



Good for you

Are you one of the growing number of Aussies with a food intolerance? Celebrate Health is a range of products that offers a solution to your complex dietary demands. So, if you'd like to eat "clean" but don't have the time to prepare from scratch, or you can't afford to go all-organic, items like their Vegetable Organic Stock could be for you. For more, visit celebratehealth.com.au

All prices are recommended retail prices.

Kitchen
Trends, tastes and easy tips for foodies
notes



↑ On safari with Neil

After tasting the eclectic pot of flavours in South Africa, renowned chef Neil Perry wants us to travel there and enjoy the ultimate food and wine safari ourselves.

Visiting Cape Town, Durban and Johannesburg, Neil (above, right) was in his element. "My food philosophy is all about using local, high-quality produce, so I was thrilled to meet like-minded chefs," he says.

To learn more about the places Neil experienced, visit blog.southafricantravel.com.au. You can also find a great holiday deal at southafricanholidays.com.au

Your
FOOD

WHAT'S
GOOD
NOW

← Cherries Thanks to excellent winter weather and good soil conditions, expect a bumper harvest of cherries. Their short season finishes in February, with peak supplies in December in time for Christmas. Cherries are such a versatile fruit. They are a good source of vitamin C and packed with antioxidants. They also contain potassium and fibre, and 100g is only around 250kJ. Look for plump, glossy fruit with relatively smooth, unblemished skin and bright green stems. Keep cherries cool and dry by storing in the fridge, in a snap-lock bag or airtight container. Rinse them only when you're ready to eat them, as they can absorb the water and soften. Eat as they are, or in salads, desserts or sauces. Visit australiancherries.com.au or facebook.com/cheerygrowers

JENNENE'S TIP

TO TELL IF AN EGG IS FRESH, PLACE IT IN A JUG OF WATER - IF IT SINKS, IT'S FRESH. OLDER EGGS WILL FLOAT AS THE AIR SAC HAS EXPANDED WITH AGE.

↓ SPECIAL SIPS

TWININGS HAS JUST RELEASED TWO FRUIT TEAS - BLUEBERRY, APPLE & ROSEHIP AND BLACKCURRANT, GINSENG & VANILLA. CAFFEINE-FREE AND ALL-NATURAL. ENJOY THESE FLAVOUR-PACKED INFUSIONS TODAY. FROM YOUR SUPERMARKET. \$2.11 FOR A PACK OF 10 TEA BAGS.

Modern Australian Food

From city to country to the coast, *Modern Australian Food* by *The Australian Women's Weekly* (ACP Publishing, \$49.95) presents the best of our produce, with wonderful recipes influenced by our city cafe culture, country hospitality and the simplicity of coastal life. Out now at all good bookstores.

GREAT
NEW
BOOK