



Warm your soul with the ultimate comfort food – soup!

The recent Sydney cold snap means one thing: **SOUP!** Here's a great recipe to add to your arsenal of cold-fighting, belly-filling, toe-warming recipes.

At the markets

- **Just Arrived** Bhuddas Hand Citrus, Yuzu, Feijoa, Pears Josephine and Globe Artichokes.
- **Best Quality** Horseradish and radish, silverbeet, broccolini and Sydney-grown cherry tomatoes.
- **In Season** Fuyu persimmons, brussels sprouts, broccoli. Why not throw some edible flowers into the mix? Viola white, blue and ruby are currently in season.
- **Ending and lower quality** Zebrino black cherry tomatoes, snow peas and green mangoes.
- **High prices** Pencil leeks, parsnips and large Desiree potatoes (on their way out of season).
- **Coming soon:** carrots are on the way – purple, white and yellow Dutch carrots.

Celeriac and potato soup

Soup:

- ½ bunch of celery, coarsely chopped
- 2 garlic cloves, smashed
- 1 medium sized celeriac root, peeled and diced
- 4 Dutch cream potatoes, washed, peeled and quartered
- 1 brown onion, coarsely chopped
- 900 mls of vegetable stock
- 1 carrot, peeled and halved
- Salt and pepper for seasoning
- 1 tablespoon of goose or duck fat

Fennel cigars:

- 1 sheet puff pastry
- Parmesan for shaving
- 1 heaped teaspoon of fennel seeds
- Milk for brushing

Method for the soup

1. On medium heat, fry onion, garlic, carrot, celery and celeriac in goose fat until the vegetables have softened and become translucent.
2. Add vegetable stock and potatoes, then top up with two cups of water
3. Bring up the temperature to simmer
4. After an hour, the soup should have reduced by about a third
5. Remove the carrot pieces (they are there for flavour and can be re-used in another recipe) and puree the remaining contents using a hand blender. Season with salt and pepper to taste.
6. Continue to simmer for 20 minutes or until you've reached a nice thick consistency. You can add a long dash of cream if you want give the soup a more silky texture.

Method: Fennel and parmesan cigars

1. Cut pastry into four long strips
2. Season with salt and pepper and shave parmesan on top
3. Roll it up!
4. Brush with milk. Press a pinch of fennel seeds into the top
5. Bake in the oven for 20 minutes or until golden and crisp
6. Serve with the soup. The fennel seeds release their oils into the pastry in the baking process and the aniseed flavour works well with the creamy celeriac. Great for dipping in soup!



Wine with Winsor

Bold blend

Brangayne 2009 Tristan The Orange region has developed quite a reputation for the quality of its chardonnays and savvy blancs, but it also produces some very good cool-climate reds, like this attractive blend of cabernet sauvignon, shiraz and merlot which is enticingly dark and offers nice ripe berry flavours with some savoury nuances along with softness and richness on the palate. A very enjoyable and versatile red. **\$30.**

Cheap & cheerful

Deakin Estate 2010 Chardonnay You can't argue about the value for money offered by the Deakin Estate range – and the 2010 Rosé is also a very impressive wine. Made from Murray River fruit, this is a fresh and lively little wine with lemon and lime, pineapple and crisp green apple flavours on the palate. The fruit is quite sweet but the finish is refreshingly dry. Our bottle was empty in quick-smart time, underlining that is a serious bargain buy. Pair it with sweet and sour pork. **\$10.**

Fruity number

Yellow Tail 2010 Shiraz Here's one for all those who like their red wines to be chock-a-block with up-front fruit flavours. Yellow Tail sells around 12 million cases of wine a year – more than any other Australian label – and while this is not subtle, it does delivers plenty of bang for your buck with spice and sweet berry aromas, plenty of oomph, ripeness and appealing softness on the palate. Pull out a bottle for your next backyard barbecue. **\$10.**

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