



bulletin

MAY - JUNE - JULY 2009

As the colder weather sets in we dream of slow cooking roasts and casseroles. Here is a warming recipe to enjoy with friends and family...

CHILLI ROASTED CHICKEN WITH CARAMELISED VEGETABLES

SERVES 4 to 6

- 1 size 16 organic free range chicken
- 3tbsp **Bitton Gourmet Chilli Oil**
- 2 medium carrots, peeled and sliced into quarters
- 1 large Spanish Onions, skin on, cut into quarters
- 3 medium Desiree potatoes, quartered
- 1 large cob of corn, quartered
- 1 small sweet potato, quartered
- 1 whole garlic bulb, pulled apart but skins on
- Sprig each of thyme, rosemary, parsley, sage, leaves only
- Sea salt

Preheat the oven to 200° C.

To prepare the chicken, place all the garlic into the cavity. Pour 2 tblsp of the **Bitton Gourmet Chilli Oil** all over the chicken and rub into the skin. Season well with sea salt.

Place a large deep non stick baking tray over a medium high heat on your stove top or barbeque. Add an additional 1 tblsp of the chilli oil to the tray and heat until just smoking. Seal the chicken well on all sides for a total of approximately 20 minutes.

Remove the chicken from the tray and add the vegetables and herbs. Place the chicken back on top of the vegetables, breast side up and cook for a further 35 to 40 minutes or until the skin is crispy and the meat cooked.

Carve and serve.

Recipe by David Bitton

Winter is here and it's exciting to think of all the culinary treats that go along with the cooler weather. Longer evenings mean having the time for slow cooking - roasts, cassoulets, casseroles, tagines. The change in season also means new produce to enjoy - think leeks, parsnips, celeriac and chestnuts. This issue we hope to bring you (now on recycled paper!) some recipes and new ideas of how to make the most of these months.

COMPETITION

Thank you to everyone who has taken part in our competition to win a cooking class for two with David Bitton. This will be drawn on April 30th and we will advise the winner via email. We look forward to sending you all our newsletter regularly along with early notice of many other exciting events we have coming up later in the year. In the meantime, please keep informed via our fabulous new website bittongourmet.com.au, launched on March 1st.

SPECIAL DINNER EVENTS

The Winter months will see a couple of very special dinner events held at the Cafe & Grocer. Starting with David's Degustation on 26th May (sold out) and to be followed by an evening of Cooking with Cheese on Tuesday 28th July. We are also looking at a vegetarian themed dinner and another on Slow Food. Please call us for bookings or any further enquiries. We will keep you posted in regards to dates.

FRESH TV

Some of you may have seen David recently on Channel 9's Fresh cooking show. He was featured over four days cooking some of our famous dishes from the Cafe menu in what was a French themed week. Considering the average viewership is 300,000 per day, this was an invaluable experience. Thank you to the Producer, Andy Carmichael who put us forward for this project after becoming a regular breakfast customer. For those who missed it, you can view the episodes on our website.

2009 GIFT HAMPER

We have a new gift hamper now on display in the Grocer. It holds 4 Bitton products of your choice as well as matching recipe cards that offer a recipe and serving suggestions for each product. Only \$50 in store, it is a fantastic gift that you can custom build around your loved one's or client's preferences.



COOKING CLASSES

Cooking class dates have been set for the rest of the year and we now have space available on Saturdays 27th June, 25th July, 15th August and 12th September. Please call or email us for bookings or enquiries. These evenings are fun and informative - sit back and eat ... learn ... laugh.

EATING OUT WITH KIDS

For those who love to dine out as a family, we have fresh stock of "Eating Out with Kids" in store. This is a fabulous guide to the best child friendly eateries in Sydney, is only \$19.95 and for a limited time, comes with a \$50 voucher off your next family holiday booked with Spencer Travel in Surry Hills.

NEW KIDS' ROOM

Over the past few weeks you have probably seen some renovations going on around the Cafe & Grocer. Our new look kids' room will be open from mid April, it will be colourful and of course filled with fun things to keep the kids content while you enjoy a coffee or two. We have also put a wooden floor into the Cafe to make it more uniform with the Grocer and more inviting during the Winter months. Thank you for your patience during this time.

2 NEW BITTON PRODUCTS

You may have already have seen in store the first batch of our two new Bitton products - Sauce Marie Rose and Bitton Barbeque Sauce. Take this opportunity to try them - only \$10 until stock runs out. Maire Rose is a traditional French cocktail sauce - perfect with seafood and the other is David's very special take on the old Aussie favourite, with a little more punch! They will be available later in the year through David Jones and all our other retailers.

JET SETTING

In April David and Camilla travelled to Melbourne and Perth to visit distributors and conduct tastings and cooking demonstrations with their preferred retailers. Both were extremely successful and once again we would like to thank Health Magic and Big Island for all their hard work and support.

BABY BITTON

On a personal note, a huge congratulations to Sohani, David and Monet for the safe arrival of their little baby boy Mayen Matisse Bitton. He arrived perfectly on the morning of the 22nd of April.

If you would like any further information about any of the above, please call us on **1300BITTON** or email us info@bittongourmet.com.au.



ORGANIC CHOCOLATE

We have two delicious new award winning organic chocolates in store that are a must for any sweet tooth. **Vivani** chocolate from Germany is made using carefully selected ingredients from 100% organically controlled suppliers. Their products contain no genetically modified ingredients and each has an elaborate recipe of its' own. The company admirably invest in healthy agricultural practices in the countries where their raw materials come from. Try exotic Organic Dark (85% cocoa), Ecuador Caramel or White Vanilla. **100g for \$5.80**



Dagoba Organic Chocolate is made in the US with a vision to create "exceptional, innovative chocolate that will benefit people, planet, and industry". During their production they ensure that farmers receive equitable prices and that no child abusive behaviour is used. Dagoba work directly with many of their producers, offering assistance in processing methods. All products are gluten free and Kosher certified pure blends. Dagoba offers innovative flavor infusions and single origins - we stock Dark Choc with Chillis & Nibs, Lavender & Blueberry, Raspberries & Rosehips to name a few. **56g for \$5.50.**

CAMELOT GOURMET RASPBERRY VINEGAR

Romantically named **Camelot** is a lavender farm in the Hunter Valley. Not only do they offer visitors a delicious morning tea and wander around the picturesque farm, they also boast an award winning range of gourmet products. Our favourite is the raspberry vinegar which we now have available in store. Use it to marinate any meat, add it to your favourite dressing or mayonnaise or drizzle into half an avocado. It can also add an interesting flavour to sweet foods such as ice cream. **375ml bottle for \$14.95**



STAFF QUESTIONNAIRE

Camilla Gill - Sales & Marketing Manager



As many of you know Camilla is departing Bittou Gourmet for a year's maternity leave in August. We wish her all the best for the arrival of her third child (crazy girl!) and she looks forward to being a customer rather than employee for while..

WHAT WOULD YOU LIKE FOR YOUR LAST SUPPER?

Fresh prawns, rocket, avocado, homemade mayonnaise and some really crusty bread ... and delicious glass or two of reislng.

WHAT WAS YOUR FIRST REAL ADVENTURE?

A trail ride on my horse Clancy when I was about 10 years old. I loved it - riding in the wilderness but don't think I have been on a horse since.

WHAT WAS THE LAST BOOK YOU READ?

I have been slowly making my way through Ian Hemphill's Spice Notes - I am an avid cookbook reader and love to learn about the history of food.

WHERE WAS YOUR LAST OVERSEAS TRIP AND WHY THERE?

To New Zealand for Bittou Gourmet sales trip and the Auckland Food Show - it was a huge success and the food we enjoyed there was some of the best I have had anywhere.

WHAT WOULD YOU DO IN ANOTHER LIFE?

A food and travel journalist.

WHAT WAS YOUR FIRST JOB?

I worked for the first ever Swiss Deli in Double Bay - the couple that owned it went on to build a multi million dollar empire out of their chain of stores and imports.

WHAT DO YOU DO WHEN YOU WANT TO PAMPER YOURSELF?

What's that?! I go for a really long walk (with my Dad in the country when possible) followed by a bath, nice glass of wine and good meal.

TELL US A PIECE OF ADVICE YOUR MOTHER GAVE YOU THAT YOU NEVER FORGOT?

Ohh that's hard - she gave lots! Probably to always tell the truth and never walk out the door without your hair brushed!

WHAT TWO GUESTS WOULD YOU ASK TO DINNER WITH YOUR FAMILY, IF YOU COULD INVITE ANYONE?

Maggie Beer and David Attenborough - that way we could eat well and discuss our travelling adventures.

WHAT WAS YOUR NICK NAME AT SCHOOL?

Milly.

WHAT WAS THE WORST TROUBLE YOU GOT INTO AT SCHOOL?

Oh so much - I went to a very strict boarding school from the age of 10. I would say when 2 friends and I went to Kings Cross during work experience and filled our MacDonalds drink containers with liquids other than coke...

BUSINESS PROFILE JACK TARANTO

web designer

A self confessed web junkie, Jack Taranto is the man responsible for our fabulous new website. Always fascinated by the ever changing and evolving world of web design, Jack enjoys his art from both a design and problem solving aspect. He sees a company's website as "more than just a simple brochure or billboard, a website connects you directly with your customers. It invites them to participate directly with your business."



At just 23 years of age, Jack has worked for himself ever since completing design school. He has clients across a wide sector of the business world from medical to of course food and beverage. He says the sites he builds are "scalable and adaptable" and that he loves "providing others with a fantastically useful resource".

We cannot recommend Jack highly enough. The whole enormous project of re designing our site has been smooth and a pleasure and the positive feedback overwhelming. Please contact Jack on 0421235419 or jacktaranto@gmail.com.au.

www.jacktaranto.com

CAULIFLOWER

From the cabbage family, cauliflowers are a vegetable that have started to flower however have been stopped at bud stage. The stems therefore hold all the nutrients that would have eventually been passed through to those flowers - a reason why you should never discard them when cooking or eating. They are full of dietary fibre, folate, water and vitamin C. Cauliflower can

be roasted, boiled, fried, steamed or eaten raw. One of David's favourite recipes using cauliflower is a simple Polish dish called "Cauliflower Polonaise". Cut a medium sized cauliflower into florets and steam them for about 10 minutes until tender. Meanwhile, place some fresh white breadcrumbs, into a frying pan with some butter and seasoning and cook until golden. Drain the

florets and arrange in a heated shallow serving dish, sprinkle the breadcrumbs over the cauliflower followed by some hard boiled egg - yolks and whites finely chopped separately and flat leafed parsley.

