



Bitton Bulletin ISSUE 6

BITTON GOURMET AUGUST-OCTOBER 2007



Crispy Chicken and Monkey Nut Wontons

Ingredients

3 tbsp *Bitton Gourmet Monkey Nut Chutney*
200g chicken mince
1/2 cup carrot, grated and finely chopped
1/2 onion, finely chopped
2 tbsp olive oil
Wonton wrappers
Vegetable oil for deep frying
Bitton Gourmet Asian Dressing to serve

Method

For the filling, over a medium heat and add one tablespoon of the olive oil and fry onions until transparent. Put the onions into a mixing bowl.

Place frying pan back on heat and add the other tablespoon of olive oil. Cook the chicken until just brown. Remove the chicken from the pan, being careful to discard juices, and place into the mixing bowl with the onions. Allow to cool.

Add the carrot and monkey nut to the mixture and stir until well combined. Set aside.

Place a wok over a medium to high heat and add enough vegetable oil to deep fry (approx 4 cups).

Place a teaspoon of the chicken mixture in the middle of each wonton wrapper. Bring each corner of the wrapper up and pinch them together to make a little 'parcel' to secure the ingredients.

Deep fry three wontons at a time until golden brown. This will only take approx one minute. Remove the wontons individually with a slotted spoon onto a plate lined with paper towels. Repeat in batches until all wontons are cooked.

Serve immediately with *Bitton Gourmet Asian Dressing* or sweet chilli sauce.

Makes approx 20 wontons.

SPRING DREAMING

We're already dreaming of Spring! But there are no excuses for hibernation so pop in and fill a picnic basket for a day out with friends. Check out our ever changing range in store – from Dutch waffles and spelt liquorice wraps to new **Green Grove Organic** products and **Ya Ya's** famous semi dried tomatoes. Or enjoy an early dinner... we are open on Wednesday, Thursday and Friday evenings until 9pm – kids eating for just \$5. Chris and Gaby are passionately creating new menus and specials. Remember you can go online at www.bittongourmet.com.au to view our latest menus.

Happy 1st Birthday

Bitton grocer turned 1 in July. We celebrated at our favourite local restaurant – **Delhi o' Delhi**. If you haven't tried it, do! It's the Indian's favourite Indian (call **95574455**).

Just for fun, we compiled a little fact file about the last year at Bitton. Our customers have consumed 4,474 Moroccan sandwiches, 3,156 serves of French crêpes, 6,039 hangovers cures of one pan bacon and eggs. We use 70,000 eggs and 1,500 kg of bacon per year. With three full-time baristas, Bitton expertly and lovingly makes 150,000 coffees a year. Wow! And thank you.

On the up

We are delighted that Nerida has accepted a promotion to Assistant Manager. She and Andy make a fabulous team and together they will strive even further to bring you the best possible experience when you walk through our doors.

On the road

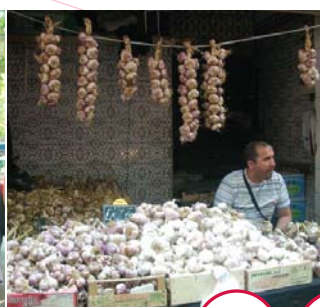
David and his family were in France in July for a much deserved holiday. They stayed with David's family in Aix en Provence (in Cavaillon) and spent time visiting the local markets. David said it was truly wonderful (see photos below).

On his return, David was off to New Zealand, where Bitton products and David's cooking were being showcased at the amazing **2008 Auckland Food Show**. This was an exciting opportunity to launch our range and increase our retail profile.

We are also talking to distributors in Malaysia and Indonesia who are keen to launch our product range. The Asian market offers some very exciting opportunities. With such a large expat population and an increasing westernised culture, they are eager for new and unique culinary products. Hopefully by the end of the year Bitton will be on their shelves.

We will also be visiting Perth, Brisbane and Melbourne to support our interstate distributors who continue to do an incredible job in an increasingly challenging market. We will also visit major retail outlets, make in store appearances and meet with prospective buyers to increase our national profile. Currently, we have over 165 stockists around Australia.

David Jones foodhalls are again showcasing our range nationally with a series of in store tastings and cooking demonstrations over the next three months. These are always a wonderful success and we thank David Jones for their support and effort in organising these. If you happen to be in store, please do come and say hello.



Al Fresco in Collaroy is a beautiful store that we have recently supported with tastings and David's appearances. Our retail manager Kristen said quite simply that she could "die in that store"! The staff and customers were generous with their help and compliments on our range. They have stores in Collaroy, Cherrybrook and Mona Vale and you can peruse their beautiful and unique products at www.alfrescoemporium.com.au

Functions, parties, dinners

We are happy to announce our functions kit including range of special menus and suggestions for all business or personal events. They are a truly unique experience and well worth making an enquiry. **Please call the store or Camilla on 0438 644 512.**



INTRODUCING...

We thought it was about time to meet one of our in-house 'rock stars'. As mentioned before, we now have three full time baristas. **Michael** is the Kiwi amongst them and comes with a long resume of similar positions in establishments such as Danks Street Depot.

What would you like for your last supper?
Mum's roast.

What was your first real adventure?
Wonderland, here in Australia when I was 5.

What was the last book you read?
Eric Clapton's Autobiography.

Where was your last overseas trip, and why there?

I moved to Sydney just over two years ago from New Zealand, and I'm still here.

Cooking classes

Following the great success of our first **children's cooking classes** there will be two new classes on Saturday 20 September and Saturday 25 October from 3pm to 4.30pm. With only 10 places per class, book quickly to avoid disappointment. \$60 per child prepaid (accompanied by a parent who will enjoy a complimentary coffee). These classes are suitable for 8 to 12 year olds only.

There are still a few places available for our **adult cooking classes** (6.30pm to 8.30pm). \$115 per person prepaid to enjoy a wonderful evening of fine food, wine and entertainment hosted by David.

For bookings call Camilla on 0438 644 512.

What would you do in another life?

I've always been fascinated by medical stuff, so I'll go with surgeon.

What was your first job?

I worked at a super market until I was made redundant (at 15 years old, haha).

What do you do when you want to pamper yourself?

Coffee at my favourite haunt, and the beach in summer.

Tell us a piece of advice your mother gave you that you never forgot?

Always clean behind your ears.

What 2 guests would you ask to dinner with your family if you could invite anyone?

The Edge from U2 and my primary school teacher Mr Messam.

What was your nickname at school?

Cheesy (don't ask).

What was the worst trouble you got into at school?

Didn't really get in trouble. Honest.



What is it that they call mushrooms – meat for the vegetarian? And they should, they really are juicy and fleshy – two words you could use to describe a yummy steak. Amazingly they are mostly water... great 'cos you can eat them all the time with no guilt.

There used to be limited varieties available to us but now we have a magical array of wild and farmed mushrooms originating from all over Europe and Asia, being grown locally. Mushrooms are one of the most naturally high antioxidant foods in the world and also are a great source of fibre.

They are best stored in a dry place in a paper bag. To clean them, they can be quickly rinsed under water (be careful as they will easily soak it up) or brushed with a clean tea towel.

Their versatility is endless, I simply love them fried in butter and served on toast but here is a superb recipe sent in by one of our VIP customers – Sonja Alexander. She tells us that this very simple recipe for barbequed filled mushies is coveted by all her friends. We've tried it and thought it well worth publishing – thanks Sonja.

Carefully remove the stalks of some button mushrooms, fill them with Bittong Gourmet Coriander Pesto and drizzle all over with a little olive oil. Slowly cook them on the BBQ (will take approximately 15 minutes). Remove them from the heat and drizzle with a little Bittong Gourmet Chilli Oil. Serve as a side or on top of your meal of choice.

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

NEW PRODUCTS

Ritter Sport Chocolates

This German chocolate company has been family owned since it was founded in 1912. They boast that they were first to produce chocolate in a square shape and have over 20 flavours from pear to cornflake, all colourfully packaged. We have our six favourites now in store – white chocolate, milk chocolate, marzipan, butter biscuit, white chocolate hazelnut and 50% dark. Heaven for \$4 – in store now.



Spiral Food Crackers

Established 30 years ago, Spiral Foods was one of the first truly organic food companies. The business is run with a huge amount of respect to the planet; in fact they boast that they are now "100% climate neutral". Amongst their large range of interesting foods, they have a selection of crackers that we now stock. They are naturally flavoured with wasabi, tamari, vegetable, herb and pepper, black sesame or mungbean. Ranging in price from \$4.95 to \$5.50, they are a delicious and nutritious snack that even the kids will love.

BEAUTY BAR Our VIP customers

The four beautiful girls at the **Beauty Bar** are Bittong Gourmet VIP customers and have been regulars at our café since opening their local salon in October 2003.

They run a fantastic business offering the best treatments and general pampering at their tranquil salon located in Coulson Street, just off Mitchell Road. **To make an appointment call 9557 6447** and tell them Bittong sent you.



CONGRATULATIONS

The winner of our last gourmet hamper was **Angela Mussovis**. Thank you Angela for the feedback given and for entering our competition. We have a beautiful hamper filled with some of our favourite goodies ready for you to collect. **Please call Camilla on 0438 644 512.**

