

# the smart fruit & veg COOK winter

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



## navel oranges

*A hot winter dessert...  
Oranges with caramel  
toffee sauce*

This caramel toffee sauce is fuss-free. Simply place 1 cup caster sugar in a medium non-stick frying pan and heat over high heat, swirling the pan often, for 5–8 minutes or until deep golden. Remove from heat, stir in cream and set aside.

Divide 6 large peeled and sliced Navel oranges among 4 serving bowls. Drizzle over hot caramel toffee and serve with toasted waffles. Serves 4.



In peak season now, these juicy navel oranges contain almost twice your daily dose of vitamin C!

## Granny Smith apples



Winter's the perfect time for crisp, vivid-green Granny Smith apples which are ideal for roasting, stewing and baking.

### *Roasted Granny Smith apples with red onions*

Preheat oven to 200°C. Peel, core and cut 4 Granny Smith apples into thick wedges. Peel and slice 2 red onions into thin wedges. Combine apples, onions, 2 finely chopped garlic cloves, 2 tbs olive oil, 1 tbs balsamic vinegar and 1 tbs honey in a bowl. Season and toss to combine.

Roast mixture in a large non-stick baking dish for 30 minutes, tossing occasionally, until apples are tender. Great served with a roast!

### What's best in June

#### FRUIT

- Apples
- Avocados
- Banana
- Custard apples
- Grapefruit
- Kiwifruit
- Lemons
- 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

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# broccoli

## Warm up with broccoli & chilli soup

Heat 2 tbs olive oil in a large saucepan over medium heat. Add 1 deseeded, finely chopped red chilli and cook, stirring often, for 3 minutes. Pour in 4 cups chicken stock, cover and bring to the boil. Toss in 1 kg trimmed, chopped broccoli. Reduce heat and simmer for 15 minutes until tender.

Puree soup until smooth and stir over medium heat until hot. Season with salt and pepper and serve. Serves 4.



Broccoli is one of the most nutritious vegetables, it has some iron plus potassium and a high content of vitamins, including vitamin C. Now's the ideal time to enjoy broccoli!



# purple carrots

This ancient vegetable, brimming with antioxidants, is enjoying a revival at greengrocers. Look for firm purple to maroon-coloured bunched carrots with fresh-looking tops attached.

## Great for roasting and steaming...

- Their colour is best retained when they're rapidly steamed or roasted.
- For a quick side, roast whole purple carrots in olive oil, garlic, thyme and honey until tender, and sprinkle with crumbled goat's cheese or feta to serve.
- Rapidly steam and drizzle with a little honey and extra virgin olive oil. Season with salt and pepper.

## What's best in July

### FRUIT

- Apples
- Avocados
- Banana
- Custard apples
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Nashi
- Oranges: Navel
- Pomelo
- Quince
- Rhubarb
- Strawberries
- Tangelos

### 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
- Witlof

# Chinese cabbage

Elongated, crisp Chinese cabbage is mild tasting with white to pale green leaves. This Asian green is also known as 'Wombok'.

## Great ways to use Chinese cabbage...

- Finely shred Chinese cabbage into minestrone and other winter vegetable soups.
- Toss chopped Chinese cabbage leaves through stir-fries. For a tasty dinner, stir-fry chopped chicken, garlic, ginger and green onions (shallots) in a wok. Add Chinese cabbage and snow peas. Finish with a drizzle of oyster sauce and serve with rice.
- Whip up a spicy Asian coleslaw with Chinese cabbage, green onions (shallots), carrot, chopped coriander and finely sliced long red chilli. Blend through a soy, sesame oil and ginger dressing.



# bean sprouts

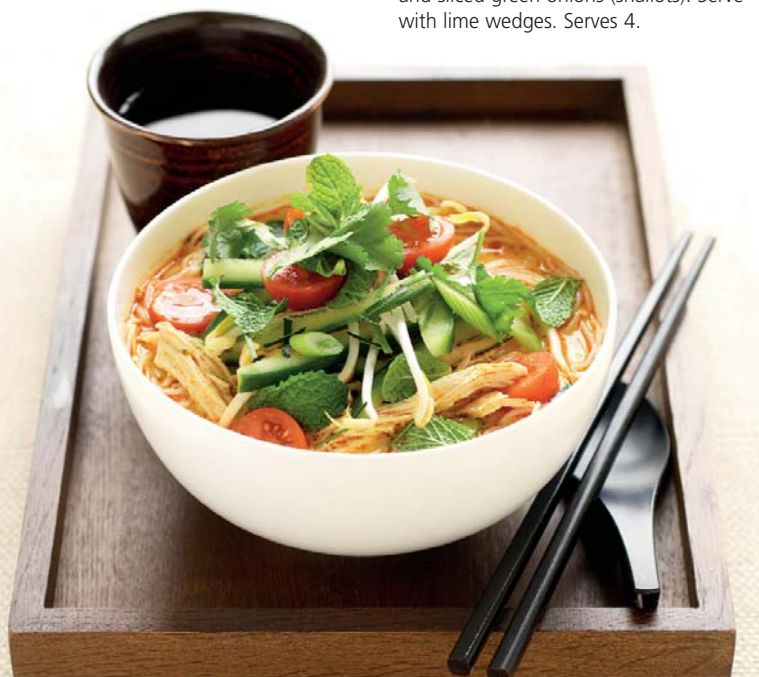
## Crunchy vegetable & chicken laksa

Place 250g dried rice vermicelli noodles into a bowl and cover with boiling water. Stand for 5 minutes until tender. Drain and set aside.

Heat a wok over high heat. Add 1 tbs peanut oil and ½ cup laksa paste. Stir fry for 2 minutes. Pour in 4 cups chicken stock, 2 tsp brown sugar then bring to the boil.

Reduce heat, add 2 cups light coconut milk and 2 cups shredded cooked chicken. Stir through ½ cup chopped coriander leaves.

Divide noodles between 4 deep serving bowls and ladle over laksa. Top with ½ cup trimmed bean sprouts, finely sliced Lebanese cucumber, halved cherry tomatoes, fresh mint, coriander leaves and sliced green onions (shallots). Serve with lime wedges. Serves 4.



# blood oranges



Relish these raspberry and citrus flavoured juicy gems. Deeper ruby-red tinged skin generally indicates more intense-coloured flesh although colour depends on variety, exposure to sunlight and growing conditions.

Blood oranges are smaller than Navel oranges. Select firm fruit that feel heavy for their size.

## Sweeten things up with blood oranges...

- ♥ Squeeze blood oranges for a refreshing breakfast drink.
- ♥ Toss a leafy salad with blood orange segments, olives, green onions and chopped flat-leaf parsley.
- ♥ Use blood orange juice for zesty salad dressings.
- ♥ Poach hulled strawberries in blood orange juice and serve with ice-cream.

## What's best in August

### FRUIT

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

### 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

# silverbeet

Sometimes mistakenly named spinach, silverbeet is distinguished by its fleshy white stems and dark green leaves.

Look for silverbeet with crisp white stems and fresh, glossy green leaves that are not wilting. Refrigerate unwashed silverbeet in a plastic bag and use within a few days.



To maximize flavour and colour, cook rapidly until just wilted.

## For a quick side dish...

Wilt silverbeet in a pan over medium-high heat and toss with crumbled feta cheese, toasted pinenuts and olive oil. Season to taste and serve.

# avocados

## Fresh for Kids®



## Garlic & cheese pizza with avocado & tomato

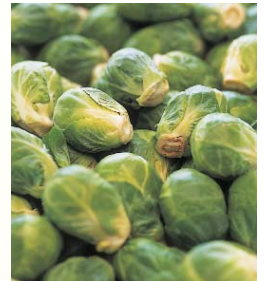
1. Preheat oven to 220°C. Brush 4 x 22cm fresh pizza bases with ¼ cup olive oil. Sprinkle over 2 finely chopped garlic cloves and ⅓ cup grated parmesan cheese. Bake pizzas for 12–15 minutes until crisp.
2. For the topping, combine 1 peeled and diced ripe avocado, 250g thickly sliced cherry tomatoes and 1 tbs lemon juice. Top pizzas with avocado mixture and baby spinach leaves. Serve with hummus dip. Serves 4.



Avocados contain 'good' fat and are loaded with vitamin E. Ripe and ready fruit yields to gentle pressure.

# Brussels sprouts

## The perfect side dish – Brussels sprouts with chorizo & hazelnuts



Select small, even-sized compact Brussels sprouts.

Boil 16 trimmed and quartered Brussels Sprouts for 3 minutes. Drain and refresh in cold water. Heat a medium non-stick frying pan over medium heat.

Add 1 chopped chorizo sausage and cook for 5 minutes. Transfer to a plate. Add 1 tbs olive oil, 1 small sliced brown onion and 1 clove chopped garlic to the pan and cook over medium heat for 5 minutes. Toss in Brussels Sprouts and ⅓ cup chicken stock. Cover and simmer for 3 minutes. Stir in chorizo and ¼ cup chopped roasted hazelnuts. Season with salt and pepper. Serves 4.

