

# 4 | taste | COVER STORY

## WINE

If there is one red variety Australia could raise its flag by, shiraz takes the mantle purely in terms of sales figures, international reputation and spread of vineyards across the states and regions.

The reason we love it so much comes down broadly to its vibrant berry and plum fruit flavours, its generally sweet fruit palate and a popular set of characters that translates across all price points from bargain basement cask to the iconic and luxurious. Here are five to try.

-Tony Love

### JUICY AND VIBRANT

## \$17



**Tatarni 2009 T-Series Shiraz**  
Pyrenes, Vic  
tatarni.com.au

RED to crimson fruits like fragrant strawberry, mulberry and raspberry abound – classic cooler climate characters. Juicy and vibrant on the palate with medium weight and grip prolonging the flavours and mouthfeel. Smart blending and balancing from a range of vineyards.

Value: **Terrific**



Food: **Duck pappardelle**

### BANG-ON RIPENESS

## \$20



**Margan 2011 Shiraz**  
Hunter Valley, NSW  
margan.com.au

THIS delivers a barrel full of Hunter Valley shiraz character – perfumed fragrance leading with pretty, feminine spice. There are plenty of underlying earthy aromas as well before you hit the motherlode of solid shiraz flavour, rich and powerful fruit with bang-on ripeness chewy in the finish.

Value: **Amazing**



Food: **Gourmet steak sandwich**

### ATTENTION GRABBING

## \$24



**Sidewood 2010 Shiraz**  
Adelaide Hills, SA  
sidewood.com.au

A COOLER area than neighbouring Barossa, Langhorne Creek and McLaren Vale and gaining increasing interest for its shiraz. If this is any indication, pay more attention. It has an enticing, dark, spicy nose with restrained oak to begin, a forestry background, lifted bright, crunchy berry and plum flavour with a dash of white pepper.

Value: **Excellent**



Food: **Ossobuco**

### COOL-CLIMATE IMPACT

## \$30



**Willow Bridge 2011 Gravel Pit Shiraz**  
Geographie, WA  
willowbridge.com.au

A WARM, dry and sunny vintage in the west, but ocean-tempered nights in this region make for cool-climate impact in this. Here tiny amounts of vigner and resling add perfume and soften edges – the result is a fine, fragrant wine with solid grip. Drinks well now and better in two years.

Value: **Decent**



Food: **Five spice beef**

### FLAGSHIP OFFERING

## \$70



**Serafino 2009 Sharktooth Shiraz**  
McLaren Vale, SA  
serafinowines.com.au

THIS flagship shiraz is in great shape from a vintage that had a bit of early heat but settled and allowed the better offerings, like this, to shine. Fine red to purple plum flavours with garden herbs and spices, a sweet oak and fruit marriage that sings the variety's praises without a note out of place.

Value: **Top shelf**



Food: **Duck confit**

# This is the way I feed my family

By Pete Evans

HERE is so much truth in the saying ‘you are what you eat’ – or perhaps the saying should be ‘you are what you absorb’.

I choose to cook with beautiful fresh, sustainable produce that provides as many nutrients as possible and I also take care to prepare the ingredients with respect so that they also retain their goodness.

I prepare dishes for my family that I know will make them feel energetic, and with food that will contribute to allowing them to be the best they can be. In our home, food is our medicine, or medicine is our food, and it's one way to make life as easy and enjoyable as we can.

## HEALTHY AND DELICIOUS

MY answer to the question ‘can food be healthy and delicious?’ is, ‘Absolutely, always!’ It's all about flavour, and the best flavours come from fresh colourful vegetables, herbs, spices, nuts and seeds. I believe it's a real shame that people still choose to believe that healthy food isn't enjoyable, because it's definitely the opposite on so many levels.

## AUTUMN'S MENU

MY family and I all love Asian and Moroccan-inspired dishes, especially big pots of hearty stews that will last days, just by adding fresh vegetables to make them go further.

Okra, a wonderful green vegetable with a delicious flavour, is available in autumn. It's perfect to add to soups and stews to nourish and comfort you once the autumn weather starts to spread a bit of a chill in the air.

Avocados are a great way to get a good serving of healthy fats at every meal whether it be breakfast, lunch, dinner or a snack. We love to serve them in salads. If you've got a really ripe one, pop it into the blender and process it. Add olive oil, a dash of raw apple cider vinegar,



some fresh herbs such as coriander, mint and parsley, a handful of nuts like almonds or walnuts, a little chilli if you like some heat, a clove of raw garlic, sea salt and fresh cracked pepper for a fresh, healthy homemade dressing that will hands-down beat a packaged product all day long.

## COLD COMFORT

IN the cooler months when we crave comfort, we make nourishing soups and stews with homemade healing broths and we make enough to freeze so that you get a few meals out of one. My girls love chicken soup, but we add a load of fresh vegetables such as broccoli, pumpkin, cabbage and fennel into the mix as well.

## DINNER IN A FLASH

I'VE got so many quick and easy dinner recipes, but if we're pressed for time at home a salmon and vegetable miso is very quick and easy. Or homemade rice-free sushi with some chicken or fish is actually very easy to get on the table in under 20 minutes as well.

## KIDS' FOOD

WHAT I know about cooking good food for kids is that you need to keep it relatively simple, but don't be afraid to introduce new flavours every once in a while as children's taste buds grow along with their bodies.

And let your children know where the food comes from and why it's good for their health. It may seem like a boring conversation but it's a truly wise one because it's a great way to guide them towards a healthy, intelligent future.

## GRAIN BRAIN

IS quinoa just the current ‘it’ ingredient

for inner-city hipsters or does it have a place in suburban kitchens? My answer:

Absolutely, it has a place in all kitchens if we can manage to find a sustainable way to grow it and therefore keep it affordable. Quinoa is a great ingredient, especially when it's sprouted – it's wheat and gluten free and it's high in protein and it's wonderful in so many different dishes including making bread.

## GO COCONUTS

IF there's one ingredient I can't live without, it's coconuts.

They've got to be one of the best things on earth. These days, coconut oil is the only oil I use to cook with because of its ability to remain non-toxic when heated, and it's got an extensive list of health benefits too. Plus 100 per cent coconut water is a wonderful, natural thirst quencher and the coconut flesh can be used to make countless delicious dishes such as healthy desserts, or to add a creamy texture to any dish and it's great for baking too.



## REALITY COOKS

I'VE learnt many things from being a judge on *My Kitchen Rules*. I've discovered fresh ideas from the contestants can inspire me to try new cooking methods in my kitchen.

## COOK WITH LOVE

MY new book, *Cook with Love*, is a selection of my favourite recipes from my previous cookbooks, but it also represents a new beginning for me – I'm on a much brighter journey towards health and wellness in all areas of life. The best part of my job is sharing knowledge.

The great thing about cookbooks is they open that door wide, so it's an honour to be in a position to spread the word about healthier options.