



PASSIONATE ABOUT FOOD

Lifestyle editor Lee-Ann Orton reveals the best produce of the moment and hot new foodie news

What's in season

JUNE With the cold weather blowing in it needn't be all doom and gloom in the kitchen. The building blocks of cooking this month should be splendid root vegetables. **Celeriac** and **pumpkin** make fantastic soups, simmered with milk, onions and garlic, and finished with a splash of cream and a grating of nutmeg, and **parsnips** are divine drizzled with maple syrup and oil, and roasted until crisp. Boil and mash **turnips**, or **kohlrabi bulbs** with butter and sea salt for Sunday roasts, and cook **carrots** until tender, then toss in melted butter, sugar and a splash of dry sherry.

Boost your immune system by eating **brassicas** – try **savoy cabbage** steamed or sautéed in butter, and the **kohlrabi leaves** with spiced dishes. Look out for a new range of Franchi Sementi seeds on the market and grow your own **purple cauliflower** and **peas** and beautiful **candy-striped beetroot!**

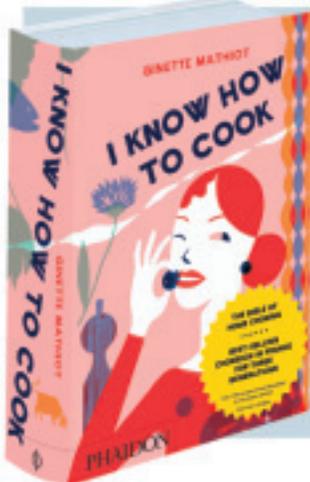
Hardy **herbs** in season



all lend themselves to soups, stews and roasts.

Go for lovely fresh **rosemary, oreganum, marjoram, sage and thyme**. On the fruit front, there are still juicy **apples** and **pears, lemons, limes, oranges and kumquats**. Grab any of these citrus fruits for home-made marmalade.

Lamb, pork belly and beef rib all make amazing roasts: cook on a low heat for a long time and the meat will melt in your mouth.



BOOK OF THE MONTH

I KNOW HOW TO COOK BY GINETTE MATHIOT (PHAIDON PRESS, R360)

This household must-own has been a bestseller for three generations and it's no surprise why. With more than 1 200 recipes compiled by the French domestic goddess herself, it covers everything from Croque Monsieur to cassoulet, but – most importantly – it explains how to make the best from simple ingredients. Each dish has been cooked many times over and proves how easy French cooking really is. Now you too can try your hand at haute cuisine and really impress!

WHAT'S NEW

News for foodies

+ SO GOOD FOR YOU Woolworths-branded foods will no longer contain azo dyes, a type of artificial colourant frequently used to colour sweets and other brightly coloured foodstuffs. It's the latest step on what Woolworths refers to as its Good Food Journey, and follows the removal of the artificial sweeteners aspartame, saccharin and cyclamate last year.



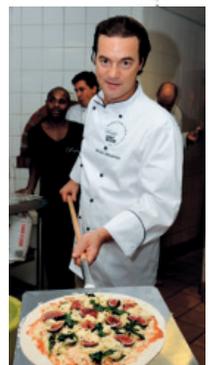
+ WORLD CUP WORDS If you're a fan of Glacéau vitaminwater you'll be familiar with the entertaining label copy that's been talked about all over the country and even featured in David Tiale's latest fall collection. These blurbs are all changing in anticipation of the World Cup and will provide witty insights just as before – look out for them on any of the six tasty flavours.



+ TOP CHOCS Cadbury's Local 'n Lekker slabs are causing a stir. Some flavours are Marula & Ice Cream, Mint Crisp Tart and Malva Pudding, but Ouma's Traditional Fudge is a w&h favourite. R19,49, from leading supermarkets

+ CREATING FOR A CAUSE

The Col'Cacchio Pizzeria Celebrity Chef Series is back and from now until September, six of South Africa's top chefs will take part in the second annual charity project. Last year they raised an astonishing R120 000 for the Children's Hospital Trust. Visit one of Col'Cacchio Pizzerias across the country. >>



VIP*

*VERY IMPORTANT PRODUCER



Gone are the days of lifeless dried fruit!

A flair for fruit

Handri and Noelani Conradie from the family farm in the Ceres valley

HANDRI AND NOELANI CONRADIE

For Handri Conradie, the founder and managing director of At Source Handmade Foods, fruit farming was always a passion and he was involved in the family business from as early as 10 years of age. Now this sixth-generation fruit farmer oversees the hand-packing of around four million units of dried fruit every year under the At Source brand.

Initially Handri's idea was more than just producing traditional dried fruit and putting it in pretty packaging. He wanted to alter people's perceptions of dried fruit and put South Africa on a par with niche imported products. So, before they'd even made a single sale, Handri employed a food scientist to develop a

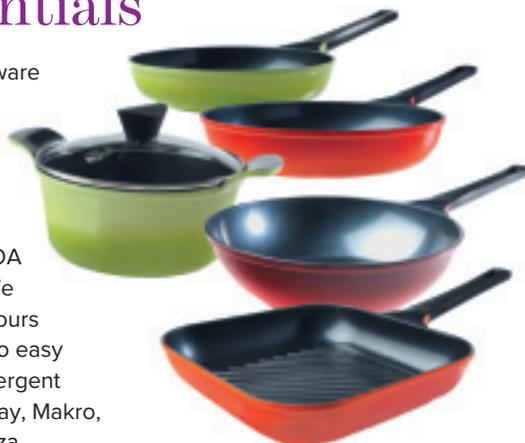
proprietary process to rehydrate dried fruit. "This effectively put the moisture back into the fruit, which meant that, instead of resembling old-fashioned biltong, the fruit was softer, easier to eat and, of course, much tastier," he says.

In early 2002 Handri approached Woolworths and Pick n Pay to be an alternative supplier to the existing brand leader's monopoly and they both jumped at the chance. At Source became the largest retailer "housebrand" dried fruit supplier in the country.

Today At Source sources dried fruit from all over the country, as well as Turkey and North America, to keep up with production. Find the great selection in Pick n Pay and Woolworths stores.

Kitchen essentials

The new range of Neoflam cookware from Tevo is coated in Ecolon, an advanced ceramic, non-stick coating that makes it easy to "cook green" without emitting dangerous PTFE (polytetrafluoroethylene) and PFOA (perfluorooctanoic acid) gases. We are huge fans of the different colours and the best part is that they're so easy to clean so you'll use far less detergent too! From R279,95, from Pick n Pay, Makro, Game, Checkers, or visit tevo.co.za



This month...

JUST ENOUGH

+ Denny Two-Meal Portion

Packs are great value and so convenient. They're available in yummy new flavours too – we like Sundried Tomato & Pecorino. R14,99, at leading supermarkets



A QUICK AND TASTY DOSE

+ Great for a quick lunch or light snack, and perfect for kids too. These PnP Fish Burgers are made from freshly frozen fish and covered in a light Japanese crumb; they're also a great source of omega 3. R25,99, at Pick n Pay stores



DELIGHTFUL DISCS

+ Staffords new White Choc Discs are fab for soufflés and mousses because they melt so quickly. Be sure to always have some in the pantry – they are great for piping too. R17,49, at leading supermarkets



DO THE GUACAMOLE

+ Getting a ripe avo is often a gamble, so why not have guacamole at hand all the time? Westfalia Guacamole is a natural blend of Hass avocado flesh and a unique selection of herbs and spices. It's packed with vitamins, antioxidants and an excellent source of mono-unsaturated fatty acids. From R17, at leading supermarkets w&h

