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## Mushroom Mania - JOIN US FOR A MUSHROOM MASTER CLASS



Discover the secrets of a Mushroom Masterchef! Join **Paulo Siqueira**, the charismatic Brazilian Mushroom Chef and author, and Media personality **Bol** (as heard on 3AW), for an extreme mushroom master class.

Paulo is an author of culinary cookbooks in his native Portuguese tongue as English and is currently seen on FOX TELEVISION - BRAZIL - 3 times a starring in the new gastronomical series - '**HOMENS GOURMET**'.

**When:** Saturday 10<sup>th</sup> July 2010 at 12 noon

**Where:** Prahran Market square

[www.mushroommania.com.au](http://www.mushroommania.com.au) This is a free event

## Decaf coffee - decaffeinated without chemicals



Many people are choosing to drink decaffeinated coffee for a variety of reasons. However, did you know not all decaffeination processes are the same? In many decaffeination methods, chemical solvents such as methylene chloride or ethyl acetate are used to strip caffeine molecules from the green coffee bean.

A chemical free alternative is decaffeinated coffee using the Swiss Water Process which uses 100% pure water to remove caffeine from beans until the coffee beans are 99.9% caffeine-free, while maintaining the bean's distinctive origin and flavour characteristics.

**Jaspers Coffee** stocks a range of Swiss Water Process decaffeinated coffee 9827 8509.

## New in! Flower cuppys



The Essential Ingredient now have in these delightful pastry cups in the shape of flowers. Make your hors d'oeuvres look like a chef's!

**The Essential Ingredient** Tel: 9827 9047

## Forget green eggs and ham (so last year) try green (emu) eggs and truffles!



Prahran Market, has fresh Emu and Ostrich eggs for sale and truffles so fresh from the ground in Western Australia yesterday!

### **Emu Eggs**

- Emu's lay an egg every 3-4 days
- Fresh eggs can be refrigerated for over a month and frozen up to a year.
- The taste is very similar to chicken eggs. However, when whipped, emu eggs are lighter and fluffier than chicken eggs. A cake, quiche, omelette soufflé etc from Emu eggs will rise higher and sauces (eg hollandaise will be fluffier).
- One emu egg is roughly the equivalent of 8-12 medium chicken eggs. One Emu egg will make an omelette for 6 people.

Fresh Emu eggs (\$12.00 each) can be bought from the Eggs+ stall at Prahran Market. Owner Ivana also sells fresh hens eggs from her family's farm and Ostrich eggs (\$14.99 ea).

**Eggs+** Tel: Ivana 0409 549 322.

### *Super Fresh Truffles from WA*

Why not make your Emu egg omelette gastronomic perfection by adding the best black truffles (Black Perigord Truffle - *Tuber melanosporum*) just from Western Australia? While there are over 70 edible species of truffle, this is the species that is considered the most flavoursome.

Damian Pike Wild Mushroom Specialist is getting regular shipments flown in from the Wine and Truffle Company, Manjimup, Western Australia. They are so fresh they were often in the ground only the day before!

**Damian Pike** 0411 438 465.

## Gnocci Meal Deal



A healthy ready prepared meal!

The Fresh Pasta Shop has a great Gnocci Deal on at the moment. 2 tubs of made gnocci + home made sauce and cheese = \$15.00 and for 3 tubs plus and cheese = \$20.00! You can choose between plain gnocci and their delicious mixed gnocci - spinach, pumpkin, tomato, carrot, mushroom and capsicum gnocci.

**The Fresh Pasta Shop** Tel: 9824 1244

## Sensational biscuit dough - ready to bake



It's freezing outside. What's better to warm you up than a cup of tea and a baked biscuit straight from the oven?

If you are in a hurry or have drop in guests, Pete n Rosies now have a delicious range of "Baked by Mum" ready made cookie dough that is ready to just cut into cookie size chunks and bake.

There is seven flavours available including two gluten free doughs. Home baked goodness in no time flat.

**Pete n Rosies Deli** Tel: 9826 1260

## Don't forget - free cooking demonstrations every Thursday



Ask your own personal culinary expert all your questions and learn new tricks at our fabulous weekly demonstrations and tastings. We specifically tailor our cookery demonstrations to use the best seasonal produce in the market at the time so you can enjoy the freshest and most flavoursome produce.

**Location:** Permanent Miele Kitchen, Fruit and Vegetable Hall (near Deli Arcade entrance)

**Time:** Every Thursday, 10:00am - 2:00pm FREE - come and go as you please don't forget to pick up a recipe sheet

**1 July** - Quinoa, lentils, faro and moghrabieh; salads, braises, stews and soups - Jackie Middleton

**8 July** - Eggplant - Grilled, baked, rustic eggplant dip and eggplant salad - Victoria Smith

**15 July** - Different things to do with sausages; quick meatballs, homemade sausage rolls, stuffed cabbage leaves - Jackie Middleton

**22 July** - Sauces and dressings, saffron aioli, pesto, tapenade and classic vinaigrette - Victoria Smith

**29 July** - Shellfish - mussels, clams, pippies; knock-together pasta, shellfish braise with chickpeas, remoulade with mussels, marinated - Jackie Middleto

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**General Enquiries**

Phone: 8290 8220

Fax: 8290 8222

Email: [management@prahranmarket.com.au](mailto:management@prahranmarket.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