



www.prahranmarket.com.au

Flavour Fiesta at Prahran Market - Learn about your food!



Become a more educated food shopper and never be disappointed again.

Part of the Melbourne Food & Wine Festival

When: Saturday 20th March all day. Cost: Free, no bookings required

We invite you to come and learn about your food, differences in varieties, how produce is made or grown, how best to store, amongst many other useful tips.

The secret to producing delicious meals is to start with great tasting ingredients that are best suited for that dish.

"Flavour Fiesta" will help you learn how to select the best ingredients to make your dish a culinary sensation. Come and find out the differences in produce that affects the flavour, use and price of what you are buying.

- Which variety of avocado is good for salads as it doesn't go mushy? Which variety is best to prepare in advance as it can go brown when cut?
- Why do seemingly similar bananas vary in price?
- Did you know pineapples don't ripen anymore once they are picked so how do you make sure you buy a ripe one?
- How can I tell if an egg is fresh?
- What does goat meat taste like?
- Which potato makes the best chip?
- Why do some oyster varieties cost more than others? And more questions will be answered....

Come along - you will learn things at this event you will use for ever

New Coffee Club from Market Lane!



Market Lane Coffee is a specialty roaster located at the Elizabeth Street Market entrance.

Market Lane are dedicated to sourcing and roasting distinctive, superb beans from select farms, origins, and cooperatives. They love coffees that reflect the profiles of their region, as well as coffees that challenge and surprise them. They live and breathe quality coffee.

Exciting news - Market Lane have recently started a Coffee Club!

Every two weeks, get a 250g bag of freshly roasted coffee delivered to your door. They roast and deliver club member coffee every second Wednesday and offer three types of membership to suit your needs.

Coffee Club - Roasters' Pick - Market Lane pick a coffee that is rocking their world that fortnight and send it your way. You will get a different coffee every time - it may be a new microlot, a Cup of Excellence coffee, or a coffee that they roast exclusively for their club members.

All coffees will be sourced from single estates and cooperatives, and roasted quite lightly for pour over, plunger or any other brew method (except espresso) so that you can enjoy and appreciate the nuance inherent in each one, every time.

Coffee Club - Espresso - Get their seasonal espresso delivered to your door every fortnight. Perfect if you have an espresso machine right on your kitchen bench.

Coffee Club at Work - Need coffee delivered regularly to your office? Email Market Lane at hello@marketlane.com.au with your contact details and coffee requirements, and they will give you a call to discuss how they can meet your needs.

See <http://www.marketlane.com.au/coffeeclub.asp> for more information on Market Lane Coffee Club!

It's fig season!



Figs are at their best (and cheapest) at the moment, so enjoy them while they are still in season.

Did you know? Figs are made up of almost 1,500 tiny fruits which are normally thought of as the seeds (they are not botanically classed as "single" fruit). Fig flowers enclose many tiny flowers which grow away from daylight with the receptacle later becoming the fruit itself!

Varieties: There are many varieties available and what is available at Market Lane changes throughout the growing season. Try to remember which variety your purchase is and so you can remember which ones are your favourite!

How do you select a good fig? Choose figs with good colour for the variety (some are light green on the outside when fully ripe, others are dark purple). They should be plump and free from blemishes. Avoid those with shrivelled or sticky skin appearance and those with a sour odour as this indicates a state of over-ripeness. The fruit is ready to eat when it begins to split at the base. It should give to gentle pressure but not be too soft.

New flavours of Gundowring Icecream at Yarra Valley Pasta



Yarra Valley Pasta are thrilled to now stock the Award winning Lico icecream from Gundowring Icecream. They also have their superb raspberry icecream, toasted honey walnut, fig, rhubarb, mocha, fre vanilla, chocolate, espresso and coconut flavours. Delicious! Yarra \ Pasta: 9824 1887.

Easter opening hours for your diary!



Pahran Market has everything to make your Easter delicious. We v open the following hours over Easter:

Good Friday 2 April - closed

Easter Saturday 3 April - open

Easter Sunday 4 April - closed

Easter Monday 5 April - closed

Why not give a nostalgic Easter Egg this year from The Essential Ingredient (picture at left) filled with the finest chocolates. Aren't tl beautiful?

Pahran Market traders wish you a very happy Easter.



General Enquiries

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Trading Hours

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

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