

foodiefile.



going bush

We used these Australian Bush Spices to add homegrown flavour to our Australia Day recipes (p 58). Each blend uses a mix of native ingredients such as lemon myrtle, wattle seed and bush tomato. This Red Meat Blend gives an earthy bite to barbecued kangaroo or beef. \$9.90 each or \$49.90 for six, visit: australianbushspices.com.au.

win a barbecue

Grab your tongs and basting brush – this month, one lucky reader will win a sensational BeefEater Signature Classic three-burner barbecue, valued at \$1379. With cast-iron cooktops and burners, a reflector to evenly distribute heat, roasting hood, flame-tamer and integrated temperature thermometer, you'll be able to turn out top-notch snags, steaks and seafood, every time. To enter, tell us about your worst barbecue experience in 25 words or less. Write your answer on the back of an envelope with your name, address and phone number. Send to *delicious*./BeefEater competition, Locked Bag 5030, Alexandria, NSW 2015. Entries close February 17, 2009. For full terms and conditions, visit: deliciousmagazine.com.au.



tried & tested

Get into the spirit of Chinese New Year with some flavoursome condiments and sauces, the cornerstones of Asian cuisine.



1. **Amoy Japanese Teriyaki Sauce** (\$1.90) is an authentic, quick marinade for grilled chicken or fish.
2. Not too salty, **Castle Brand Black Bean Sauce** (\$3.90) is ideal for stir-fries and steamed veg. Also available in Garlic & Ginger.
3. Versatile **Mae Ploy Sweet Chilli Sauce** (\$2.50) can be used as a dipping sauce for dumplings or to add instant flavour to stir-fries.
4. Sweet and tangy, **Fountain Spicy Red Sauce** (\$2.45) is perfectly suited to sweet and sour pork, and it's gluten-free, too.
5. The authentic-tasting **Jimmy's Saté Sauce** (\$7) has a slight kick and is well-matched to marinated skewers.
6. Laksa lovers need look no further than **Christine Manfield Laksa Paste** (\$19.25, simonjohnson.com.au) to create their own fragrant soup. It also works well in noodle dishes.
7. Chilli fiends will love Thai **Maesri Pla Dug Chili Paste** (\$1.80, bkkaustralia.com.au). Try it tossed with stir-fried Asian greens.
8. Forget take-away, **Simon Johnson Green Curry Paste** (\$13.25, simonjohnson.com.au) is wonderfully aromatic and not too spicy, for an authentic curry in minutes. (All from Asian food shops and selected supermarkets unless specified.)