



[www.prahranmarket.com](http://www.prahranmarket.com.au)

Learn about coffee



Coffee is as complex as wine with many factors affecting the final taste of the drink.

If you are interested in learning about coffee why not join Market Lane Coffee for a coffee or "cupping" tasting session at the Market? They are run every Thursday till Sunday 10am -11am. You will learn how to evaluate coffee like a professional and how coffee variety, origin and processing impact the final cup. www.marketlane.com.au

Did you know: The only difference between a caffè latte and a flat white (apart from the vessels they are served in) is that a flat white doesn't have the "milk foam" on top. That's right - apart from that they are both made with one part espresso to two parts milk.

A cappuccino is stronger and is equal parts of espresso and milk. Cappuccino's got their name because their colour resembles that of the colour of the habits of the Capuchin monks!

Don't forget - The Country Women's Association are coming to the Prahran Market



The Country Women's Association (CWA) of Victoria is taking Melbourne's budding home cooks back to basics with a cooking essentials workshop at Prahran Market.

Today's celebrity chefs teach fancy cooking but the ladies of the CWA teach the basics that we all want to know how to perfect.

The CWA's Useful Cooking Tips and Tricks session will make cooking a breeze, encompassing live demonstrations on cooking essentials from how to make sense of a recipe to preparing a delicious stock.

Cooking enthusiasts will have the opportunity to find out all the secrets at the CWA 'Ask the Expert' table and even pick up a copy of the latest Country Women's Association of Victoria cookbook to help with cooking quandaries.

Not just a day of cooking, it will be a celebration of all things CWA. There will be handmade crafts for sale including teapot cosies, string bags and other hand knit items, as well as pom pom making classes for the kids - something for everyone.

Learn all the essentials for delicious home cooked meals in one morning! This event is proudly sponsored by BLANCO.

When: Next Saturday, 9am - 2.30pm, 12 March

Where: Prahran Market Square, 163 Commercial Rd, South Yarra

Cost: Free and no booking required

- 9.15 -10.00am: How to make a good honest stock from scratch

- 10.10 - 11.00am: Tips on making the perfect sponge and ginger fluff
- 11.10- 11.50am: How to make the best jams and advice on setting
- 12.00 - 12.40pm: How to make a sensational gravy's from scratch
- 12.50- 1.40pm: How to carve different roasts and tricks to get your roast potatoes crispy every time

Blanco are the new sponsor of our demonstration kitchen



Prahran Market is proud to announce that Blanco is the new sponsor of the Blanco demonstration kitchen at Prahran Market.

Ask your own personal culinary expert all your questions and learn new tricks at our fabulous weekly demonstrations and tastings.

Location: Blanco Kitchen, Fruit and Vegetable Hall (near Deli Arcade entrance)

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

Coming up:

10/03 **Tomatoes;** Stuffed tomatoes, Bottle your own, Tomato soups.

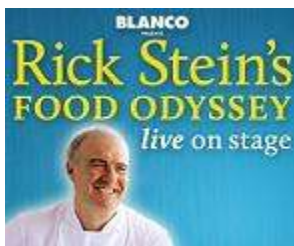
17/03 **Deep frying;** Tempura prawns and vegetables, sweet dumplings.

24/03 **Tofu;** Different varieties and their uses. Savoury and sweet recipes.

31/03 **Chicken breast and thighs;** lime chicken, green olive chicken, simple stews and soups

Experience the difference Blanco makes - our new products, new ideas and most importantly our new attitude - not just beautiful, smart.

Rick Stein is coming to Melbourne and we have tickets to give away



WIN! We have two tickets especially for our enews subscribers to Rick Stein's Food Odyssey Melb show to give away! To win email henrietta.morgan@prahranmarket.com.au with your contact details and a small paragraph on what is your favourite stall in the Prahran Market and why. <http://www.ricksteintour.com.au/index.html>. Entries close 5pm Tuesday 15th March. You have plenty of time to enter.

Yazoo hairdressing salon offer



Yazoo Salon is new at the Market and can be found on Commercial Road. They provide great colour (they are proud to use L'Oreal), cuts and hair up's for events - and at reasonable prices. The very experienced and talented staff are great with both ladies and men's hair.

As a special offer on mentioning this advert they are offering a 20% discount on your first cut. This means ladies cuts for \$60 (usually \$75) and men's cuts for \$45 (usually \$55). Call Thomas to book on 9827 4822.

Home made muesli bars recipe



Homemade Muesli Bars

Add extra dried fruit and nuts as you like, ensuring the end quantity is roughly the same. Omit the peanut butter if required. These are great for school recess or snacking.

125g butter (not margarine)
 1 tablespoon peanut butter
 1 tablespoon honey
 2/3 cup brown sugar
 1/2 cup plain flour
 1 1/2 cup rice bubbles
 1 cup traditional rolled oats (not quick or instant oats)
 1/2 cup sultanas
 1/2 cup chocolate chips
 1/2 cup coconut
 1/2 cup dried apricots, finely chopped

- Preheat the oven to 150C
- Line a 25x30 swiss roll tin with baking paper
- Combine the butter, peanut butter, honey and sugar in a sauce pan to melted and sugar is dissolved
- Combine the remaining ingredients and mix through the warm butter mixture
- Press mixture evenly and firmly into the tin
- Bake for 40 minutes until golden brown
- Cool slightly, turn out and cut into pieces



General Enquiries

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Trading Hours

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