

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



passionfruit & mangoes



Whip up a divine mango, passionfruit and coconut ice-cream cake. . .

Spoon 1 litre vanilla ice-cream into a large bowl and leave to slightly defrost. Meanwhile, line the base of a 20cm round non-stick cake pan with baking paper. In a small frying pan, toast ¼ cup shredded coconut over medium heat until golden. Add coconut, the finely chopped flesh of 2 mangoes and the pulp of 3 passionfruit to ice-cream. Stir until combined. Spoon into pan and smooth top. Cover and freeze for 5 hours or until firm. To serve, transfer ice-cream cake to a serving plate, drizzle with the pulp of 2 passionfruit, cut into slices and serve. Serves 8.

baby cos lettuce



Cool ideas to serve crisp baby cos lettuce. . .

- Use baby cos lettuce leaves as the base for a simple prawn cocktail.
- Pile baby cos lettuce leaves on baguette bread with crisp bacon or cooked chicken, sliced avocado and mayonnaise.
- Make a salad with baby cos lettuce, thinly sliced firm pears and shaved parmesan cheese. Drizzle with French-style dressing to serve.

Top tip: Don't store lettuce next to apples, pears or melons in the fridge as these fruits will cause the lettuce to deteriorate rapidly.

What's best in December

FRUIT

- Apricots
- Bananas
- Berries: blackberries, blueberries, raspberries, red & white currants, strawberries
- Cherries
- Grapes
- Lychees
- Mangoes
- Melons
- Nectarines
- Oranges: Valencia
- Papaya
- Passionfruit
- Papaw
- Peaches
- Pineapple

VEGETABLES

- Asparagus
- Beans: green, flat, butter
- Capsicum
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Peas: sugar snap
- Radish
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini

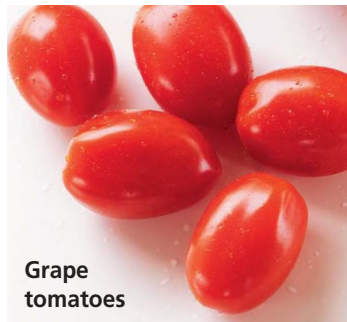
Smart ways to serve tomatoes...

Cook garlic cherry tomatoes on the barbecue.

Sprinkle 250g halved cherry tomatoes with 2 finely chopped garlic cloves, 2 tbs olive oil and season with salt and pepper. Toss on a greased hot barbecue plate for 2–3 minutes until tender. Sprinkle with chopped fresh herbs and serve with barbecued chicken and rocket leaves. Serves 4.



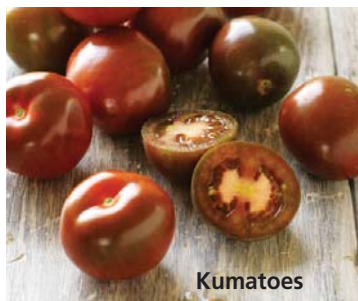
Cherry tomatoes



Grape tomatoes

Toss together a grape tomato, cucumber and rocket salad.

Combine 250g halved grape tomatoes, 1 diced Lebanese cucumber, ½ finely sliced small red onion, 50g wild rocket leaves and ⅓ cup black olives. Combine ¼ cup olive oil, 1 tbs balsamic vinegar, salt and pepper in a jar. Shake until combined. Drizzle over salad and toss to combine. Serves 4.



Kumatoes

Whip up bruschetta with kumatoes and ham.

Brush 4 thick slices ciabatta or sourdough bread with olive oil. Char-grill until golden. Spread with basil pesto. Top with thickly sliced kumatoes, sliced leg ham and a handful of rocket leaves. Drizzle with extra virgin olive oil and serve. Serves 4.

capsicums

Whip up a roast capsicum, tomato & feta pasta salad...

Cook 300g orecchiette or penne rigate pasta following packet directions. Meanwhile, cut 1 yellow and 1 red capsicum in quarters lengthways and remove seeds. Grill capsicums, skin side up, until blackened. Place in a plastic bag, once cool, peel and slice. Drain pasta and place in a large bowl. Add capsicums, ½ finely sliced small red onion, 1 cup basil leaves, 250g halved cherry tomatoes, 2tbs olive oil, 1tbs lemon juice and 100g crumbled marinated feta cheese. Season to taste and toss to combine. Serves 4



Choose firm capsicum with brightly-coloured glossy skin. Store them in the crisper in your fridge.



watermelon



Watermelon is picked ripe and ready to eat. Choose cut watermelon with bright pink flesh. A rich colour is a good indication of sweetness.

If whole, tap the watermelon and it should sound hollow. Seedless watermelon has small edible seeds and is a good choice for kids.

Chill out with watermelon...

- For a simple summer dessert, serve a platter of chilled juicy watermelon wedges with cubes of luscious Turkish delight.
- For a starter, serve chilled watermelon slices topped with sliced baked ricotta and thinly sliced prosciutto. Drizzle with extra virgin olive oil to serve.

What's best in January

FRUIT

- Apricots
- Avocados
- Bananas
- Berries: blackberries, blueberries, raspberries, strawberries
- Cherries
- Grapes
- Limes
- Lychees
- Mangoes
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Williams
- Pineapples
- Plums
- Rambutans

VEGETABLES

- Asparagus
- Beans: green, flat, butter
- Capsicums
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas: sugar snap
- Potatoes
- Radish
- Sweetcorn
- Tomatoes
- Zucchini

Fresh for Kids®

Berry Yoghurt Sundae

Perfect for kids to make on relaxed summer weekends and holidays...Berry, yoghurt & muesli breakfast sundaes

Tip: Cook the berries the night before so they're chilled and ready to serve for breakfast.

1. Place 250g sliced strawberries in a small saucepan. Add 2 tbs caster sugar and ¼ cup water. Cover and cook over medium heat for 2 minutes.
2. Add 150g blueberries and cook for 2 minutes. Remove from heat. Chill until ready to serve.
3. To serve, layer chilled berries and syrup, 200g thick natural yoghurt and 1 cup toasted muesli in 4 serving glasses.





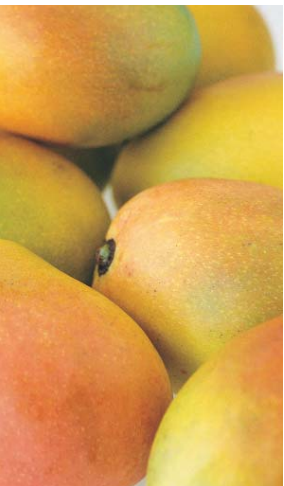
lychees

To buy Select plump, bright-skinned, rosy to deep pink lychees that feel heavy for their size. A small part of the stem should still be attached.

To store Store unpeeled lychees in a sealed plastic bag in the fridge. Use within 2 days.

To prepare Split the skin and peel the fruit. Leave whole or cut lengthways around the stone to halve the lychee and remove the stone if desired.

Whip up dessert Team peeled lychees with chopped mango and papaya, sliced banana and passionfruit pulp. Serve with vanilla ice-cream.



mangoes

To buy Choose unblemished mangoes with a sweet tropical aroma that yield to gentle pressure at the stem end. Skin colour depends on the variety.

To store Store mangoes at room temperature out of direct sunlight. They're ripe and ready to eat when they yield to gentle pressure.

Cook's tip To honeycomb mango cheeks, stand the mango upright and cut down each side, slicing off the cheeks close to the stone.

Criss-cross the flesh almost through to the skin using a sharp knife, bend the skin back and enjoy the succulent flesh.

apricots

Life's sweet with freshly-baked apricot tarts...

Preheat oven to 220°C (fan forced). Defrost 2 sheets frozen ready rolled puff pastry. Brush 1 sheet pastry with lightly beaten egg, top with remaining sheet of pastry, cut into 4 squares. Place on a baking tray lined with baking paper. Sprinkle pastries with 2 tbs ground almonds and 1 tbs caster sugar. Cut 8 plump apricots into thick wedges.

Arrange apricot wedges on pastries and sprinkle with 1 tbs caster sugar. Bake for 10–12 minutes until pastry is puffed and golden. Brush apricots with 1/3 cup apricot jam, bake for a further 5 minutes. Serve with ice-cream. Serves 4.



peaches

A fabulous dessert ~ spiced poached peaches...

To make poaching syrup, combine 2½ cups water, 1 cup caster sugar, 1 star anise and 1 cinnamon stick in a large saucepan. Stir over medium heat until sugar dissolves, bring to the boil and simmer for 5 minutes.

Add 4 halved large peaches (stones removed) to syrup and cook uncovered, turning occasionally, for 5 minutes until tender. Remove from heat. Chill peaches in syrup until ready to serve. Serve with thick yoghurt or vanilla ice-cream.

Top tip: Use freestone peaches for this recipe – check with your greengrocer.



zucchini



Choose plump zucchini with glossy, unblemished skin. They're best used within a few days.

Take the heat out of the kitchen with barbecued zucchini with feta...

Thinly slice 6 zucchini lengthways. Brush with olive oil. Cook on a preheated barbecue plate for 2–3 minutes on each side until tender. Transfer to a serving plate, drizzle with lemon juice. Sprinkle with 75g feta cheese and a handful of chopped flat-leaf parsley and season with black pepper. Serves 4

What's best in February

FRUIT

- Avocados
- Berries: blueberries, raspberries, strawberries
- Figs
- Grapes
- Limes
- Lychees
- Mangosteens
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Howel, Williams
- Pineapples
- Plums
- Prickly Pears
- Rambutans

VEGETABLES

- Beans: butter, flat, green, snake
- Capsicums
- Celery
- Chillies
- Chokos
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas: sugar snap
- Radish
- Squash
- Sweet corn
- Tomatoes
- Zucchini