



www.prahranmarket.com.au

New super grains - Quinoa & Amaranth



Have you heard of the two new "super grains" Quinoa (pronounced Keen-wah) and Amaranth?

Quinoa and Amaranth both originate from the Andean region of South America where they have been important foods for 6,000 years. They have recently become highly appreciated in the West for their nutritional value.

Quinoa and Amaranth:

- Have very high protein contents, similar in fact to the levels found in milk
- Both are gluten free and easy to digest
- Both are good sources of dietary fibre, phosphorus, magnesium and other necessary elements
- Both can be bought whole or in flour form. Also look out for new pasta varieties and breakfast cereals containing them.

Quinoa has a light, fluffy texture when cooked, and its mild, slightly nutty flavour makes it a great alternative to white rice or couscous.

Amaranth is often sold in a form which you can make a tasty side dish similar to polenta. Quinoa and Amaranth can also be used to make porridge, bread, biscuits, tortillas or add to soups and stews.

Ripe The Organic Grocer Tel: 9804 8606 sells a variety of products made from quinoa and amaranth. They also sell black and pearl quinoa and amaranth by weight and an "Andean" mix of red, pearl and black quinoa and amaranth mixed together.

* (Note: Both are actually not classified as cereal grains; but are used as if they are.)

Free Fertility (Preconception Care) Expo



Upcoming Event

Free Fertility and Preconception care expo
Friday 6 August 10am - 4pm
Prahran Market Square

Meet IVF staff, naturopath, nurse, herbalist & more. See www.moontides.com.au for more information.

New! Ready to eat Butter Chicken



Curry Creations have just launched a ready-to-eat version of their famous Butter Chicken sauce.

This delicious Butter Chicken is all goodness containing chicken (of course), tomato, yoghurt, butter, ginger, coriander, cumin, salt, chilli, cardamom, cinnamon and water. And that's added nasties!

Sold in a pouch which is enough for two persons, it is a very reasonable \$8. Curry Creations (Deli Arcade) Tel: 9827 1344. ps Try out their new ready to eat Daals too (\$4 pouch) - *delicious!*

Jersey Royal Potatoes



Jersey Royal potatoes (named as the variety grew to prominence in Jersey, UK, though they are from Tassie) are considered by some to be the best potatoes in the world. These superb new potatoes just require a rinse and are superb in the recipe below. Jersey Royals are a special and are only available for a short time so don't miss out! MJ Mow Potatoes 0417 354

New potatoes with lemon, capers, garlic and mint (serves 6)

- 750 grams new potatoes (as small as possible)
- Grated rind of one lemon
- 2 tablespoons rinsed capers
- 3 garlic cloves, peeled and minced
- 1/4 cup chopped fresh mint
- 1 tablespoon coarse salt
- 1/4 cup olive oil
- 2 tablespoons freshly squeezed lemon juice
- Freshly ground black pepper to taste

Cook the potatoes in salted boiling water until just tender. Drain and set aside. Combine grated lemon rind, juice, capers, mint, garlic and salt in a bowl. Heat the oil in a large skillet, add potatoes and saute until they are golden brown. Add the lemon and mint mixture and saute well. Season with pepper. This dish is particularly tasty served with salmon.

Yes, you can get these products at Prahran Market



Fresh milk - at Eggs Plus, Ripe the Organic Grocer and Cleo's Deli

Fabulous plants - Greenpoint Nursery (Elizabeth Street entrance) has an ever changing range of indoor plants and pots suitable for apartment dwellers, and a seasonal range of herbs & vegies for those that want to grow their own. Nigel tells us its **Cymbidium Orchids** and he has some of the best quality orchids for sale in Melbourne. Nigel also runs a garden business so if you need help in your garden call Greenpoint Nursery on 9824 2177.

Dog food/treats - Pets Indulgence (tel: 0416 350 813) sell all sorts of delicious dog treats, dry food, bedding, collars and casual wear as well as grooming your Fido to perfection.
Neils Meats (tel: 9827 6574) home make a pet's loaf beloved by all gourmet canines from lamb and beef, carrots, parsnip, parsley and garlic. It freezes well too.

Dumplings - Min from Lee's Asian Grocery (tel: 9826 6039) makes her own and they are sensational! Hidden in the freezers at the back of the stall these are a find!

"Stuff you didn't know you need until you do" - from the latest in hors d'oeuvres plates and pretty muffin cases to foil bakeware, food containers in all sizes and helium balloons up - **Donnally Party Supplies** (tel: 9827 8866) have it all.

You can find locations and contact details for these stalls on our website at www.prahranmarket.com.au.

Prahran Market - The Food Lovers Market. We hope to see you soon.

**General Enquiries**

Phone: 8290 8220

Fax: 8290 8222

Email: management@praaranmarket.com.au**Mailing Address**

Prahran Market Management Off
Suite A, 163 Commercial Road,
South Yarra 3141

**Trading Hours**

Tuesday: dawn-5pm, Thursday: dawn-5pm

Friday: dawn-6pm, Saturday: dawn-5pm, Sunday: 10am-3pm

© 2011 Prahran Market

 [Unsu](#)