



Go to our website [News page] to find the recipe for this delicious Fennel, Witlof and Herb Slaw

SUMMER NEWS 2010

FROM THE COOKS LARDER TEAM

OFF TO A WET START ...

The highly anticipated summer days at the beach looked at first lost to clouds, grey skies and drizzle! Didn't gardens love it though and it is always great to get everything well and truly soaked and prepared for this hot weather that eventually came!

We hope you had a wonderful Christmas and enjoyed all the great Christmas Catering we prepared for you - the feedback has been great!!

NEW YEAR RESOLUTIONS?

Have you made any New Year resolutions for 2010? I have decided with absolute conviction that we will finish some tasks we set for ourselves at The Cooks Larder early LAST year! Terrible isn't it... all those good intentions overthrown by the craziness of just getting through the day! Here they are bravely listed!

#1 DELI REVAMP:

Getting the revamp of the deli underway and completed as soon as possible... I can see it in my head and have full commitment to seeing come to fruition... so I know we have said it before but do keep an eye out for some great improvements mainly in the take home meal sections including some fabulous salads that have been waiting...waiting in my ideas journal.

#2 COOKBOOK!:

The second task at the top of the list is to get the Cooks Larder Cake book completed so we can share all our wonderful recipes that you have been asking for for years.... its a big job but I am looking forward to really challenging myself with producing some fantastic photography in a book designed to make your mouth water!

#3 BLOG:

The third task is very exciting: to finish our very own blog. It will be the place where we can at last have enough space to really share our love of food with you! Under a banner of "food tastes better when you share it with friends" it is the place to find recipes along with all good things to share around your table. Join our mailing list (leave your email details at the counter www.thecookslarder.com.au) to enjoy the recipes asap.

That should be enough projects for 2010.....

FOOD FOR THOUGHT ...

Did you know our salamis are hand made using free range pork from a small supplier yet cost about the same as mass produced salamis with added chemicals & plastic packaging from the supermarket? It's worth comparing not just the prices but the quality. 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! It is essential that we as a business support suppliers that farm and produce sustainable foods and hope you feel the same... a life without passionately produced food would be very sad...

NEW IN STORE!

HAM ON THE BONE - We recently changed over to a fabulous new fully free range ham on the bone - many of you enjoyed the delicate lightly smoked flavour at Christmas. Please feel free to taste some next time you are at deli. Whenever available the ham will be organic sourced from Pasture Perfect but if not, it will be at the very least fully free range, not just bred free range. If you have any questions about the ham what constitutes free range please ask Sam. Like eggs, (caged, free range, open range, organic etc) can be confusing for consumers to be fully informed about the origins of food and what these labels actually mean.

TEAK LANE MACADAMIAS The people at Teak Lane appear to have one of those magnificent lives living in the hills of Byron Bay.. there they produce the most delicious macadamias which they dip in chocolate or gently salt... but I am sure it is very hard work and we appreciate every little bit of their effort because their nuts are to die for and the packaging so sweet!

COOKS LARDER SMOKY BBQ MARINADE

We have been eating this all through the summer holidays and testing it out on friends - the verdict... : delicious! Perfect for chicken, ribs, and even BBQ lamb roast just marinate for as long as you can wait and roast. Then throw on the bbq at the last moment for a good charring... perfectly moist and easy - everyone in the house will love it. It will be in the open fridge very soon, along with a few more new Cooks Larder products!

SIMPLE RECIPE: CONFIT BABY TOMATO PASTA W FRESH BASIL & BUFFALO MOZZARELLA

The tomatoes this summer couldn't have been much better... especially the baby heirloom tomatoes Dugal has been bringing back from the markets.. but any small/baby tomato will do - smell them first before buying to make sure they are full of flavour!

HOW: Preheat the oven to 100 degrees. In a glass/ceramic baking dish place all of the washed tomatoes (cut any larger ones in half) along with as much garlic as you think you can take & salt/pepper. Cover the tomatoes with enough olive oil to submerge them by 2/3's. Place in the oven, turning the heat down to 50 degrees. Cook for around 4 hours. The tomatoes will be soft but still holding their colour. Cook pasta til al dente & while still hot pour over the warm tomatoes and oil. Top with freshly torn basil & ripped buffalo mozzarella. Also super yummy the next day as a pasta salad. See our blog for lots more recipes. Go to the News section of our website: www.thecookslarder.com.au

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! So that's my soap box rant and here are just a few of the classes lined up for Term 1, 2010:

CHEF FOR THE NIGHT
FISH MADE SIMPLE
MARKET KITCHEN - COOKING SEASONAL
BAKING: CAKES/SCONES/PASTRY
MEDITERRANEAN ENTERTAINING

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).

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