



FOOD UPDATE

April 2010



INGREDIENT UNCOVERED: FARRO

Farro is a type of grain used in traditional Italian recipes. It is naturally high in fibre and contains more B complex vitamins than regular wheat. Farro is also typically low in gluten, making it easy to digest.

Use one of the most ancient cereal crops of the Mediterranean region in your cooking this Autumn and Winter.

The Farro range includes whole and cracked grains, polenta, flour and a selection of different pasta.



PASTIFICIO MENNILLI OF ABRUZZO : We know that a lot of you have already fallen in love with our Italian pasta range but for those not yet acquainted

The Abruzzo region is famous for its pasta and Pastificio Mennilli has been in the game for generations. After many years of supplying quality pasta on behalf of well-known suppliers like Latini and Rustichella, Mario Mennilli has now launched a range of pasta, flours and grains under his own label.

CHEESE OF THE MONTH:

FONTINA FONTAL

Region: Italy
Milk: Cow
Style: Semi-soft



Made from pasteurised cow's milk, this semi-soft table cheese pays homage to the classic Italian mountain cheese – Fontina Val d'Aosta. It has a yellow paste with tiny holes and, like true Fontina, offers a nutty flavor and leaves behind a sweet aftertaste. It is a fabulous cheese for melting and is a gourmet alternative to mozzarella or provolone – great on pizza, or try our baked polenta recipe!

APRIL SPECIAL! PANETTONE

Assorted panettone now available at special prices in our Norwood store.

Now \$10 each/1kg and \$2 each/90g

Perfect for bread and butter pudding!

RECIPE IDEA

Baked Polenta with Fontina and Pancetta

300g Fioretto polenta
350g Fontina, chopped into small cubes
100g grated parmesan
10 thin slices of pancetta
salt and pepper

Butter a shallow ovenproof dish (20 x 25cm). Cook the polenta according to the packet instructions. Pour into a mound on a wooden board and set aside to cool. Meanwhile, slice the Fontina thinly or grate it. Once the polenta is cool and firm, cut it into slices about 1cm thick. Arrange a layer of polenta in the dish. Top with half the Fontina and half the parmesan. Add another layer of polenta, then cover with the remaining Fontina and parmesan. Drape over the slices of pancetta. Bake at 180°C for 40 minutes or until the cheese is brown and bubbling and the pancetta is crisp. Season with salt and pepper. Serve with a green salad or use as a side dish.



WINE UPDATE

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NEW ARRIVAL FROM ITALY

NV Balestri Valda Soave Brut DOC

100% Garganega

Veneto, Italy

This sparkling Soave is modern and fresh in style. Brilliant straw yellow with greenish reflections, it displays a fine, persistent bead. It has rich floral and fruit aromas including almond blossom and magnolia, with a hint of bread crust. There is a touch of fruit sweetness on the front palate alongside flavours of apple, plum and sugared almonds, finishing dry with cleansing acidity. This sparkling is produced using the Charmat method ('Metodo Italiano') where secondary fermentation occurs in a tank rather than the bottle.



APRIL WINE RECOMMENDATION

2008 Paola Sordo Brachetto d'Acqui DOCG 375ml

A sweet and fizzy low alcohol red with vibrant scarlet colour and medium bubble. Delicate strawberry and rhubarb notes, flavours of cherry, chocolate and liquorice with a crisp almost savoury finish.



BRUNI *

2009 Bruni Regio Trebbiano / Vermentino IGT

2008 Bruni Regio Sangiovese / Cilieggiolo IGT

Maremma in the southern-most part of Tuscany is a secluded place of peace and tranquillity encompassing serene villages, rolling farmland and pristine beaches. These wines from Azienda Bruni are pure expressions of this land, its climate and traditions.

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