



Stories, People & Recipes

ADELAIDE CENTRAL MARKET

Stories, People & Recipes

FIONA ROBERTS & KATIE SPAIN

Acknowledgement to Country

The City of Adelaide acknowledges that the Adelaide Central Market resides on the traditional Country of the Kaurna people of the Adelaide Plains and pays respect to Elders past and present. We recognise and respect their cultural heritage, beliefs and relationship with the land. We acknowledge that they are of continuing importance to the Kaurna people living today.

We also extend that respect to other Aboriginal Language Groups and other First Nations.

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Foreword



The Adelaide Central Market is a South Australian icon.

It is a place where people can access the best local produce, as well as foods carefully selected and imported from around the world.

The atmosphere of the market is second to none. It offers unique culinary and sensory experiences that are cherished by thousands of South Australians and visitors to our State.

This is in part because the market and its surrounds are a visible and physical demonstration of how South Australians from diverse cultural backgrounds have made our state an infinitely more interesting place to live and an exciting destination to visit.

My wife and I have been regular shoppers at the market since we arrived here, more than 40 years ago.

It has been a great pleasure to watch the market evolve over the years, reflecting the cultural shifts as each wave of migrants and refugees have come to call our state home.

Yet some things haven't changed at all - the harmonious interaction of stallholders and customers from all over the world, and the vibrant, rich and colourful representation of our cultural diversity.

The market is indeed a place where we can truly appreciate our state's multiculturalism in action.

The publication of *Adelaide Central Market: Stories, people and recipes* is the ideal way to celebrate 150 years of Adelaide's thriving hub of food and culture.

The dozens of stories shared in this book are a powerful representation of the strength, passion and resilience of the people who work, or have worked, at the market.

The history, profiles and recipes are beautifully presented and offer a fascinating insight into the market's operations and the people - including many migrants - who bring it to life.

I offer my heartfelt congratulations to the market on reaching this important milestone, and I trust readers of this book will treasure it for many years to come.

A handwritten signature in blue ink, reading 'Hieu Van Le'.

His Excellency the Honourable Hieu Van Le, AC
Governor of South Australia

Foreword



After 150 years, the Adelaide Central Market has rightfully earned its place in the hearts and minds of South Australians as the city's most celebrated urban pantry.

Like many generations past, I have been visiting the Adelaide Central Market since I was a child and have many great memories there. A 'United Nations' of global cultures; the smells, the pulse, the joy and excitement, the familiarity – it is no wonder 'the market' is so fondly regarded by the people who work and shop there.

The Adelaide Central Market is a special place in the hearts of so many because it has a strong sense of community and familiarity. There are so many characters among the aisles and arcades, each with stories to tell of the years they have been working there, or coming to buy the week's groceries. For many, it is like one big extended family.

While elements of the Adelaide Central Market have been modernised and adapted over time, the soul of the market has been maintained, much to the delight of the tens of thousands of shoppers who weave through the aisles of fresh produce and gourmet delicacies each week.

The Adelaide Central Market is not just a place, it is a community, an identity, and a way of living. I believe the Adelaide Central Market will continue to be embraced and cherished for many decades to come by locals and visitors alike.

A handwritten signature in blue ink, reading 'Martin Haese'.

The Right Honourable Martin Haese
Lord Mayor of Adelaide

Foreword



Everyone involved with the Adelaide Central Market has a role as custodian of an icon. Past generations have treasured their association with ‘our market’, as it is affectionately known. Today’s custodians are ensuring future generations also have the opportunity to enjoy everything the Adelaide Central Market has to offer.

Visitors, particularly from interstate and overseas, regularly proclaim how much they love our market. We think it is because our market is a reflection of who we are as a community.

My earliest recollections of the Adelaide Central Market probably mirror those of any five-year-old. My senses were assailed with aromas and smells, sounds and noise, colour and chaos, as I discovered tastes and textures and met interesting characters and personalities.

Actually, not much has changed.

The Adelaide Central Market is one of the world’s great fresh-produce and food markets, acknowledged as such by all who visit, local and tourists alike.

As we say: only at the Adelaide Central Market.

A handwritten signature in blue ink.

Dr Nicholas Begakis, AO

Chairman

Adelaide Central Market Authority

Introduction

The Adelaide Central Market is an integral part of South Australia’s history, celebrating 150 years of continuous operation in 2019. This iconic destination is housed in two heritage-listed buildings, built in 1900 and 1906. The central location makes it an exciting, eclectic and multicultural fresh produce and food hub.

The Central Market is Australia’s oldest food retail market in its current location and is regularly ranked in the top 10 markets around the world. It has become one of South Australia’s most popular tourist destinations and is much loved by locals, too.

The market is an authentic constant in people’s lives. It is home to 76 different stalls – many of which are family owned, and operated by third and fourth generation traders – and is a celebration of South Australia’s multicultural heritage. It supports the state’s local producers, selling approximately one million kilograms of fruit and vegetables every month. The community is vibrant and the atmosphere convivial. Here, people know each other by name. For many Adelaide expats, the market is the first place they seek out after returning home, to enjoy an authentic memorable food experience, connect with a constant fixture in their lives, and relive nostalgic memories from their past.

The effort in producing this book spanned more than a year. The importance of capturing precious market memories was amplified after the sad passing of Samtass Bros Seafood legend Sam Andonas shortly before the book went to print. Sam was thrilled to share his story and will be sorely missed. The adage is true: you don’t know what you’ve got until it’s gone.

Adelaide Central Market: Stories, people and recipes is a celebration of a unique food culture, history and community, as well as the fresh local produce that is Adelaide’s lifeblood. The book pays tribute to the past, celebrates the present, and offers inspiration for the future. To celebrate the greater market community, the recipes presented here come from traders’ families, producers who have supplied the market for generations, and chefs who have been a part of market events and cooking demonstrations over the years, all of whom play an integral part in the market’s success. The recipes celebrate the diversity of fresh South Australian produce available at the market and its vibrant multicultural community. They also provide inspiration and know-how. The recipe introductions take the reader into family kitchens, providing personal anecdotes, tips and tricks to inspire people to taste the market, cook seasonally from scratch and create memories around their own tables.





Reclaimed

STORIES

A History of Adelaide Central Market

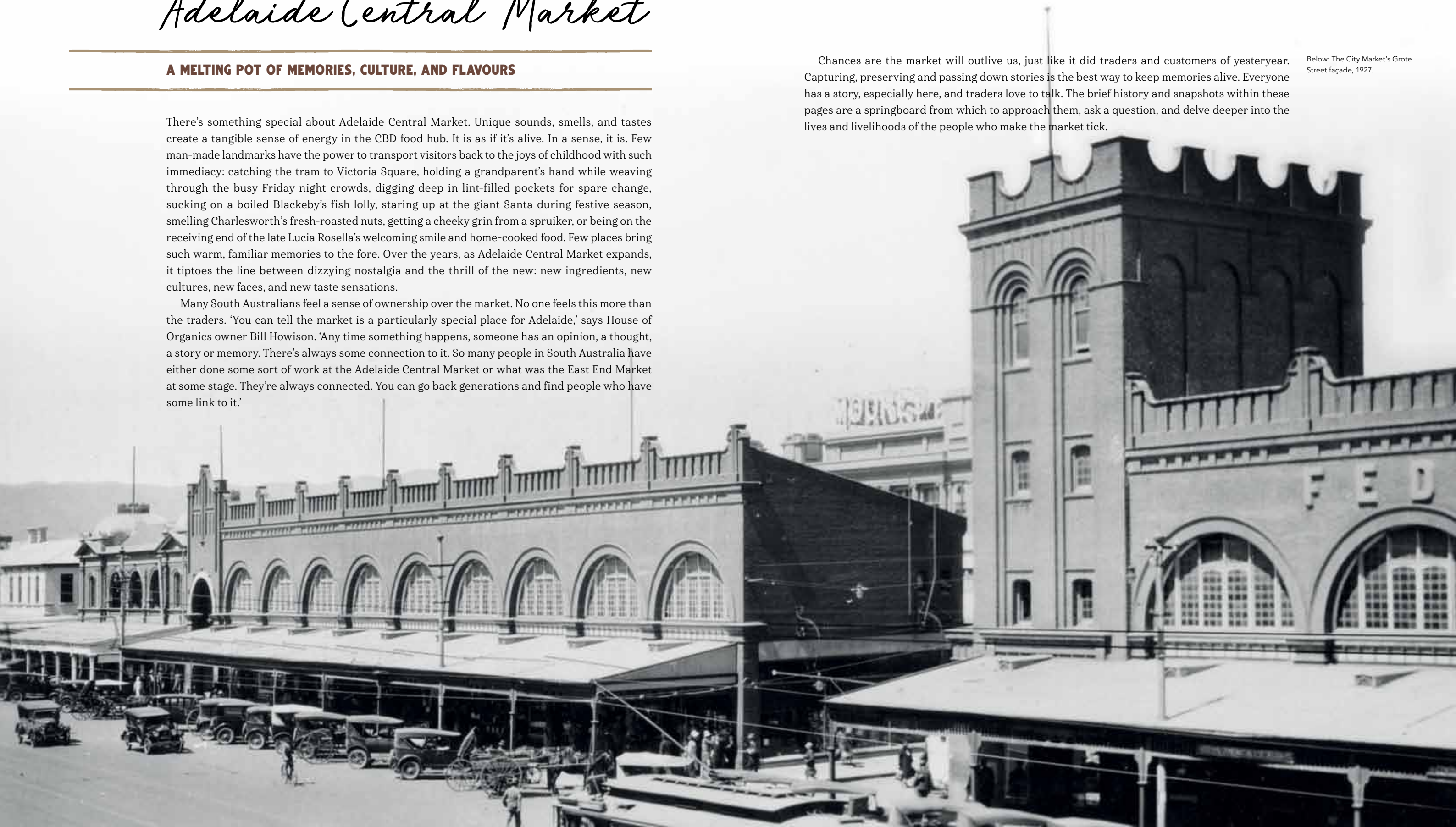
A MELTING POT OF MEMORIES, CULTURE, AND FLAVOURS

There's something special about Adelaide Central Market. Unique sounds, smells, and tastes create a tangible sense of energy in the CBD food hub. It is as if it's alive. In a sense, it is. Few man-made landmarks have the power to transport visitors back to the joys of childhood with such immediacy: catching the tram to Victoria Square, holding a grandparent's hand while weaving through the busy Friday night crowds, digging deep in lint-filled pockets for spare change, sucking on a boiled Blackeby's fish lolly, staring up at the giant Santa during festive season, smelling Charlesworth's fresh-roasted nuts, getting a cheeky grin from a spruiker, or being on the receiving end of the late Lucia Rosella's welcoming smile and home-cooked food. Few places bring such warm, familiar memories to the fore. Over the years, as Adelaide Central Market expands, it tiptoes the line between dizzying nostalgia and the thrill of the new: new ingredients, new cultures, new faces, and new taste sensations.

Many South Australians feel a sense of ownership over the market. No one feels this more than the traders. 'You can tell the market is a particularly special place for Adelaide,' says House of Organics owner Bill Howison. 'Any time something happens, someone has an opinion, a thought, a story or memory. There's always some connection to it. So many people in South Australia have either done some sort of work at the Adelaide Central Market or what was the East End Market at some stage. They're always connected. You can go back generations and find people who have some link to it.'

Chances are the market will outlive us, just like it did traders and customers of yesteryear. Capturing, preserving and passing down stories is the best way to keep memories alive. Everyone has a story, especially here, and traders love to talk. The brief history and snapshots within these pages are a springboard from which to approach them, ask a question, and delve deeper into the lives and livelihoods of the people who make the market tick.

Below: The City Market's Grote Street façade, 1927.





THE CHARACTERS

You couldn't miss market regular Howard 'Howie' Williams. 'He was one of the true characters of the market,' says Barry Matto, owner of Central Market Books. 'He was a disadvantaged gent, really dowdy. He was a great guy around here and you loved him the more you hated him.' Usually, Howie wanted to chat. 'He used to make you laugh, he used to make you angry. He was that type of guy. It was quite funny.' Howie regularly used to appear decked out in fancy dress. 'On Saint Pat's Day he said he'd come in all dressed in green like a leprechaun.' When Howie didn't appear on 17 March, 2015, concerned acquaintances investigated and notified the police. 'We got a bit worried about him, and got the police to break in . . . he was sitting up watching TV – he died in his sleep.' He was 65 when he passed away and many market traders attended his memorial service on 1 April. A printed reminder is still stuck to one of Barry's bookcases. 'He was a character of the market, one of the true characters of the market. Everyone knew Howie.'

Another regular who turns frowns upside down is Mickey. At 8 am he passes through the stalls selling

newspapers to traders including Bill Howison from House of Organics. 'Any paper,' Bill says. 'You want it, he'll get it. I think he works for the *Advertiser* but he gets me the *Herald Sun* and the *Age*. He's a character. He's been going through the market forever.'

Opposite top: Lucia Rosella with her daughters Nicci and Maria in 1992. (*Advertiser*)

Opposite bottom: East End and Central Market characters from the late 1800s. (*Advertiser*)

Below left: Brian McMahon all smiles and cheer during 1981. (*Adelaide City Council Archives*)

Below right, top: Mr King next to the front window of his Central Market shop Metro Meats, 1979. (*John Guster / News Limited*)

Below right, bottom: Butcher Tony O'Connell sings the praises of his ham steak, 1995. (*Adelaide City Council Archives*)





Passionate

PEOPLE

Asian Gourmet

STALL WR6 • CHARLES LO AND DOREEN CHIAW

Charles Lo has a smile on his lips and a gleam in his eye. Customers come to Asian Gourmet as much for his charming demeanour as they do for his laksa. Both are memorable. Before moving to Australia in 1988 with his wife and two children, Charles was a project coordinator in Malaysia. 'When I came to Australia, I couldn't find a job, so I end up running this restaurant.' The business was established in 1985 and Charles and his siblings purchased it in 1989. His sister ran it before Charles took the reins. 'Half of my life has been spent here.'

Charles's wife Doreen Chiaw is never far away. Always immaculate with a flash of bright lipstick, she keeps the steady flow of customers in line. The pair met in Kuching, Sarawak, more than 40 years ago when Doreen was a federal officer. 'When I saw her ... wow. I'm very fortunate because [in] 40 years we never quarrelled. Any disagreement [we have] we walk away and forget about it.' Market regulars may remember spotting Doreen elsewhere. 'Fifteen years ago she ran a shop [Golden Wok] over in the arcade. She was there for 10 years until I said, "Come and help me."' It's a good thing she moved. Asian Gourmet is busy.

Charles spends most of his days in the eatery's humble kitchen, dishing up Malaysian/Chinese dine-in and takeaway food. Dishes are tweaked to suit local palates. 'Australians are very particular and they are very smart. They know what they are eating, so we have to adapt to the Australian way of life. We use fresh milk instead of coconut milk.'

Most customers are regulars. 'They come two, three, four times [a] week and they come almost every week.' It's a motley crew of diners: politicians, lawyers and judges from nearby courts, fellow Adelaide Central Market stallholders, suited CBD workers and families sit on plastic chairs and slurp from steaming bowls of spicy soup. 'Penny Wong comes in. Even Jay Weatherill comes in occasionally. We leave them alone when they come in. We do not want to harass them. You have to be nice to everyone.'



Charles says that Australians are very intelligent. 'They know what they're eating so you must always tell them the proper ingredients and the way you're preparing it for them. Most of the food in here is prepared by myself and my wife.' They start early and cook into the night. 'My wife [does the] spring rolls at home.' It takes Charles two and a half hours to prep in the morning. 'I spend daytime in the kitchen and I seldom come out. Today I'm rolling fish balls. I do it myself.' Charles also makes the revered laksa paste. 'I have customers that ask me what I put inside it. There's no way you can get it [exactly the same]. You can have 10 ingredients and 10 different cooks using those same ingredients ... they'll all come out different.' His tip? 'Be generous with what you put in the recipe. If the ingredients are generous, the taste is always there.'

Not bad for a man who doesn't particularly enjoy cooking. 'My mother is a good cook. She's 93 and she still cooks for me some days. She only retired 13 years ago from here. She used to help out here.' Charles smiles. 'One of my staff just retired at 70 years old. He'd been working for me about 20 years. He still comes back and helps me a few days. I'm not a good boss. I just do the right thing.'

Theresa Rowland has 35 Asian Gourmet years under her belt, preceding even Charles. 'She always tells me what to do and I always say, "Yes, ma'am." She's great.' Finding wonderful staff isn't easy. 'There's a saying for me: "You treat them right, they will take care of you."'

Charles believes success is about working hard. 'I do the best [I can], let's just put it that way. Any job is the same. It doesn't mean you have to like it. My son and daughter come and help me out Friday night after work. My son comes here on Saturday, too. I must say I'm very lucky. I have good neighbours.'

Charles recently celebrated his 65th birthday but can't imagine how he'd fill his time if he retired. He owns two sport cars so maybe long drives through the state he and Doreen now call home? 'There's so much prosperity in Australia, everything is so clear-cut. You can't find any country better than this. I'm very happy to be here.'

'Be generous with what you put in the recipe. If the ingredients are generous, the taste is always there.'

House of Organics

STALL 34/35/36 • BILL AND EMMA HOWISON

During more than 15 years at Adelaide Central Market, Bill Howison has never packed his own lunch. 'I have never once brought food from home,' he says. 'God knows what I've spent on lunches in the market over the last 15 years but it's always quite cheap anyway.' He smiles. 'I go through stages. I'll eat laksa for four days a week from Asian Gourmet, then I'll eat bibimbap about four days a week from Sunmi's Sushi. I'm eating less sweets these days, but they used to do a berry and white chocolate muffin at Lucia's . . . it was amazing. I just went there all the time.' Bill has no problem working it all off. He's a busy bloke. He has been for years. He was 17 and studying molecular biology when he worked his first shift at Adelaide Central Market. 'I started as a casual worker and fell in love with it. I preferred it here and stuck at it.' He purchased the business from James Hillier in 2012. 'I love it because it's just a good atmosphere. I like the tactile nature of the work and the amount of regular customers you get is unique to the market, more so than other types of businesses.'

Bill's day starts at 4.30 am when he revs his truck and heads to the Pooraka wholesale market to buy produce. 'Even that has changed over the years. When I started doing the buying it was 3 am or 4 am starts but now it's 4.30 am or 5 am. It's pushing back later and later and you see that in the way the market is being utilised now. Far less early trade than there used to be. It's the changing of the generations.'

He says the Pooraka market is a whole other world. 'Out there is all about relationships. It's not as cutthroat as everyone imagines it to be. You're not haggling over every 10 cents.' Bill has formed plenty of friendships with traders over the years. Look closely when you visit 55ml bar on Mill Street and you'll see name plaques on the bar for Bill and Alex Savvas from Con's Fine Foods. They frequent the little bar like clockwork on Friday afternoons. Bill also met his wife Emma at Adelaide Central Market. She too worked at House of Organics and they met among the piles of tomatoes, radishes and broccoli. 'It went from there. A few years later we got married and now have five kids. We own the business together.'

Bill has had many unforgettable moments, like learning to drive a forklift in the pouring rain and encounters with celebrities. 'Of all classes.' He grins. 'A through to D. I really enjoy watching Barry Humphries come through

the market. He comes through quite often, whenever he's in town. We used to get [chef] Tetsuya [Wakuda] come through quite a lot. He's an interesting person. Very careful about his produce and yeah, he used to have a team of chefs he brought with him, five or six, and they would carefully go through everything. He hasn't come through in a few years.'

Mostly, Bill likes to banter with regulars. 'We did get a couple of the Red Hot Chili Peppers come through, which is pretty funny. It was the day after the Big Day Out. I don't think they'd been to bed. They were quite funny. They were not on their media train that's for sure. You wouldn't even have known it was them unless you're a fan. A few of the guys in the shop picked up on it. They looked like they'd walked straight off Hindley Street. Maybe they had.'



Jamface Central

STALL 28/29 • POH LING YEOW



The idea for Jamface began more than 20 years ago. Well before Poh Ling Yeow became a familiar face as a contestant on reality television show *MasterChef*. 'It was an idea that me and my bestie [Sarah Rich] had when we were going through art school,' Poh says. 'We love to bake. She's French so had quite a bit of influence on me in terms of my formative years as a cook.' The ladies dreamt of opening a cake shop. 'Jamface Central sells sweet baked treats, pastries, jams, relishes, sandwiches, soups, coffee, juice and breakfast. It's just stuff we grew up eating, and stuff that we've been baking from way back,' Poh says. 'Some of the recipes I use here I've been baking since I was nine so it really has a very authentic kind of a history for me. It wasn't just kind of a great idea I had after the whole TV experience.'

They could have opened their little café anywhere. Why Adelaide Central Market? 'I just love the vibe here. I grew up in the market being a migrant here. It was where we came to look for ingredients to make dishes that remind us of home. Back then there wasn't that much available. I remember you struggled to get even coriander, but it was where we came for that kind of solace.'

Poh loves the noise, the spruiking, the chaos and the rambunctiousness of the market's northern end. 'I really love that and you see a lot of migrants coming to get ingredients and I can see what they'd probably make out of it, depending on what culture they come from. If they get tomatoes, are they going to make sauce? I really love being surrounded by that. Because I grew up in here, it's just kind of this home away from

home. I really wanted to set up my own place here for that reason.'

Poh can still remember her first encounter with the market. 'I didn't really like it very much to be honest because I was really young.' She laughs. 'You know, that feeling of just getting dragged around. I do remember very specifically loving it way more than when I was in Malaysia cause all the wet markets there are really smelly. It's really challenging for a kid. It's hot because it's tropical weather. I remember just thinking, "Wow, this is so clean." And I really liked that as a kid.'

The Jamface team also hosts regular dinners with community at heart. 'I never want this to be like a fancy restaurant. So I never call my multi-course dinner a degustation because they're not. They're really just small



bites of things that I enjoy cooking. It's never fancy. It's just all about tasty, simple flavours and wholesome, made-from-scratch food.'

When preparing the menu, Poh borrows from all cultures. 'It's also very Australian, and really, that's what I want my café to reflect. It's how Australians cook and eat and that is, very unpretentiously. We're very multicultural in the way that we eat. So, I really want my café to reflect that.' The dinners are intimate. The space demands it. 'It's kind of like having dinner in a cubby house. I'm just cooking for you at my place. That's what I want it to be. It's very squishy, it's very European like that. Like, I kind of want it to have that really communal vibe where people end up talking to each other from different tables, and share the long table.'



Seasonal

RECIPES



Yellow beans with sugo and chilli toasted breadcrumbs

Having a European background, we enjoy getting together to eat and be merry! Yellow beans, wax beans or butter beans – as they’re called back home in Greece – are sweeter in flavour than green beans. Their pale yellow colour always reminds me of summer, as they’re only in the market for a short period of time. They don’t require as much cooking as their green bean cousin and are delicious in stir-fries, eaten raw or in a salad with poppy seeds, olive oil, red wine vinegar and fresh parsley. This dish is a family favourite; everyone loves it! It adds a different dimension to the plate and always makes a great side dish for barbecues and family gatherings. Our customers are like family and appreciate the efforts we go to in sourcing quality seasonal produce for them. I remember about 25 years ago Mum and Dad would hang whole bunches of bananas around the edge of the stall and chop off bunches to order, which was great theatre for our customers. Another fond memory as a child was three tree frogs appearing in a box of pawpaw, having hitched a ride from Queensland. I took them to school for show and tell, which would never happen these days with biosecurity!

Joanna, NICK AND ANN PESSIOS, CACTUS FRUIT & VEG, STALL 6



Preparation time: 15 minutes • Cooking time: 50 minutes • Serves: 6 as a side

INGREDIENTS

Breadcrumbs

- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, peeled and crushed
- 1 bird’s eye chilli, deseeded and finely chopped
- ½ cup (35 g) fresh breadcrumbs
- Salt flakes and freshly ground black pepper

Sugo*

- 2 tablespoons extra-virgin olive oil
- 1 large brown onion, peeled and finely diced
- 2 cloves garlic, peeled and crushed
- 600 g fresh vine tomatoes, cored and diced
- ¼ cup fresh basil leaves, finely chopped
- Salt flakes and freshly ground black pepper

Beans

- 600 g yellow beans, trimmed
- Pinch of salt
- ¼ cup (20 g) freshly grated parmesan
- ⅓ cup flat-leaf parsley leaves, roughly chopped

METHOD

For the toasted breadcrumbs, heat olive oil in a medium sauté pan over medium heat. Add garlic and chilli, and cook for 2 minutes or until aromatic. Add breadcrumbs, stirring until well coated in oil. Cook for 5 minutes or until breadcrumbs are golden, stirring often to prevent mixture from burning. Season with salt and pepper, remove from heat and set aside in a bowl until required.

For the sugo, heat olive oil in the same sauté pan over low heat. Add onion and garlic, stirring to combine. Cover and cook for 10 minutes or until onion is soft. Add chopped tomatoes, stirring to combine. Cover and cook for 30 minutes, stirring occasionally, until mixture has reduced by half.

Using a stick blender, puree half the sugo in a measuring jug until mixture is smooth. Add it back to the remaining sugo, stirring until combined. Add basil and season with salt and pepper, stirring to combine.

For the beans, bring a medium saucepan of water to the boil and season with salt flakes. Add beans, cook for 2 minutes and drain.

To serve, place cooked beans on a serving platter and drizzle sugo over the top. Sprinkle with parmesan, parsley and the toasted breadcrumbs.

** The sugo can also be made with the addition of bacon, pancetta or speck, which can be added with the onion.*



Porcini mushroom, sage and taleggio risotto

It was a great buzz when porcini mushrooms were discovered growing in pine forests in the Adelaide Hills, and I was the sole supplier to take them to the Australian market. *Boletus edulis* is the Latin name for this prized mushroom which is known in Italy as 'Porcini' and in France as 'King Boleté' or 'Cepe'. It is considered by many to be the finest eating mushroom available. When it comes to storing mushrooms, always keep them in the middle of the fridge and never in the crisper. For cleaning the distinct thick white porcini stems, rub with a damp paper towel or use a potato peeler to shave off the ends. Porcini mushrooms are prized by chefs for their deep earthy rich flavour and take dishes like risotto, pasta, pizza, bruschetta and stuffed mushrooms to a whole new level.

Marco Marinelli, MUSHROOM MAN'S MUSHROOM SHOP, STALL 68



Preparation time: 20 minutes • Cooking time: 45 minutes • Serves: 6

INGREDIENTS

Risotto

20 g dried Adelaide Hills porcini mushrooms
1 tablespoon extra-virgin olive oil
1 leek (white part only), finely chopped
4 cloves black garlic, peeled and chopped
200 g Swiss brown mushrooms, finely diced
1 tablespoon Mushroom Man's smoky 'bacon' mushroom spice
2 cups (400 g) arborio rice
½ cup (125 ml) vermouth or dry white wine
2 litres hot vegetable stock
½ cup (40 g) finely grated parmesan
¼ cup finely chopped sage
Salt flakes and freshly ground black pepper

Sautéed porcini mushrooms

50 g unsalted butter
1 tablespoon olive oil
300 g fresh porcini or baby king brown mushrooms, cleaned, trimmed and sliced
¼ cup (60 ml) lemon juice
2 tablespoons chopped flat-leaf parsley
1 teaspoon Mushroom Man's smoky 'bacon' mushroom spice
Salt flakes and freshly ground black pepper

To serve

100 g taleggio, chopped
¼ cup (25 g) toasted walnuts, chopped
¼ cup sage leaves, fried

METHOD

For the risotto, place dried porcini mushrooms in a small bowl and cover with ½ cup (125 ml) boiling water. Leave to stand for 10 minutes. Remove from soaking liquid, squeezing to remove excess liquid. Reserve soaking liquid for later. Finely chop rehydrated mushrooms, setting aside until required.

For the sautéed mushrooms, melt butter in a large frying pan with olive oil over medium heat until butter becomes nut brown. Add mushrooms, stirring until well coated. Cover and cook for 5 minutes. Remove lid, stirring occasionally, and cook for a further 5 minutes or until golden. Add remaining ingredients, tossing to combine. Remove from heat and set aside until required.

For the risotto, heat olive oil in a large non-stick saucepan over a low heat. Add leek, garlic, Swiss brown mushrooms and spice mix, stirring to combine. Cover and cook for 10 minutes or until leek is soft but not coloured.

Increase heat to medium-high. Add rice, stirring until beginning to crackle. Quickly add vermouth, stirring until absorbed. Add reserved soaking liquid and chopped rehydrated mushrooms, stirring until liquid is absorbed. Add a ladle of hot stock, stirring continuously until absorbed. Repeat until risotto has become thick and creamy and 1 cup (250 ml) of stock remains.

To finish add parmesan, sage, salt and pepper with remaining stock. Stir until combined.

To serve, stir half the sautéed porcini mushrooms and half the taleggio through the risotto and scatter the remaining over the top with toasted walnuts and fried sage leaves.





Strawberry and coconut smoothie bowl

We use fresh strawberries a lot on our menu, always washed, dried, hulled and either stored in the fridge or frozen for a minimum of 2 hours. When they're not being used in smoothies and juices, we make compotes and jams for our breakfast menu. Smoothie bowls are a healthy, delicious way to enjoy loads of nutrients and are especially good during the warmer months. By decorating the tops of the smoothie bowls, it makes them super pretty and decadent, perfect for an impressive brunch with friends. The great thing about smoothie bowls is the ability to get creative and work with whatever ingredients are in season at the time. Being able to mix and match different ingredients makes them fun to make and you never get bored of eating them!

Angelo Likouras, THE PLANTATION JUICE CO. STALL R17



Preparation time: 10 minutes + freezing time • Serves: 2

INGREDIENTS

'Ice-cream'

- 3 frozen bananas, chopped
- 1 cup (130 g) frozen strawberries
- ½ cup (125 ml) organic coconut milk

Smoothie

- 1 cup (250 ml) organic coconut milk
- ¼ cup (20 g) shredded coconut
- 1 fresh banana, chopped
- 1 frozen chopped banana
- 1 cup (130 g) fresh strawberries, hulled and quartered
- 1 punnet frozen strawberries
- 1 tablespoon LSA (ground mix of linseed, sunflower seeds and almonds)
- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- ¼ cup mint leaves, roughly chopped

Topping

- ¼ cup (20 g) toasted shredded coconut
- 1 banana, sliced
- 2 strawberries, sliced
- 2 tablespoons oats
- 2 teaspoons chia seeds
- Mint leaves, to garnish

METHOD

For the strawberry 'ice-cream', place frozen bananas, frozen strawberries and coconut milk together in a food processor and blend until smooth. Pour into a plastic container and freeze for at least two hours, preferably overnight.

For the smoothie, combine all the ingredients in a liquidiser and blend until mixture is smooth.

Pour smoothie into 2 bowls and garnish with coconut, banana, strawberries, oats and chia seeds. To finish place a scoop of strawberry 'ice-cream' in the centre of each smoothie bowl and garnish with mint leaves.

