



LIKE-MINDED

Sydney restaurateur Lucio Galletto has explored his Ligurian homeland with writer David Dale in three other books. In *Coastline* (Murdoch Books, \$59.99), the duo venture over the border. "I wanted to discover what my Mediterranean neighbours were doing," says Lucio, who was amazed by the similarities and distinct personalities of each region. Lucio recalls his mother making pesto, the Ligurian sauce and hero of this classic trofie al pesto — hand-rolled pasta with pesto, potato and green beans (left).



VINE DRIED

Murray River Organics in Mildura, Victoria, offer five grape varieties dried on the stem. The resulting dried fruit Clusters tick all the boxes: sweet, plump and organic. \$8.65 for 120g. rawmaterials.com.au

flavours

BARBARA SWEENEY SHELLS OUT FOR BOOKS, WALNUTS AND OIL.



MEET THE PRODUCERS

Carol Kunert and Mike Burston, King Valley Walnuts, Myrrehe, Victoria North-east Victoria is one of the main walnut-growing areas in the country. Carol Kunert and Mike Burston planted 4000 trees on their 170-hectare property in Myrrehe in 1996. They chose several varieties: Howard and Chandler, which have thin shells

that are relatively easy to open, as well as Franquette, an older French variety renowned for its keeping qualities.

Walnuts are harvested in autumn, but there is also a secondary spring harvest of green walnuts, which are used for pickling and making walnut liqueur. The trees lose their leaves in winter, which is the time for pruning and fertilising. "In summer, we make a hell of a racket, defending the trees from birds; a flock of cockatoos can decimate the entire crop," Carol says.

She describes the taste of a fresh walnut as sweet and crunchy. "If it's bitter, the nut is old and the oil in it has turned rancid." Buy King Valley Walnuts online, or from one of the many farmers markets Carol and Mike attend. (03) 5729 7527; kingvalleywalnuts.com.au

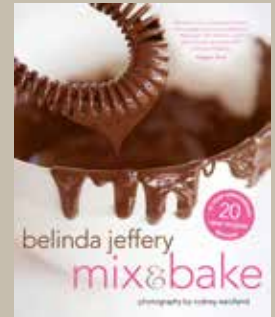


DRUM ROLL Macadamia Oils of Australia has just released Drum 58, premium oil made from macadamias picked at the optimal point of harvest, which in northern NSW is August. \$7 for 250ml. macadamiaoils.com



IN SEASON

Fresh horseradish is one of those things to grab when you see it, as it's not widely available. Botanically related to mustard and wasabi, horseradish is a pungent, peppery edible root. Peel it and grate fresh into a dressing of crème fraîche and vinegar, and serve as an accompaniment to roast beef. It keeps well in the fridge for many weeks and can even be frozen.



UPDATED CLASSIC

Bakers Australia-wide will welcome the 10-year anniversary reissue of Belinda Jeffery's *Mix & Bake* (Lantern, \$39.99), if only to replace their heavily splattered version with a pristine new copy. More likely, they will want to buy copies to give to their friends and adult children, who will recognise the cakes and biscuits they've grown up with. Every household has a favourite Belinda Jeffery recipe: mine is one-pan macadamia and chocolate chip brownies. But I have a feeling that the salted honey caramel, nut and chocolate slice — one of 20 new recipes — may soon supersede it.

MAIN PHOTOGRAPH BREE HUTCHINS STYLING MICHELLE NOERIANO IMAGE FROM COASTLINE BY LUCIO GALLETTO AND DAVID DALE (MURDOCH BOOKS, \$59.99) STILL-LIFE PHOTOGRAPHY GUY BAILEY, DABJOLA/THINKSTOCK/GETTY IMAGES FACING PAGE: WORDS SARAH NEIL PHOTOGRAPHY LISA COHEN, MARK ROPER



CLASS ACTS

SHARPEN YOUR SKILLS AT THESE REGIONAL COOKING SCHOOLS.

SA *Casa Carboni Italian Cooking School and Enoteca* Italian chef Matteo Carboni and his wife Fiona opened their Barossa Valley enoteca (above) four years ago. On Saturdays, Matteo hosts a Taste of Italy, teaching the secrets to making fresh pasta and regional recipes — in June the theme is Piemontese Long Lunch. Pasta Masterclasses are offered on some Sundays. Classes \$185 (includes lunch). 67 Murray Street, Angaston. 0415 157 669; casacarboni.com.au

NSW *Buena Vista Farm* At Fiona and Adam Walmsley's Gerringong farm, cooking classes are an all-day affair and include: From Scratch — learn to make butter, sourdough, jam, yoghurt and more; Bikkie Baking; and Simple Cheesemaking. Classes from \$195. 0414 703 958; buenavistafarm.com.au
Food I Am Tania Sibrey opened her purpose-built Riverina cooking school in 2014 to give country people access to great food experiences. Classes include Thai, Spanish, Indian, French and Middle Eastern cooking, and salami and salumi workshops. Classes from \$130. 29 Kunzea Place, Wagga Wagga. 0427 250 498; foodiam.com.au
Seasonal Cooking Days at Glenmore House Prepare and cook produce from Mickey Robertson's vegetable garden, or take a class in preserving or jam making. On Friday October 6th, *Country Style's* Barbara Sweeney will teach a class called Spring Quiches, Tarts and Flans. Classes from \$240. glenmorehouse.com.au

VICTORIA *A Tavola! Cooking School* At Pizzini Wines in the King Valley, Katrina Pizzini's hands-on classes include Pasta, Gnocchi and Risotto, Pastries and Puds, and Salting, Smoking and Curing. Classes from \$145. 175 King Valley Road, Whitfield. (03) 5729 8278; pizzini.com.au
Tamsin's Table Regular *Country Style* contributor Tamsin Carvan hosts Kitchen Harvest Cooking Classes at her Gippsland farm. Pick ingredients in the garden, make butter and pasta, and cook up a three-course feast. Other classes include bottling and breadmaking. Classes \$275. 2255 Main South Road, Poowong East. tamsinstable.com.au
Lake House Daylesford At Alla Wolf-Tasker's restaurant, classes are taught by top chefs such as Martin Benn. This month there's a masterclass with Valli Little. Classes from \$145. King Street, Daylesford. (03) 5348 3329; lakehouse.com.au

WA *Foragers Field Kitchen and Cooking School* In addition to seasonal dinners that show off the produce of the Southern Forests region, chef Sophie Zalokar offers cooking classes once a month. These might include soup making, new

ways with potatoes and ideas for camp cooking. Workshops for groups of eight people can also be arranged. Classes from \$85. 1 Roberts Road, Pemberton. (08) 9776 1580; foragers.com.au
Cape Lodge At this luxury lodge in the Margaret River region, chef Michael Elfving hosts monthly cooking classes. Upcoming classes include Wilyabrup Produce and Cooking with Marron. Classes \$145 (includes long-table lunch). 3341 Caves Road, Yallingup. (08) 9755 6311; capelodge.com.au

TASMANIA *Red Feather Inn* This boutique hotel in the Meander Valley is the venue for regular Saturday cooking classes, such as To Market To Market, Fresh and Fragrant Thai, and Makin' Bacon. Classes from \$195. 42 Main Street, Hadspen. (03) 6393 6506; redfeatherinn.com.au
Fat Pig Farm Cookery School Gourmet Farmer Matthew Evans offers hands-on classes at his farm near Cygnet. Be prepared to get your hands dirty as you harvest and prepare produce from the property. Classes from \$300 (includes lunch). 0415 168 285; fatpig.farm
Sally Wise Cooking School The popular cookbook author teaches slow cooking, preserving and baking at her Derwent Valley property. Classes from \$180. 179 Wyre Forest Road, Molesworth. 0408 569 423; sallywise.com.au

QUEENSLAND *Spirit House Cooking School* A range of Thai-themed and Asian-inspired classes are held five days a week at this popular Sunshine Coast restaurant. Cost \$150 (includes a meal). 20 Ninderry Road, Yandina. (07) 5446 8977; spirithouse.com.au

RIGHT Molly the Guernsey cow at Tamsin Carvan's Gippsland farm. BELOW A wild weed salad fresh from Tamsin's garden.

