

the smart fruit & veg COOK winter

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



kumara



Warm up with spicy Kumara & Beef Curry...

Heat 2 tbs oil in a large saucepan over medium heat. Add 1 chopped onion and 2 crushed garlic cloves, cook for 3 minutes. Stir in 1/3 cup Madras curry paste and cook for 1 minute. Skim thick cream from the top of a 270ml can of coconut cream and stir into curry paste. Cook until oil separates. Add 600g diced beef chuck steak and cook for 5 minutes.

Stir in 8 fresh curry leaves (optional), 400ml can diced tomatoes, 1 cup beef stock and remaining coconut cream. Simmer for 1 hour. Stir in 600g peeled and chopped kumara and simmer for 45 minutes. Stir in 1/3 cup chopped coriander and serve with basmati rice, naan bread and mango chutney. Serves 4-6.



This orange-fleshed sweet potato is perfect for curries, casseroles, mashing and roasting.

leeks



Choose leeks that have crisp long white stems with bright green tops. Store them in the vegetable crisper for up to 1 week.

To prepare leeks:

Cut off and discard the root and dark green tops.

Halve lengthways and wash well in cold water to remove any dirt (it gets entrapped in the layers). Discard the tougher outside layers.

Slice and chop as desired, use only the pale green and white part of the leek.

The smart cook's tip:

Use leek instead of onion in soups, braises and casseroles.

Leek adds a subtle onion flavour and teams well with other vegetables.

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



brown onions

Use rich-flavoured **brown onions** for soups, casseroles and braises.

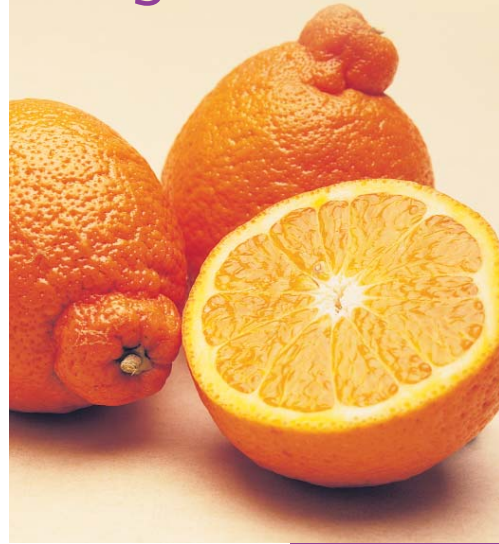
Warm up with a bowl of French Onion Soup

Heat 2 tbs olive oil and 50g butter in a large saucepan over medium heat. Add 1kg sliced brown onions, 2 finely chopped garlic cloves and 1 tsp sugar. Cook, stirring occasionally over medium-low heat for 40 minutes until onions are deep golden.

Stir in 8 cups beef stock, cover and bring to the boil. Reduce heat and simmer, uncovered and stirring occasionally, for 1 hour. Season to taste and stir in 1 tbs dry sherry (optional). Serve with grilled cheese baguettes. Serves 4.



tangelos



A hybrid of a grapefruit and a mandarin, vibrant tangelos have a tangy, sweet citrus flavour and are very juicy.

Tangelos are quite easy to peel, have large segments and contain very few seeds. They're best stored in the fridge.

Choose **tangelos** that feel heavy for their size as this indicates the fruit has good juice content.

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

tangelo juice in a flash...

A great way to kick start the day, juice tangelos for breakfast! They're bursting with beneficial vitamin C.

Smart things to do with root vegetables...

Crunch on parsnip chips

Using a vegetable peeler, slice peeled parsnips lengthways into thin strips. Deep fry parsnip strips in hot oil, in batches, until crisp and golden. Drain on paper towel. Season with salt and pepper and serve.



parsnips

Whip up swede mash

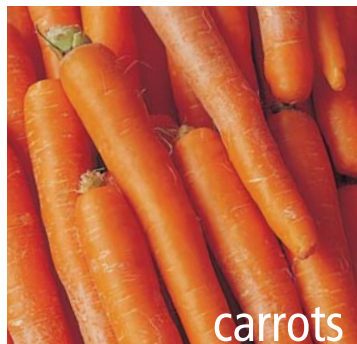
Cook peeled, chopped swedes in chicken stock with a sprig of thyme until golden and tender. Drain and mash with hot milk or cream and butter until smooth. Season with salt and pepper to taste. Swirl through a handful of grated cheese and serve.



swede

Roast honey-glazed carrots

Toss peeled chopped carrots with olive oil, salt and pepper and a drizzle of honey or maple syrup. Place in a heavy-based pan and roast, tossing occasionally, at 200°C for 25-30 or until tender.



carrots

strawberries

Whip up a hot dessert! Sticky Roast Strawberries...

Preheat oven to 200°C. Line the base of a roasting pan with non-stick baking paper. Place 500g hulled large strawberries into a bowl, sprinkle with 2 tbs caster sugar and ½ tsp vanilla extract and toss to combine. Toss strawberries into prepared pan and roast, turning occasionally, for about 15 minutes until very tender. Serve warm with ice-cream. Serves 4.

Choose plump even-coloured **strawberries**. Check the underside of the punnet and avoid squashed or mouldy berries.



fresh dates

To buy Choose plump, golden to deep brown fresh dates with undamaged skin. The sweet and fleshy Medjool variety is a favourite with its caramel-flavoured flesh.

To prepare Cut along the side of the date and remove the seed if desired.

To store Keep dates in an airtight container, at room temperature, for up to 3 weeks. For longer storage, keep in the fridge or freezer.

Whip up a sweet treat Dip fresh seeded dates in melted dark chocolate and leave at room temperature to set. Simply delicious served with coffee.



rhubarb

To buy Select rhubarb with firm, bright ruby-coloured stalks and fresh-looking leaves.

To prepare Trim stalks and discard leaves (they should not be eaten). Wash stalks well and slice into even-sized pieces.

To store Store rhubarb in a plastic bag in the crisper section of the fridge. Use within 3–4 days.

Whip up a dessert Simmer sliced rhubarb and apple in a sugar syrup until tender. Cool to room temperature and swirl through reduced fat vanilla yoghurt and serve with toasted flaked almonds.



kohlrabi



Kohlrabi imparts a rich cabbage/turnip flavour to soups. Add it to pea and ham and winter vegetable soups. The peeled and chopped bulb can also be steamed, stir-fried, cooked with potatoes for mashing or shredded and added to coleslaw.

Choose the smallest kohlrabi on offer. Look for pale green or purple bulbs with fresh-looking dark green leaves attached.

Cut off and discard the leaves, wrap the bulb in plastic wrap and store in the vegetable crisper for up to 1 week.

What's best in August

FRUIT

- Apples
- Kumquat
- 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

Beurre Bosc pears



Dessert in a flash... Orange Poached Pears

Combine 2 cups water, 1 cup caster sugar, 1 cinnamon stick and the rind from 1 orange in a large saucepan. Stir over medium-high heat until sugar dissolves and bring to the boil. Reduce heat and simmer, without stirring, for 5 minutes.

Add 6 peeled Beurre Bosc pears, cover with a sheet of baking paper and simmer for about 15 minutes until pears are just tender. Cool slightly and serve with ice-cream, thick cream or mascarpone swirled with chopped fresh dates and icing sugar to taste. Serves 6.



Firm Beurre Bosc pears will become sweet and tender with cooking.

Microwave Jacket Potatoes with Avocado



- 1 Preheat oven to 220°C. Wash, scrub and dry 4 Sebago or Coliban potatoes (about 220g each).
- 2 Using a fork, pierce each potato all over about 8 times. Place potatoes around the outer edge of a microwave turntable plate, spacing potatoes evenly. Microwave on high for 6 minutes. Using tongs, carefully turn potatoes over. Microwave on high for a further 6–8 minutes until just tender when tested with a skewer. Set aside to cool slightly.

To speed ripening of an **avocado** place in a paper bag with a banana. Leave at room temperature.

- 3 To serve, cut a cross in the centre of each potato and gently squeeze potato open. Fill with reduced fat sour cream and diced avocado. Serves 4.

