

# the smart fruit & veg COOK winter

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



## Rhubarb & apple sponge pudding

Preheat oven to 180°C. Combine 350g trimmed chopped rhubarb, 2 peeled and chopped Granny Smith apples and 1/4 cup caster sugar in a greased 6-cup shallow baking dish. Using electric beaters, beat 125g butter, 1/2 cup caster sugar and 1 tsp vanilla extract in a bowl until light and creamy. Beat in eggs one at time. Fold in 3/4 cup sifted self-raising flour and 1 tsp baking powder. Spoon batter over rhubarb and apple. Bake for about 55 minutes until golden (if top browns cover with a sheet of foil). Serve with ice-cream.

## rhubarb

Choose firm, ruby-red coloured rhubarb stalks with fresh-looking green leaves. Avoid very thick stalks. Trim and discard the leaves as they are slightly poisonous.



## Granny Smith apples



## Fast & sweet things with Granny Smith apples...

For **dessert**, pan-fry peeled and sliced Granny Smith apples in a little butter and maple syrup with a handful of sultanas until tender. Serve with ice-cream and toasted waffles.

Make an **apple and cinnamon compote** to serve with muesli or porridge; simply poach peeled and sliced Granny Smith apples with a little water, sugar and a cinnamon stick until tender.

For an **easy apple sauce**, microwave apples in an ovenproof dish with a sprinkling of caster sugar and water until golden and tender. Drain, roughly mash with fork and serve with roast pork.

## What's best in June

### FRUIT

- Apples
- Avocados
- Custard apples
- Grapefruit
- Kiwifruit
- Lemons
- Limes
- Mandarins
- Nashi
- Oranges: Navel
- Passionfruit: Panama
- Pears
- Pomelo
- Quince
- Rhubarb

### VEGETABLES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Olives
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips

# Brussels sprouts

## To buy

Choose small Brussels sprouts about the size of a ping-pong ball with a pleasant aroma. Leaves should be firm, tightly wrapped and bright green.

## To store

Store unwashed Brussels sprouts in a plastic bag in the fridge. Use within 3 days.

## To prepare

Trim the base of the stem and remove any loose outer leaves. Leave Brussels sprouts whole, halve, cut into wedges or finely shred.

## Whip up dinner

Toss thinly sliced Brussels sprouts in a hot wok with a little oil and sliced bacon until just tender, toss through noodles and soy sauce and serve.



# ginger

## To buy

Select plump, firm ginger with shiny skin. The least knobby ginger is the easiest to peel.

## To store

Store ginger in a paper bag in the crisper of the fridge for up to 1 week. To extend storage, place peeled ginger in a jar of dry sherry in the fridge for up to 6 weeks.

## To prepare

Peel ginger with a vegetable peeler and grate, shred or slice. Ginger graters are available from kitchenware and Asian food shops.

## Whip up dinner

Marinate chicken fillets for 30 minutes in a grated ginger, lime juice and red chilli marinade. Char-grill and serve with rice.



# strawberries



Choose plump, even-coloured, rich red strawberries. Before buying, check the underside of punnets, and avoid berries that are squashed.

For optimum storage, transfer strawberries to a plate lined with paper towel. Cover with plastic wrap and store in the fridge. They're best used within 2 days.

## For a quick dessert...

Arrange hulled strawberries in a shallow ovenproof dish, sprinkle with caster sugar and roast at 200°C for 10–15 minutes until tender. Serve with ice-cream or yoghurt.

## What's best in July

### FRUIT

- Apples
- Avocados
- Custard apples
- Grapefruit
- Kiwifruit
- Lemons
- Limes
- Mandarins
- Nashi
- Oranges: Navel
- Pomelo
- Quince
- Rhubarb
- Tangelo

### VEGETABLES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Okra
- Olives
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips
- Witlof

# roast kumara

# pita pizzas

1. Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper.
2. Place 600g peeled and roughly chopped Kumara on the trays. Spray or brush with olive oil. Roast for 30 minutes or until tender.
3. Spread 4 pita pocket breads with tomato puree. Top with roasted sweet potato. Place breads on baking trays. Sprinkle with 100g chopped shaved ham and 1 cup shredded reduced fat mozzarella cheese.
4. Bake for 10 minutes or until cheese melts.

Kids really enjoy the naturally sweet flavour of kumara. Choose firm, medium-sized kumara with undamaged skin. Store in a cool, dark, well-ventilated place for up to 1 week.

# broccoli

## Whip up broccoli, zucchini & white bean soup...

Saute 1 chopped brown onion and 2 cloves in 2 tbs oil until tender. Add 400g chopped zucchini and cook, stirring often, for 5 minutes. Add 5/2 cups chicken stock, cover and bring to the boil. Add 1 x 400g can drained cannellini beans and 300g trimmed broccoli florets. Cover and cook for 5 minutes or until broccoli is tender. Blend until smooth. Stir through another 400g can drained cannellini beans. Heat until hot, season and serve.



Broccoli is bursting with natural goodness. Cook rapidly to retain its vibrant colour and flavour.

## Fresh for Kids®



Smart things to do with...

## Mandarins

Pop a peeled mandarin into the school lunch box; they're speedy to eat when they're peeled which suits busy kids.

Add mandarin segments to trifles or for a **quick dessert**, gently warm mandarin segments in a little apple juice and serve with pancakes.



## Lemons

Drizzle tomato-based casseroles and soups with a little lemon juice before serving to enhance flavour. Add a strip of lemon rind and lemon juice to sugar syrups for poaching apples, pears and quinces.



## Navel oranges

Juice navel oranges for breakfast – nothing beats freshly-squeezed orange juice for flavour!

Make a fresh **winter fruit salad** with sliced navel oranges and kiwifruit, strawberries, fresh dates and mandarin segments. Warm 1/3 cup orange juice with 1–2 tbs honey and drizzle over the fruit salad to serve.

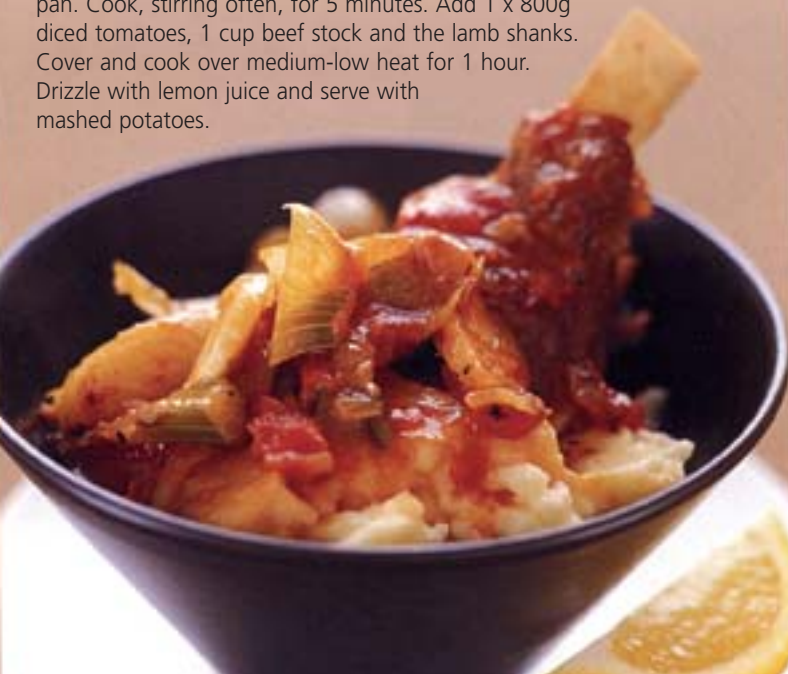


## fennel

In winter, roast, pan-fry or braise mild aniseed-flavoured fennel. Choose plump fennel bulbs with fresh-looking feathery fronds attached.

## Warm up with fennel & lamb shank casserole

Toss 4 trimmed lamb shanks in seasoned flour. Heat 2 tbs olive oil in a deep frying pan. Brown lamb shanks and transfer to a plate. Add 2 crushed garlic cloves, 1 chopped onion and 2 sliced fennel bulbs to the pan. Cook, stirring often, for 5 minutes. Add 1 x 800g diced tomatoes, 1 cup beef stock and the lamb shanks. Cover and cook over medium-low heat for 1 hour. Drizzle with lemon juice and serve with mashed potatoes.



## beetroot

### Easy roasted fresh beetroot

Simply trim the stems (leave about 5 cm stems attached to the bulb), wash and dry beets. Spray with olive oil and individually wrap in foil.

Place on a baking tray and roast for about 1–1 1/2 hours until tender when tested with a skewer. Cool slightly and slip off the skin (wear disposable gloves for this job). Simply drizzle roasted beets with extra virgin olive oil, season and serve.



**For a quick salad** – toss warm roasted beetroot wedges with baby spinach and crumbled feta or goat's cheese. Drizzle with a balsamic salad dressing to serve.



## custard apples



Select firm custard apple with undamaged skin. Leave fruit to ripen at room temperature for 2–4 days until it yields to gentle pressure. As fruit ripens its skin colour changes from dark to light green.

*Pinks Mammoth* variety has smooth, creamy, sweet flesh and fewer seeds than the smaller *African Pride* variety. Simple cut the fruit in half, scoop out the flesh and discard the seeds.

### Smart ideas for custard apples

- swirl custard apple flesh through thick yoghurt
- add it to fruit salads, trifles or muffin mixtures
- for breakfast serve it with a squeeze of lime juice.

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### What's best in August

#### FRUIT

- Apples
- Cumquat
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Oranges: Blood and Navel
- Pomelo
- Rhubarb
- Strawberries
- Tangelo

#### VEGETABLES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kohlrabi
- Leeks
- Okra
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips
- Witlof