



A winter warmer

**Constant rain and downright chilly temperatures call for a comfy couch, a bonafide nanna-made crocheted blanket...and hot chocolate. But not just any hot chocolate – go for the good stuff.**

It might take a tiny bit more effort than mixing cocoa, sugar and hot milk, but with jammies donned and book in hand, this thick Italian-style hot chocolate will separate the men from the boys.

## Italian-style Hot Chocolate

### Ingredients

- 1½ cup of full cream milk
- 2 tsp arrowroot powder
- 1 tbs castor sugar
- 100g good quality chocolate, chopped into small pieces (70% cocoa is good)
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- A ribbon of orange rind
- A pinch of salt

### Method

1. In a bowl, whisk the arrowroot powder and about ¼ cup of milk until combined into a smooth consistency.
  2. In a saucepan, heat the rest of the milk on a low heat until it starts to simmer.
  3. Once the milk starts to simmer, gently whisk in the milk-arrowroot mixture until the entire mixture starts to thicken. Pop in the orange rind.
  4. Remove from heat and whisk in the chopped chocolate, cinnamon, sugar, salt and vanilla until smooth.
  5. Remove the orange rind and drink immediately.
- Enjoy!

■ [www.fooderati.blogspot.com](http://www.fooderati.blogspot.com)

## At the markets

■ **Vegetables:** Silverbeet spinach (high in iron) \$1.50-\$2/bunch, celery (great in winter soups) \$2-\$3/bunch, eggplant \$2-\$4/kg, Chinese vegies \$1-\$2 bunch.

■ **Fruit:** Best buys this month are USA cherries from \$10-\$16/kg - they have an unbelievable taste and are great value, the last of the Queensland Imperial Mandarins are now available (they will finish soon to make way for South Australian mandarins) \$2-\$5/kg, NZ and Aussie Kiwi fruits \$2-\$4/kg, VIC pears \$1.50-\$3/kg, smooth skinned avocados \$1-\$1.50/kg, Hass avocados \$2-\$3 each and Pink Lady apples \$1.50-\$6/kg.

■ **Tony Trimboli - Trim's Fresh: Shop 21 MarketPlace Leichhardt, 9572 6886.**



Jessica has made chocolate an art form

## Jessica's Nougat

- 250g castor sugar
- 125g honey
- 100mls liquid glucose
- 125mls water
- 75g egg whites
- ½ tsp vanilla extract
- 400g raw pistachio nuts
- 250g white chocolate
- Pinch of sea salt
- Rice paper as needed
- Extra virgin olive oil as needed
- Optional variations: add dried fruits, spices, nuts or chocolate to taste.

1. Line a mould with rice paper.
2. Dissolve water, liquid glucose, castor sugar and honey over medium heat in heavy base pot with sugar thermometer until 140°C.
3. Beat egg whites with salt till they form stiff peaks. Gradually add 140°C liquid in a steady stream down the side of the bowl. Stir in vanilla, nuts and then chocolate.
4. Spoon mixture into mould, smooth. Cover with more rice paper, pressing down carefully. Allow to cool.
5. Using a sharp serrated knife cut as desired. Wrap in grease proof or dip in more chocolate!

**Note:** using oil stops the mixture sticking to you or surfaces, so keep some extra virgin olive oil nearby. You can use any oil you like, but some taste can be noticed. The honey you use will also be noticeable so consider this when choosing a flavour.

## At home with Jessica Pedemont

Dulwich Hill-based Jessica Pedemont is the **Chocolate Artisan** ([www.chocolateartisan.com.au](http://www.chocolateartisan.com.au)). Splitting her time between teaching and creating amazing sweets for clients all over the world, as well as Balmain's famous **Planet Cake**, Jessica will be divulging some secrets of the chocolate trade at the **Essential Ingredient** in Rozelle on July 21st.

**How did Chocolate Artisan start out?** Demand and supply. For almost five years now I've been doing my best working with all these amazing opportunities, while continuing to broaden my skill base and sharing this with my clients. I realised I needed to create a platform in which I could weave all this deliciousness together, hence the birth of Jessica Pedemont Chocolate Artisan.

**Where do you source your ingredients?** My ingredients are sourced worldwide, but locally if possible. I'm a familiar face in the Inner West area, where there is a lot of top produce, and I like to buy the best I can. Given I work globally, my suppliers are often changing due to where I am and what I need.

**Who would you like over for dinner?** Anthony Bourdain. I'd invite over

heaps of hardcore foodie friends that like to have fun and have one BIG party! Of course, only if everyone gets to have the day after off.

**Do you have a favourite dessert to indulge in?** No favourites, too many yummy things to like. I go through phases, usually some delicious treat I am working on or course I am creating content for will be getting demolished.

**Tell us a bit about your upcoming chocolate-themed class at Essential Ingredient.** It's called "All things Chocolate" – a full-day hands-on affair, using one of the world's most prestigious chocolate brands from Switzerland, which I am honoured to be the Australian Ambassador for, called "Felchlin". I will demonstrate everything throughout the day while making time for everyone to have my undivided attention to help bring to life all of their own delicacies to take home. Ever wanted to temper chocolate? Or know what that is? Allow me to demystify some of the jargon that has confused many. Recipes include rocky road, coconut rough, roche sussie, honeycomb bark, ganache tarts and more.

■ **Interview: Nancy Merlo.**



## Wine with Winsor

### Something sweet

**Elderton 2011 Botrytis Semillon** This was the standout for me in a line-up of 16 top dessert wines from around Australia. It triumphed in some pretty outstanding company and then proved an excellent accompaniment to a slice of Dundee cake. The nose tells the story; rich honey and candied notes leading on to a seriously decadent palate in which luscious orange marmalade, apricot and toffee flavours are aided and abetted by some deliciously crisp acidity on the finish. Yum. **\$18-20 for 375mls.**



### Western winner

**Flametree 2011 Shiraz** Flametree is a name to look out for; a Margaret River winery that is kicking quality goals on a consistent basis. This shiraz is a newcomer to their range but offers quality and structure without a scary price tag to match. This is a bright young thing with plenty of plush plum and dark fruit characters, hints of pepper and liquorice and a very soft, appealing palate. It would be all too easy to drink far too much of this smooth number. **\$25.**



### Everyday value

**Xanadu 2010 Next of Kin Chardonnay** Next of Kin is the second label for another WA label that is in fine form: Xanadu. There's nothing second rate about this very crisp and appealing chardonnay, however. It's made in a thoroughly modern style with crisp citrus and stone-fruit characters the stars of the show. Oak is almost an afterthought with lively acid on the finish and a persistent line and length making this a good quaffing option, or an ideal companion for spicy poultry dishes. **\$20.**



■ [www.winsordobbin.com.au](http://www.winsordobbin.com.au)



## Jared takes on Microsoft

### Granola, ever heard of the stuff?

Once upon a time I used to sell 'Granola' but had to stop because it turned out to be a registered trademark of the Sanitarium Company. When I received the letter from Sanitarium's lawyers I had two choices: either change the name of my product or face legal action from a multinational company. Seeing as though I really did not have a legal team or a lazy million bucks lying about to fight a corporate bully, I opted to change the name.

Not a big problem really, in fact after changing the name and talking about the issue with media and customers I doubled my 'Cereal' sales! However, I was always kind of pissed off that a company, which some say stole the recipe in the first place, used their position and might to bully small operators who have no way to fight back. (Through Twitter and the press I learned that a number of businesses were receiving the same treatment as myself and no one was able to do much about it.)

That was until Irrewarra Sourdough Bakery was sued by Sanitarium for selling a product called "all natural, handmade Granola". Irrewarra Bakery, which is owned by a couple of ex-lawyers, could have easily bowed under the pressure but instead did something quite brave. They saw the way that Sanitarium was using its position and the way they were treating small business and decided to make a stand... and won! It took a few years and cost them shed loads (\$300K, I'm told). I take my hat off to them and wish them every success in the future, they deserve it. Big round of applause for the little guy!

Will I now change the name of my cereal back to Granola? To be honest, I don't know. Firstly, I can't be bothered hiring a lawyer to research the finding to see if I actually can and, secondly, I really don't want to have anything to do with Sanitarium even accidentally; I sure as hell won't be buying any of their products.

For now I'm trying to figure out what name to change our braised goat dish to. So far I've narrowed the choice down to 'Facebook' or 'Microsoft'.

■ **Jared Ingersoll, [www.dankstreetdepot.com.au](http://www.dankstreetdepot.com.au)**