



Picture: ROB LEESON

Tangy summer salad

PRAWNS are a delicious summer treat and Melbourne caterer Ricky Holt has come up with a fresh twist.

Imagine eating this poached prawn and pink grapefruit salad on a hot summer night. It's tangy and crunchy, with the snap of fresh prawns. Delicious.

And it's easy to make.

Holt is a saviour for busy Melbourneans, cooking and delivering ready-to-serve meals to homes across the city. Every Thursday, he lists a new home delivery menu at www.rhcatering.com.au.

He promises to feed a family of four with main and dessert for about \$50.

Quick & easy

POACHED PRAWN AND GRAPEFRUIT SALAD

Serves 4

- Ingredients**
 12 medium sized cooked prawns
 2 pink or yellow grapefruits
 2 tsp salted capers
 2 ripe avocados
 1 iceberg lettuce
 A few sprigs of dill or tarragon
 150ml mayonnaise
 1 lime
 Salt and black pepper to taste

METHOD

Remove the heads and shells from the prawns and de-vein. Cut the prawns in half, lengthways, and rinse in a bowl of cold water. Drain on kitchen paper.

Rinse the salt from the capers and dry on kitchen paper.

Cut the top and the base from both grapefruit so they sit flat on the board. Remove the rest of the skin by cutting from the top of the fruit to the bottom, working with the shape of the fruit. Then cut the grapefruit into 1cm cubes, removing the pips as you go.

Remove the avocado from the skin and dice into 1cm cubes.

Wash the lettuce, taking care to keep the leaves whole, drain.

Select four lettuce leaves that would make good cups from the heart of the lettuce, set aside. Tear the rest of the lettuce into small pieces. In a large mixing bowl, toss the torn lettuce, prawns (reserving four pieces to garnish), capers, grapefruit, avocado, herb sprigs, mayonnaise, salt and pepper. Squeeze the juice of the lime over the top and mix till well combined. Place the lettuce cups over four serving plates and distribute the salad into the four lettuce cups. Garnish with the reserved prawn half and a sprig of herb.

In season blueberries



BLUEBERRY harvesting started last month across Victoria, but not at Mal Deveson's picturesque orchard at Moondarra in the Gippsland hills.

Mal leaves his organic fruit on the bush for at least a week longer to make it sweeter. He starts harvesting tomorrow morning.

Most blueberries sold in supermarkets are black and shiny, but Mal says they're at the end of their shelf life.

He urges berry lovers to look for the blueberry "bloom" — a dusty yeast that acts as natural protection on the delicate fruit.

"The more berries are handled, the more the bloom is rubbed off and the more bruised they become," he says.

"With the bloom intact, the berries are a light, dusty blue. If the fruit's black and shiny, it's not going to keep for long."

Mal has been growing blueberries since the industry started in Australia 30 years ago. He says the secret to good blueberries is to keep human handling to a minimum.

He sells his berries at organic grocers across Victoria, but also attends farmers' markets.

His 150g punnet of blueberries costs \$5.50. The regular supermarket punnets are only 125g, and often cost more.

Find Mal at the Collingwood Children's Farm Farmers' Market next Saturday from 8am-1pm in St Heliers St, Abbotsford.

Find your local farmers market at www.vicfarmersmarkets.org.au.

Famous tastes

JASON AKERMANIS

Western Bulldogs player and Brownlow medallist

"The best sandwiches come from Above the Breadline. They make me a sweet chilli and Caesar salad sandwich. It's not on their board, but they make it for me. After a big training session, they make me feel like a million bucks." Above the Breadline, Phillip Arcade, Shop 6, 35 Puckle St, Moonee Ponds. 9370 9624



The latest

GET ON THIS TRAIN

SUSHI lovers rejoice. Melbourne is about to get the world's first double-decker hot and cold sushi train.

Orient Express has built an extra level on a traditional sushi train to carry hot food, letting the chefs deliver pick-your-own teppanyake, noodles and yum cha as well as cold sushi.

Like traditional sushi trains, the price of the dish will depend on the colour of

the plate (\$2.80 to \$6.90).

The new sushi trains are expected to open by the end of the month at Crown's new food court, along with Harbour Town, Docklands. For details: www.orientexpress.net.au.



NEW BREAD IN TOWN

THE coffee and cake maestros at Brunetti are expanding again, this time with a new artisan bakery.

Building will start within weeks on the Brunetti Panetteria in Johnston St, Fitzroy. They expect the doors to be open by April.

There will be some of Brunetti's famous sweets, with more focus on bakery goods.



Before Guy Grossi became an internationally acclaimed chef, published food author, and owner of numerous award-winning restaurants, he completed a certificate in commercial cookery.

A TAFE or training qualification is more than just a piece of paper; it gives you job options, ups your earning potential, plus you're more employable. And right now, eligible Victorians are guaranteed a government subsidised training place.

For more information visit skills.vic.gov.au or call 131 823.

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