



August 2010

Cooking with Iris

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In Store:



We are now selling a range of beautiful hand made sausages by Jonathan's. These sausages are quite different from the sausages available to us from most supermarkets and butchers and are a taste sensation. For more information and a recipe visit our website at

www.howtocook.com.au



Welcome to our August newsletter!

After a short break I am pleased to bring to you a "refreshed" newsletter which is available in both pdf and web format. In this issue you will find notes from my travel diary, cooking class details, an update on new products available both on the shelf and from the freezer and a yummy but simple comfort food recipe using one of the beautiful ready-made careme pastries we featured in last month's demonstrations.

Our Friday Demonstrations continue this month with a vegetable theme. Pop in on a Friday to discover some new and exciting ways to prepare vegetables.

Also new this month is the launch of our new interactive website and my travel diary blog - Food Traveller.

Happy Cooking, Iris

The Diary of a Food Traveller

This month's diary entry is on a trip to London and touring the famous food institutions of Harrods and Partridges and discovering

"Wholefoods" in Kensington. [Read more at www.howtocook.com.au/FoodTraveller](http://www.howtocook.com.au/FoodTraveller)



How To Cook Accredited By Wilton

In the freezer:

- Careme Butter Pastry. This beautiful product comes in various forms and each of them are pretty special. Whether it be Puff, Chocolate, Sour Cream Short crust or Vanilla Bean Sweet Shortcrust, they all come recommended
- Brik Tunisian pastry
- Katafi pastry
- Various types of Asian pastry, like Gyoza, Gow Gee and Spring Roll pastry

On the shelf:

- Ready to use prepared mini and regular pastry shells both sweet and savoury
- Pastry tools and gadgets
- Pastie and Pie Presses



How To Cook is now an accredited Wilton Cake Decorating Store.

Iris Windsor recently completed the Wilton Cake Decorating Teachers Course in Sydney with the Wilton team from the USA.

The course added to Iris's existing cake decorating qualifications and makes her an

accredited Wilton Instructor.

How To Cook is one of only two accredited stores in Queensland where the Wilton Cake Decorating Course is offered.

How To Cook is also an authorised stockist of Wilton products and we have everything you need from icing and candles to bags and cutters. We have so much cake decorating equipment that it fills one whole wall of the shop!

This month we will be running Course 2 of the Wilton Cake Decorating Course, however, you are only eligible to enrol if you have completed Course 1 and hold a Course 1 Completion Certificate.

Course 1 will be offered again during the month of September.

Bookings are required. To enrol please call or [email](mailto:info@howtocook.com.au). The courses are offered at \$250.00 per course for 4 lessons and include a kit and instruction booklet. For more information visit our [Cake Decorating Page at www.howtocook.com.au](http://www.howtocook.com.au)

- Pastry Blenders
- Ceramic Pie Weights
- Many mini-pie dishes and moulds
- Baking trays in all shapes and sizes

Friday Demonstrations

Demonstrations are held every Friday morning from 10-11am. No booking is required. The cost is \$10 and includes coffee and cake. This month we will be focusing on the preparation and cooking of vegetables.

Cake Tins - helping you out of a jam!

Wondering how you are going to create a train for your toddler's birthday party? Need a bear or a robot?

How To Cook is here to rescue you - no more tricky cutting out cakes and sticking them together with jam! We have dozens of cake tins in a huge variety of shapes and sizes so all you have to do is bake and ice.

You can buy (from \$44.99) or hire the tins (\$10 a night).

Tin hire has become particularly popular - after all you are never the same age twice!



Recipe of the month - Apple Galette



Ingredients:

- 1 package Careme Vanilla Bean Sweet Shortcrust Pastry
- 4 large apples such as granny smith, peeled, cored and sliced
- ½ cup sugar
- 10ml lemon juice
- 2.5 ml cinnamon
- 1 egg, lightly beaten with 20ml milk
- Sugar for sprinkling
- 1 cup strawberry jam
- Almond flakes
- Lightly sweetened whipped cream for serving

Method

1. Preheat oven to 180 degrees.
2. Stir together apples, sugar, lemon juice and cinnamon. Set aside.
3. Spray baking sheet with non-stick cooking spray. Press dough out onto the prepared baking sheet in a circular shape. Cover with plastic wrap and refrigerate for 30 minutes.
4. Remove dough from refrigerator. Spread dough with ½ cup jam. Arrange the apple filling in the centre of the dough, leaving a border of 5cm. Gently fold the edges of the dough over the apples, pleating loosely. Brush the dough with the beaten egg. Bake for ½ hour.
5. Remove from oven, brush again with beaten egg and milk and sprinkle with almond flakes and sugar. Bake for a further ½ hour until crust and almonds are golden and apples tender. Transfer the baking sheet onto a wire rack. Let the Galette cool completely (approx. 1hr)
6. Just before serving, warm the jam over mild heat in a small saucepan (or in the microwave). Brush the apples with the jam and let cool. Cut the Galette into 12 slices and serve each slice with whipped cream.