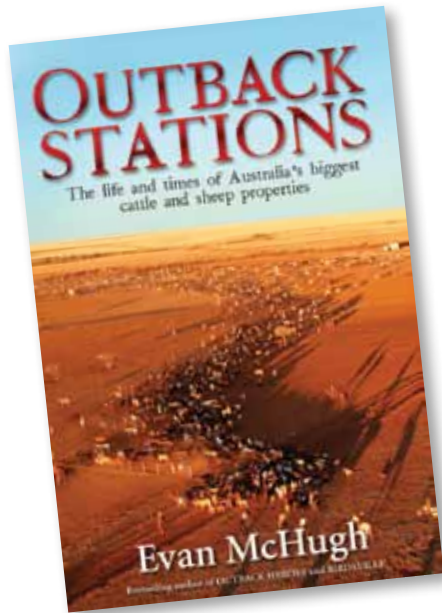


# A Good Read

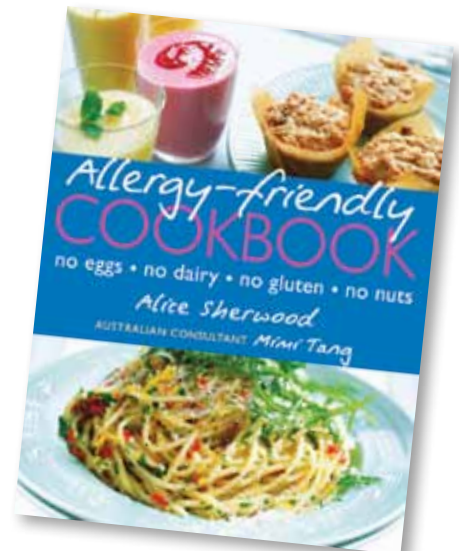


## OUTBACK STATIONS

So what's life really like when next door is 500 kilometres away, and mustering livestock in their tens of thousands, backbreaking physical labour, and dealing with extreme heat and long hours is all in a day's work? And why would these tough stockmen and women not have it any other way? Bestselling author Evan McHugh gets behind the wheel of his four-wheel drive to find out. Given special access to these properties, Evan goes behind the scenes at Adria Downs in the dead heart of Central Australia, helps drive cattle from the air at Wave Hill and gets a lesson in trapping dingoes at the remote Commonwealth Hill station. Following in the footsteps of the pioneering greats, Evan reveals the fascinating history of these outback stations, and what it takes to work on one today. Published by Penguin Australia. Available from all good bookstores.


## ALLERGY FRIENDLY COOKBOOK

Healthy, tasty, fabulous food that everybody can enjoy. Alice Sherwood was thrown into the bewildering world of food allergies when her 2-year-old son was diagnosed with a severe nut and egg allergy. Frustrated with the bland allergy-free recipes on offer, she got to work in the kitchen to devise her own delicious dishes for the family. Discover over 100 recipes, from crusty bread and creamy ice-cream to melt-in-the-mouth sponge cake which are all adapted to exclude one or more of the 'big four' allergens: eggs, dairy, nuts, and gluten. Pick up great ideas for snacks, light lunches, kids' parties and smart suppers. Associate Professor Mimi Tang (head of the Allergy and Immunology Department at the Royal Children's Hospital in Melbourne) was the Australian consultant on this book, and all recipes are approved by the Royal Children's Hospital. Published by Penguin Australia. Available from all good bookstores.




## MELBOURNE BY MENU

Acclaimed food writer Rita Erlich charts Melbourne's restaurant scene during the eighties in a fascinating collection of menus, interviews, essays and recipes. Melbourne by Menu describes an era in which much of Melbourne's reputation as a world food capital was forged. Coinciding with the State Library of Victoria's Gusto! exhibition which opens on 3 August, Melbourne by Menu captures a decade of invention and imagination, of great change and challenge; where palates shifted away from a French fine-dining focus to incorporate modern Australian, Asian and Italian influences. A former editor of The Age Good Food Guide and long-time restaurant reviewer, Rita Erlich shares her expert knowledge of Melbourne dining during this important culinary decade. Published by Slattery Media Group. Available from all good bookstores.



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