

Bush Goddess Foods

~ organically nourishing souls & soils ~



NEWSLETTER ~ 2nd June 2008

Your Bush Goddesses have been very creative over the past couple of weeks and have sourced more nutritious and delicious products for you to use in your food-focused enterprises. We are constantly inspired and invigorated by the imagination, commitment and persistence of Australian farming families and we are very proud to become part of their business expansion.

Some people may have seen a segment on The 7.30 Report last week – Kerry O’Brien interviewing Michael Pollan – author of *The Omnivore’s Dilemma* and his most recent publication *In Defence of Food: An Eater’s Manifesto*.

Pollan says we should eat only foods that our great-grandmothers would have recognised. He started out saying just grandmother but realized she wouldn’t necessarily predate fat-free sour cream, breakfast bars and butter-flavour crystals. While you’re at it, he says, avoid products that have five or more ingredients, especially if you’ve never heard of or can’t pronounce them.

Modern agriculture has made food cheaper than it ever has been. But cheap food doesn’t make money for the food industry, so it’s always busy trying to find ways to “add value” to food, by making it more processed and more complicated, he says.

Pollan continues “At the same time, science has been busy attempting to deconstruct food, to understand the component parts of it – vitamins, minerals – that make it healthy. Food companies twist the single-nutrient research papers – think of Vitamin C cures the common cold and Resveratrol in grapes protects the heart - to make their processed products seem more nutritious than the real thing”.

The most frequent question asked of Pollan is “What should we eat?”

His reply? “Eat (real) food; not too much and mostly plants.”

The Bush Goddesses are committed to sourcing and delivering those same honest-to-goodness foods our great grandmothers took for granted....those foods which nourished the body and thrilled the soul with complex and distinguishing flavours.....

.....foods with Low HI – **Low Human Interference!**



WINTER BREAKFASTS

Imagine the perfume of ecologically grown prunes and dates simmering in Orange Mountain Wines *verjus* combining with a tablespoon of rapadura and lemon myrtle. Serve this delicacy with mixed quinoa porridge and a hearty dollop of natural yoghurt, topped with a small handful of organic Brazil nuts and **VOILA**.....here is the perfect winter breakfast.

Aridgold Farm is 70kms south of Alice Springs and produces many varieties of dates, and figs (we are about to investigate the figs, too) and operates on organic principles.

Budgi Werri is a plum orchard near Young and the owners, Cheryl and Doug Heley are committed to producing superior quality prunes using biological systems.

The Bush Goddesses are very excited to be promoting these fabulous foods available in 1kg – 4kg packages.



BEEF CHEEKS



Hmmmm.....the thought of winter really brings to mind Sloooooooow Cooooooking and one of the most perfect cuts for this style of cooking are beef cheeks. The Goddesses have a very reliable and ample supply of them for an astonishingly reasonable price ~ \$10/kg. The cast iron cookware designed for slow combustion stoves is perfect for these unctuous dishes and ideally, an intense made-from-scratch-proper-beef-stock is the vehicle for the majority of the braising. As everyone is totally aware, vegetables grown in healthy functioning soils are the most flavoursome and enrich the dish with layers of flavours which develop during the slow, slow cooking. The addition of a turnip provides a rounding of the flavours on the palate and naturally, a full-bodied and complex red wine is essential to complete the sensations on the taste-buds.

*I love cooking with wine.....
sometimes I even put it in the food.*

CIT Icon Chef Dinner

The retro menu inspired many memories for the diners at last week's CIT Icon Chef Dinner where Peter Howard was the star. Listening to an abridged version of his biography took almost five minutes and it is remarkable that one person has achieved so much in only half his lifetime! He is still a wonderfully generous and ebullient character and has a wonderful store of war-stories and possibly some well-embroidered versions, too. The succulent prawns for the entrée were sourced from Coffs Harbour and arranged on a bed of finely shredded lettuce. A mix of rock salt and peppers and the signature cocktail sauce and Mateus rose completed this course.



The beef Wellington was awesome – delightfully pink-in-the-middle and tender. The duck mousse, made by Stuart Walsh, was incredible in its lightness and delicate flavour yet far from insipid. The mushrooms had a terrine texture and the overall combination of flavours was simply amazing.

Just when we thought we couldn't fit another morsel into our well-fed bodies, a fanfare heralded the *piece de resistance* - the *Bombe Alaska*. With 260 dinner guests, it was deemed 'easier' to create 260 individual servings and this dessert really lives up to the glamour and legend. Each *bombe* had a thick coating of *flambéed* meringue with the familiar fillings and, although delicious, was almost too much. However, as the Goddesses HATE waste, we managed to devour every crumb. The service for the dinner was magnificent and congratulations to the CIT School of Hospitality for a really wonderful event.

More New Products from the Bush Goddesses



We are delighted to advise that Bush Goddess Foods is now the ACT distributor for the unique **Small Cow Farm** cheeses made in the Southern Highlands.

Lesley and Mark Williams commenced milking their herd of (small) Irish Dexter cows in 2005 and, after kitchen-table cheese-making experiments furthered their dream by building the farmhouse cheese rooms and 'going commercial'.



The handcrafted **Small Cow Farm** varieties include:

- ≈ *PetitVache* (small cow) *Brie* and *Camembert*: The *Brie* is creamy and smooth, handcrafted in a traditional large round. The *Camembert* is in the smaller round giving a stronger, fuller flavour as it ages.
- ≈ Small Cow Blue; this is strong and sweet without being overly sharp and, when combined with the Hilltop Orchard's *Josephine* pears is a truly amazing mouth-experience (as we discovered when 'testing' with Spencer and Grant Kells at **Flint** yesterday evening); and
- ≈ Small Cow *Fettice* and marinated *Fettice*: Soft and tangy, these *fettices* melt in the mouth. A simple but sensational meal is a clove of garlic rubbed over olive sourdough toast, a hearty smearing of Small Cow *fettice* and finished with a drizzle of Bush Goddess EVOO and a couple of shredded basil leaves.....

O'Laoghair Farm Garlic



Imagine voluptuous, aromatic, immense and firm cloves of Russian garlic.....just rolling them around in our hand evokes a sense of awe and, once delved into, all the expectations are exceeded. In the hinterland near Coffs Harbour is O'Laoghair Farm owned and run by the O'Leary family where this truly impressive garlic is grown.

The Bush Goddesses have a plentiful supply for use in soups, *cassoulets*, on *bruschetta* and Turkish breads, pasta sauces and simply oven roasted with a drizzle of Bush Goddess EVOO. (N.B.....there have been a few sightings of vampires over the past three weeks and remember, garlic keeps them at bay.)