

flavours

IT'S PASTRY, PINEAPPLES AND PAPRIKA FROM BARBARA SWEENEY THIS MONTH.

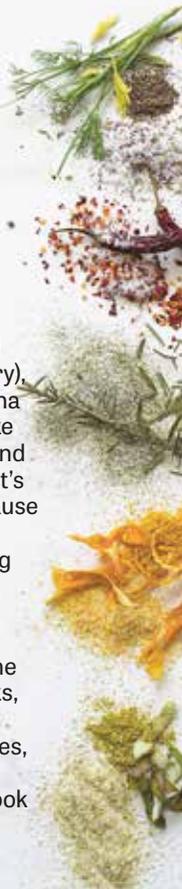
Making a crust

As producers of very fine, ready-to-use all-butter puff pastry, as well as sour cream, vanilla bean and dark chocolate shortcrust pastries, William and Claire Wood of the Tanunda-based Carême Pastry empire in South Australia have nothing to prove. That is, until Claire decided they needed to do a wholewheat version as well. Many experimental meat pies and fruit tarts later, the new spelt pastry is perfect for strawberry creations like this one (left). \$11 for 375g packs of puff pastry and 445g packs of shortcrust. (08) 8563 1490; caremepastry.com



ON A MISSION

There are many things to like about Sydney's Cornersmith (they have cafés in Marrickville and Annandale, and a picklery), the homemade kombucha being just one. They make their famous ferments and preserves, not because it's the latest thing, but because it dovetails with their philosophy on minimising waste. Their latest book, *Cornersmith Salads and Pickles* by Alex Elliott-Howery and Sabine Spindler (Murdoch Books, \$39.99) brings it all together; the tasty recipes, the know-how, the ideas and the goodwill. This book will make you feel good on the inside — and out.



MEET THE PRODUCER

Nathan Stevens, Lake Mary Pines, Yeppoon, Queensland

Much has changed in the pineapple industry since Nathan Stevens started farming with his father, Colin, 20 years ago. Not least, the number of growers in the Yeppoon area. "There were about 25 growers when I started,"



Nathan says. "Now there are four big farms and a few smaller guys." There has also been a move away from growing for canned fruit and juice, once the driver of the industry, with farmers now producing good-eating fresh pines all year round. "Things took a big turn when the Pure Gold hybrid, a sweet variety with low acidity, was introduced about 15 years ago."

Nathan plants about 30 hectares each year to yield 2.5 million pines. Planting is a calculated business, as pines take about 22 months to grow and Nathan plans the cycle so that he can harvest throughout the year. Growing perfect fruit is about monitoring sugar levels, he says. Fruit doesn't become sweeter after harvest, but it continues to colour and develops a characteristic ripe fragrance. "It should have a nice colour and shine, and a sweet smell," says Nathan. "Pulling a leaf out of the crown to test ripeness is a fallacy. If it has a nice sweet smell, buy it." *Tropical Pines distributes Lake Mary Pines.* (07) 4939 0200; puregoldpineapples.com.au

PHOTOGRAPHY SAM McADAM; COOPER STYLING SARAH ELLISON (COCONUT); GETTY IMAGES (CHILLI)



HOLY SMOKED Weston Farm's Tassie-grown smoked paprika is out of this world. "We grow the Alma capsicum and let it get fully ripe before harvest," says Richard Weston. Drying and smoking concentrates colour and flavour even further. You'll want to put it on everything! \$14.50 for 60g. (03) 6236 9306.

GONE TROPPO

Casey and Jesse Willetts of Beach Harvest Australian Coconuts hand-harvest coconuts along the coast of the Port Douglas region in Far North Queensland and turn the flesh into delicious chips. There are seven flavours and customers are going coco-nuts for them. From \$5.95 for 50g. (07) 4094 2012; beachharvest.com.au



IN SEASON

Chillies love the sun, so it's no surprise to discover that Australia's largest grower, AustChilli, has farms in Queensland's Bowen, Bundaberg and Scenic Rim regions. Using chillies in cooking is one thing, but how about finding a good recipe for chilli jam and making a batch.

It's delicious served with cheddar or added to stir-fries. austchilli.com.au