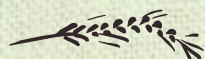


The Tassievore Pantry



Local Food Store & Market Directory



COORDINATED BY



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**THIS IS NOT A COMPREHENSIVE LIST OF RETAILERS STOCKING TASMANIAN PRODUCTS!
WE SINCERELY APOLOGISE FOR ANY OMISSIONS TO THIS LISTING.

What is being grown, produced & fermented in Tasmania

VEGETABLES

Lettuce & Salad greens
Asian greens
Kale
Cabbage
Broccoli
Cauliflower
Fennel
Cucumber
Zucchini & Squash
Asparagus
Pumpkin
Carrot
Beetroot
Parsnip, Swede, Turnip
Potatoes
Tomato
Tomatillo
Beans
Peas
Herbs (Coriander, Basil, Parsley, Thyme, Sage, etc)
Celery
Celeriac
Mushrooms
Onion, spring onion & leek
Garlic

GRAINS

Quinoa (grain & flour)
Spelt (grain & flour)
Pasta
Wheat (grain & flour)
Oats
Buckwheat
Bread

NUTS & SEEDS

Linseeds
Walnuts
Hazelnuts
Chestnuts
Poppy seeds

CHEESE

Ricotta
Mozzarella
Cheddar / tasty
Sharp/ vintage
Hard cheese (parmesan)
Soft cheese (brie etc)
Goat & sheep cheeses
Fetta
Haloumi

OTHER DAIRY

Yoghurt
Milk
Cream
Butter
Creme fraiche
Sour cream

PROTEIN

Chicken
Beef
Pork/ Ham/ Bacon
Fish & Shellfish
Wallaby
Lamb
Sausages
Eggs
Beans (chickpeas, broad beans, lentils, adzuki)

DRINKS

Juice
Wine
Beer
Gin
Whisky
Cider
Green, Black & Herbal tea
Soft Drinks
Kombucha

FRUIT

Apples & Pears
Cherries
Berries
Stone fruit
Feijoa
Currants
Quince, Figs, Tamarillo, Pepino & more
Passionfruit
Lemon & some citrus

MISCELLANEOUS

Olives
Olive oil
Canola Oil
Honey
Apple juice concentrate
Wasabi
Flax (seeds & oil)
Apple cider vinegar
Wakame & other Seaweed
Spices
Miso
Sauerkraut



Southern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
ALL SAINTS MARKET	Macquarie Street, South Hobart	allsaints-southhobart.org.au	<i>Fruit and veg, preserves, seedlings</i> 9am–2pm last Saturday of the Month
A-ONE FRUIT MARKET	382 Main Road, Glenorchy	(03) 6272 1665 Fax: (03) 6273 0452	Mon–Fri 8:30am–5:30pm, Sat 8:30am–4pm, Sun 10am–3pm aconefruitmarket.com.au
BACKYARD BOUNTY		backyardbounty.vegiebox@gmail.com	Offer weekly <i>Tasmanian Vegie Boxes as well as preserves</i> . Delivery available.
BELLERIVE COMMUNITY MARKET	Bellerive Boardwalk, Cambridge Road		Farmers market held every Saturday from end of November until end of March 8:30am – 12:30pm
BIG RIVER GROWER'S MARKET	Willow Court, New Norfolk		Run weekly on Saturdays from November to end of April and 1st & 3rd Saturdays of the month the rest of the year.
BREAM CREEK FARMERS MARKET	Bream Creek Showgrounds	breamcreekfarmersmarket@gmail.com	1st Sunday of the Month breamcreekfarmersmarket.wordpress.com
CHANNEL LIVING FOOD CO-OP	Brookfield 1640 Channel Highway, Margate	channelliving.org	<i>All fruit and veg, adzuki Beans, honey, oats, olive oil, quinoa, walnuts, linseeds, flour, soaps made from local oil, seedlings and cleaning products.</i> <i>Community Supported Agriculture, veggie box scheme.</i> Wed: 10am –5:30pm; Fri: 3–6pm; Sat: 9:30am–12:30pm
CITY ORGANICS	34 Criterion Street, Hobart	(03) 62 31 1465	<i>Some fruit and veg, quinoa, oats, flour, spelt, olive oil, honey, wakame, adzuki beans, dried apple snacks, eggs, cheeses, yoghurt, milk, cream Home delivery (cost involved) and online ordering.</i>
CYGNET GARDEN LARDER	Shop 3/16 Mary Street, Cygnet	cygnetgardenlarder@hotmail.com	<i>Some locally grown fruit and veg, olive oil, honey, preserves</i>
CYGNET MARKET	Cygnet Town Hall		1st & 3rd Sundays of the Month 11am–2pm
EUMARRAH	39 Barrack Street, Hobart	(03) 6234 3229 Fax: (03) 6234 3268	<i>Some fruit and veg, walnuts, flours, honey, etc.</i> Mon–Fri 9am–6pm, Sat 9am–4pm facebook.com/EumarrahOrganicNaturalFood
FARM GATE MARKETS	Bathurst Street between Murray and Elizabeth Street, Hobart – Sunday	(03) 6234 5625 info@tasfarmgate.com.au	<i>Fruit, Veg, cheese, milk, yoghurt, butter, meat, honey and bread.</i> Sunday (Bathurst Street) 9am–1pm farmgatemarket.com.au
GEEVESTON FARMERS MARKET	20 Church Street, Geeveston		<i>Locally grown produce.</i> Held every Saturday 9am–1pm
HARVEST FEAST	Site 218 – 219 Salamanca market		<i>All produce either certified organic, biodynamic, or spray free fruit and veg, Quinoa, oats, flour, spelt, walnuts, linseeds, olive oil, bread, wakame, adzuki beans, wheat, dried cherries, eggs (chicken/ duck), cheese, yoghurt, milk, cream, butter, fresh meat (pre order), frozen berries and currants</i> Saturdays 8am–3pm

Southern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
HOBART CITY FARM	Saint Johns Avenue, New Town	hello@hobartcityfarm.com	<i>Online shop is open for ordering from Monday 5pm until Wednesday 12 noon, selling a range of fresh, pesticide free vegetables grown on site: hobartcityfarm.com/shop/</i>
HILL STREET GROCER	70 Arthur Street, West Hobart	(03) 62 34 6849	<i>Most fruit and vegetables, oats, flour, walnuts, olive oil, honey, bread, apple juice concentrate, eggs, cheese, yoghurt, milk, cream, butter, fresh meat, frozen berries. Online ordering and home delivery.</i> hillstreetgrocer.com
	528 South Arm Rd, Lauderdale	(03) 6248 6221	
	2 Augusta Rd, New Town	(03) 6248 6221	
	Shop 7 Bayview Market 5 Opal Drive, Blackmans Bay	(03) 6229 2792	
	60 Carlton Beach Road Dodges Ferry	(03) 6265 8757	
HOWRAH GARDEN CENTRE	469 Rokeby Road, Howrah	(03) 6247 9570	<i>Fresh fruit and vegetables, online store available.</i> howrahgardencentre.com.au
HUON FARMERS' MARKET	Scout/Guide Hall, Heron Street, Huonville	market@huonproducers.com.au	<i>Organised by the Huon Producers Network. Lots of fresh produce as well as ready to eat food and drinks. Held every Sunday from 10am-2pm.</i>
ISLAND MARKETS	54-56 Gormanston Road, Moonah	(03) 6273 7918	<i>Meat, fresh vegetables including good variety of Asian greens.</i> Wed-Sun 9am-4pm islandmarkets.com.au
KINGSTON PRODUCE MARKET	Civic Centre, 15 Channel Highway, Kingston	6211 8133	<i>Locally grown produce, honey, pre-prepared food, etc.</i> Held every Wednesday 12-4:30pm
LIPSCOMBE LARDER	527 Sandy Bay Road, Sandy Bay	(03) 6225 1135	<i>Fruit, veg, cheese, milk, yoghurt and meat.</i>
LIVE LIFE	358 Macquarie Street, South Hobart	(03) 6223 7388 livelife@internode.on.net	<i>Apple Juice Concentrate, quinoa, oats, flour, spelt, walnuts, linseeds, honey, apple cider vinegar, eggs, poppy seeds</i>
MEREDITHS ORCHARD	1830 Channel Highway, Margate	(03) 6267 2395	<i>Fruit, Veg, cheese, milk, yoghurt, butter, meat, flour, spelt, oats, quinoa, nuts, oil, honey, hazelnuts, walnuts, linseeds, adzuki beans, juice, frozen berries, frozen veg, scallops.</i>
MIDLANDS FRUIT MARKET	Crn Midland Highway & Weily Park Road, Bridgewater	(03) 6263 7899	<i>Some local fruit & Veg.</i>
NEW TOWN GREEN GROCER	134 New Town Rd, New Town	(03) 6278 1306	<i>Some fruit and veg, flour, adzuki beans, quinoa, wines, honey and beers.</i> Mon-Fri 7:30am-6pm, Sat- Sun 7:30am-4pm
NATURE'S WORKS	Various locations throughout Tasmania	naturesworks.com.au	<i>Tassie Chickpeas & French Green Lentils, flours, nuts and grains.</i>

Southern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
NUTPATCH	Channel Hwy, Kettering	nutpatch@trump.net.au	<i>Local Hazelnuts and hazel meal and depending on how strictly Tassievore you are, lots of delicious handmade chocolate treats.</i> nutpatch.com.au
SALAD BOWL	362 Macquarie Street South Hobart		<i>Some fruit and veg, cheese and other dairy.</i>
SALAMANCA FRESH	Salamanca Place, Hobart King Street, Sandy Bay		<i>Fruit, veg, dairy, etc</i> Open 7 days from 7am-7pm salamancafresh.com.au
	Main Road, Huonville Channel Court, Kingston		
	116 Augusta Rd, Lenah Valley		
	Davey Street, South Hobart		
	19 Clarence Street, Bellerive		
SALAMANCA MARKET	Salamanca Place, Hobart	(03) 6238 2843	<i>Fruit, Veg, cheese, wine and other.</i> Sat 8.30am-3pm salamanca.com.au
SOURCE COMMUNITY WHOLEFOODS CO- OPERATIVE	12 French Street Sandy Bay	(03) 62 24 0055	<i>Flour, olive oil, oats, quinoa, spelt, honey, adzuki beans, some fruit and veg, eggs, cheeses, yoghurt, milk, cream, butter, cleaning products and opportunity to pick your veggies straight from the onsite garden!</i> Mon, Tues, Thurs & Fri: 12-4; Wed: 12-6 sourcewholefoods.org.au
WURSTHAUS	1 Montpelier Retreat, Battery Point	(03) 6224 0644	<i>Local meats, smallgoods, cheeses, deli items, truffles, olives, wines, beer, olive oil, garlic and cherries.</i> Mon-Fri 8am-6pm, Sat 8am-5pm, Sun 9am-5pm wursthauskitchen.com.au
YE OLDE OYSTER COVE STORE	Cnr Channel Hwy & Oyster Cove Rd, Oyster Cove	(03) 6267 4340	<i>Fruit, Veg, cheese, milk, yoghurt, butter, meat, flour, spelt, oats, quinoa, nuts, oil, honey.</i>

Healthy Food Access Tasmania has compiled an amazing interactive map of where to source local produce.

Check it out at
healthyfoodaccesstasmania.org.au



Northern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
ALPS & AMICI	52 Abbot Street, East Launceston	(03) 6331 1777	<i>Meat, seafood, dairy products, fresh fruits and vegetables, cheese.</i> info@alpsandamici.com alpsandamici.com
BEACONSFIELD IGA EVERYDAY	106 Weld Street, Beaconsfield	(03) 6383 1171	
BERRY PATCH	Blackburn Drive Turners Beach	(03) 6428 3967	enquiry@theberrypatch.com.au theberrypatch.com.au
BLACKRIDGE FARM	829 Myalla Road, Milabena	(03) 6445 4315	<i>Lamb, Pork & Goat</i> <i>Harvest Market or direct order online or by phone</i> blackridgefarm.com.au
BLUE HILLS HONEY	1858 Mawbanna Road, Mawbanna 7321	(03) 6458 8142	admin@bluehillshoney.com bluehillshoney.com
BURNIE FARMERS MARKET	Wivenhoe Showgrounds		First, third and fifth Saturdays of the month from 8.30am to 12.00noon at the Wivenhoe Showgrounds.
CERISE-BROOK FRUIT ORCHARD	315 Medea Cove Road, St. Helen's	(03) 6376 8397	<i>Cherries, Nectarines, Apricots, Peaches</i>
CHERRY SHED	Corner Gilbert St & Bass Hwy, Latrobe	(03) 6426 2411	9.30am-5pm, seven days enquiries@thecherryshed.com.au cherryshed.com.au
DAVIES GRAND CENTRAL STATION	86-96 Wellington Street, Launceston	(03) 6331 9422	<i>Produce, Dairy, Honey, Condiments, Bread, Wine, Cider, Whiskey, Beer</i>
EUMARRAH WHOLEFOODS	54 Frederick St, Launceston	(03) 6331 7682	<i>Vegetables, fruit, flour and cheese</i> facebook.com/EumarrahOrganicNaturalFood
FESTIVAL SUPERMARKET	72 Emmett St Smithton	(03) 6452 1608	<i>Dairy, fruit & veg, meat, etc</i>
GARLIC, CHERRIES AND APPLES	2672 West Tamar Highway, Exeter	(03) 6394 4893	<i>Farm gate sales</i>
GEORGE TOWN SEAFOODS	38-44 Franklin Street, George Town	(03) 6382 4183	<i>Seafood Retailer</i>
GRAIN GROCER	Shop 1, 94-98 York Street, Launceston	(03) 6331 4649	<i>Bulk foods</i>
HARVEST MARKET	Cimitiere Street Car Park, Launceston	0417 352 780	Every Saturday 8.30am-12.30pm harvestmarket.org.au



Northern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
HILL STREET GROCER	108-114 Gilbert Street, Latrobe	(03) 6426 5000	<i>Produce, Dairy, some grains, preserves, etc.</i> Open 7am-7pm daily
	1 Reid Street, Strahan	(03) 6471 7738	
	48-54 Oldaker Street, Devonport	(03) 6127 5355	
HILLWOOD BERRY FARM	105 Hillwood Road, Hillwood	(03) 6394 8180	<i>Berries</i> hillwoodberryfarm.com.au
HILLY'S IGA	23 Cecilia Street, St. Helen's	(03) 6376 1161	<i>Cheeses, flour, oats, fresh produce</i> 7am-7pm Monday-Saturday 8am-7pm Sunday
HURSEY'S SEAFOOD IN STANLEY	2 Alexander Terrance, Stanley	(03) 6458 1103	<i>Fresh fish for sale and fish and chip take-away</i>
ITS ALL GOOD HEALTH AND GIFT	66 Emmett St Smithton 7330	(03) 6452 2084	Monday-Friday 9-5.30pm. Saturday 9.15-12pm. tish@itsallgoodhealth.com.au
JOHNSTON GOURMET MEAT	12 Smith Street, Smithton	(03) 6452 1416	<i>Local butcher with a range of cuts and sausages</i>
KINDRED ORGANICS	15 Graingers Road, Kindred	info@kindredorganics.com.au	<i>Certified organic Quinoa, Oats, Spelt, buckwheat flour and grass-fed organic beef. Order online or farm gate sales by appointment.</i> kindredorganics.com.au
LANDFALL FARM FRESH	49 Balfour Street, Launceston	(03) 6334 5751	<i>Meat, walnuts, dairy, eggs, olive oil</i> Thursday & Friday 10am-5.30pm; Saturday 10am-3pm landfallfarmfresh.com.au
LEES ORCHARD	1115 Eat Tamar Highway, Dilston	(03) 6328 1158	<i>Farm gate sales</i>
LEGANA GROVE GREEN GROCER	Legana Grove Green Grocer	(03) 6330 1033	<i>Preserve, fruits and vegetables</i> facebook.com/pages/Legana-Grove-Greengrocer/171974952923417
LEMON TREE PROVIDORE	34A Goldie Street, Wynyard	0427 153 667	<i>Cheese, Chutneys, Spices, Sauces, Fermented Foods</i>
LOHAVEN PRODUCE	39 Alexander St Burnie	(03) 6431 8815	<i>local fruit and vegetables</i>
MITCH'S FRUIT PLACE	Formby Road Devonport	(03) 6424 6058	<i>Fruit and Veg, Dairy and Meat</i>
MT GNOMON FARM	886 Ironcliffe Rd, Penguin	0448 067 779	<i>Online and phone orders for delivery</i> mountgnomonfarm.blogspot.com.au



Northern Tasmania

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NATURE'S WORKS	Various locations throughout Tasmania	naturesworks.com.au	<i>Tassie Chickpeas & French Green Lentils, flours, nuts and grains.</i>
NIGELS GOURMET ON TAMAR	116 Main Road, Exeter	(03) 6394 4215	<i>Local Meats and other products</i> nigelsgourmet.com.au
THE ORGANIC GROCERY STORE	15A Hobart Rd, Kings Meadows	(03) 6343 7888	
TASMANIAN BY NATURE		0448 989 440	tasmanianbynature.com.au
PROVIDORE 24	24 Church Street Stanley 7331	(03) 64581323	providore24.com.au
PYENGANA DAIRY	St Columbafalls Rd Pyengana	(03) 6373 6157	<i>Farm sales & café – cream, milk, cheeses.</i> Open 9-5 everyday in summer and 10-4 in winter pyenganadairy.com.au
RED COW DAIRIES	249 Lowries, Oldina	0439 366 349	<i>Online orders</i> redcowdairies.com.au
RHUBRU	9 King Street, Scottsdale	(03) 6352 3723	<i>Producer of rhubarb products</i> holger@rhubru.com.au rhubru.com.au
SEAVIEW FARM	St Marys	0419 372 192	<i>biologically farmed beef & lamb</i> biofarm@bigpond.com seaviewfarm.net
SEVEN SHEDS	22 Crockers St, Railton	(03) 6496 1139	sevensheds.com
SHARMAN'S BUTCHERY	36 Main Road, Wivenhoe	(03) 6432 4337	onlinestore@sharmansbutchery.com.au sharmansbutchery.com.au
SHEFFIELD FRUIT & VEG	60b Main St, Sheffield	(03) 6491 1349	<i>Fantastic local produce, heaps more than just fruit and veg.</i>
SKELBROOK VALE FREE RANGE	160 Skelbrook Lane, Sassafras		<i>Beef, Lamb and Pork</i> rockliff2@bigpond.com.au
SMITHTON COUNTRY MARKET	88 Emmett St, Smithton	(03) 6452 3308	<i>Grocery store</i>
SOUTHERN SKY GOURMET	139 Hillwood Road, Hillwood	0400 853 538	<i>Cheese producer</i> hajotanck@southernskygourmet.com.au



Northern Tasmania

GROCERY STORE	ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
SPREYTON CIDER CO	6 Melrose Road Spreyton Tasmania 7310	(03) 6427 3664	info@spreytonfresh.com.au spreytonciderco.com.au
SPREYTON FRESH	96 Sheffield Road Spreyton Tasmania 7310	(03) 6427 2125	info@spreytonfresh.com.au spreytonfresh.com.au
STEVE & GRACE'S FRUIT & VEG STORE	274A Hobart Rd, Youngtown	(03) 6344 9846	<i>Fruiterers & Greengrocers</i>
TASMANIAN GOURMET HAMPERS	Shop 7/23 Murray Street, East Devonport	0405 625 032	tasmaniangourmethampers.com.au
TASMANIAN NATURAL GARLIC	Mouquet Farm, Hagley	(03) 6392 2210	<i>Producer of garlic</i> armackin@intas.net.au
TREVALLYN GROCER	1-3 Osbourne Ave, Trevallyn	(03) 6334 9588	<i>Dairy, fruit & veg, meat, beer, wine, quinoa, oats, adzuki beans, flour, nuts, etc</i> trevallyngrocer.com
TWO DOOR CAFÉ	110 Weld Street Beaconsfield	(03) 63831120	<i>Fruit and Vegetables</i>
VAN DIEMAN BREWING	537 White Hills Road, Evandale	0409 447669	<i>Beer & Cider</i> will@vandiemanbrewing.com.au vandiemanbrewing.com.au
WEST END SUPERMARKET	36 Park St, Wynyard	(03) 6442 2524	7am-9:30pm 7 days a week
WHOLESOME HOUSE	373 Invermay Rd, Launceston	(03) 6326 9440	<i>Vegetables, fruit, flour and cheese</i>
YE OLD GREEN GROCER	248 Charles Street, South Launceston	(03) 6334 1456	<i>Vegetables, fruit, flour and cheese</i>
YORKTOWN ORGANICS	120 Bowens Road, Yorktown	(03) 63834624	<i>Certified organic vegetables – farm gate sales</i> Mon-Fri 7am-5pm (Sat 7am-1pm) clarejackson77@gmail.com yorktownorganics.com
YOUNG'S VEGIE SHED – NW	317 Bass Hwy, Camdale	(03) 6431 6087	facebook.com/pages/Youngs-Vegie-Shed-Camdale/111845822209156
YOUNG'S VEGIE SHED	47 Boland Street, Launceston	(03) 6334 1084	<i>Range of Fresh Fruit & Veg, Flour, Quinoa, etc</i>

Fruit Growers Tasmania puts out an annual guide to growers offering Farm Gate Sales.

Please visit fruitgrowerstas.com.au to access the guide online



Grilled potato salad with tomato-chilli salsa & smashed avocado

Potatoes

Ingredients

- 1kg smallish potatoes
- 2 tbls olive oil
- 2 tsp salt
- 1 tsp crushed black pepper
- Sour cream

Method

1. Slice potatoes and thread onto skewers
2. Heat barbeque or grill plate
3. Bring large pot of water to a boil and 1tsp salt
4. Drop potatoes into boiling water and cook until cooked but still firm, about 8-10 mins.
5. Remove and drain potatoes
6. Coat barbeque/grill with olive oil and grill on high heat about 3 mins on each side.
7. Arrange on plate and top with sour cream, salsa and smashed avocado.

Tomato & Chilli Salsa

Ingredients

- 4 tomatoes
- 1/2 chopped red onion
- 1/4 tsp finely diced chilli
- 2 tlbs chopped coriander leaves
- Juice of 1 lime (can substitute lemon)
- 1/4 tsp salt

Method

1. Mix all ingredients together and let sit.

Smashed Avocado

Ingredients

- 1 avocado (there's a commercial grower in Spreyton as well as backyards around the State)
- 1 tbls olive oil
- Juice of 1 lime (or lemon)
- Pinch of chilli powder

Method

1. Use fork to roughly blend ingredients

Broad-bean falafels with lemony sauce

Falafel

Ingredients

- 2 cups fresh broad beans, removed from the pod
- 1/3 cup finely minced onion
- 1 clove garlic
- 1/3 cup finely chopped parsley
- 1/3 cup finely chopped coriander
- 1tsp ground cumin
- 1 tsp sea salt
- 3tbls water
- Oil, for frying

Method

1. Boil broad beans for 10 minutes, drain and put into food processor
2. Add the onion, garlic, parsley, coriander, cumin, chilli and salt. Puree, making sure to scrape down the side of the bowl.
3. Add the water and pulse until mixture is gritty but fine.
4. In a small heavy pot or wok, heat 6cm of oil to 180.

5. Scoop portions of the mixture into the palm of your hand and fashion into little flying saucers.
6. Spoon into the hot oil and fry for about 2 minutes, in small batches, until crisp and brown, then drain.

Lemony Yogurt Sauce

Ingredients

- 1 cup yogurt
- 1tsp sea salt
- 1 clove garlic
- 1/3 cup freshly squeezed lemon juice

Method

1. Mix all ingredients together and whisk until smooth.

Make a Tassievore falafel sandwich by topping your favourite Tassie bread with fresh lettuce, sliced tomatoes, pickled radish, and any other veggies you want. Pour a generous helping of sauce over the top and enjoy!

Tassievore Bliss Cake

Ingredients

- 200g Butter
- 200g honey
- 3 eggs
- 100ml cream
- 200g Ground Hazelnuts (roasted or raw)
- 125g flour
- 1tsp baking powder
- Fresh apricots and cherries, pitted

Method

1. Preheat oven to 180 degrees. Butter cake tin.
2. Arrange fruit on bottom of tin.
3. Combine butter and honey, stir in eggs (1 at a time). Add cream and stir.
4. Add hazelnut meal, baking powder and flour and mix to combine.

5. Pour mixture over fruit.
6. Bake for approximately 1 hour. Cover with foil if top is getting too brown.



Bush Pepper & Parmesan Crackers

Ingredients

150g (1 cup) plain flour
2 tsp finely grated Ashgrove or Elgaar parmesan/grana
Pinch or two of ground Tasmanian bush pepper
80ml (1/3 cup) lukewarm water
optional

Method

1. Preheat oven to 200 C. Line 2 large baking trays with non-stick baking paper (if you want to be safe, but the crackers are quite floury and don't generally stick if you work quickly).
2. Sift the flour into a large bowl. Stir in the parmesan and bush pepper.

3. Use a round-bladed knife to gradually mix the water into the flour mixture, using a cutting motion, until the mixture just comes together. Turn onto a lightly floured surface and knead until smooth.
4. Divide the dough into 16 equal portions. Use your hands to roll each portion into a ball. Roll each ball out on a lightly floured surface as flat as you can should get to around 8cm-diameter disc. Cut each round into quarters, sixths or eighths depending on your preferred style a pizza roller cutter is handy for this bit.
5. Place the flattened dough on trays. Bake in preheated oven for around 8 minutes or until golden patches appear. Transfer to a wire rack to cool completely.

Kale Pesto

Ingredients

5 cups kale leaves, packed
2 cups basil leaves, loosely packed
5 cloves garlic
1/2 cup walnuts
1/4-1/2 cup olive oil
1/4 teaspoon salt, to taste
1/2 cup parmesan cheese, optional

Method

1. Wash and pat dry the kale and fresh basil.
2. Remove and discard the kale stems, give the kale leaves a rough chop and add them to a food processor along with the basil, garlic, walnuts and parmesan cheese.
3. Pulse 5 or 6 times to get everything chopped up.
4. Turn the food processor on and slowly add the oil while the processor is processing.
5. If you added 1/4 cup of oil, you will end up with thick, spreadable pesto. You can stop here or if you desire a thinner consistency to use the pesto as pasta sauce, continue adding oil (about an additional 1/4 cup) until the pesto reaches the consistency you want.
6. Use immediately or refrigerate for up to 1 week (you can also make the sauce in bulk and freeze it for later).

Fresh Pasta

Ingredients

100 g (3/4 of a cup) of flour per person. The best Tasmanian flour to use is Callington Ruby Wheat flour, which is suitable for bread and pasta.

1 egg per 100 g of flour. i.e. for 4 people, use 400 g (3 cups) of flour and 4 eggs

Method

1. Make a cone with the flour and flatten the cone at the top to make a well. Break the eggs into this well. Add a pinch of salt if you wish.
2. Work the eggs and the flour together with a fork, adding the flour from just around the eggs little by little, until you have a smooth dough, adding just a drop of water if necessary, and no more.

As soon as you can, use your hands.
3. Knead the dough for ten to fifteen minutes, until it is smooth, firm, and quite elastic. Don't skimp on the kneading or the dough will tear while you're rolling it out. Leave to rest for 15-30 minutes.
4. Divide the dough into two balls. With a rolling pin, roll the ball of dough out into a strip.

5. Pass this dough through the rollers of the manual pasta machine until it reaches the proper thinness (usually the second to last setting). **IMPORTANT:** between using numbers on the machine, allow the dough to rest for a minute or two on dish towels.
6. Once you have the desired thickness, allow the dough to rest once more (dusting with a little flour if it seems at all sticky), before you cut it using the machine cutters.
7. Dust the cut pasta with flour and allow to dry on dish towels for 1-2 hours, making sure the strands are well separated and not stuck together.
8. Cook for 3-5 minutes in plenty of salted boiling water. Keep tasting until you taste a texture which is a little harder than the desired one (the pasta will keep cooking while you are dressing it).
9. Drain, keeping some of the cooking water aside. Dress the pasta with your sauce, mixing well and adding some cooking water little by little to help amalgamate it with the sauce. Serve immediately!



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