

RED WINE: LESS ALCOHOL, MORE FUN

GOURMET TRAVELLER FEBRUARY 2018

Fresh & light issue Japanese Avocado Vegan Fermenting China Gold Coast Peru

GOURMET TRAVELLER

FRESH START

MAKE IT LIGHT
HOW
WE'RE
EATING
IN 2018



BROWN RICE CHIRASHI ZUSHI
p.99

A slow boat on
the Yangzi

The Gold Coast
glitters anew



Australia's best vegetarian dishes

FEB 2018 AU\$9.95 NZ\$10.70

02

9 313006 100100 3

GOURMETTRAVELLER.COM.AU

FIVE OF A KIND

Honey

Get a touch of the sweet stuff in all its raw, runny and crystalised glory.

- 1 -

J FRIEND AND CO

The contentious debate of smooth versus chunky peanut butter applies to honey, too. This Chunky Honey combines the best of both worlds: a hunk of chewy raw honeycomb suspended in malty, maple-syrup-like honey. \$11.80 for 160gm. nzartisanhoney.co.nz

- 5 -

MIELLERIE

Thick, unheated and intensely flavoured, this Lake Pedder's Nectar honey – from nectar gathered from trees growing around the lake in the Tasmanian Wilderness – has a floral bouquet with a hint of bitterness. Put it to work in gingerbread or marinades. \$9.99 for 325gm. miellerie.com.au

- 2 -

ARTEMIS

Thyme and eucalyptus run wild on the Greek island of Leros and they make for some seriously tasty honey – this complex and floral Artemis Thyme Honey of Leros is a case in point. Prefer a more sweet-savoury toast topper? Then this is your jam. \$25 for 490gm. alpharestaurant.com.au

- 4 -

WELLINGTON APIARY

This velvety, bright yellow Hobart Wildflower honey looks more like lemon butter than your average drizzle. The nectar and pollen are collected from gardens across Hobart. The result is a citrusy raw spread that'll leave you buzzing for more. \$12.95 for 325gm. essentialingredient.com.au

- 3 -

MALFROY'S GOLD

If you haven't cracked a spoon into a sticky slab of honeycomb before, the time is – snap! – now. Along with some of the best jars of honey in the country, Malfroy's Gold sells frames of wild honeycomb. Consider this your own five-star breakfast buffet. \$50 per frame, 750gm to 1kg. malfroygold.com.au

WORDS MAGGIE SCARDIFIELD. PHOTOGRAPHY ANDREW FINLAYSON. STYLING LISA FEATHERBY. MERCHANDISING ROSIE MEEHAN. ALL PROPS STYLIST'S OWN.