

THE COOKS LARDER summer 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



STORE & DELICATESSEN NEWS

NEW! ORGANIC MAPLE PRODUCTS

We have some wonderful new organic maple products on the shelves: Maple frosted almonds; Maple Butter; Maple Sugar chunks and of course Maple syrup!

The maple sugar chunks are an amazing product - try them sprinkled on oatmeal in the morning, sprinkled over muffins, cakes & crumbles or in place of sugar in tea & coffee. For an amazing but simple dessert mix through Gundowering Vanilla Bean icecream. The organic maple frosted almonds are irresistible & of course there is nothing quite like the best quality real maple syrup on your pancakes or combine some with orange juice and tamari for a fantastic chicken, duck or pork marinade for your next BBQ. The Maple butter (a little like creamed honey) is delicious on our organic Sonoma sourdough toast.

Maple sugar and syrup has many advantages over refined or brown sugars including much higher levels of Manganese, Riboflavine & Zinc. Maple products are also low on the glycemic index.

MAGGIE BLINKO RELISHES

I can never resist the old fashioned CWA style relishes you see on stalls outside hospitals, at fetes or quaint country stores because they are always so good - the type of all natural, homestyle cooking you cannot often buy. Out of the blue one day Maggie Blinko approached us with a beautiful basket full of the type of relishes we had been looking for. Her recipes are truly old style and some of the relish are made with her mother's recipes.

So we are very happy to stock as many of Maggie's relishes as we can fit on the shelves. I have been enjoying them on sandwiches, served with BBQ'd meat, basting old fashioned meatloafs and even with poached eggs in the morning!!! For those who have been asking us for years for a good quality redcurrant jelly, you will be thrilled when you taste Maggie's relishes.

MAGGIE BEERS NEW ICECREAM

With summer here it is the perfect excuse to eat icecream - not that you will need an excuse to indulge in Maggie Beers latest product: Burnt Fig Honey Comb and Caramel Icecream... we do however issue strong warnings - this deliciously wicked icecream is addictive!

NEW SALAMI'S

When you have had enough of the sweet stuff you must try our newest handmade free range all natural salamis from Tony: Truffle Salami and Garlic and Fennel salami - perfect for an elegant antipasto at your next dinner or picnic.

SUMMER CATERING & PANTRY FILL

If you have lots of visitors coming over summer consider our catering menu to give you a hand. Catering Menus available online or at the counter. Our Pantry Fill service is also perfect if you don't want to arrive to empty fridges at your weekend or a use this as an additional service if you are renting out your home over the holidays. It also makes a great gift for friends who are holidaying in the area this summer.

GIFT CERTIFICATES ONLINE

You can now buy store & cooking school gift certificates online - a perfectly easy way to buy great presents for your friends & family who have everything!

PRICE RISES

After at least 3 years of stable prices you may notice an increase in our coffee, bread and cake prices due large increases in the costs of basics like butter flour, bread, milk, eggs & vegetables. Mainly due to drought and transport costs the push on effect from these basic increases is wide and we regret having to pass them on. However we will continue with our commitment to only use quality produce so you know what you eat at The Cooks Larder is good for you - free range eggs, organic breads and real butter.

MAKE IT QUICK RECIPE

JODIE'S HALLOUMI, ZUCCHINI & MINT SUMMER SALAD

A friend made this fantastic salad at a recent BBQ. It was so good I have been fiddling with at home and thought I'd share the results! It is a perfect summer entertaining recipe. Quick & can be easily made for 2 or a large crowd. See Cheese Notes below to learn more about halloumi. This recipe serves 4 people as a side dish - perfect served with grilled prawns or lamb cutlets.

Ingredients: 500g Halloumi cut into 1 cm thick slices; 6 zucchini cut into thick batons; 300g sugar snap peas; juice of 1 lemon; 1 bunch mint; Kallis lemon infused extra virgin olive oil; salt, pepper. **Method:** Place the cut zucchinis into a roasting pan and cook just tender at 200 degrees (around 15-20min). Meanwhile pan fry the halloumi till it is golden brown on both sides. Set aside & turn the heat up high and saute the sugar snaps till just cooked. Place cooked zucchini, halloumi and sugar snaps into large bowl and toss with the lemon juice, drizzle of oil and the picked mint. Season with pepper. Check for lemon juice - it may need more if you like it with zing. Arrange on a platter. Best served warm but still delicious if not!



COOKING SCHOOL NEWS

UPCOMING CLASSES. We have so many great classes for young people coming up in the holidays - they are already booking out fast so get in quick. Many favourite classes are returning to the programme along with some new classes. See the programme for full details:

Mexican Feast for Little Cooks and Junior cooks
Worlds Best Chocolate Cake for Junior Cooks
Young Chef Restaurant Class
How to Cook What You Want to Eat for 13yrs+
Kitchen Survival Guide - 5 great dinners to stay alive! 17+
Secret Mens Business
Essential Cookery Methods - Level 1
Cheese Workshop
Hands on Seafood Class
Greek BBQ Class

GIFT CERTIFICATES AVAILABLE FOR ALL CLASSES



CHEESE NOTES

HALLOUMI Made in the centuries-old tradition from pure milk, Halloumi, the traditional cheese of Cyprus, has been a staple in the Cypriot diet. A delicious cultural achievement, Halloumi is a soft, springy cheese made from pure milk. With its unique taste - somewhere between a feta and a mozzarella. It's perfect with fresh fruit, salad or your favorite wine. Because halloumi copes with high heat without melting it is delicious grilled on the bbq whether cubed on skewers or sliced and grilled alongside your favorite vegetables. It is a rich source of calcium, and the cholesterol level is lower than that of Cheddar & not very high in fat (24%). The name "Halloumi" is derived from the ancient word "Halmi" which means salty. Cheaper versions are made with cows milk but look for ones with high goat & sheep milk for the best flavour. See our open fridge.