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OF PERTH

2-4 MAY 2014 LANGLEY PARK
Served up by

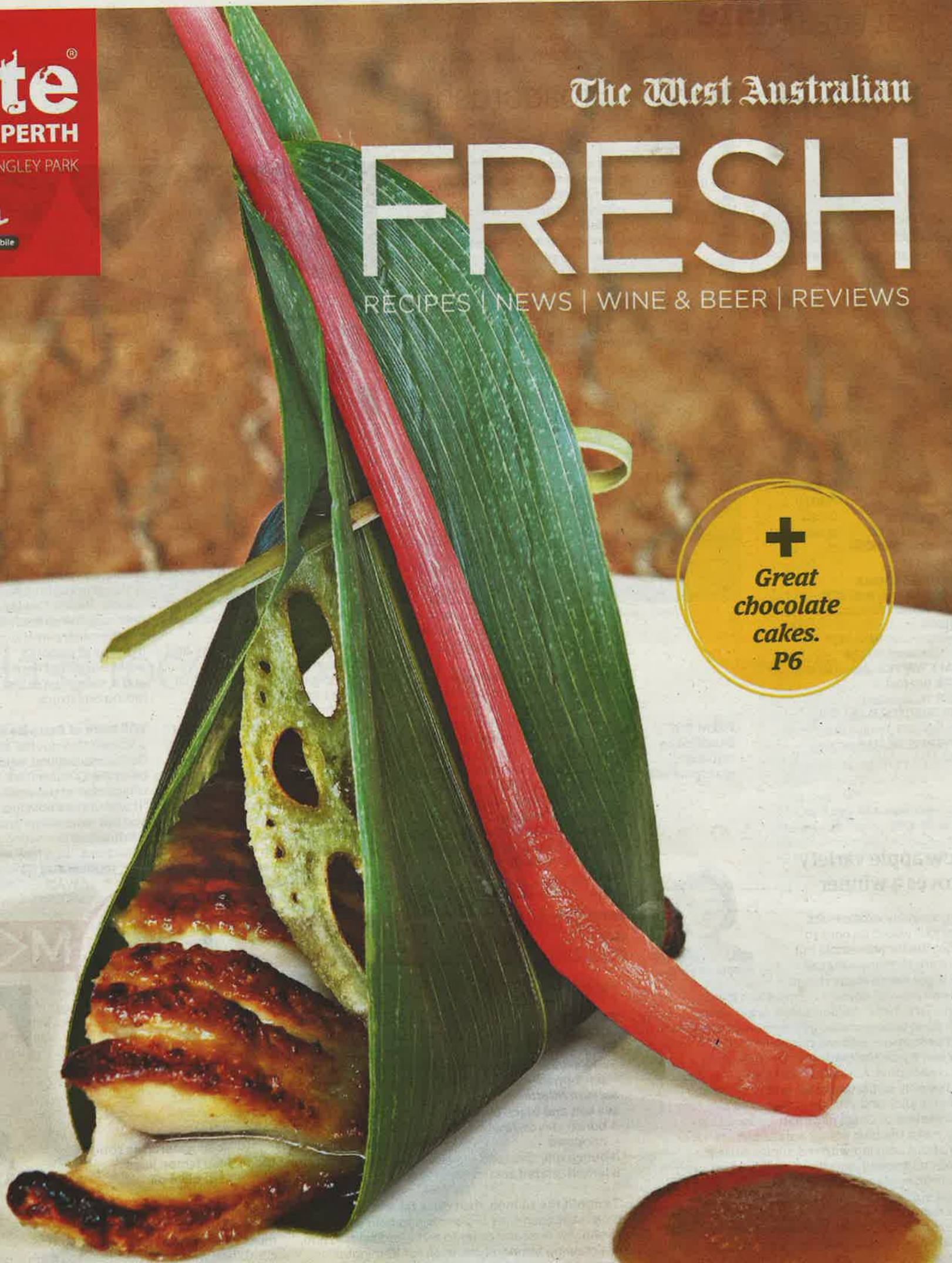


The West Australian

FRESH

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+
*Great
chocolate
cakes.*
P6



Foodie heaven

City's hottest restaurants put on their best spreads at Taste of Perth

WEST WIND River Cottage Australia host blows into WA. P8



The doyen of tempeh

Growing up in Holland, Amita Buissink spent his childhood surrounded by Indonesian culture because of the large populations moving to the Dutch province in the early 1960s.

Intrigued by the incredible aromas coming from his school friends' kitchens, little did Mr Buissink know that these experiences would shape his future in making tempeh and tofu here in WA.

"In the 60s, 70s and 80s, Holland was the biggest producer of tofu and tempeh outside of Indonesia," Mr Buissink said.

"My whole education was surrounded by Indonesian kids. Outside of school it was like 'little Indonesia'. Houses were covered in bamboo mats, sarongs and smelled amazing."

After injury ended his career in carpentry, Mr Buissink spent years searching for his next venture. When his wife gave him an Indonesian cookbook, the seed was sown.

Now Mr Buissink produces some of the finest tempeh and a small amount of tofu products in Australia, and counts Justin Bell from Jus Burgers, Hamish McLeay from Bunkers Beach Cafe and Fremantle's Raw Kitchen as some of his proudest customers.

"Our tempeh is unpasteurised, made using traditional methods. We wash the beans thoroughly then

ferment for 24 hours, boil, cool and inoculate with Ragi (a fungus spore) then slow ferment for 36-48 hours. We freeze the tempeh immediately to retain all of its nutty, mushroomy flavours," he said.

"Supermarket brands are usually pasteurised and cooked twice, which kills the mould that is used in fermentation."

It's the special moulds that give tempeh its nutritional value. Being a fermented product, the health benefits of tempeh include high levels of B12, protein and fibre and it is easier to digest than other plant-based proteins.

Mr Buissink's tempehs are made with organic soy beans from Queensland, Australian chickpeas and WA lupins.

"We make firm and silken tofu and soy tempeh. Our non-soy tempehs include WA lupin mixed with Thai rice and French lentils, chickpeas and sunflower and lupin and red rice," he said.

"Boil it, deep fry it, marinate it, dice it – but make sure you lightly cook it because it is a raw fermented product."

Mr Buissink spends two months each year in Indonesia educating locals on how to produce tempeh economically and sustainably.

For more information and stockists (try urbanlocavore.com.au), visit mrtempeh.com.au.

Margaret River Tempeh and Tofu's Amita Buissink is busy preparing the day's batch. Picture: Becky Felstead



On the office menu

My Fit Lunchbox was created by Perth health enthusiast Natalie Moore and provides workers with fresh, nutritious, ready-made meals to their offices. Choose from three options – lunch only, lunch and snacks or lunch and dinner or, alternatively, a combination of all three. Once a package is selected, clients can choose from a menu list of more than 20 options, such as the spiced beef and autumn vegetable salad (pictured). Packages range from \$95 to \$185 per week and include delivery anywhere in the Perth metro area. Visit myfitlunchbox.com.

Did you know His Majesty's Theatre, which is turning 110 this year, is Australia's only working Edwardian theatre? To celebrate, the theatre is hosting two exclusive Edwardian high-tea events on May 3 and August 23, from 3-5pm. Pretty tiered stands will be decorated with savoury and sweet treats such as flourless Belgian chocolate and hazelnut cake and Meyer lemon and poppy seed short-cake. \$40 per person or \$49 including a glass of Veuve Moisans champagne. Bookings: restaurantreservations@creatingevents.com.au, 9226 1006 or see hismajestystheatre.com.au.



GOT SOME FOOD NEWS?

Send details to berlinda@berlindaconti.com



Sweet olive-oil biscuits

We just love the Tortas de Aceite by Ines Rosales with our morning cuppa. These sweet olive-oil biscuits have been traditionally made by hand in Seville, Spain, since 1910. They are now an Andalusian speciality and still handmade in small batches and wrapped in wax paper. There are two flavours – "Seville orange" and "original sweet olive oil". Available from Farmer Jacks Subiaco, City Beach IGA, Swanbourne Market IGA X-Press and Boatshed Market Cottesloe, \$8.99 per 180g pack.



Baking paper

Rochelle Smith

In honour of all those who have served our country in war's past and present, these little bickies represent our thanks.



Anzac bickies with chocolate

Makes about 24

100g rolled oats
150g plain flour, sifted
210g caster sugar
60g shredded coconut
125g lightly salted butter
1 tbsp golden syrup
1 tsp bicarbonate of soda
2 tbsp boiling water
100g good-quality milk chocolate, melted

Preheat oven to 160C and line two trays with baking paper, set aside. In a clean bowl, mix together oats, flour, sugar and coconut. In a small saucepan, melt butter and golden syrup together until just combined. In a small jug, mix together bicarbonate of soda and water. Pour mix into butter, stir until combined, then pour into dry mix, using wooden spoon to mix together. Roll mix into balls the size of walnuts. Pop on to tray, 3cm apart. Put into oven and bake for 17 minutes for a chewy bickie and 20 minutes for harder bickie. Remove from oven and allow to cool on baking rack before drizzling with melted chocolate.



For Rochelle's recipes and more baking tips go online to thewest.com/lifestyle

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* Saving is based on the door price. This offer is valid on advance purchase tickets only and excludes booking and transaction fees. Tickets are subject to capacity so book early to avoid disappointment. Offer available until midnight Thursday 1st May.

Taste of Perth, The World's Greatest Restaurant Festival comes to Perth for the very first time, for three days only from 2-4 May.

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