



Holiday **KITCHEN NOTES**

GRAB AND GO

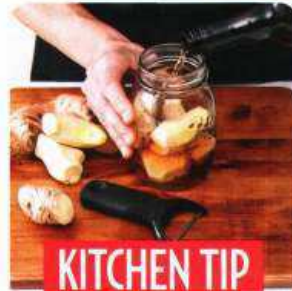
Char siu pork

Char siu sauce has a delicious Asian barbecue flavour that goes perfectly with pork. Try this easy recipe... Marinate 500g pork belly rashers or spare ribs in a 240g jar char siu sauce for 30 minutes, or overnight. Place on a wire rack in a roasting pan. Cook in a moderate oven (180C) for 35 minutes, or until cooked, turning over halfway through cooking and brushing with any reserved sauce. Cook a 200g packet dried thin egg noodles according to packet directions, drain and combine with a 250g packet fresh beetroot slaw. Garnish with basil. Yum!



In season

Cherries are part of the stone fruit and rose family and the name comes from the Turkish town of Cerasus. They contain valuable antioxidants and vitamin C, and are a great fruit to pack in lunch boxes or picnic baskets as they travel well. Store them in a plastic bag or covered in a bowl in the fridge for up to five days. Try adding to muffins, cakes or salads.



KITCHEN TIP

It's very hard to buy a small piece of fresh ginger as it is sold in different sizes. The best way to store any excess is to peel and place large pieces in a sealable jar. Fill with dry sherry. Store in the fridge for up to a year! That way you can take out as much as you need and return to the jar.

Cooking for a good cause

Whether it's Nan's homemade cookies or Mum's yummy Sunday roast, there's something so comforting about food from home. *Hands Across the Kitchen*, put together by charity founder Peter Baines, is a collection of 51 deliciously nostalgic recipes by some of Australia's leading foodies such as New Idea's Manu Feidel, Maggie Beer, Neil Perry and Adriano Zumbo. *Hands Across the Kitchen* is just \$32.95 and available online at www.handsacrossthewater.com.au.



WHAT'S NEW

These colourful Lolli Tups are handy for making icy poles at home. They catch drips and clip together for easy freezing. For more info, visit www.tupperware.com.au or call 1800 805 396.



CHARCOAL ROAST SPENCER GULF KING PRAWNS

- SERVES 4 ● PREP: 15 MINS
- COOK: 5 MINS
- 12 large green Spencer Gulf King Prawns
- ½ handful sage
- ½ handful oregano
- ½ handful coriander
- 1 small knob ginger
- 1 clove garlic
- 2 dried long red chillies
- Zest 1 lemon
- 125ml extra virgin olive oil
- Salt and pepper
- Juice 1 lemon
- Lemon wedge, extra virgin olive oil and parsley, to serve

Chef Neil Perry was on hand to celebrate as South Australia's The Spencer Gulf king prawn fishery became the first in the world to gain the Marine Stewardship Council (MSC) certification for sustainability. The basic concept is to ensure supplies remain healthy for this and future generations. Try out Neil's recipe...

- 1 Split prawns in half and remove the intestinal tract. Put prawns in the fridge.
- 2 Finely chop all the herbs, ginger, garlic, chillies and lemon zest and mix together with the olive oil, salt and pepper. Smear the marinade on the cut side of the prawns and place on an oven tray, marinade-side up.
- 3 You can either cook them in a pre-heated 250C oven for about 5 minutes, or on a preheated barbecue or charcoal kettle barbecue. Cook by pressing prawns down to caramelise the flesh.
- 4 Season with a squeeze of lemon juice and salt and pepper. Serve with a lemon wedge, olive oil and parsley.

