

M A R K E T

# FEED

Hi there!

:)

Welcome to the first edition of Market Feed. We hope you're sitting somewhere comfy with a tasty drink and something to eat ready for us to entertain you.

Market Feed was born from the idea that we want to share more! We wanted to find a way to keep you updated on all our Market news but also give you some interesting foodie tidbits and a couple of recipes along the way.

This summer edition features a double-page seasonal produce spread as well as a couple of articles we think you might find interesting.

We'd love to hear from you – whether it's about our new publication, something you've read about – or just to say hi.

Drop us a line at [management@prahranmarket.com.au](mailto:management@prahranmarket.com.au)

Until next time,  
Prahran Market

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## Our new bags rock!

We're pretty excited about the new Market bags we launched last month. With different designs to suit all different tastes and styles, we think they're going to make the Market a whole lot more colourful this season!

Plus, if you haven't heard, the Market is banning single-use plastic bags as of Feb 1, 2018 so if you need an excuse to get your mitts on one of our bags this is it!

Visit us to get your bag.

Your meal-to-meal summer guide

# CHEESY TIMES

– Nick Melin

While cheese can – and should – be enjoyed throughout the whole year, it's the warm weather and summer festivities that really call for its consumption.

With the help of a couple of Prahran Market cheesemongers, here's a meal-by-meal guide to eating cheese this summer complete with tips on what varieties to choose for the occasion, how to eat it and basically how to fit more of it in your day – just don't tell your gym instructor!



## LUNCH

Rather than dining out, take advantage of the warm weather and go for a picnic. Pack some wine, bread, deli meats and lots of cheese and make your own sandwiches from your spot on the grass or sand.

Swiss and cheddar are popular choices for cold sandwiches and can pretty much be paired with whatever's in your fridge. For something a little different try Havarti, a Danish cheese with a light, creamy texture; or provolone, a mild, smoky Italian cheese.

To make your sandwich super summery, Chad from Pete N Rosie's Deli suggests using goat's curd instead of butter: "It's lighter and will give your whole sandwich a tang."

If you can't find any goat's curd, cream cheese is a delicious alternative.

## DINNER

Nothing says Australian summer like a backyard barbecue with snags and a can of Aerogard, plus a side salad that often includes some kind of cheese.

"Feta, goats or bocconcini are your go-to choices here," says Manny, owner of The Cheese Shop Deli. "They're pretty light and flexible enough to use across a lot of varieties."

For something a little different (and to impress your guests), Chad suggests trying burrata, a fresh Italian cheese made from mozzarella and cream. Simply "spear it, and throw it over some rocket, mango and coriander," he says.

For other summer dinner staples, Chad recommends the easily melting Monterey Jack or provolone for burgers (added to the patty at the last minute on the grill); fresh buffalo mozzarella on pizza and cold ricotta added to pasta just before serving as a "lighter and fresher" alternative to Parmesan.

## SUPPER

Christmas dinners can turn into long, extravagant affairs. To keep the good times flowing, bring out a board an hour or so after dinner, along with some fortified wines.

"The rule of thumb for a cheese board is to include a mix of three cheeses; a soft cheese, a hard one and a blue one," says Manny. "Then add your biscuits, breads and maybe some quince paste."

For his three, Chad would include Quicke's cloth cheddar with its "long and lingering taste"; La Tur, a triple milk soft cheese from Italy; and Shadow of Blue from Gippsland, which is mild, creamy and an "instant crowd pleaser".

"I'd replace quince paste with fresh fruit too," suggests Chad. "Cause summer is the time for berries."

If you only have red wine drinkers, don't worry about the blue cheese. The combination can leave an unsavoury metallic aftertaste. And remember to serve up a knife for each cheese.

## PRE-DINNER

Summer is all about entertaining, and if you are, don't forget the pre-drink nibbles. Grab some olives, dips, cured meats, crackers and of course, some cheese.

"The saltier the cheese, the better," says Chad. "Salt awakens the taste buds, so it'll make whatever you're serving up later taste better."

"I'd recommend some Saint Agur, a salty blue cheese from France; pecorino, an Italian hard cheese made from ewe's milk; or manchego, a great Spanish appetiser, which is light and perfect for the warmer weather."

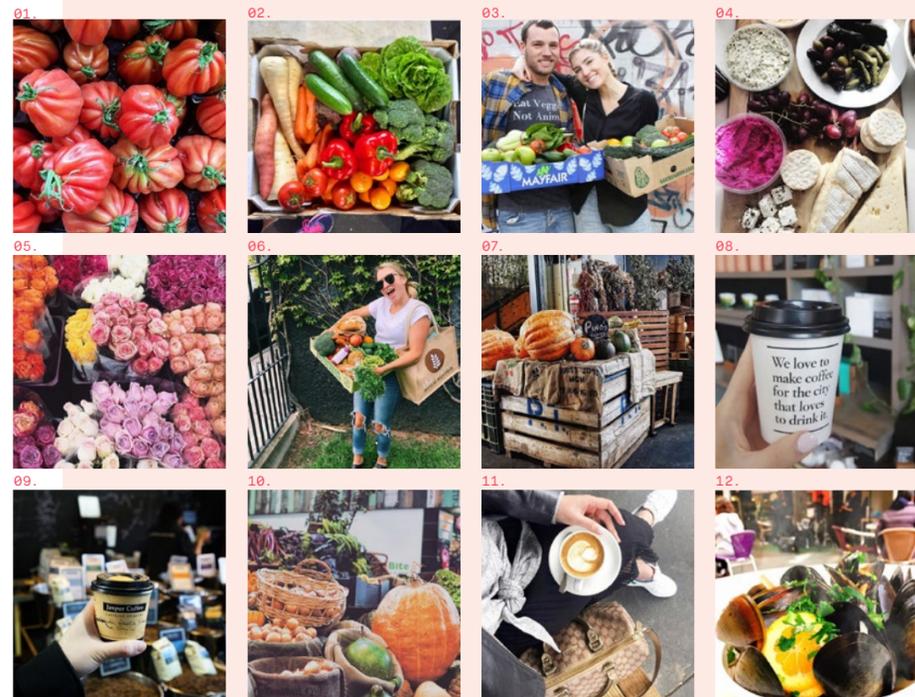
"And if you have the barbecue going, grill some haloumi and serve with some thin slices of bread and cuts of lemon."

If you're looking for another quick canapé idea, serve up some skewers with brie, smoked salmon and some dill. It's an oldie, but a goodie.

## QUICK TIPS

1. Cheese is best served at room temperature so make sure you take it out at least an hour before serving.
2. In the fridge, keep all your cheeses fresh by wrapping them separately in wax paper and placing them in zip-lined plastic bags.
3. Never freeze cheese. Rumour has it it's punishable by death in some parts of France.

## PRAHRANMARKET



We love seeing your Market pics on Instagram – so here are a few of our faves! Don't forget to tag us @prahranmarket so we can check out your snaps

:)

01. @thisislivn
02. @jennadayinthelife
03. @thekindessechoes
04. @simplyaboutnikki
05. @jennypersson
06. @livingwithleni
07. @jane\_lemot
08. @lovetouchofsnow
09. @harrison
10. @semsli
11. @cynthiagraphy
12. @sylviamelbourne

# SEASONAL SPREAD



Summer is finally here. We're not sure about you but we're definitely ready for all the festivities and (of course) the food! Want to make the most of seasonal produce but not sure where to start? We've got you covered with a need-to-know guide of what's in season. You better get ready; it's going to be a flavourful summer!

## FEBRUARY

### FRUIT

**Papaya**  
Papaya has rich yellow fruit with black seeds and is sweet with a slightly tangy flavour.

*In summer, top your cereal with papaya for something a little different, Frank from F&J Fruiterers*

**Passionfruit**  
We love passionfruit! All that delicious pulp and those crunchy seeds. Drizzle it over yoghurt, mix it through salads or scoop it straight out with a spoon – we won't tell anyone.

**Plum**  
Flavours throughout summer vary from sweet to rather tart so plums are great added to a range of sweet and savoury dishes. Pork with plum sauce anyone?

### VEGETABLES

**Kohlrabi**  
A bulb-shaped veggie, kohlrabi has a similar flavour to broccoli but becomes sweeter when cooked.

**Chillies**  
Chillies are in abundance at the Market this season. We've got them mild, hot and super hot in a range of varieties.

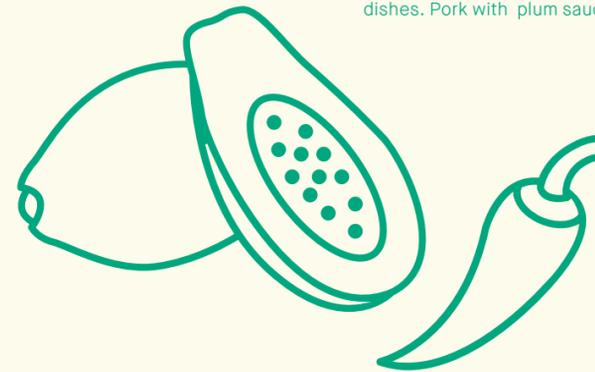
**Pumpkin**  
Yep, pumpkin is back for all your salad and roasting needs. Have you ever tried a pumpkin whoopie pie?

### SEAFOOD

**Oyster**  
Peter from Claringbold's says oysters are in shortage this season so get in quick! He recommends the Sydney rock and Pacific oysters paired with champagne for something a little fancy.

### FLOWER

**Dahlia**  
Vivid colours and a striking geometric pattern are what makes the Dahlia one of our faves.



## JANUARY

### FRUIT

**Apricot**  
We're super excited about the return of apricots. Great for sweet and savoury dishes, you can't go wrong with apricots. Make sure you try the apricot jam from Whisked.

**Bananas**  
While we love bananas at every stage, over-ripe bananas are ideal for baking banana bread, banana cake. We even grill them on the barbecue and serve with ice cream.

**Prickly pears**  
Also known as cactus fruit, some compare the flavor of prickly pears to a sweet melon. Manish from Reliable Fruit & Veg says to handle these ones with gloves – they're prickly!Vegetables

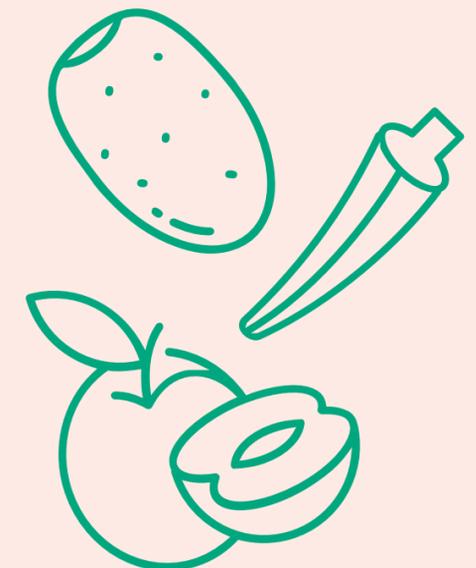
### VEGETABLES

**Endive**  
This leafy green veg looks like an elongated cabbage and is great as a side dish. We recommend cooking in garlic and lemon.

**Okra**  
Also known as lady fingers, okra is a long pod with white seeds. When cooked, it acts as a natural thickener, which makes it perfect for thickening sauces.

### SEAFOOD

**Banana prawns**  
Slightly sweeter in flavour than regular prawns, banana prawns are ideal for light and delicately flavoured dishes like seafood pasta and barbecue skewers.



### HIDDEN GEM

Did you know the Essential Ingredient has its very own cooking school?

Classes run frequently but you need to be quick as they sell out fast!

## DECEMBER

### FRUIT

**Mango**  
Possibly the most popular summer fruit, Mango is delicious no matter how you choose to eat it.

*When looking for mangoes, go for the one that gives a little when you squeeze it – much like avocados!*

**Star fruit**  
Also known as carambola for those in the know, this super cute fruit is star shaped when cut, making it a stylish addition to fruit salads

*Manish from Reliable Fruit & Veg recommends eating star fruit when it's yellow for the best flavour*

**Berries**  
Gooseberries, loganberries, raspberries, strawberries, cherries and currants; berries are a crowd favourite and they're all in season now!

### VEGETABLES

**Daikon radish**  
This little guy looks like a white carrot yet it tastes similar to a radish, obviously. Eat it raw, slow cooked, baked, boiled or steamed.

**Hass avocado:**  
The arch nemesis for any millennial looking to buy a house! For the perfect Hass avocado, look out for deep purple/black skin. It should also give a little when pressed.

**Asparagus**  
Packed with all the good stuff like vitamin B6 and antioxidants asparagus is both nutritious and delicious.

*Pan fry your asparagus with glorious amounts of butter and some garlic, Kelvin from Paddlewheel.*

### SEAFOOD

**Southern calamari**  
Southern calamari is popular through the summer season because it's so light and fresh. It's also native to Australia.

*Lightly flour then flash fry for tender, tasty calamari that's full of flavour! Peter from Claringbold's Seafood*

### FLOWER

**Anthurium**  
Heart shaped and stunning; anthuriums sport a deep red colour that you can't miss.





## Colourful summer cocktails

With Paul Wilson

There's nothing better than chilling out in the sun with a juicy cocktail in hand and friends by your side, are we right? Make the most of Melbourne weather with three of the summer's hottest cocktail recipes as tipped by our very own celeb chef Paul Wilson.

Fresh, clean, zesty and tropical, this mango daiquiri is a really great all-round cocktail that celebrates the prolific mango season.



### OLD TOM COLLINS

50ml Haymans Old Tom Gin  
30ml lemon juice  
15ml sugar syrup  
Soda water to top  
Cucumber slice  
Mint sprig

#### Method:

Add all ingredients to a highball glass, add ice and give a quick stir

Top with soda water

Add slice of cucumber and mint sprig to garnish

This historic crowd pleaser has the history books divided on whether it was the Brits or the Americans who best lay claim to its creation. A great long drink that will keep us all debating, regardless!

### NEGRONI BLOOD ORANGE

30ml Four Pillars Spiced Negroni Gin  
30ml Dolin Sweet Vermouth  
30ml Campari  
Blood orange wheel

#### Method:

Add all ingredients to a mixing glass and stir

Single strain into a rocks glass with ice

Blood orange wheel for garnish

Wilson & Market's bottle shop has all the ingredients to make a Negroni, including the ice mould.

A Roman classic designed for sitting back in the Campo de' fiori watching the world go by. A delicious bittersweet harmony.

### MANGO DAIQUIRI

50ml Bacardi White Rum  
45ml fresh mango  
15ml lime juice  
10ml sugar syrup  
Edible flowers

#### Method:

Add all ingredients to a Boston shaker and shake hard with ice

Double strain into a coupette

Place edible flowers on top to garnish



Groceries too heavy?  
No problems.  
Many of our traders do 'carry out'.  
Just ask.



# GO GLOBAL WITH YOUR BARBECUE

Broaden your barbecue repertoire with the help of five barbecue-obsessed cultures across the world

— Jo Power

We'll always have a place in our hearts – and on our plates – for a classic Aussie barbecue. The snags with their perfect stripes of char, the silky fried onions and the tangy tomato sauce, all enveloped by a slice of white bread. The way we barbecue is a reflection of our culture – and that bundled-up snag with all its fixings is deliciously Australian.

In fact, all food is a cultural gateway. When you travel, it's often the food that draws you in and makes you feel connected to a culture. And with all due respect to the Aussie sausage sizzle, broadening our barbecue repertoire might make this the most delicious summer yet.

Like us, the French take their protein seriously. In France, barbecue, or barbeuk, is an elaborate feast of meats and complementary side dishes like salads and quiche. Between the vibrant red merguez sausages and coils of boldly seasoned saucisses, flavour is the focus when it comes to French barbecue meats. Track down traditional French sausages to turn your barbecue into un barbeuk!

In South Africa, most meats that get thrown onto the braai are seasoned with braai sout. Everything tastes better with braai sout on it, so crack open the spice drawer and whip up your own blend of sea salt, black pepper, paprika, crushed garlic powder, coriander, cayenne pepper, cumin, cloves, nutmeg and allspice.

Unsurprisingly, Japan barbecues innovatively. They grill over a white oak charcoal (binchō-zumi) that produces infra-red radiation that perfectly cooks the inside of the meat while the fire quickly sears the outside. The charcoal also burns with very little odour so Japanese barbecue doesn't revolve around the smoky flavour profile we see in other parts of the world. If you can't find binchō-zumi, you can still channel Japan by threading your protein onto skewers, yakitori style!

Across South America, barbecue is considered a national dish. South American barbecue, or asado, centres around beef. The large cuts are cooked over hot coals and seasoned minimally because in South America, barbecue is all about the salsas you pile onto the meat when it's time to tuck in. Try your hand at chimichurri and salsa criolla for a barbecue feast with Latino influence.

In China, Cantonese char siu is sweet, sticky and sensational. This simple marinade packs some depth from rice wine and soy but it's mostly known for hitting the sweet notes. Another thing we love about char siu is the way it's cooked. In China, people often cook their own meats at barbecue parties. They spear char siu onto large metal forks and gather around the charcoal grill, chatting as they roast their own meal. Communal cooking would be great fun for your guests!

This summer, be bold with your barbecue – whatever culinary culture you borrow from, you can't go wrong. After all, humans have been gathering around fires to cook food for thousands of years. Barbecue is in our bones and as the custom has evolved across the world, it's only become more delicious.



## Q Le Baker

Prahran Market welcomes artisanal bakery QLeBaker (or QLB for short) to the Market's exciting line up of eateries this summer. With a top-line team-trio hailing from baking institutions such as Chez Dre, Bibelot and Baker D. Chirico; QLeBaker is the brainchild of Stephen Sam, Quentin Berthonneau and Marion Obio David.

The Q stands for queuing – a throwback to the good ol' days when eager Market dwellers would queue up to purchase their weekend loaf of bread. Fast forward to present day and QLB customers are invited to peek inside the giant window front while waiting for their house sourdough or fruit bread, shattering any notion of 'the baker's secret'. Here, it's all about informing customers about what they are consuming, in a fun, theatrical way.

"We veer away from the old school notion of 'the baker's secret' and inform our customers on how we make things and what they are consuming in a theatrical, charming and instructive fashion."

So what's on the menu? It's important to note that QLB specialises in sourdough, combining 5 premium natural flours with water and salt but they're also working closely with small-scale suppliers to bring forward products made from ancient grains such as Emmer, Rye and Khorasan.

The rest of the offering is plentiful with French-style garlic bread and pizza; a varied selection of fresh sandwiches with gourmet fillings and sweet offering designed to temp. Think buttermilk sourdough buns and millet chocolate brownies. Eat-in platters are perfectly paired with local beers and ciders or a signature Miche sandwich. Our pick: the Baker's Breakfast platter and chocolate sourdough loaf.



NEW TRADER





# DIY SUMMER PICNIC



## HIDDEN GEM

We recycle 80% of our waste into fertiliser that's available in Market Square for a gold coin donation. All funds raised are donated to Cultivating Community

## Everything you need for a DIY summer picnic spread!

Picnics combine two of our favourite things; being outside in the sun and sinking our teeth into gourmet produce. They're perfect for catch-ups with friends and family, romantic beach dates for two and of course a multitude of Melbourne events like music festivals, outdoor cinemas, racing carnivals – the list really does go on and on! We also love picnics because they're so leisurely and can be as simple or as extravagant as you like. Grab a couple of sandwiches, a bottle of wine and a cheese platter or go all out with an extravagant three-course menu with oysters and champagne – it's really up to you. We've put together a trusty DIY picnic spread to get you started.

Happy picnicking!

### THE BASICS

- Picnic basket
- Picnic rug
- Speaker with your fave playlist
- Boardgames



### YOUR PICNIC SHOPPING LIST:

- Cheese.** What's a picnic without gourmet cheese? We recommend brie (or any soft cheese), a blue and a hard cheese, possibly cheddar.
  - The accompaniments.** Next you'll need a fruit paste. We love quince paste because it pairs so beautifully with blue cheese but there are stacks of pastes to choose from including fig, cherry, plum and more.
  - Lavosh or crackers.** This is the vehicle to get the cheese into your mouth as quickly as possible but it should taste great too!
- For the meat lovers. Prosciutto, salami, turkey, ham are all great accompaniments for the cheese.

**The French touch.** A baguette is also great to enjoy with the cold meats. Add some French butter if you're feeling particularly fancy.

**Dip it in.** We suggest getting two dips to share between four people. Think colourful, like beetroot or pumpkin dip.

**Fresh fruit.** We love anything colourful and juicy – pomegranate, strawberries, blueberries, mango, grapes and raspberries – get as much as you like!

**To add a little indulgence,** we love natural oysters with a squirt of lemon juice. Just make sure you eat these bad boys early on.

**Something sweet.** Add in something sweet to finish off with, like chocolate or rocky road to finish with or just nibble on your fruit.

**Something to sip on?** For summer, we can't go past a rosé or some cider, but make sure you pick up some water too – no one wants to be dehydrated.

**The essentials:** You're also going to need some cutlery, napkins and some containers. We suggest getting some reusable containers that are stronger. Be sure to bring something for any rubbish if bins might be hard to find.

