

in store



Traditional Handmade small goods from Pino Tomini Foresti

We are very proud to bring Pino's Bangalow Sweet pork small goods into Avalon for the first time - buying meats of this quality previously involved a trip to Italy or at least Kogarah! Pino is a 7th generation small goods artisan and only uses Bangalow Sweet pork in his products. This pork is farmed in the idyllic hills just outside Byron Bay. It is hormone, antibiotic free and Pino cures them with as little salt and preservatives as possible. This is clearly great news for anyone conscious about what they consume but the most obvious difference with Pino's small goods is the amazing flavour - you are welcome to try any of these new items at the deli counter.

All Home Made

Getting truly fresh, homemade & preservative free produce is getting harder to find. But in our open fridge you will find many of our very own sweet and savoury jams and the range is about to extend starting with our mayonnaises - the flavour difference is amazing!

Asian Groceries

Authentic Asian ingredients are now in store. Our range of essentials include fresh noodles and gow gee wrappers, sauces, pastes, frozen dumplings, pork buns, dry goods and steaming baskets. We hope you enjoy having access to these ingredients

cooking school



Private Classes

Available for groups up to 24 people. Hands-on or Demo

Did You Know.....

We have taught more than 450 recipes over the last 2 years in our cooking school!!

Mailing List

Our store mailing list is ready to be launched at long last. Leave your details in the mailing list book at the counter or email us your address and we will add you to the list. You will be kept up to date with cooking school programmes and the quarterly newsletters.

Christmas at the Cooks Larder

As always the year has flown by and it is hard to believe Christmas is almost here. At the Cooks Larder we adore all of the special foods and traditions Christmas brings... To help make your Christmas as simple and relaxing as possible our 2005 Christmas Order Sheets cover all festive essentials - from the best quality meats to cheeses to rum balls. You will soon find copies in store at the counter and you will be able to download a copy via our website. Remember the deadline for Christmas orders is fast approaching.

The Cooks Larder will also be laden with wonderful hampers & gifts to make your gift shopping easy. Our range includes stunning handmade porcelain ceramics by Malcolm Greenwood, the latest cookbooks, essential kitchen items and the great range products from Retro Kitchen. Of

course our beautiful hampers will be available once again. Hampers are also popular corporate gifts and can be tailored to suit any needs and budgets. Gift Vouchers for the store or cooking school are always available at the counter.

Avalon Market Day

Market day will be held on Saturday 19th November and we will be taking a double stand this year. You will be able to taste and buy the Newcastle Pudding Lady's famous plum puddings and enjoy an entire table laden with delicious delights to eat while you wander through the street stalls.

Summer Menu

As our regulars know we change our lunch and dinner menu around every 6 weeks. We do this to offer you the best seasonal produce and to share the foods that inspire us. I am already thinking about the all the delicious salads and mango and peach cakes that are on the way! Our chef, Susie Doran has started the summer season by travelling through Burma and will no doubt be gathering loads of inspiration along the way....

delicatessen

a little closer to home! See our Make it Quick recipe for a great simple meal making the most of our new range. We have also extended our range of pastes and marinades by Charmaine Soloman & Christine Manfield.

Cheese Notes

The biggest news of the moment is the arrival in Australia of the renowned Roquefort cheese - an ancient French ewes milk blue cheese made exclusively from unpasteurised milk (previously banned due to stringent import laws). This amazing cheese is aged naturally in the caves of Cambalou for a minimum of three months to develop its unique flavor profile! It is sweet, crumbly and intense! Our next cheese evening with is January 19 6.30pm.



MAKE IT QUICK RECIPE!

A perfect recipe to celebrate the arrival of our Asian grocery section! There is nothing quite like a steaming dumpling noodle soup - even when the weather is warming up. This is a simple, light and fragrant version of an Asian classic.

Perfect for a healthy quick dinner.....serves 4

Cook one packet of our fresh Hakka egg noodles and steam 20 Suncircle Prawn and Pork Dumplings according to the packet. Meanwhile, bring 500 mls of Commissary natural Chicken stock to the boil and add 2-3 Herbies star anise. Set out four bowls and distribute the noodles. Top with some steamed baby bok choy, fresh coriander, finely sliced chilli (seeds removed if you don't like the heat). Add the cooked dumplings. Pour over the broth and top with fresh bean shoots and a swirl of Sate's Sweet Soy (ketchup manis). Our dried shitake mushrooms can also be soaked and added if you are a fan of their lovely earthy flavours. Slices of Chicken breast (left over roast is perfect), green prawns, BBQ'd pork or tofu also make great additions. ENJOY...

Summer Classes Coming Up

We have plenty to look forward to in the short time left in 2005 such as the Chilli Crab and Laksa class which will teach these favourites from scratch. We have two classes dedicated to summer entertaining with the Dinner Party class and the Catering for Summer Crowds class with renowned caterer, Belinda Franks. There will be lots of Kids In the Kitchen classes over the summer school holidays so keep an eye out for the programme. Our Christmas workshops are also on again with new recipes for those who need some inspiration for a simple but elegant Christmas Day.

Big Names secured for 2006

The 2006 programme is looking every bit as exciting as 2005 with Justin North (Becasse), Peter Evans (Hugos) and Peter Gilmore (Quay) already confirmed. We have also increased the number of hands on classes and we have reworked our Basic Cookery Programme to include even more essentials to get you cooking confidently.

Missed Out?

Many of your favourite classes such as the Cheese & Wine Evenings, Secret Men's Business, Essential Seafood Cooking and Kids in the Kitchen will be back in 2006 - get onto the mailing list to get programmes as soon as they are available.