

THE COOKS LARDER 2007 spring news

copies of this newsletter, along with our catering menu & pantry fill services, cooking school programs, registration and previous newsletters can be viewed & downloaded from our website: www.thecookslarder.com.au



Spring is here & the beautiful spring produce is filling the markets - see our new lunch & dinner menus for some of the best ingredients Spring has to offer.

STORE & DELICATESSEN NEWS

cooks larder wins industry award!

The Cooks Larder is very proud to have been named 2007 Best NSW Metropolitan Cafe Restaurant at the Restaurant & Caterers Awards. Congratulations to all of our team and many thanks to our customers - a real achievement esp. for an out-of-the-city store! Better still we have been nominated for the upcoming national awards in Adelaide!

your dinner is ready!

Your feedback regarding our new dinner service has been overwhelmingly positive! We are only too glad to provide a good food option to expensive unhealthy takeaways. Keep an eye for the new weekly spring menu - bigger & better than the last. When the weather really heats up we'll include some fabulous BBQ options!

a passion for handmade salami & sausages

At The Cooks Larder we love offering you quality produce locally made with passion. Almost every one of the salamis we offer are now handmade by Tony Sgro using the best quality free range pork & natural ingredients. Tony uses traditional methods & recipes he learnt growing up in a food loving Italian family. Since a young boy making salami was Tony's family job - and to think some of our kids worry about unpacking the dishwasher! Tony also makes a huge range of delicious all natural fresh sausages (like the Pork and Fennel you now enjoy on our breakfast menu). Ask us for a list of his sausages, then place your order with us on Mondays for a Wednesday delivery of the best fresh sausages you have ever enjoyed. Try his Traditional Italian or Beef sausages for the BBQ or perhaps his Chicken & Rocket sausages, fabulous enough for your next dinner party. Keep an eye out for Tony in store soon for his salami & free range ham tasting very soon.

new tea range

See a whole new range of fine teas on the shelves from Toby's Estate adding to our Mariage Freres and Larson & Thompson favourites. Our drinks menu now has tasting notes so you can try a new tea today. All teas on the menu are available to take home.

christmas orders

Yes, Christmas is on the way! But there is no need to worry because we'll have you organised well ahead of time. Our better than ever Christmas Menu Order Sheet will be in store October. Loads of time for you to plan, order, relax & enjoy!

the good oil - a quick guide to olive oils

We often get asked lots of questions about how to buy olive oils & hope this will help! Extra Virgin Olive Oil (EVOO) is made from the first crushing of the olives. The oil always physically removed (pressing or centrifugation) never by chemical extraction This retains the natural antioxidants, aroma & flavour. About 2000 olives are needed to make 1 litre of oil! Refined oils, labelled often as Olive Oil or Pure or Lite olive oil means the oil has been chemically treated to lessen strong flavours but unfortunately also removes the health benefits of the antioxidants. If you are confused, the price of the oil will generally indicate how it has been extracted. The colour of an oil does not really say anything about the quality of the oil & but rather the amount of chlorophyll. Early season picked olives tend to make a greener oil. Store oils in dark coloured bottles in a cool dark place - though the refrigerator may have a solidifying effect. Properly stored EVOO will retain freshness for around 12 months. Choosing an oil is a little like buying wine, dependant on personal taste & usage - eg early harvest EVOO can be intensely flavoured & therefore suited to strongly flavoured dishes. 'Fruity' or late harvest oils tend to have less bitterness & pepperiness so are milder. For more info go to the Aust. Olive Assoc website which covers many interesting detail & facts about olive oils: australianolives.com.au. See above for easy but delicious healthy cake recipe using Australian Kalis Organic Lime Infused organic olive oil.

MAKE IT QUICK RECIPE

almond citrus olive oil cake

1.5 cup plain flour;
2 tsp baking powder;
1/2 tsp salt;
3 lrg eggs;
1 cup sugar;
4 tsp orange zest;
1-2 drops Boyajian Lemon extract;
1/4 cup full cream milk;
3/4 cup Kalis Organic Lime Infused Olive Oil,
2/3 cup slice almonds, toasted & coarsley crumbled.

Preheat oven to 180. Grease & line a 26cm springform pan. Blend flour, baking powder & salt in medium bowl. In another bowl using electric beaters mix eggs, sugar & zest till pale & fluffy. Beat in the milk. Gradually mix in oil & extract. Gently fold in flour till just mixed. Pour batter into spring form. Bake until a skewer inserted into centre comes out clean, about 40 mins. Transfer to a rack & cool for 15 mins. Remove springform. Crumble over nuts and a good shaking of icing sugar. Fabulous w Yulla yoghurt or Gundowering ice cream.



COOKING SCHOOL NEWS

upcoming classes.

We recently had two great nights, one with John Lanzefame & Tony Sgro making handmade sausages & the other making gourmet pizzas in our hands on classes - so much fun! Look out for more hands on classes including Tony who returns next year to show us how to make handmade salami....

Many people are fearful of cooking seafood so on this programme we offer 2 seafood classes to get you going!

SCHOOL HOLIDAY PROGRAMME:

Junior Cooks & Young Chef restaurant will enjoy making their own Thai Food in the October school holidays

HANDS ON DESSERT CLASS:

Dugal will teach his favourite dessert recipes

PETER EVANS - FAVOURITE SEAFOOD DISHES:

Always a great night out with this fish-loving talented chef

SPANISH SEAFOOD with NOMAD FEASTS:

Learn to make a traditional Zarzuela de Mariscos perfect for impressive summer dish.



CHEESE NOTES

creme de la creme

Belonging to the white rind cheese family, double & triple cream cheeses are probably the most popular of all cheeses due to their intense buttery, oozy & silky creaminess & snowy velvety rind - every taste is a luscious melt in the mouth experience. These cheese are aged generally for only a few weeks. They make a perfect simple meal spread thickly on organic sour doughs or as an extravagant end to a dinner party. They match well with just about any wine or champagne. For a very mild version try Buche D'Affinois with champagne or chardonnay. For a fuller flavoured cheese try Delice d'Bourgogne with a shiraz. Just don't think too much about the minimum of 60-75% butterfat!