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## Succulent shanks and stews everytime



Winter is definitely approaching and nights are getting cooler. Time for de warming comfort meals - and soups and stews are amongst our favourite

**Tip:** Did you know forequarter shanks (from the front leg) are better for soups and stews and hindquarter shanks (from the back leg) are much better for roasting? Picture: Forequarter shank on the left, frenched hindquarter shank on the right.

**Tip:** Great cooking is about understanding the science behind the chemical reactions that happen in the process as well as flavour combinations. To get a succulent stew everytime (rather than a tough disaster), the temperature should be raised above a certain point to melt the collagen connective tissues in the meat. To make sure this happens put your stew in a cold oven at 200°F/120°C for two hours and then **raise** the temperature to 250°F/120°C for the one hour or until a fork goes easily through the meat.

Once out of the oven, the meat should be allowed to cool in the cooking liquid so that it reabsorbs some of it. The cooking liquid can then be reduced into a sauce, if necessary or desired.

All our Prahran Market butchers sell the freshest, high quality lamb shank and can make your dish sensational - and you can buy how ever many you like!

## The most delicious halva ever!



**As seen in *The Age Epicure* last week**

Naheda's Choice in the Deli Hall are selling handmade "Lucas" Halva imported from Thessaloniki, Greece. Because it is made by hand not machine it has different textures throughout rather than just being uniform. Made with organic sesame seeds, it is not too sweet, has ribbons of delicious real chocolate throughout and is topped with roasted almonds. Purchase by the beautiful slice. Naheda's Choice Tel: 9827 8511

## Stonnington Jazz Festival - Mark your diary!



As part of the Stonnington Jazz Festival, Prahran Market is pleased to pre**sent The Usual Suspects** playing FREE Jazz on Sunday 23 May (12pm-3pm Market Square)

The Usual Suspects is a group of musicians who play jazz influenced by blues, gospel and soul. They play a range of jazz standards in the style of Cole and Ray Charles and concentrate on improvised vocal and horn harmonies.

We invite you to come and enjoy the live free Jazz in the renovated Prahran Market Square. Why not meet friends for a coffee or lunch at the same time?

## Win two spa vouchers with Tea Culture!



Tea Culture Teas are quality tea merchants located in the centre aisle of the fruit and veg hall at Prahran Market. Tea Culture source their teas directly from specialist tea manufacturers, farmers and family-owned tea businesses from around the world. Their unique special blends are the results of years of experience and a passion for tea!

Tea Culture invite you to come and say hi and see their quality teas for yourselves. Make sure to ask for a form to enter their competition to win two spa vouchers to Peninsula Hot Springs in Mornington (worth \$100)! Tea Culture Tel: 0413 335 871.

## Globe artichokes



Globe artichoke season is just beginning, but a lot of people are not quite sure what to do with them!

**Selection:** The size of the artichoke does not necessarily indicate quality. Choose those with tight, compact, heavy heads. Leaves should be green, purple or bronze colour. Avoid artichokes with opened, curled or dry looking leaves.

**Cook:** Boil or steam the whole artichoke. It is ready when a knife will easily go through the stem of the artichoke.

**Eat:** Pull off one leaf at a time. Dip the tender fleshy base of the leaf into dipping sauce. Draw through ones teeth to scrape off the soft edible surface, discard the rest of the leaf. As you get further in the artichoke, more of each leaf can be eaten as they become more tender. Discard the fuzzy core (chokes) in the middle but the fleshy heart underneath the choke can be eaten completely.

*Lemon garlic butter dipping sauce for artichoke leaves (6 artichokes):*

- 1 stick (½ cup) butter
- 1 clove garlic
- 1½ teaspoons Italian herb blend or other herb blend
- 1 tablespoon lemon juice

1) Melt the butter, adding the fresh garlic as butter is melting. Continue heating the butter until the butter begins to bubble.

2) Add the rest of the ingredients and stir to blend. Let the sauce sit for a 10 minutes for the flavors to infuse. Warm with a few seconds in the microwave before serving.

## Prahran Market are proud to sponsor the Prahan Junior Football Club



Prahran Market are thrilled to have become a team sponsor at Prahran Junior Football Club. Our traders wish everyone at PFC a great 2010 football season.



### General Enquiries

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### Trading Hours

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

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