

PUBLICATION: Australian Women's Weekly
DATE: October 2011
CIRCULATION: 491,352
REACH: 2.2 million (RMR Jul 10-Jun 11)

INCABERRIES



BERRY GOOD FOR YOU

Available for the first time in Australia, Incaberries are the latest superfood to emerge from South America. These exotic berries are organic, high in fibre and anti-oxidants, but free of additives and preservatives. They have the texture and slight flavour of a fig, and the tartness of a sour cherry or cranberry. We love them stewed with pears. Visit incaberry.com.au.

Quick bites



Find out about The Weekly's new cookware range, a new South American berry and the latest guides for foodies, plus what's in season.



Get cooking with The Weekly

We're very excited to announce that our brand-new cookware range, Cook By The Australian Women's Weekly, is now available in Harris Scarfe stores across the country. With everything from knives to cast-iron pans and carbon-steel bakeware, we've got all your kitchen needs covered. Try making one of Pete Evans' delicious pizzas (see page 186) on our perforated pizza tray, \$19.95, (left), for perfect results and a cracker crispy crust. Visit harrisscarfe.com.au.

IN SEASON

MUSHROOMS require little preparation. Wipe gently with a damp cloth or use a soft brush to remove any dirt from the cap. Flat mushrooms are great barbecued – simply brush both sides with oil, barbecue for about 2 minutes each side, then pop them on a platter and scatter with torn bocconcini, cherry tomatoes, basil leaves and dollops of pesto.

BROAD BEANS Also known as fava beans, broad beans have long suffered the curse of being overcooked into a grey, mushy mess. When cooked properly, they are delicious. Blanch the podded beans in boiling water for 1 minute, then slip the thick outer layer of grey skin from the bean to reveal the tender green bean. It's a labour of love, but worth the effort. For a spring salad, toss blanched broad beans, a little crumbled fetta, the zest and juice of one lemon and fresh mint leaves.



INCABERRIES



BERRY GOOD FOR YOU

Available for the first time in Australia, Incaberries are the latest superfood to emerge from South America. These exotic berries are organic, high in fibre and anti-oxidants, but free of additives and preservatives. They have the texture and slight flavour of a fig, and the tartness of a sour cherry or cranberry. We love them stewed with pears. Visit incaberry.com.au.



CLEVER LITTLE CUTTER

The new Tefal Fresh Express, \$89.95, is a handy little tool that comes to the rescue when your knife skills aren't up to scratch. It quickly and easily slices or grates fruit, vegetables, cheese, nuts and chocolate at the press of a button. Visit tefal.com.au.



Guides for gourmets

Out this month are *The 2012 Foodies' Guide* to Sydney, Melbourne and, for the first time, Brisbane. Find each city's best-kept food secrets, from humble hole-in-the-wall eateries to the best bakers and cheese makers. They're published by Hardie Grant and cost \$29.95 each.

FOODIE FESTIVAL Sydney's biggest food month is back! The Crave Sydney International Food Festival kicks off on October 1 with hundreds of events, including the Night Noodle Markets, Shoot the Chef! photography competition and World Chef Showcase, your chance to meet some of the world's and Australia's best chefs. Visit cravesydney.com.au.