

and the US.

Vanessa Cox, from Mudgee Gourmet Hazelnuts, believes her home-grown nuts are superior, however, because they have a marginally higher sugar content than imports, producing slight caramelisation when they are cooked.

from going rancid, they can also be stored in the freezer. Nuts are not porous and their fat content is high, so there is very little cellular degeneration during freezing.

To remove the slightly bitter skins, place them on a tray and roast at 180C for 6-10 minutes or until the skins turn dark brown.

mixed with a splash of milk.

Praline keeps well refrigerated in a screw-top jar and is simple to make. Dissolve a cup of sugar in $\frac{1}{2}$ cup of water and cook until a caramel colour. Spread 250g toasted, chopped hazelnuts on a lightly oiled tray and pour caramel over them. When hard,

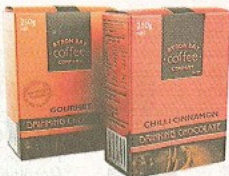
ALSO IN SEASON: Quinces, mandarins, yellow kiwifruit, beetroot, parsnips, celery.

Mudgee Gourmet Hazelnuts will be on sale at the next Good Living Growers' Market at Pymont on July 5.

IN STORE

Choco files

Building on the success of its locally grown coffee, the Byron Bay Coffee Company has branched out into the chocolate market - so the first sensible thing to do when opening a box of its Gourmet Drinking Chocolate is to eat a spoonful. There's no need to hide behind the milk here as, unlike some other brands, the chocolate tastes sweet and rich but not at all sickly. There's also a chilli-cinnamon variety if your winter day needs an extra kick. \$10.50 and \$11.50/250g, David Jones and Darrell Lea stores.



Gunshot brew

Picked on fair-trade farms in southern Tanzania, this organic English breakfast tea is sold in a gunshot-cut style that helps draw out flavour more quickly than in normal loose-leaf tea. Sold by the Australian-owned East Africa Tea company, it has a strong, slightly sweet flavour and no bitter aftertaste. The company's range also includes green, chamomile and peppermint teas. \$9.25/125g, Wholefoods House, Waterloo, 9319 4459 and Woollahra, 9363 9879; Ricciotti Deli, Hunters Hill, 9817 7988; Soul Passion, Gladesville, 9879 4900.



Natural high

Mrs May's Naturals is named after a Korean-born Californian mum whose almond squares inspired her son to create a range of crunchy, bite-sized snacks. The focus is on the nuts, seeds and fruit rather than sweet additives. The original almond crunch, for example, contains 95 per cent nuts. The range includes cranberry-blueberry, pumpkin seed and black sesame; all are gluten-free and vegan friendly. \$2.50/56g, \$4.99/156g, at Harris Farm Markets and Woolworths supermarkets. Judy Adamson



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