



www.prahranmarket.com.au

Welcome to Shop Neutral



Prahran Market welcomes Shop Neutral a new stall that has opened in the fruit and vegetable hall.

Shop Neutral is an environmentally-friendly store that specialises in everything natural for the home and the body.

Paul from Shop Neutral says "Our products are sourced mainly from Australian companies, are locally made, and are good for the environment. From the kitchen sink to the bathroom and the laundry, our store has the goods to help make your life's footprint neutral. Neutral is a store that helps you tread lightly on this earth".

Shop Neutral is located at Shop 6, in the main fruit and vegetable hall. Tel: 9826 4884

Have you heard of the new "It" ingredient - finger limes?



The Finger Lime (*Citrus australasica*) is native to Australia and has been used as a food source for many thousands of generations by the Australian Aboriginal people.

Known as "citrus caviar", these finger-shaped limes are amazing! Aromatic, the flesh holds caviar-shaped vesicles that pop in your mouth with an assertively tart punch. The flavour is a lemon lime combination with herbaceous undertones. The "caviar" comes in many different colours and is sensational to dress up dishes for example on oysters and in vinaigrettes but is also makes great chutney and marmalade.

The finger lime fruit is simply excellent when used fresh and uncooked. For citrus, it can also be frozen and thawed - without any degradation of pulp or cellular composition and flavour. Damian Pike has some. 0411 438 465.

Taste Provincial Victoria stall - new products!



As you know Prahran Market proudly supports small Victorian food producers helping them market their products to a wider audience at the Taste Provincial Victoria stall. The product range on the stall changes over every 8 weeks and it is exciting to tell you that a new range of products are just in! In the spotlight is Hopkins River Beef:

Hopkins River Beef, winner of "The Age Epicure" 'Battle of the Beef Eaters' has raised cattle amongst the graceful red gums under the Grampians at Dunkeld in the heart of Western Victoria for almost 100 years. They produce the highest quality grass fed and grain fed beef.

The celebrated chef, Jacques Reymond has said "It is the best quality beef I have ever encountered". Come and see what the fuss is all about and try it for yourself! Taste Provincial Victoria stall 9827 5991.

Montgomery's Cheddar available for the first time in 10 years!



Cheddar is one of the most famous of all cheeses. It takes its name from the village of Cheddar in Somerset where the cheese was first made.

Cheddar cheese is made with fresh morning milk mixed with the previous evening's milk, made into the cheese by a special method called "cheddaring" and matured from six months to two years.

Real hand-made cheddars are far superior to the factory made alternatives and you will taste the difference.

Prahran Market is proud to have Montgomery's Cheddar in for the first time in 10 years! The Montgomerys have made cheese on their farm near Yeovil in south Somerset for three generations. Perhaps the epitome of traditional cheddar, it is made using local milk and crafted by hand. The cheese is then matured for over a year wrapped in muslin cloth on wooden shelves - this wonderful cheese has won numerous awards, including Best Cheddar at the 2006 British Cheese Awards. They only produce 60 truckles of cheese a week. Available from Delicatess 9824 1752.

Sensational stone fruit



Now is the perfect time to enjoy Summer stone fruit. All stone fruit, in our opinion, can be categorised in two distinct camps - "simply sensational" - or simply not worth eating" - there is no in between.

Due to the very nature of their businesses (personal contacts and direct supply chain), Prahran Market traders can buy fruit riper and tastier than supermarkets. Supermarkets tend to buy fruit on looks and ripeness and can buy fruit under ripe so it can be transported long distances. This means their fruit often looks good but doesn't taste as it should. Make the most of the delicious stone fruit this season and become reacquainted with how delicious they really can be at Prahran Market.

Some tips on buying and storing stone fruit:

- Peaches and nectarines range in colour from red through to pink with a yellow/orange background. They lose their sheen as they ripen and the sweetest fruit of all has small white spots on the

top half. These are a good sign, not an indication of poor quality fruit

- Plums come in a range of colours and generally become dull just before they are ready to eat. Apricots vary from yellow to orange with a red "blush"
- Don't store apricots in the fridge as it will hasten their deterioration

Remember stone fruit are very versatile. Enjoy them fresh now and in sauces (lovely with meat), in puddings, or preserve in jams and chutneys for winter. Enjoy!

Melbourne Food & Wine Festival - Gala Dinner at Prahran Market



Earthy Abundance Gala Dinner at Prahran Market

Prahran Market is proud to be the venue for the 2010 Melbourne & Wine Festival Gala Dinner.

Prahran Market will transform into a leafy, luscious, edible paradise this evening. The evening will be a roving feast - start with delicious canapés and wine in the market square, before settling in the market hall at tables strewn with herbs and flowers. Delight in three sumptuous courses crafted by a star-studded cast of visiting chefs: April Bloomfield, Nancy Silverton, Nobu Matsuhisa, David Kinch and Josiah Citrin. The feast will continue back in the square, where wine, chocolate, cocktails, coffee and cheese will be served in abundance.

This dinner is an experience you can't miss, in a unique venue and you WILL book out early. We suggest you purchase your tickets now, so you don't miss out.

Earthy Abundance Gala Dinner

When: 17 March, 7.00PM - 11.30PM

Where: Prahran Market - Entry via Essential Ingredient

Cost: \$195.00

Bookings: Ticketmaster (www.ticketmaster.com.au) or 136 100



General Enquiries

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Trading Hours

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

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