

FRESH

Thursday, September 6, 2012

INDEX

- A taste for this week
Broadbrush and Books
for cooks 2
Potatoes 3
Spud recipes and community
column 4-5
Food News and Baking
Paper 6
Wine, beer and review7
Grilled: Emmanuel Mollois... 8



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Rob Broadfield

Broadbrush

The owners of Riverview on Mount Street in Perth are going into the food business.

They will be re-opening the restaurant which has been vacant since Sebastian Bouchard shut down last year.

Where previously the space has been leased out to restaurant operators — Bouchard’s stylish Bouchard bistro was the best of the bunch — this time, the apartment building owners will be taking control.

The restaurant — to be called MTST (as in Mount Street, geddit?) — will specialise in “modern Asian” and is due to open on September 17. It will initially offer only breakfast and lunch with Broadbrush’s spies saying that the

owners are taking a “wait and see approach” to dinner “at this stage”.

Those of us who fell in love with Leederville’s Cafe 130, back in the days when great beans, good roasts and top baristas were rare, should give its replacement, Foam Coffee Bar, a crack.

The hippy-dippy, run-down looks that made Cafe 130 a favourite with the Birkenstocks set have been replaced with some sharp Scando looks and a muted interior scheme.

Broadbrush will be test-driving the coffee soon. We’ll let you know.

If you like My Kitchen Rules hunk

Pete Evans and you like a healthy lifestyle, the stars have aligned for you. Pete has written a new cookbook filled with heart-healthy recipes in support of the Heart Foundation’s Go Red for Women campaign.

Unusually, for a writer with such prominence, the book is not in full release and is for sale online at the heartfoundationshop.com and selected shopping centres.

Eight dollars from every purchase of “Cooking with Heart” will be donated to the Heart Foundation to help raise awareness of heart disease as the number one killer of Australian women.

Broome’s Shinju Matsuri festival is

in full swing. Last weekend’s long table lunch was a hit, especially with Tourism Minister Kim Hames and his wife Stephanie. Dr Hames, a very accomplished home cook, asked Broadbrush “what score it



The Mechanics' Institute.

Have we reached the sweet spot in WA's bar scene?

Judging by the constant trickle of high quality, small bars coming on to the market, perhaps we have. For the first few years of the small bar laws, the early adopters were cautious about how the small bar segment would play out, which meant bars were quirky and opened on a shoestring budget or were cautious and a little dull. Now, with some successes, the newer bars are braver in concept and funded with great confidence. Case in point: the Mechanics’ Institute bar in Northbridge. It’s a project from the owners of North Freo small bar Mrs Brown. And like its North Freo cousin, the Mechanics’ Institute is also co-tenanted with a Flipside Burgers shop. Hamish Fleming and Siobhan Blumann, the brains behind Flipside and both bars, are offering a similar cocktails meets burgers concept at the Mechanics’ Institute. We love Mechanics’ alleyway aesthetic and its summer-ready outdoor terrace with views of the city and Northbridge. With banged-up old typewriters on the bar, we suspect the owners are keen to make this a journo’s bar. We know one journo who agrees.

deserved?” (We demurred, saying the entire lunch was a 20/20). As far as preferences go, the Aarli Bar’s pork hock with chilli caramel floated the ministerial boat, getting top marks from the good doctor.

Shinju continues throughout this weekend with events, shows, exhibitions and lots of good food.

Follow Rob Broadfield on twitter at @robbroadfield



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Books for cooks

Melbourne by Menu

Rita Erlich, Slattery, soft cover, \$34.95
Perth people have a deep and abiding love for Melbourne and in this book, prodigious food writer Rita Erlich takes us on a journey through Melbourne’s trail-blazing food scene. Tracking back to the 80s and moving forward, the book charts a collection of restaurants, chefs, menus and recipes that changed the face of Australia’s food scene. Think Stephanie’s (Stephanie Alexander), Mietta’s (Jacques Reymond), Flower Drum (Gilbert Lau), Fleurie (Iain Hewitson), Florentino (Guy Grossi) and Jean Jacques By The Sea. It’s a fascinating insight into the evolution of what made Melbourne’s food scene what it is today.

The Tuscan Sun Cookbook

Frances and Edward Mayes, HarperCollins, soft cover, \$35
From the woman who brought us one of the original sea-change novels, Under the Tuscan Sun, comes her first cookbook. It’s two decades later and Frances and her poet husband, Edward, have penned this traditional cookbook as a culinary dedication to their adopted home in Tuscany. It’s teeming with Tuscan dishes from the laden tables of their friends and neighbours, as well as feasts from their own kitchen, in a region where food is a national obsession. The chapters include a riot of antipasti dishes, primi platters of pasta and tureens of soup, fresh garden-picked vegetable sides and desserts of tarts and sorbets.

After Toast

Kate Gibbs, Allen & Unwin, soft cover, \$24.99
As with many home cooks, author Kate Gibbs learnt much in the way of cooking from her grandmother’s kitchen — with the only difference being that Kate’s granny is Margaret Fulton. This book has been written for those Gen Y’ers who leave home knowing how to surf, drive, text and upload to YouTube but not cook. Simple, non-scary recipes are the name of the game, with dude food figuring large. Tacos. Croquettes. Pop-tarts. Mac and cheese. Baked beans. Eton mess. And lots of things to do with eggs.



WIN
One lucky reader can get their own copy of After Toast

Write your name, address and phone number on the back of an envelope and send to Fresh After Toast Competition, GPO Box 2920, Perth WA 6800. Entries close on Thursday, September 13 at 5pm, with the winner drawn the same day and notified by mail. Employees of The West Australian and their immediate family ineligible to enter. Entrants’ details will be used for marketing. See WAN privacy policy at thewest.com.au/privacypolicy.