



Omelette,  
A Cooks Larder Chicken  
(available for eggs only)

# SUMMER NEWS 2009

FROM THE COOKS LARDER TEAM

## A PERFECT SUMMER ...

After last year's up & down weather this summer has given us it's best! The great weather of course has allowed the stone fruits to flourish & give us the simplest of summer pleasures enjoying their sweet juiciness. Even the raspberries have been spectacular! Although the late storm in 2008 did wipe out the much fig supplies, forcing us to change our menu from a fig salad to a peach salad - not exactly a difficult problem given the quality of peaches, but fingers crossed for the fig growers next year!

At last we have updated the Breakfast menu - it was a long time coming & we thank you for not hounding us for having a winter fruit salad on the menu in the middle of summer!! Perhaps because you loved it? Don't worry we have a new seasonal version currently with baked peaches, apricots & blueberries still served with roasted almonds & Mungalli Creek Biodynamic Rainforest Honey yogurt. The porridge has been replaced with a delicious lime and apple juice bircher muesli served with roasted macadamias & fresh watermelon wedges. Yum!

## A NEW YEAR AND A NEW WAY OF LIVING ...

In spite of the perfect weather, 2009 has certainly begun under a depressing cloud of economic woes. It will certainly be a year of challenges for us all. However we believe this year will also allow an opportunity to re-evaluate how we live & eat. A chance to simplify & be mindful of good food, local food, sustainable food & overall good value. At home we took our first small steps to being more waste efficient & self sufficient in the form of 3 chooks for the kids for Christmas. We are quite astounded at the impact these 3 feathered creatures have had on the family - including loads more time in the garden! See [Rentachook.com](http://Rentachook.com) for more info. Also have a look at [Herdshare.com](http://Herdshare.com) if the idea of good food & self sufficiency interests you. It is amazing how all of these businesses are growing as more & more of us seek better ways of living.....

As a small business in trying times we are committed to providing nurturing, good value food along with a store full of ingredients & classes to help you do the same at home. We

will offer as much all natural home made produce as possible or foods sourced from other small businesses who are similarly committed to good quality and good value.

## FOOD FOR THOUGHT ...

Did you know our salamis are hand made using free range pork from a small supplier yet cost about the the same as mass produced salamis with added chemicals & plastic packaging from the supermarket? Our deli marinated vegetables are also all home made with NO artificial ingredients made exactly as you would at home - if only you had the time! See our website soon for great simple recipes

## NEW IN STORE ...

**SMARTIE COOKIES** - Always a favourite with little and big kids! Our cookies are super yummy and crunchy with a giant smartie on top!

**HOME MADE MARINTATED BIODYNAMIC FETTA** - Made using Mungalli Creek's superb fetta which is produced by the Watson Family in the pristine surrounds of Nth Qld's world heritage rainforests. Their cows graze year round on lush biodynamic mountain ranges which imparts a flavour & goodness to the milk you can taste. This Fetta won a gold medal at the 2008 DIAA awards! Perfect for salads, pizzas, antipasto & pasta (\$13.95 300ml). You'll also find a range of their stunning yogurts in the open fridge (\$6.50 500g). For more info about Mungalli Farm products see their website: [mungalliecreekdairy.com.au](http://mungalliecreekdairy.com.au).

**BARAMBAH ORGANIC MILK** - Made on a 300 cow family owned QLD dairy this award winning milk is produced without sprays or chemicals. Their slow pasteurisation process preserves the important for digestion enzyme activity & flavour. Even if buying organic isn't a priority, buy this milk for the flavour (\$5.95 for 2lt). I had forgotten what milk should taste like until I tried it! More Barambah products coming soon.

**RYLSTONE EXTRA VIRGIN ORGANIC OIL** If you love an olive oil with big flavour this new organic oil is amazing! Its balanced flavour is derived from the high altitudes & hot summers of Nth West NSW & is made from the freshest picked fruit (never fallen fruit). Its beautiful bottle even has a very clever inte-

grated easy pour spout! (\$25 500ml)  
**HOME MADE JAMS** - Dugal and chef Linda are busy making the most of the stone fruits and are boiling up pots of jam. As I am writing Dugal has just pulled off a big batch of Peach & Vanilla Bean which will keep the taste of summer going even longer! (\$10.95)

## TAKE IT HOME!

As the pressure of summer eases we can get cooking again so keep an eye out for the return of Everyday Dinners to the deli fridge. We will also keep the freezers full of dinners so you have more variety to choose from.

## BACK TO SCHOOL

Learning to cook properly is not a luxury - it is an essential life skill & an investment in the health & well being of you & your family. As you increase your skills and get better results you also start to enjoy cooking more turning a daily chore into more of a daily pleasure. There is plenty of research showing the benefits of families eating together & families who cook together can help improve the eating habits of children. Even fussy eaters can gradually be more motivated to eat better when involved in the cooking! If you are anything like me sometimes cooking well is just about getting motivated & inspired again!

Our Term 1 programme is jam packed with great classes to have you cooking inspiring food all summer long.

We have also revamped our Essential Methods and Technique classes into more of a masterclass - this makes the class perfect for everyone from beginners to regular cooks who feel their cooking skills need some work. These hands on classes are not driven by the recipe but by the technique so by the end each class you will be fully informed about a particular method of cooking which you can apply every time you cook! A full outline of this course will be available soon on our website.

Meanwhile grab a program from the counter or the website AND don't forget every time you book 3 classes or more at the same time we offer a 15% disc on the total cost (excludes kids classes but does include gift certificates).