

## New faces, new look

We welcome autumn and the cooler mornings and evenings. It's nice to see the new season's apples coming into the store, and at the time of writing we still have late season's raspberries coming in from Woodbridge, a reminder that we have just left summer behind.

It's an exciting time of change at Hill Street Grocer. We have a few new faces to welcome this month and a couple of goodbyes.

We are delighted to be welcoming our new executive chef - deli and kitchen operations, Philip Harrison. Philip has worked as a chef in Tasmania and overseas, most recently with Peppermint Bay at Woodbridge. Philip will be running our deli at Hill Street and our kitchen in South Hobart, where all our prepared food is made. He'll be working behind the deli counter most days and will be happy to make dinner suggestions to you when you have run out of ideas! He will also be creating new exciting dishes in the kitchen for our range of prepared food - stay tuned.

We also bid goodbye to our chef John Mahindroo. John is taking off on an overseas adventure with his partner Joan. Our Greek heritage has obviously worn off on John, who has landed a job in the Greek islands as head chef in a busy restaurant. We'd like to thank John for the hard work he has put in over the past two years in establishing our kitchen and making it such a successful part of our business.

Other hellos and goodbyes - Paul in stock leaves us to take up a scholarship on the Gold Coast. Natalia is trying to wind up her work soon, as she and Nick will be welcoming their third child into the world in early May. New faces in the store include Michele in stock, Chris in stock/fruit and veg, Vincent, Jonathan and Ben in fruit and veg and Dee behind the deli. We welcome all our new team members and hope that they make a positive difference to you next time you are in the store.

## Single vigneron Kristen and David Cush Spring Vale Wines Heritage vintage

"Men and women who grow their own grapes in their own soil and make their own wines from them." These were the criteria we outlined for our single vigneron series when it began a year ago.

Some of our single vigneron have been just that, some work with a partner, some have taken on winemaking in retirement and some have been working in vineyards for generations.

At Spring Vale, Kristen Cush is the fifth generation of her family, the Lynes, to be involved in farming the same land on the East Coast. It's only since her parents Rodney and Lyn planted some pinot noir grapes in 1986 - and subsequently chardonnay, gewurztraminer, pinot gris and pinot meunier - that it has been a vineyard, but few Australian families have such a long association with their patch of soil.

Kris's role these days is mostly confined to vintage time because she is raising the first two members of the sixth generation, Max, who is nearly four, and Willem, who is one. She is confident they too will one day be involved in the business.

William Lyne and his family came to Tasmania in 1826 and moved to Spring Vale, near Cranbrook, in 1875. Before them, the house had been occupied by artist and author Louisa Meredith and her husband Charles, who moved there in 1842. Pear trees Louisa planted still stand.

Stables built at Spring Vale in 1842 are now the cellar door, which is open from 10am to 4pm each day. It and the homestead are heritage listed. Kris said the family hopes to "pull in" more tourists interested in history as well as wine.

Also exciting is the launch of our new look logo, coinciding with a reconfiguration and upgrade of our fruit and vegetable stands, dairy case, wholefood and bread sections and other changes around the store.

These changes are designed to alleviate some of the congestion that occurs due to the narrow aisles in the fruit and veg section, and also to assist with traffic flow around the store generally. They will happen in the weeks either side of Easter, and the **store will close on Easter Sunday** in order to install a new dairy case. We hope you enjoy the changes and our new look.

Speaking of Easter, we are gearing up for a busy time. We will be open on Good Friday and Easter Saturday and will have lots of crayfish, whole salmon and oysters for your Easter feast. Of course we will have Easter eggs galore, from Cadbury novelty eggs to high-quality Lindt and Chocolatier eggs.

Best wishes for Easter from all of us at Hill Street Grocer.

**Nick and Marco Nikitaras**

## Seeing red

This is the time of year for less travelled tomatoes. When they are not in season, tomatoes may travel a couple of thousand kilometres to reach the shop, but in autumn our tomatoes will have travelled no further than Nick Mitsakis's place in Kingston or Gary Hippman's at Roches Beach.

Gary's company Lafresh is the only one in Tasmania growing mini roma tomatoes called Flavorino, a Dutch patented variety.

Like the bigger romas, the mini version has fewer pips and a higher ratio of flesh to juice. The tiny romas look terrific arranged in a tart, especially if mixed with small yellow tomatoes for a jewel-box effect.

Tiny tomatoes of any shape contain more vitamin C and lycopene for their weight than bigger tomatoes. Gary said the

tomatoes the Spanish brought back from the New World in the 16th century were smaller than a cherry tomato, had more lycopene and about 50 times the vitamin C of a modern tomato.

Lycopene is the bright red pigment that gives tomatoes (and watermelon, pink grapefruit and rosehip) their colour. In the body, lycopene acts as an antioxidant and gets points for reducing the risk of cancers, particularly prostate, and heart disease. Lycopene is most efficiently absorbed when it has been cooked with oil - so a pasta sauce is better than a juice.

Slow cooking and baking the tomatoes to be used in sauces will also enrich the taste - throw in some whole chillies, garlic or an anchovy or two as well - you won't taste the anchovy but it will give the sauce depth.

Gary Hippman prunes his mini romas to eight to a plant. A truss weights 280 to 300g. "We go for high-quality tasty tomato, so we don't achieve the yield that a lot of people do," he said.

All Lafresh tomatoes are grown hydroponically in greenhouses. Gary says it is the most environmentally sensible way to go, as the water is recirculated and the only loss is through transpiration and so overall use of water is much less than when the plants are grown in soil.

And have you noticed truss tomatoes have the strongest "tomatoey" smell? Gary says the smell is coming from the stems and calyx - if you wash them they will smell the same as loose tomatoes. However, when tomatoes remain attached to the stem, maximum flavour is imparted back to them as the stem shrinks, and they will last longer.

Keep tomatoes in a bowl out of the fridge - refrigeration dulls the flavour.

Tomatoes go with: basil, bread, butter, cheese, chilli, cream, eggs, eggplant, garlic, olive oil, oregano, pasta, pizza, polenta, salt, thyme, zucchini.

# provisions

Hill Street Grocer  
109 Hill Street West Hobart 7000  
Ph: 6234 6849 Fax: 6234 6147



### 2005 Spring Vale Pinot Noir

Powerful aromas of dark cherries, spice and earth, with subtle oak. Soft, smooth tannins; full, fleshy mid-palate and great length of flavour. A classic vintage of Spring Vale Pinot Noir, with a long life ahead of it.

### 2005 Spring Vale Chardonnay

Explosive aromas of oak, peaches and cashews with underlying creaminess. A tight palate with mid-palate texture and great length of flavour. Drink now or cellar happily for five or more years. Perfect companion to smoked trout.

### 2006 Spring Vale Gewurztraminer

Intense varietal aromas of lychees and rosewater. A touch of sweetness teams well with tight acid and firm phenolic backbone to produce a stylish aromatic wine. Well suited to a wide range of foods, from stinky cheese to a cinnamon curry.



## In season

At their best in the coming weeks are

### Vegetables

avocados  
beetroot  
brussels sprouts  
fennel  
leeks  
red cabbage  
tomatoes  
zucchini

### Fruit

banana  
grapes  
hazelnuts  
kiwifruit  
lemons  
nashi  
passionfruit  
pears  
plums  
pomegranate  
quinces  
rhubarb  
walnuts



Jeanette Beck

## Cooking with the CWA

If you saw *Not All Tea and Scones* on the Country Women's Association on ABC TV last month you'll be familiar with the precision of competition cooking - coconut ice that must be exactly 1.5cm square and have white and pink layers of equal depth and cakes that must be free of rack marks on the bottom.

In Hobart, you don't have to be a judge to get a taste of not-quite-so-exact CWA cooking. The women who bring sponges, slices, relish and chutney into the CWA shop at 165 Elizabeth Street make such prodigious amounts that slicing that's not ruler straight or a few rack marks can be forgiven.

President of the shop committee Jeanette Beck heads a team of women who do share 42 shifts behind the counter a week and keep the shelves full. One woman might supply 18 cakes and loaves on one day; another will bring in 12 sponge cakes; and another 11 jars of relish and six jars of jam.

Some of that will be "spec" baking for the offices that call by for morning tea, or to fill home pantries, and some, such as birthday cakes, are on order.

Each woman who bakes or makes for the shop has a number, and customers may specify they want some of Lady 61's relish or a sponge cake made by Lady 79, but even if you should be talking to the lady herself you won't know that she is the one in question.

Many of the recipes below come from *Country Classics*, a book first published by in 2000 to celebrate federation. Now the "good and proven" 500 CWA recipes are presented in a new format by Viking. *Country Classics* costs \$39.95.

And Lady 79 from the Hobart CWA shop shares some secrets for making a light sponge - something she has been perfecting since she was at school. First you need: a good hot oven and very fresh eggs at room temperature. Fold the ingredients together gently using a metal spoon - the metal spoon is more important than the gentleness.

When the sponge comes out of the oven, run a knife around the edge and leave it to cool - never near an open window or in a draught or it will shrink. If you want two sponges of exactly the same size, weight the two tins and share the mixture evenly before they go in the oven.

### Chocolate caramel slice

This is from the South East CWA *Our Favourite Slices* book, \$2.50 at the CWA shop.

#### Base

1½ cups self-raising flour  
3 teaspoons cocoa  
½ cup caster sugar  
½ cup coconut  
185g butter

Stir flour and cocoa, add sugar and coconut. Stir in melted butter and mix well. Press evenly into swiss roll tin. Bake in 180C oven for 20 minutes. Cool for 5 minutes before spreading with filling.

#### Filling

1 cup sugar  
2 tablespoons golden syrup  
125 grams butter  
⅓ cup liquid glucose  
¼ cup chopped walnuts  
⅓ cup water  
400g can sweetened condensed milk  
300g dark cooking chocolate

Combine sugar, golden syrup, butter, water and condensed milk in a heavy-based pan. Stir over low heat until sugar is dissolved. Increase heat and boil steadily for 10 minutes, stirring continually to avoid burning. Spread on base and cool. Melt chocolate and spread over slice.

### Autumn sponge cake

½ cup sugar  
3 eggs  
1 teaspoon golden syrup  
1 tablespoon plain flour  
½ cup cornflour  
2 teaspoons baking powder  
1 teaspoon cocoa  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon

Preheat oven to 180C and grease a sandwich tin. Beat the sugar and eggs. Add the golden syrup and beat again for 10 minutes. Sift the remaining ingredients together three times. Add to egg mixture. Bake for about 10 minutes. Top with whipped cream and sprinkle with cinnamon.

### Show scones

Selling scones at agricultural shows is a traditional way CWA groups raise money. This is the recipe from *Country Classics* that the CWA Show Catering Committee in Victoria uses (in bulk quantities) to produce 100 dozen scones a day for 11 days at the Royal Melbourne Show.

3 cups self-raising flour  
pinch teaspoon salt  
½ cup cream  
1½ cups milk  
melted butter  
Preheat oven to 260C and grease baking tray. Sift flour and salt and into the centre

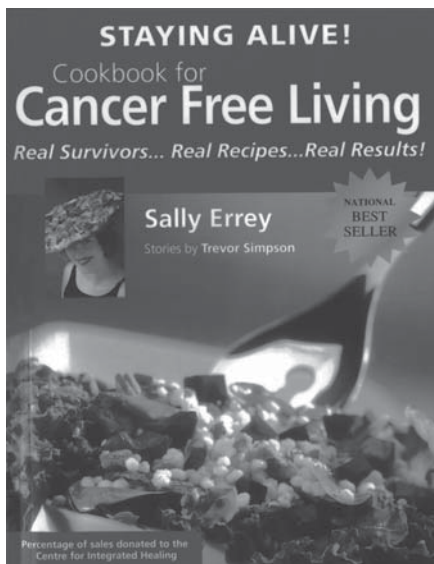
add the cream and the milk. Stir with a knife to form a soft dough. Turn out on a floured board and knead lightly. Roll to about 12mm and cut in squares or use a cutter (press straight down and try not to turn cutter or they will be lop-sided). Place on tray and turn the oven back to 250C to bake for about 10 minutes. Melted butter brushed on tops and bottoms removes any flour and helps keep the scones nice and soft.

### Tomato chutney

Hobart woman Marj Smith contributed this recipe to *Country Classics*.

3 kg tomatoes  
4 onions  
1 tablespoon salt  
1 tablespoon mustard  
1 tablespoon curry powder  
500g sugar  
¼ teaspoon cayenne pepper  
2½ cups vinegar  
2 cooked apples, peeled, cored and diced

Slice tomatoes and onions into separate dishes and sprinkle with salt. Stand overnight. In the morning, pour off tomato liquid and throw away. Mix together all ingredients except apples and boil until mixture thickens and onions are soft. Add peeled and cooked apples. Bottle while still warm.



## Staying Alive

"The kitchen is where the healing happens," says Sally Errey, explaining why in her book *Staying Alive: Cookbook for Cancer Free Living*, she provides, early on, advice on how to organise the Cancer Conqueror's Kitchen.

"I find a lot of people really hate their kitchen," she said. "They give attention to their cars, their hair their make-up but not their kitchens . . . they are disorganised, they use blunt knives."

As people following the advice in the book will be spending time in the kitchen it is just as well to be "in communion" with it, Sally said.

There is a lot to do without - sugar, white flour and hydrogenated fats such as in margarine and bought cookies - and a great many vegetables, fruit and pulses to be cooked and consumed - if one is to follow this diet, but then the people it is

intended for, those with a diagnosis of cancer, are nothing if not strongly motivated. Even so, Sally, a nutritionist, says she will begin by asking patients: "What does your breakfast tomorrow morning look like?" "That's the level where the changes get made," she said. "You cannot overhaul your complete diet in two weeks."

Sally Errey grew up on Hobart's Eastern Shore and graduated from the University of Tasmania. Her first career was in accountancy and IT, but in 1998 she began studying at the Canadian School for Natural Nutrition in Vancouver, and for the past seven years she has worked in that city at the Centre for Integrated Healing.

Many of the people who tell their stories in the book have healed themselves of cancer by being careful about what they eat and how they nurture themselves in other ways, sometimes while eschewing treatments such as chemotherapy.

Sally first wrote the book in 2004, and it is a best-seller in Canada. It was updated last year, and Sally has been testing the market in Australia while on a six-month sabbatical and visit to her parents. There is no distributor for the book in Australia, and Fullers is the main stockist.

The book is full of practical advice on such things as what are most important foods to source from organic growers - any animal products head the list - 20 power foods, products and foods to avoid and recipes - her own and contributions from people with cancer - to organising your cupboards.

It's not all beans and vegie juice - garlic, ginger, shiitake mushrooms and herbs are immune boosters, as well as flavour boosters. It is, says Sally "a style of eating where a fork, not a calculator, is required". As well as cancer patients, anyone with a suppressed immune system, diabetes, a heart condition or someone who simply wants to live well for longer, will benefit from the ideas in *Staying Alive*.

"The biggest challenge you might face is managing the energy and enthusiasm that comes from re-experiencing health and vitality," Sally says.

*Staying Alive: Cookbook for Cancer Free Living*, Bellissimo Books, Canada, \$39.95 at Fullers. See [www.myhappytummy.com](http://www.myhappytummy.com)

## Shelf Life

It's great to have another fantastic Tasmanian product on our shelves. **Boks Bacon** is produced in Cygnet by Marcus Boks using a traditional Dutch recipe which had been handed down from generation to generation. It has developed a cult following because of the natural processes used to produce it, and its delicious smoky flavour.

How is this bacon different to what you usually buy? There is no pumping of artificial flavours and preservatives. The prime pork loins are rubbed with salt and then aged until cured. Then they are smoked in a traditional wood-fired smoker and packaged in 250g packets for convenient use. There is also leatherwood cure product from free-range, happy pigs reared at the Leenavale Pastoral in Sorrell, that roam freely and enjoy prime grain to supplement their diet. They sleep in cosy shelters on straw beds to keep them warm at night.

Phillippa's is a Melbourne institution and Phillippa's breads, preserves and biscuits have achieved legendary status around the country. We are very pleased to be stocking her products now. Made with pure, high-quality ingredients such as unsalted butter, unbleached flour and real eggs, Phillippa's **biscuits** are lovingly hand rolled and hand cut, and come in varieties such as **lemon poppy seed shortbread, cranberry shortbread, choc chip hazelnut, gingerbread and Anzacs**. Her range of traditional Italian **biscotti** includes **cranberry and orange, chocolate,**

**hazelnut and orange** and are great for dipping into a cup of tea or heavy dessert wine such as Vin Santo. Savoury biscuits great for your next cheese board are the **parmesan sables** and **oat cakes**. We also stock Phillippa's entire range of **jams, mustards** and **relishes**. Try the **Beetroot Relish** - it's fantastic and pairs up equally well with cheeses, smoked salmon or roast meats.

Also new and ideal for your next cheeseboard is the range of fruit pastes from the **Valley Produce Company** - fig and almond, pear and hazelnut, and apricot and pistachio, and their **amber walnuts** - whole walnuts, candied in a sugar and soy sauce toffee.

## Events

On **June 3 Judith Sweet** is conducting a hands-on cook and eat **Lunch in Marrakesh** class for Slow Food Hobart. It will be held at Elizabeth College from 10am to 3pm. Cost \$70 for members and \$80 for non-members. Phone 6295 1870 to book.

## Easter Trading Hours

Good Friday (6 April)	7.30am - 8pm
Easter Saturday	7.30am - 8pm
Easter Sunday	CLOSED
Easter Monday	7.30am - 8pm