

the smart
fruit & veg **COOK** spring06

➤ Whip up a quick dish ➤ Great hints and tips ➤ What's best for the season



asparagus

Buy crisp asparagus spears with compact tips. Smart cooks choose even-sized spears that require the same cooking time.

Easy to prepare & no-fuss cooking...

Cut off the woody base. Gently boil asparagus in a pan of simmering water, or spray with oil and barbecue, turning occasionally, for 2–3 minutes or until just tender.

Whip up a smart starter...

Cook 3–4 bunches of asparagus. Arrange on a serving platter and serve with tzatziki or sweet chilli sauce for dipping.



rockmelon

Smart cooks smell rockmelon before buying as fragrant fruit tastes best.

Breakfast in minutes...

Juicy rockmelon is a great source of vitamin C. Enjoy it for breakfast with strawberries and thick natural yoghurt.

Dinner with friends...

For a quick starter, team rockmelon wedges with thinly sliced prosciutto, rocket leaves and a drizzle of balsamic dressing and serve.



What's best in September

FRUIT

- Apples: Lady Williams
- Berries: Strawberries
- Grapefruit
- Lemons
- Mandarins: Honey Murcot
- Rockmelon
- Oranges: Blood, Seville
- Papaya
- Pawpaw
- Pineapples
- Pomelo
- Tangelos

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Broad, Green
- Beetroot
- Broccoli
- Carrots
- Cauliflower
- Chillies
- Garlic, fresh
- Lettuce
- Mushrooms
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach



spring onions

To buy

Choose fresh-looking spring onions with dark green tops and small plump white bulbs. Sweeter than a mature onion, spring onions are excellent in salads.

To store

Store spring onions in a plastic bag in the crisper section of the fridge. Use within 5 days.

To prepare

Use the white bulb and lower pale green stem only, discard the dark green tops. Use whole or slice as required.



blood oranges

To buy

Select plump blood oranges that feel heavy for their size with ruby-red tinged skin.

To store

Store blood oranges at room temperature out of direct sunlight for up to 1 week, for longer storage keep in the fridge.

Cook's tips

One medium blood orange yields about 1/3 cup juice. Add the juice to salad dressings or sauces.



broad beans

Ultra nutritious, nutty-flavoured and easy to cook, broad beans are a smart veggie choice.

Kids love podding the beans...

Split the pods and remove beans. Boil beans for 3-4 minutes until tender. Drain, rinse and slip beans out of their leathery skins. Add to salads and pasta, or simply drizzle with oil, season and serve as a side dish.

Fresh for Kids® ...easy beansy pasta

Toss cooked broad beans with crisp bacon pieces, tomato pasta sauce and cooked macaroni over low heat until hot. Sprinkle with grated cheese and serve.



green peas

Smart cooks snap up fresh green peas for their superior flavour. Cook fresh peas rapidly to lock in their natural goodness.

Whip up spaghetti with green peas & crisp bacon...

Shell 750g peas. Pan-fry 375g chopped bacon until crisp. Cook 400g dried spaghetti in a pan of boiling water. Add peas in the last 5 minutes of cooking. Drain pasta and peas, and return to pan. Add the bacon, 300g crumbled ricotta cheese and season with salt and pepper. Toss over low heat until combined and serve.



watercress

The smartest way to store watercress is to trim the stems and stand in a container of water, covered with a plastic bag in the fridge.

Whip up a steak & watercress sandwich...

Char-grill thin beef fillet steaks to your liking. Top toasted Turkish bread rolls or baguette bread with steaks. Pile with watercress sprigs, drizzle with good quality mayonnaise, season to taste and serve.



What's best in October

FRUIT

- Avocados
- Bananas
- Berries
- Grapefruit
- Mangoes
- Melons
- Oranges: Valencia
- Papaya
- Passionfruit
- Pawpaw
- Pineapples
- Pomelo
- Tangelos

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Broad, Green
- Beetroot
- Cucumber
- Cauliflower
- Chillies
- Garlic, fresh
- Lettuce
- Mushrooms
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach
- Watercress
- Zucchini

Smart things to do with...

zucchini

Thinly slice zucchinis lengthways, brush with olive oil, season and barbecue over medium-high heat for 1–2 minutes each side. Serve with barbecued chicken thigh fillets and hummus.



zucchini flowers

Enjoy their tender sweetness; lightly coat in seasoned plain flour, deep-fry until golden and serve with lemon wedges. Add zucchini flowers to frittatas, or coat them in a light tempura batter and fry until golden.



mangoes

From mid-spring to late summer enjoy succulent mangoes. For a delicious dessert, dip mango cheeks in brown sugar and pan-fry, brown sugar-side down in a greased pan until caramelised. Serve warm with vanilla ice-cream.



new potatoes

Choose similar-sized potatoes so they cook evenly and don't pick those with green-tinged skin. Gently scrub them before cooking.

Whip up a potato, feta & green bean salad...

Boil 600g new potatoes until tender. Drain, thickly slice and toss in a bowl with 100g crumbled feta, 200g boiled green beans and 1/3 cup toasted walnuts. Drizzle with olive oil, season and serve.



pineapple

Best tasting pineapple has a sweet, tropical aroma and feels heavy for its size.

Whip up sweet-grilled pineapple for dessert...

Peel and cut one medium pineapple lengthways into thick wedges. Combine 1/2 cup caster sugar and 1/2 tsp ground cardamom on a plate, dip pineapple into mixture. Place wedges on a lined grill tray, grill on high for 5 minutes until golden. Serve warm with ice-cream.



globe artichokes

Simple to cook...

Simply trim outer leaves and stem. Cook in boiling water with lemon juice added for 15–20 minutes or until tender. Remove leaves and spiky choke, and enjoy their delicate-tasting heart.

Whip up an artichoke, tuna & olive salad...

Toss 6 sliced cooked artichoke hearts, 400g can drained flaked tuna, 1/4 cup black olives, 100g shaved parmesan cheese and 1 bunch trimmed rocket in a bowl. Arrange salad on serving plates, drizzle with lemon juice and olive oil, season and serve.



What's best in November

FRUIT

- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Loquats
- Mangoes
- Melons
- Oranges: Valencia
- Papaya
- Passionfruit
- Pawpaw
- Pineapples

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Green
- Cucumber
- Chillies
- Lettuce
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini
- Zucchini flowers