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A closer look at butter



The French are still considered to make some of the best tasting butters in the world. They are much more flavoursome than our traditional Aussie butters but the answer to why doesn't just lie in the different pastures the cows graze on.

In Australia (**Normal**) **Butter** - (called sweet cream butter) is made from pasteurised fresh cream. It usually has a slightly higher water content than cultured butter which makes it more difficult to cook with (for example it may be more difficult to get a butter sauce to brown properly with it).

Aussie butters are usually yellower in colour than European butters because Australian dairy cattle graze on grass with high levels of beta carotene - the compound that makes carrots orange - and butter yellow. Because of this, our butter has high levels of Vitamin A & K than European butters.

"Cultured" butters (European style butters) are made from fermented rather than "fresh" cream - which adds many interesting flavour notes and a tasty "tang" to the butters. As many European cattle are housed in barns and fed dry food containing beta carotene, the resulting butters are usually whiter in colour.

Some small producers are now making quality Australian cultured butters for you to try, one of which Pepe Saya, won the champion butter at the 2010 Royal Melbourne Show Fine Food awards.

A range of Australian cultured butters Pepe Saya (NSW), The Butter Factory Myrtle (VIC) and European cultured butters Insigny, Lescure and Eché (as used by Shan Bennett at Vue de Monde) are available from Pete n Rosies Deli or Delicatessens and Delicatessens in the Market.

* Pete n Rosies Deli also sell high quality Belgian butter in bulk (only \$14.99 for a kilo though you can buy however much you want) perfect for large amounts of baking. Ask for it - it's in the back fridge!

*Interesting fact: Take a look at your butter pat next time you take it out of the fridge. It will say "Choice Grade" on it. This is a hangover from Colonial times when butters were made in many grades and Choice Grade was the "export quality".

Diary Date: The Country Women's Association at the Market



Prahran Market are very excited to be teaming up with The Country Women's Association of Victoria Inc for this year's Melbourne Food & Wine Festival. On **Saturday 12 May from 9am-2.30pm** the CWA will be in the Market doing live demonstrations on "the basics" such as:

- Stock - how to make a good honest stock from scratch and what to do with it
- Learn how to carve roasts
- Learn how easy it is to make sensational gravy from scratch
- Tips on making your roast potatoes crispy every time
- How to make the perfect sponge, scones and ginger fluff
- How to make jams and marmalades and tips on setting

The Country Women's Association of Victoria's cookbooks, handmade produce and will also be on sale. There will be pom pom making classes for kids. Mark the date your diary now!

Doncaster tomatoes are back



People wait for these all year! Doncaster Tomatoes are the best tasting tomatoes you find - and yes, they are grown locally in Templestowe (which used to be within Doncaster) Melbourne! Great for eating raw or bottling for sugo. Many of our fruiters have them in stock now until June.

Look for the speckle!



How do you choose a good nectarine? Look for the speckle on the flesh! The speckle means it grew on the outside of the tree and therefore got more sun (and will be sweeter) than a shiny non-speckled nectarine! The fruit on the right is what you are after, while the fruit on the left is non speckled and hasn't received as much sun.

Rose Petals




Next time you make a cake or want to add a bit of pizzazz to a dish think of rose petals. At 53 Degrees East you can buy as little or as much as you want. Perfect for a Valentine's Day dessert. 53 Degrees East Tel: 0422 333 487

Managing Menopause Expo



Friday 4 February 2011
11am-2pm Prahran Market Square

Presented by Moontides Women's & Family Health Centre the Managing Menopause Expo has free meet-the-experts, medical tests, and cooking demos. For more information please click here:

 [Moontides Feb menopause Expo.pdf \(376KB\)](#).

Prahran Market is on Facebook and Twitter



Did you know Prahran Market is on Facebook (Prahran Market) and Twitter (Prahranmarket).

Every weekday we are open we post pictures of new and exciting food that has just into the market and specials our traders are running. Become a friend of the Market be *in the know*.

We hope to see you in the Market soon!



General Enquiries

Phone: 8290 8220
Fax: 8290 8222
Email: management@prahranmarket.com.au



Mailing Address

Prahran Market Management Office
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