

CUISINE with Deborah Johnston

Italian produce a stone's throw away

THIS month is the perfect time to go on safari in Sydney and be immersed in the colour and vibrant energy of the city's diverse ethnic quarters.

Mosman's Maeve O'Meara is the passion behind Gourmet Safaris, a company that takes food lovers deep into the heart of our city's 'villages' - Italian Haberfield, Vietnamese Cabramatta, Lebanese Punchbowl, Greek Marickville and Turkish Auburn.

Maeve said Gourmet Safaris is "an introductory service for your taste buds", where groups get to go behind the scenes of some of Sydney's most exotic food providers.

Over the coming weeks we want to whet your appetite for getting out of your food comfort zone and experience the wonderful produce on offer in our city.

But most importantly, we want to show readers how to use the best of Sydney's produce in their own kitchen.

This week we take a look at the Italian experience in Haberfield, where shoppers will find beautiful olives, cheeses, small-goods, oils, pasta and sauces.

Maeve O'Meara has put together some tantalising recipes for us, and suggests where to source the produce.

Tip: For sourcing some Italian produce closer to home, pop into Arena's L'Antipasto Deli on Military Rd, Mosman or Avenue Rd Deli, Mosman - where there are both fresh and packaged products.

● For information about Gourmet Safaris, check the website for availability at www.gourmetsafaris.com.au or call 9960 5675. Cost is \$90 which includes coffee, tour, lunch with wine and sweets.



Fresh Italian cheese at Paesanella, Haberfield.

Penne Pescatore

HERE is a recipe from lunch-time restaurant Napoli in Bocca.

Ingredients:
 200 ml Olive Oil
 200gr Prawns (Fresh Green)
 2 cloves Garlic
 8 Bay leaves
 1 small bunch parsley
 500gr of penne pasta
 300gr Neapolitan sauce

Method:
 Cook pasta in boiling water. While pasta is cooking, fry the oil with the chopped garlic and bay leaves. Add the prawns and let them cook for about two minutes. Add the sauce. Cook for another five minutes. Add the pasta and parsley. Season with salt and add a little olive oil.

Serves 4

Maeve's Cheats Dinner Party

Antipasto

Cherry bocconcini from Paesanella; single basil leaf, cherry tomato on toothpick with drinks (looks fabulous!) from Frank's Fruit; bowl of Sicilian olives or mixed olives from Zanetti Five Star; rollate ripiene (rolled mozzarella filled with prosciutto or salmon) cut into thin slices, platter of char-grilled eggplant, roasted capsicum and marinated mushrooms from Paesanella or Lamonica IGA; slices of cacciatore sausage and prosciutto from Lamonica IGA; melon from Frank's and crusty rolls from Haberfield Bakery.

Main

Selection of meat or sausages from Lamonica IGA Supermarket cooked on the barbie and served with boiled kipfler potatoes from Frank's, drizzled with olive oil, sliced olives, parsley and garlic.

or

Ravioloni from La Pasteria - the big half moon shaped stuffed pasta filled with spinach and ricotta cooked for 1 minute in boiling water, then transferred to a baking dish to cook with Neapolitan (simple tomato sauce).

Dessert

Ricotta Cake (Papa Pasticceria) served with fresh strawberries.



Food writer Maeve O'Meara at Papa Pasticceria in Haberfield.

2242894i nst wk29

Chez Rene
 INTIMATE FRENCH RESTAURANT
CHEESE FONDUE
 DINNER 7 NIGHTS UNLICENSED
 NO CORKAGE CHARGE
 Ph 9958 0547
 537 Willoughby Road
www.chezrene.citysearch.com.au

2235249i nst wk01

"SPICE UP YOUR LIFE"
 Indulge yourself in our authentic Indian delights

FREE MEAL
 BUY ONE ENTREE AND MAIN MEAL AND RECEIVE SECOND MAIN MEAL FREE UP TO EQUAL VALUE! *EAT-IN ONLY
 NOT VALID FOR BANQUETS OR ANY OTHER OFFER
 PRESENT THIS COUPON ON ARRIVAL
 VALID UNTIL 31/07/06
 *CONDITIONS APPLY ON USE OF MULTIPLE VOUCHERS

We ensure top quality meals with the finest spices and freshest ingredients
 Come and try us ONCE and YOU WILL NOT BE DISAPPOINTED!

Magic Curries
 Indian Restaurant
 1257 Pacific Highway, TURRAMURRA 9144 6500
OPEN 7 NIGHTS 5.30 UNTIL LATE - BYO
 Take away and home delivery available

2243728i nst wk29

LA ZARZUELA
 FINE DINE RESTAURANT
TAPAS

Spanish + Continental Cuisine

"Come in and try Spanish Tapas"
 Lunch Wed - Fri 12pm - 3pm
 Dinner 7 Nights 6pm - 11pm
 Licensed + BYO (wine only) + Takeaway
 Also catering for functions
 116 Willoughby Rd Crows Nest
 9436 1186