Partially cook the broad beans in boiling water or in the microwave for a few minutes, and then peel away the thick outer skin to reveal a bright green bean. Heat a little butter or olive oil in a frypan, toss in the peeled broad beans to warm through.

Here's a deliciously good salad (that wouldn't look out of place in any good restaurant). Combine cooked broad beans with cooked sliced baby potatoes, sliced cooked green beans, strips of prosciutto and toasted pine nuts. Drizzle with a little red wine vinegar and olive oil, season well.

True blue flavour... try our blueberries this month, plump and sweet, with genuine flavour, they're fantastic eating!

David Harris

this month's best

Rockmelons are at their best in spring and summer, with good supplies coming from Western Australia, the Northern Territory and Queensland. The best melons will have a fragrant musky aroma, dark orange flesh and unrivalled sweetness. Store cut rockmelon in the refrigerator, wrapped tightly in plastic wrap.

Cucumbers are botanically classed as a fruit but known as one of the oldest vegetables.

As they contain 96% water, they're very refreshing. Choose ones that are not too large, nice and straight, and keep in mind the smaller the cucumber - the smaller the seeds.

While available all-year round, blueberries are at their best. The first flush of tasty new season blueberries, from excellent plantings in Coffs Harbour are in plentiful supply. Look for blueberries that have a frosty looking bloom, a sure sign of a great tasting blueberry.

Avocados are great value and quality this month. Avocados are a wonderful fruit containing a mass of vital nutrients needed for a healthy body. Try substituting high saturated fat like butter with avocado instead, it makes the healthiest and tastiest spread for sandwiches, rolls or wraps.

Beetroot is top quality. To quickly cook beetroot use the microwave. Scrub 4 small beetroot, trim stems and roots to within 3cm of the bulbs. Prick each all over with a skewer. Place in a heat-proof dish and add 2cm water. Cover and microwave on High (stirring once) for 10 minutes, or until cooked. When cool enough to handle, peel. Raw beetroot can be peeled and grated for salads. Add and toss just before serving so the colour doesn't weep.

Sweet Success!

MEET OUR FRIENDS

AT THE COTTAGE

It started with her Mum's Italian biscuits, "We just made them the traditional way, packaged them and sold them to a few local stores. . . and it just took off from there" is how Tina Blain from Sydney's Wetherill Park describes the success of her business The Cottage.

Today Tina (still with the help of her mum Maria and dad Mario) produces pizza, pizza bases, lasagne, arancini, frittata, as well as vanilla, ricotta and chocolate cannoli, almond toast, tiramisu and more.

"We take no shortcuts" says Tina, "everything is made by hand and cooked the old-fashioned Italian way. For example the sauce for lasagne and the arancini cooks for four hours... it has that real Italian flavour, you don't get that flavour if you take shortcuts!"



"Freshness is our priority, our dishes are made from real ingredients... we don't use preservative or additives, just fresh ingredients."

"The dishes are made one day and in-store and on sale the next day. Tuesday is arancini day, Wednesday is frittata day (it's also tiramisu day), every day the focus is different, but it keeps the supply of our products fresh and tasting their very best."

Tina's products have been in our stores for over 6 years now, and as her range expands so does the range we offer. Look for The Cottage products under the HFM label in our chilled cabinets and from the deli counter. Customer favourites include tiramisu (300g and 500g containers) and the very good arancini (Bolognese, spinach, ham and cheese, and chicken).

PLEASE EXPLAIN...WHAT'S THE DIFFERENCE BETWEEN PAWPAW & PAPAYA?

Papaya (red flesh) and pawpaw (yellow flesh) from Innisfail in Far North Queensland are at their peak in October.

It's not just colour that sets these two apart, it's taste and size. The smaller papaya is sweet and succulent, while the larger pawpaw is rich in flavour - some say a pawpaw's flavour is like a banana crossed with a mango.

Try this savoury idea...thickly slice papaya or pawpaw and serve alongside char-grilled chicken or fish. Add a squeeze of lime juice and a drizzle of soy before serving.

Treat yourself...remove the seeds from a pawpaw, and then cut it into thick wedges. Squeeze a little lime juice over it and add a couple of scoops of lemon or raspberry sorbet.



PAPAYA



PAWPAW

Make the most of fresh garlic

- **For full bodied flavour crush the cloves to release the essential oil.** Add salt while crushing, so the oils will be absorbed into the salt and not the chopping board.
- **To give a more subtle flavour,** add a whole uncut clove to your dishes while cooking.
- **To flavour a dish only slightly,** peel clove then slice thinly. Add slices to warm olive oil and cook over a low heat until the garlic just begins to turn a light golden colour, then add other ingredients.



make the most of the season... go to harrisfarm.com.au for delicious recipe ideas

