



Bitton Bulletin ISSUE 4

BITTON GOURMET FEBRUARY-APRIL 2008



Strawberry, Vanilla and Apple Shortcake

4 tbsp Bitton Gourmet Strawberry & Vanilla Jam
4 large in season apples, peeled, cored and sliced thinly

185g plain flour
1 tsp baking powder
100g caster sugar
125g unsalted butter
1 egg
1 tsp milk
icing sugar

extra butter and Strawberry & Vanilla Jam to serve

1. Preheat oven to 180°C.
2. Place the apples and 2 tablespoons of water into a medium saucepan over a low heat and allow to soften (about 12 minutes). Add Bitton Gourmet Strawberry & Vanilla Jam and stir until combined. Set aside and allow to cool.
3. Using an electric mixer, cream butter and sugar in a bowl until smooth. Add egg and mix until well combined. Sift flour and baking powder and fold into the butter mixture. Turn the mixture out onto floured surface and knead until smooth. Divide in half, wrap and refrigerate for 30 minutes.
4. Remove the dough from the fridge and roll out into two 24 cm rounds. Grease and line a 24 cm round baking tin with baking paper and place one round of dough into the tin to cover the bottom. Spread with the apple and strawberry mixture. Place the other round on top and gently press down. Brush with milk.
5. Bake in preheated oven for 30 minutes or until cooked. Allow to cool in the tin. Sprinkle with icing sugar and serve with whipped cream and more delicious jam.

Recipe by David Bitton

HOTSUMMER

Happy New Year to you all! We hope you had a very happy and safe Christmas and holiday season – probably seems a long time ago already!

Thank you for making this holiday period our most successful to date. It has been especially good to welcome you for dinner during the beautiful summer evenings we have been having. If you haven't already tried our new dinner menu, please come and join us. It is such a lovely atmosphere – and bring the kids because with every adult meal, a child eats for free. We are open on Wednesday, Thursday and Friday nights from 6pm to 9pm.

What's new

2008 will be a very exciting year for Bitton:

- In March we launch two new Bitton Gourmet products – *Milk & Coconut Jam* and David's famous *Red Wine Sauce*. (See our new competition where we invite you to assist with future products and **WIN** a fabulous prize.)
- There will be delicious new products in the grocer to make your weekly home menus and dinner parties extra special.
- And for those who love to be spoilt with our chef-prepared take-home meals, we will expand our range of gourmet dinners.

Cooking up a storm

Our very popular cooking classes are sold out for February and March however never fear... we will be announcing more dates soon. We are also happy to book you in if you have a group of 6 to 8 people. Please keep an eye on the notice boards in the grocer or call us on 9519 5111. We are also very excited to announce we are planning some children's cooking classes later in the year which will be great fun – we'll keep you posted.

Greetings from the land of Aloha

We were very excited last year to be stocked in RJField Wine Stores in Honolulu. As many of you know, David headed to Hawaii in January with his family and had a wonderful time while doing cooking classes and tastings. He enjoyed extensive media



Go troppo in March! For MARCH ONLY we are offering cost prices for our full range of fruit and vegies. Do your weekly shopping with us and enjoy market prices right at your doorstep.



coverage during his trip making it a fantastic success for Bitton Gourmet.

We will endeavour to expand our distribution throughout the year and are currently exploring potential markets in Tasmania, South Australia, Queensland, New Zealand and North America.

The Woodcutter's Wife

Dolla Merrillees and her family have been long-term regulars at Bitton and we congratulate Dolla for the fantastic reviews for her book *The Woodcutter's Wife: A Stepmother's Tale*. It is "an honest and witty... story of Dolla's journey becoming a wife, stepparent and then mother that will resonate with families across the globe." The Melbourne Age wrote "Here is a real find. A story about 21st-century parenting in a blended family that is bracingly honest, funny and well-written." For more information or to order a copy, please email woodcutterswife@bigpond.com



Staff news

Bitton Gourmet now employs 23 staff and are very proud to have such a dynamic group who contribute so much and get on so well together. Our Christmas Party at Salon Blanc on Woolloomooloo Bay Wharf was fantastic and was followed by karaoke (you should see Angus on the mic singing Flashdance!). Thank you to Nerida who organised the night and a big thank you to David, Sohani and Gaby.

Bitton Gourmet Employee of the Year 2007 was awarded jointly to our gorgeous waitress, **Alexis**, and to **Camilla** who does our sales and marketing. Congratulations!

We sadly said good bye to our friend and valued office manager Melissa. We wish her the best of luck – thank you Mel for contributing to Camilla's sanity and being such a help with so many projects on the run! We are delighted to welcome Lucinda who

is now on-board in our office. She is local Mum with lots of experience and we warmly welcome her to the team.

Join our e-club

If you would like to receive our newsletter and updates via email please email camilla@bittongourmet.com.au. Our newsletter will now be issued seasonally and, as always, your feedback and suggestions are very welcome.

Kindermusik is here

Newtown and Erskineville kids are in for a treat this year with the arrival of Kindermusik in Australia St, Newtown, and Rochford St, Erko.

This exciting new musical journey for children aged 0-6 is being run by local Mum and singer Tina Harris.



For more info, please call 0402 623 671 or e-mail info@bassandsopmusic.com or go to www.bassandsopmusic.com

a lot of big parties and we didn't have a lot of money saved.

What would you do in another life?

A nature documentary presenter, like David Attenborough.

What was your first job?

I worked in a bakery up the road from where I lived. I had to do the early shift at 6:30 in the morning. I was 14 so my nightlife didn't interfere with getting up as much as it does now.

What do you do when you want to pamper yourself?

Go shopping for clothes and perfume.

Tell us a piece of advice your mother gave you that you never forgot? Treat other people the way you would like to be treated.

What two guests would you ask to dinner with your family if you could invite anyone? Margaret and David from the movie show.

What was your nickname at school? Leky Loo.

What was the worst trouble you got into at school? I didn't get in much trouble at school I was a real teachers pet. I got a detention once for skipping sport, but I swear I only did it because my two best friends were doing it.

INTRODUCING...

In each newsletter, we ask one of our fantastic staff members or customers, a few questions. Of course this month we interviewed our Employee of the Year 2007 – **Alexis**.

What would you like for your last supper?

Canapés, hors d'oeuvres and finger food – anything I could nibble on while drinking mojitos, champagne and daiquiris.

What was your first real adventure?

When I was eight my family went on a wagon holiday in Victoria. We spent 10 days with three other families riding through the bush in wagons being pulled by two huge Clydesdales.

What was the last book you read?

Extremely Loud and Incredibly Close by Jonathan Safran Foer.

Where was your last overseas trip, and why there?

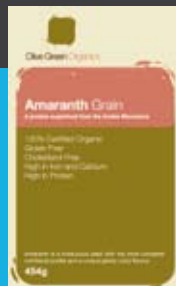
I went to Thailand last summer with my sister and some friends. We went there because the beaches are beautiful, there are

NEW PRODUCTS – Olive Green Organics

Olive Green Organics believe "organic status is essential for true quality because only organic foods are made with care at every step from seed to plate". They specialise in "supplying products that cater for most special dietary needs without sacrificing taste, quality or purity". Many of their products are made with nutritious grains such as spelt, kamut, quinoa and amaranth. We stock a range of their grains and pastas.

Amaranth is a grain rich in nutritional benefit and honoured for centuries by the Aztecs and Incas as it gives them "strength and sustenance". Olive Green describe it as being "a highly digestible nurturing food for people of all ages, especially recommended for the very active, vegetarians, vegans, children, and pregnant and breastfeeding women".

They have a wonderful website at www.olivegreenorganics.com with recipes and more information about the benefits of incorporating their products into your regular diet.



November to April is delicious stone fruit season, namely peaches and nectarines – with many varieties coming through and lasting only two or so weeks. It is the perfect excuse to eat lots of fruit – there is nothing quite like the simple pleasure of eating these fruits naturale when in season. I do however have a very simple recipe for poached fruit, perfect for a summer dessert and so easy to prepare.

Poached summer fruit

Place 4 firm, peeled and de-seeded peaches or nectarines into a large saucepan and add just enough water to cover them. Add ½ cup of sugar, 4 star anise, 1 cinnamon quill and 1 vanilla bean. Bring to the boil. Reduce the heat and simmer for 10 minutes or until the fruit is soft but not falling apart. Remove from the heat and allow to cool. Meanwhile, mix cinnamon and icing sugar into mascarpone or ricotta until the desired sweetness. Serve the fruit at room temperature with a little of the poaching liquid, a big dollop of the ricotta and sprinkle with some toasted flaked almonds.

Stone fruit can also be grilled or turned into a sorbet. Perfect accompaniments are mascarpone, yoghurt, almonds, champagne, cream, honey, maple syrup and duck!

Comments, news and feedback are welcome. Please email me at camilla@bittongourmet.com.au

WIN DINNER FOR TWO

With a view to expand our product range, we in the creative department at Bitton Gourmet are always trying to come up with ideas for new products. This competition is for YOU, our valued customer, to tell us of your **dream product** or **idea**.

The winner will receive a dinner for 2 adults (including 2 free children's meals) during one of our Summer evenings at Bitton (open Wednesday, Thursday and Friday nights until 9pm). We look forward to all your suggestions and, who knows, maybe your idea will become a jar with a Bitton label! Entries close 31 March 2008.

★ Entries to camilla@bittongourmet.com.au ★

CONGRATULATIONS LILAH

We really enjoyed the Christmas competition – the walls of our children's room were covered with beautiful colouring-in competition entries. Thank you to every child who entered – I wish we could give everyone first prize!

Congratulations to Lilah for your bright and artistic entry – you have won a cooking kit all of your own so you can practice on your culinary art too.

