

SEPTEMBER



Strawberry & Green Tomato Tart

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# 2018



## Strawberry & Green Tomato Tart

Serves 6

Prep time: 15 minutes

Cooking time: 25 minutes

### Ingredients:

- 1 1/2 sheets frozen puff pastry
- Egg wash
- Black (or white) sesame seeds
- 1/4 cup grated parmesan

### Filling:

- 2 cups ricotta cheese
- 1/2 cup chopped basil leaves
- 2 free range egg yolks
- 1 x 250g punnet Victorian strawberries, washed, hulled & sliced
- 2 large green tomatoes (or 1 punnet mixed tomatoes), sliced

### Method:

1. Defrost puff pastry and place on a large (40cm x 30cm) tray, overlapping the two sheets by 3cm. Brush overlapped edge with egg wash and press together well. Score a rim around the pastry of 3cm, by running a knife around the rim 3cm in, but not cutting all the way through the pastry. Egg wash this edge, then coat with sesame seeds. Sprinkle the parmesan on the inside pastry.
2. To make filling, combine ricotta, basil leaves and egg yolks until smooth, and spread over parmesan. Top with sliced strawberries and tomatoes.
4. Bake for 20 - 25 minutes at 200°C. Cool slightly before slicing and serving.
5. To serve, make a twist on pesto with extra fresh basil, olive oil, blitzed with some red wine vinegar.

Drink match: Chilled Rosé

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Father's Day
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 Term 3 ends, QLD, VIC, WA	22	23
24 Queen's Birthday, WA	25	26	27	28 Term 3 ends, ACT, NSW, NT, SA, TAS Grand Final Holiday, VIC	29	30



OCTOBER



Sam Violi and his grandsons

# OCTOBER

# 2018



## Sam Violi

Sam Violi grew up in Silvan, Victoria and strawberries have been in his blood since 5 years of age. He started his own strawberry farm in Coldstream in 1980.

- *What's the best thing about being a strawberry grower?*

I love this industry and love seeing the delighted look on people's faces when they come into the packing room and smell and taste Victorian strawberries.

- *What piece of advice would you give your 20 year old self (about being a grower)?*

Get involved in the industry when you're young, and embrace new technologies and innovations.

- *What makes Victorian strawberries the best?*

We have a great environment for growing strawberries, and our varieties and climate brings out the best in the fruit.

- *What's the best way to eat strawberries?*

As fresh as possible, straight off the plant.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Labour Day, ACT, NSW & SA Queen's Birthday, QLD	2	3	4	5	6	7
8 Term 4 begins, QLD, VIC, WA	9	10	11	12	13	14
15 Term 4 begins, ACT, NSW, NT, SA, TAS	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# NOVEMBER



## Strawberry Tart by Gontran Cherrier



French chef, Gontran Cherrier, is a fourth-generation baker known for his innovative recipes and putting a contemporary spin on some of France's most celebrated baked products. Recognising the culinary strengths of Melbourne as a city that craves good quality and fresh produce, he shares his berry-licious Strawberry Tart recipe with us. For those lucky enough to live in Victoria, you can experience his authentic French pastries and bread for yourself at his Collingwood and Hawthorn Boulangeries.

Full recipe on page 27

# NOVEMBER

# 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Victorian strawberry season begins 	2	3	4
5	6 Melbourne Cup Day, VIC	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## Kitchen Tips

### Selecting Strawberries

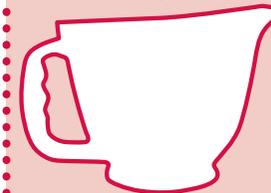
The perfect strawberry should be fully coloured, firm, bright, plump and shiny. Make sure the cap (calyx) is attached, green and fresh-looking.

### Storing Strawberries

Store strawberries in the crisper drawer of your fridge. Do not wash berries until just before eating as washing will add moisture and cause berries to spoil. Strawberries are at the sweetest when eaten at room temperature.

## Cooking Conversions

1 litre  
4 cups



1 tablespoon  
4 teaspoons - 20 mls

1 dessert spoon  
2 teaspoons

1 teaspoon  
5 mls



1 cup  
250 mls



### Oven temperatures

Slow - 120°C = 250°F  
Moderate - 200°C = 350°F  
Hot - 200°C = 400°F  
Very Hot - 250°C = 500°F



# DECEMBER



## Strawberry & Almond Vegan Nice Cream by Dani Venn



Dani Venn  
The Wholehearted Cook

Dani Venn is a Melbourne based celebrity cook, most widely known for her time as a finalist on MasterChef Australia.

 @thewholeheartedcook

# DECEMBER

# 2018



## Strawberry & Almond Vegan Nice Cream

Serves: 4  
Prep Time: 10 mins   Freeze Time: 30 mins

### Ingredients:

- 1 x 250g punnet Victorian strawberries, washed & hulled
- 1 cup chopped frozen banana
- 1/2 cup thick coconut milk\*
- 1 tablespoon pure almond nut butter
- 2 tablespoons pure maple syrup
- 1 teaspoon maca powder
- 1/4 teaspoon guar gum (optional)

### Method:

1. Place strawberries in a food processor or blender and blend on medium speed to form a rough, slightly chunky puree. Remove from blender and place in a small mixing bowl, add maple syrup and stir to combine.
2. Clean food processor or blender, then add in frozen banana, coconut milk, almond butter, maca powder and guar gum if using. Guar gum makes the ice cream a little creamier but isn't vital. Process on high speed until mixture is thick and creamy and resembles soft serve ice cream.
3. Add strawberry mix to ice cream and blend to just combine. The mixture will now be a little runny so transfer to an ice cream churner and churn till thickened and creamy or place in a shallow dish and pop in the freezer, whisking every 15 minutes until thick and creamy.
4. Serve ice cream straight away or store in freezer. Vegan ice cream needs to be removed from freezer for 15 - 20 minutes prior to serving as it's harder than normal ice cream.
5. Serve ice cream with extra chopped strawberries and crushed almonds (optional).

\* Place can of coconut milk in fridge overnight, milk will naturally thicken and "set," use thick part for ice cream and leave watery, runny part for another recipe.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 <small>New Year's Eve</small>					1	2
3	4	5	6	7	8	9
10	11	12	13 <small>Term 4 ends, NT, WA</small>	14 <small>Term 4 ends, QLD, SA</small>	15	16
17	18	19 <small>Term 4 ends, NSW</small>	20 <small>Term 4 ends, TAS</small>	21 <small>Term 4 Ends, ACT, VIC</small>	22	23
24	25 <small>Christmas Day</small>	26 <small>Boxing Day</small>	27	28	29	30



## Strawberry Tart by Gontran Cherrier

### Ingredients:

#### Rye Dough (for about 16cm tart):

- 120g plain flour
- 120g rye flour
- 100g icing sugar
- 30g whole almond meal
- 1 egg
- 1 pinch of salt
- 150g butter
- 1 egg for waterproofing the tart (waterproofing will prevent the crust from absorbing too much moisture from the filling)

#### Diplomat Cream:

- 500ml full cream milk
- 125g caster sugar
- 120g egg yolk
- 30g corn flour
- 20g butter
- 1 vanilla pod, split

### Method:

1. In a mixing bowl, gently cream the butter at room temperature with the sugar. When smooth, add the egg. Mix gently until well combined. Then add the flour and continue mixing on low to avoid adding air into the dough. For best results, prepare the dough one day before and keep it in the fridge (it can also be preserved in the freezer for up to 1 month).
2. The following day, roll until 2-3 mm thick, then with a fork, mark the dough evenly (this will help the air to escape while baking).
3. Grease your 16cm tart ring lightly with butter or oil spray. Place the tart on a baking tray, lined with baking paper. Bake at 160°C /170°C for about 10 minutes.

4. Remove from the oven, then gently brush with a thin layer of egg wash, return the tart for 3 to 4 minutes (temperature and baking time may vary with your oven, adjust if required). We're looking for a golden tart colour.
5. Add the milk, half the amount of sugar and the vanilla pod into a saucepan and bring to the boil. Be sure to scrape the seeds. Once milk begins to boil, let it cool down for a minute, then remove the vanilla pod and scrape it again. Place back on the stove.
6. In the meantime, in a separate bowl, combine egg yolk and sugar, and mix. When well mixed, add the corn flour. When milk is near boiling, add half the amount of egg yolk mixture. Mix until well combined, then add to the milk left in the pot. Mix well until it thickens. Let it boil for 3 minutes, stirring the whole time. Remove from the stove and add the butter, then mix well.
7. Gladwrap a plate, then pour the custard cream onto the plate, cover this with another layer of gladwrap, straight into contact with the cream to avoid any skin forming.
8. When cold, measure the amount of cream you obtain. In the mixing bowl, add 50% of cream, then whip. Using a plastic spatula, gently mix the custard cream until smooth. When the cream is whipped, gently fold with the custard cream until well combined.  
\*The cream can be made the day before.

Assembling with Victorian Strawberries:  
Fill a piping bag with the diplomat cream and pour the cream evenly into the tart base. Cut fresh strawberries and arrange on top of the tart.

# FROM Paddock TO PLATE



1  
In Autumn, the paddocks are ploughed & the soil is hilled up to form beds.

2  
The beds are covered in black plastic & holes are cut in readiness for planting.

3  
In winter, the bare rooted strawberry plants are planted by hand into the holes in the black plastic.

4  
The newly planted runners grow over winter & begin flowering & producing fruit in October & November.

5  
When the strawberries are ripe, they are picked and packed into trays.

6  
The picking trays are then loaded onto a trailer and taken to the packing shed.

7  
The berries are then placed in the coolroom to reduce their temperature. Then only the best berries are hand packed into punnets.

8  
These punnets are put into trays and onto pallets, ready for loading onto a truck to take to market.

9  
Supermarkets and greengrocers purchase the strawberries from the market, so we can all enjoy Victorian Strawberries.

## ABOUT THE INDUSTRY



Strawberries were first commercially grown in Victoria during the early 1900's.

The Yarra Valley was the first place to experience strawberry production as migrant families began to settle on the outskirts of Melbourne, particularly in those areas with rich fertile soils. Today there is close to 100 strawberry farms within Victoria, and they spread from

Portland in the south west to Wodonga in the north east. However, the majority of farms, 75 percent, are still located within the Yarra Valley, a short 45 minutes from Melbourne's CBD. Back in the 1950's strawberries were only distributed through the Melbourne market, that was until Gordon Chapman took the first consignment of strawberries to the

Sydney market on the back of a basic flat tray truck in the 1960's.

Times have changed and now Victorian Strawberries are distributed to markets throughout Australia's eastern seaboard and exported throughout Asia. They are now transported in refrigerated trucks so they reach consumers in perfect condition.



**VICTORIAN STRAWBERRY INDUSTRY  
DEVELOPMENT COMMITTEE**