

kitchen spy

stephanie clifford-smith



The staples

My pantry Unexpected Guest organic muesli. I have a whole range of honeys that have all different flavours. I have it in my tea and on toast. Olive oil from my uncle's grove in Crete. Little General olive oil. Home-made chilli paste, olives for snacking, pasta and salads. Olive bread. Home-grown dried oregano. Anchovies for a quick dinner with burnt butter, olives, capers and chilli pasta. Cider vinegar for dressing. I like its taste, which could be my Greek taste. Tamari for tossing through greens from the garden.



My fridge Eggs from my chickens. Organic butter. Dad's home-made chicken marinade with garlic, olive oil, lemon, pepper and salt. All kinds of fermented vegetables for healthy digestion.

I'm cooking

A chook roasted on a bed of lemon slices and filled with lemon, thyme and rosemary. I roasted sweet potato, ordinary potato and onions with lemon and whole garlic cloves.



I'm drinking

All kinds of teas, mostly caffeine-free Rainbow Chal. Greek

Costa Georgiadis

Horticulturist, TV personality

