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Globe artichokes



It's artichoke season! Our fruiterers have the freshest artichokes around so if you haven't tried these delicious delicacies before - give them a go!

To choose an artichoke: Look for a tight head - you don't want an artichoke where bracts (leaves resembling petals) are falling open. Buy as fresh as possible, look for browning around the tips and a good rigid stem.

To prepare an artichoke: Trim the artichokes for boiling: lay each on its side and cut off about an inch or so off the top (if they have spiky bits on top of the bracts present on some varieties) and cut off all but an inch or so of the stem. Rinse under cold water. If you aren't cooking immediately, put them in water with lemon juice to stop them browning.

To cook an artichoke: Steam or boil artichokes. They are ready when a knife can be pushed easily through the stem (although you don't eat the stem) and the leaves can be pulled off easily (about half an hour to 40 mins depending on size).

To eat an artichoke: Peel off each "leaf", dip in the sauce (recipe below) and scrape the succulent flesh on the bottom of each bract with your teeth. Discard the leaf. As you get further and further into the artichoke and the leaves get younger, you will be able to eat more and more of each leaf. You will eventually reach the "heart" which is considered by some to be the best bit. Make sure you peel off and discard the fuzzy "choke" on top of the heart before eating.

Lemon butter dipping sauce (serves 4)

250g salted butter, cut into 8 pieces and chilled

Juice of two lemons to make ¼ cup

Pinch of white pepper (optional)

Reduce the lemon juice and pepper in a saucepan until about one tablespoon remains. Over low heat, whisk in the chilled butter pieces, one at a time, until creamy. Remove from heat; when ready to serve, whisk in 2-3 tablespoons dribbled hot water to loosen. Serve the artichokes with the butter for dipping and a large bowl for discarded leaves.

New products!



- **Dairy free organic icecream** - made with coconut and almond milks. Strawberry, Chocolate and Green Tea. Ripe The Organic Grocer Tel: 9804 8606
- **Quinoa loaf** - Alison's Handmade Bread - has a new loaf in made with 20% Quinoa (super grain) Tel: 0431 678 240
- **Snow apples** - Pino's Fine Produce has in new season "Snow apples" - these are the apples Snow White ate - red on one side, green the other and an amazing white flesh inside (pictured) Tel: 9827 1550
- **Wooragee Berkshire and Black Pig Pork** - straight from their free range farm Put Victoria on Your Table Stall Tel: 9827 5991

Some top tips



- **Are you planning to make quince paste this year?** If so, do it now as quinces are at their best. At the beginning of the season (now) they are soft and full of pectin while later they become a bit woody and spotty inside.
- **Local walnut season is in full swing!** Walnuts have significantly higher amounts of Omega 3 fatty acids compared to other nuts and are known to lower cholesterol. Make sure you buy fresh local walnuts at Prahran Market - not only do they taste better but if you buy imported walnuts at the supermarket they could be 6 months or even older which means the Omega 3 acids they contain will have significantly deteriorated.
- **Prawn tip:** And one from our fishmongers: Always cook with raw prawns because if you reheat cooked prawns they will become rubbery.

Congratulations to Yarra Valley Pasta!



The Sydney Royal Pasta Competition has handed top accolades to Yarra Valley Pasta who took home the Champion 100% Durum Wheat Fresh Pasta award for their free range egg spaghetti.

Yarra Valley Pasta were also awarded three Gold medals in the 100% Durum Wheat Fresh Pasta classes for their free-range egg spaghetti, lemon and parsley linguine and chilli linguine. Congratulations to Yarra Valley Pasta (middle aisle Fruit & Veg Tel: 9824 1887).

Easter and Passover at Prahran Market

Our traders have everything you need (and more!) to enjoy the most delicious Easter feasts or Passover Seder with family this year.

Easter foods include: The freshest and highest quality fish and seafood, Greek egg dyes, traditional Greek Tsoure (Sweet Egg Bread), the best Easter eggs, quality hot cross buns and more.

Passover foods include: Fresh horseradish, Matzos, succulent lamb and super fresh vegetables.

Easter Trading Hours

Thursday 21st April & Easter Saturday - **OPEN Dawn to 5pm**

Good Friday, Easter Sunday to Tuesday 26th April - **CLOSED**

Thursday 28th April - **OPEN Dawn to 5pm**

Prahran Market wishes you and your family a very Happy Easter or Passover. We hope to see you soon.



General Enquiries

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Trading Hours

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

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