

## Go for gold

Add a little golden sunshine to your cooking with new-season saffron. Nicky, Terry and Patrick Noonan from Tas-Saff in Glaziers Bay Tasmania, and their 50 growers in NSW, Tasmania, Victoria and New Zealand, brought in this year's harvest in autumn. Keep an eye out for the 100mg bottle, which contains on average the stigmas of 20 crocus flowers (right), at your delicatessen. (03) 6295 1921; [www.tas-saff.com.au](http://www.tas-saff.com.au)



### SAVOURY PAPAYA

Jared Ingersoll from Danks Street Depot shows that beautiful sweet red papaya — grown in Queensland and WA — has savoury uses. He combines peeled chunks with roast chicken, iceberg lettuce, avocado, coriander, mint and chilli in a salad. Danks Street Depot, 2 Danks Street, Waterloo NSW; [danksstreetdepot.com.au](http://danksstreetdepot.com.au) Other recipes at [australianpapaya.com.au](http://australianpapaya.com.au)

## FLAVOURS

BARBARA SWEENEY REVIEWS THE BEST IN REGIONAL PRODUCE, FROM SAFFRON AND PAPAYA TO JAM AND DRINKING CHOCOLATE.

### MEET THE PRODUCERS

**GLEN BATTERSBY**  
Battersby Fishing, Albany WA

There were two things that used to bother Glen Battersby about trucking his catch 425 kilometres north to the Perth markets. The first was that price fluctuations sometimes meant he would barely cover costs. The second was there were no seafood outlets back home in Albany. Last year, as a way of addressing both issues, Glen and his wife, Susan, decided to sell at the local farmers' market.

The whole and filleted fish have been a steady success ever since. The mainstay is King George whiting and its by-catch, which at this time of year would include pike and flathead, as well as squid and pink snapper.

Glen goes out in the boat late in the week to ensure a catch for the Saturday market at Collie Street, Albany. Marketing is a family affair with Susan and son Callum, 7, helping out each week.

"The market is really important to the community," Susan says. "People know the food is fresh and that they're buying from the producer." For Glen, the benefit is even more pragmatic: "We don't have to work as hard as we used to for the same money." Battersby Fishing; (08) 9841 6303.





**WORKS FOR YOU**  
If you can't get to Mareeba in Queensland to visit The Coffee Works, you can go online to buy its macadamia slab, as well as roasted beans, and coffee and chocolate liqueurs. 1800 355 526; [www.coffeeworks.com.au](http://www.coffeeworks.com.au)



**TOO GOOD FOR TOAST?** LYN WITHERS, FROM THE COOKING WITH COMPANY SCHOOL AT NSW'S GANNONS CREEK, MAKES A THREE-CITRUS MARMALADE THAT IS DELICIOUS WITH CHEESE OR USED TO BASTE ROASTS. (02) 6585 6495.

## Chocolate in the dark

*Rich chocolate and a hint of mint is what Annie Ivancich from the Byron Bay Coffee Company in Newrybar NSW was aiming for when she developed her latest drinking chocolate flavour — Dark Choc Mint. It can be used to make hot chocolate or a refreshing cool drink when the weather is warmer. The powder can also be folded through ice-cream as a dessert. (02) 6687 1043; byronbaycoffeeco.com.au*



### ON THE FARRO SIDE

USE MOUNT ZERO FARRO AS YOU WOULD BARLEY OR RICE IN RISOTTO, SOUPS AND SALADS. SPELT, AN ANCIENT WHEAT VARIETY, IS CRACKED TO MAKE FARRO. WWW.MOUNTZEROOLIVES.COM; (03) 9315 1410.



### Sweet brew

Looking for a beer with unusual flavour? Moo Brew, the micobrewery at Tasmania's Morrilla Estate winery, has a range of distinctive beers; it includes a honey-flavoured, crisp pilsner that's perfect for this time of year. moobrew.com.au

### FARMERS' MARKET OF THE MONTH

Slow Food Melbourne  
Farmers' Market, Victoria

Early spring highlights include organic milk from Schulz's dairy, new asparagus from Bridge Farm Organics, broad beans, and meat from lamb to turkey. Be sure to bring an appetite — the Slow Food breakfast, a spicy pork-and-egg roll, is legendary. You'll have to remember to take your own containers as the market is plastic-bag free. And there's a \$2 entry fee as well as a \$2 parking fee.

- **WHEN** Fourth Saturday of the month, 8am–1pm.
- **WHERE** Abbotsford Convent, Saint Hiliers Street, Abbotsford Victoria.
- **CONTACT** 0429 146 627; www.mfm.com.au

### MULLET MAKEOVER

*Mullet, a year-round good-value fish, can be too strong for some palates. Because of its high oil content, mullet can be successfully smoked (right) or barbecued, which reduces the pronounced flavour.*

*“Removing the skin also takes away the strong fishy taste,” says Andrew Miroshch from Restaurant Lurleens in Queensland's Mount Cotton. (07) 3206 2999.*

