

# APPETITE

Edited by Jane Hutchinson



“Don’t waste your good extra virgin olive oil on cooking – the heat retards the superior flavours, so you’ll get exactly the same result using a regular olive oil for around half the price. Save the extra virgin for great salads.”

Curtis Stone, celebrity chef, appearing at the Good Food & Wine Show today.



## THIRSTY WORK MATT SKINNER

As I’m told my ex will incur an additional \$220, I can’t hang over fast enough as part of an initiative in the industry – one of the biggest carbon print emissions through Brilliant. “What do you mean?” I ask. “Pardon?” I reply, “Oh no, this is all about the do with the environment, baggage handlers, and overtime.” Bugger.

The planet is suffering. The grape growers get a minute, the rest of the world is slow to catch on. The wine giant Torres is over an entire fleet of cars to the Toyota. The company’s carbon footprint is around 1000 tonnes. Closer to home, Yalumba created an energy-efficient process producing 98 per cent from recyclable materials. It is allocating 54ha to the area’s local wine.

Support their efforts. Yalumba Eden Valley 2005 (\$22). It ticks for lovers of full-bodied. For red, check out Sangre de Toro, a blend of garnacha and tempranillo with black fruits.

Matt Skinner is the Juice 2007 (Harvest). Visit [www.mattskinner.com](http://www.mattskinner.com)



# GLUTTON

HERONSWOOD CAFÉ 105 Latrobe Pde, Dromana. Call (03) 5984 7318

The news is full of tales of drought and impending environmental calamity but here, on the Mornington Peninsula, we’re surrounded by nature’s bounty and all seems right with the world. We’ve wandered through a lush cottage garden, past the nursery with its collection of heirloom plants for sale, and down a winding path to a thatched roof cottage. This is the Heronswood Café, in the grounds of the National Trust-classified Heronswood mansion circa 1871. We take a table on the terrace, overlooking the organic vegetable gardens beyond, from which much on today’s plates will have been plucked. The menu invites us to create our own meal (\$26), choosing three items from a selection of 10 seasonal dishes. There’s a fragrant melange of silverbeet with rosewater oil and pine nuts, which teams nicely with a plump golden chicken breast on tarragon-scented soft polenta, and the warm salad of young potatoes with lemon, capers and herbs. It’s so fresh, I hardly mind that the chicken arrives without the promised wrapping of prosciutto. The potatoes also work with a crisp-skinned slab of grilled blue-eye with a zesty salsa verde, and the roasted parsnips and fennel drizzled with honey. Desserts of molten-centred chocolate pudding with vanilla bean ice-cream (\$10.50), and a quince and rhubarb crumble with rhubarb sorbet (\$10) are every bit as decadent as the savoury courses are healthy. As we watch the shadows lengthen over the century-old gardens, we conclude our planet’s not too bad after all.



## BAR NONE

Mi Corazon 462 Lygon St, East Brunswick. Call (03) 9384 6153 or visit [www.micorazon.com.au](http://www.micorazon.com.au). Open daily, except Tuesday.

**The look:** South-of-the-border chic, with fiercely orange walls. Day of the Dead paraphernalia, adobe banquettes and a giant Virgin Mary.

**The great outdoors:** A bright blue rear courtyard leads on to the saloon-style rest rooms. **To drink:** More than 40 different tequilas, including fine aged varieties. Mi Corazon also demonstrates that Mexico has at least seven more beers to offer the world besides Corona. Meanwhile, unleaded cocktails such as the Virgin Mojito (\$4) keep designated drivers happy. **To eat:** Mexican, what else were you expecting? Try a plate of fajitas or the traditional chicken mole verde (\$16 each).

**The crowd:** Student 20-somethings after a bit of a change from the same-old, same-old. **Best**

## Three of a find... organic pasta sauces



1. **Spiral Foods Organic Pasta Sauce in Arrabbiato** red with a strong capsicum flavour and a kick from the chilli. The sauce is made in Australia by a firm that believes in “basic human right”. Stockists: 1300 303 794 or visit [www.spiralfoods.com.au](http://www.spiralfoods.com.au)  
2. **Middle Earth Organics Tomato Sauce with Onions** (300g). It’s a wholesome-looking sauce, blended with organic ingredients, with no sugar, preservatives or

THE  AGE

# cheapeats

edited by NINA ROUSSEAU

2009



## FORK TO FORK AT HERONSWOOD ★★★

heronswood, 105 latrobe parade, dromana  
5984 7318

**organic**

Admittedly you're going to blow your *Cheap Eats* budget on one dish here, but what a dish! Here in locavore heaven, the vegetables either grew up in the gardens around you or were sourced from producers in the region. In summer, sit among the fragrant herbs in the kitchen garden and feast on asparagus or a salad of colourful heirloom tomatoes. In winter, bunker down with other gardeners in the thatched-roof building and order tender lamb rump, deliciously earthy beets with fresh horseradish cream or silver beet sauteed with garlic and lemon zest. The switched-on staff are clearly proud of Fork to Fork, which also does great sweets, like lemon brulee. Make sure you book.

**licensed**

**prices** tasting plates \$23-\$30

**open** daily 10am-4pm

**cards** mc v eftpos **map** page 170 **melway** 159 C9

## ST ERTH CAFE ★★★

simmons reef road, blackwood 5368 6520  
**cafe**

Green thumbs will relish a saunter in the 2.5 hectare gardens run by the Digger's Club. It's the perfect prelude to Devonshire tea at this rustic little cafe, or if it's savoury you're after, choose from a small but smart menu. Everything's house-made - St Erth's new chef has worked alongside Stephanie Alexander and Stefano de Pieri, so you're in safe hands - and what's in season might be plucked from the garden or locally sourced. Perhaps try tomato-and-basil soup, spinach-and-feta quiche, focaccias crammed with veg or a juicy grilled chicken fillet slathered in sun-dried tomato tapenade with cous cous and French beans. Service is friendly and booking is wise.

**licensed**

**prices** lunches \$9-\$20; cakes & devonshire teas \$7-\$9

**open** fri-sun 10am-4pm

**cards** mc v eftpos **map** page 171 **vicroads** 585 Q2