



# SPRING NEWS 2008

FROM THE COOKS LARDER TEAM

## HERE COMES THE SUN

Spring always seems to be the most welcomed of all seasons probably because there is nothing more divine than feeling the warmth in the sun again after a long cold winter. The markets are now full of fabulous Spring produce & we are making the most of them on our new Spring menus!

## FROM THE FARM TO OUR MENU

We are very excited to be working directly with some of Australia's best producers to bring you quality meats on our Spring menu:

### MIRROOL CREEK LAMB

We have sourced the spring lamb (for our 12 hour braised lamb dish served with handmade gnocchi, mint, broad beans and peas) from Mirrool Creek Lamb. M.C lamb is produced by the family owned Rowallan Pastoral Co who employ genuine free-range paddock farming practices. Managing the entire production from the paddock to our menu, the low-stress care & pride they invest ensures that Mirrool Creek Lamb is one of the finest available.

### SASKIA BEER - BAROSSA FARM PRODUCE

We are also working directly with Saskia Beer to bring you the most amazing chickens from her SA farm for our poached chicken salad. The flavour & juiciness of her free range birds are a tribute to her low impact farming & stress free pastures. Let us know what you think!

## CHRISTMAS IS COMING!

It's always a shock to think about the arrival of Christmas - doesn't it seem to come quicker every year? But as always there is no need to panic because at The Cooks Larder we already have the preparations well underway.

### WHAT'S ON THE MENU?

You will find lots of your favourites and plenty of new things to make a stunning Christmas table this year - everything from hams, puddings to salads & gift hampers. We are thrilled to be offering Saskia Beer's very limited free range turkeys plus fabulous fresh oysters and prawns from our fish monger - no need to fight your way through the crowds at the markets this year! Our Christmas Order Sheet will be out very soon online & in store. Our order deadlines need to be very strict this year so don't leave yours too late.

## GOOD FOOD MONTH

Many of you will be well aware that the already food-mad Sydney escalates to a food frenzy during October with the Sydney Morning Herald Good Food Month. The Cooks Larder has been invited to participate in Good Food Month for the first time this year in the Lets Do Lunch events. This means you can come for lunch throughout October & enjoy our fabulous 12 hour braised Mirrool Creek Lamb dish with one of Dugal's cakes & tea or coffee plus a San Pelligrino mineral water all for \$35 per person from 1st October! We hope you enjoy being part of this big event right here in Avalon!

## HOME MADE WITH LOVE

We continue to expand our home made range of Cooks Larder products. The latest addition is Linda's delicious Anzac bickies. They are everything an Anzac should be, plus like all of our products, they are all natural.

## DUGAL DOES GOOD, AGAIN

You might remember Dugal had one of his cakes (the Flourless Apple, Ginger, Almond & Raisin cake) recently featured in Gourmet Traveller magazine? This same recipe has been selected for The Gourmet Traveller annual Fare Exchange Cook Book. Well done....! The response has been great including a request from a serious cake lover wanting Dugal to make this cake & send it to Melbourne... we really didn't think Australia Post was up to this challenge unfortunately!

## ...SPEAKING OF WELL DONE

The Cooks Larder made it again to the finals for the Restaurant & Catering Awards backing up our win as the best Restaurant Cafe 2007 NSW Metro. We didn't win this year but congratulate Morso in Pyrmont! We'll have to check them out soon. We're also very proud to have been entered into the 2009 Good Food Guide book with a really solid review. Well done everyone!

## TAKE IT AWAY!

Keep an eye out for a whole new range of Spring inspired take home meals including some great foods ready for the BBQ perfect for the warm weather. For those colder snaps check our freezer for delicious braises.

## COOKING SCHOOL NEWS:

We have had so much fun creating amazing food this year. As the end of the year comes closer just about everything has booked out but our Annual Christmas class will be available again. This is a great class for anyone wanting a simple but impressive Christmas table. We not only give you the best recipes but a full planner to ensure you are totally organised & ready for a stress free great day! This class is suitable for cooks of all levels. Book in soon: Tuesday December 2, 6.30pm.

### BACK TO SCHOOL 2009

The summer holiday classes for kids are held throughout January. Details will be released very soon along with a whole new exciting programme for 2009! Here's a little glimpse of what to expect:

- \* ALL NEW - Family Food: Rising food costs don't mean you will have to scrimp on flavour or quality. This class will teach lots of clever recipes
- \* MORE Secret Men's Business Restaurant Classes - our very popular men's class that gets the guys to cook up an impressive 3 course meal for their special guest
- \* MORE Cakes with Dugal: Learn Dugal's secret to his fabulous cakes
- \* ALL NEW & EXTENDED Learn to cook classes with our Essential Cookery Methods Course.....AND SO MUCH MORE!!!

## GIFT CERTIFICATES

If you are overwhelmed at the thought of Christmas shopping this year consider a Cooks Larder Gift Certificate. You can buy an Open Gift Certificate for any amount that can be used to purchase anything in the cafe or goodies from the foodstore or a Cooking School Gift Certificate which can be used towards any class on the programme. Our certificates never expire and we keep all the details so they can even be validated if lost! Purchase in store or use the online voucher service now available on our website.

## ONLINE GALLERY

We have gone online with a gallery of images of the store & cooking school! Visit the news page on our website to the gallery link & have a look! There will be lots of updates as we collect more images... next: a cooks larder blog?!

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