

Easy cheesy

What a wonderful way of ending Mother's Day with a recipe that the children can help with too!

Easy Cheese Soufflés

Ingredients (serves 6)

- 2 tablespoons packaged breadcrumbs
- 75g butter | 1/3 cup (50g) plain flour
- 1 teaspoon salt | 1/4 teaspoon pepper
- 1/2 teaspoon Dijon mustard
- 1 cup (250ml) milk
- 1 cup (125g) grated gruyere or cheddar cheese
- 4 eggs, separated

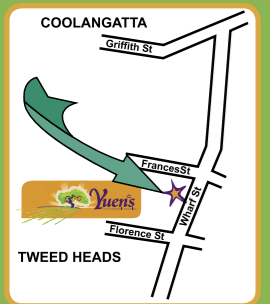
Method

Preheat the oven to moderately hot (200°C). Grease six ovenproof soufflé dishes (3/4 cup/180ml capacity). Sprinkle bases and sides evenly with breadcrumbs; shake away excess. Place the dishes on an oven tray. Melt the butter in a medium saucepan. Add flour, salt, pepper and mustard; cook, stirring, until the mixture bubbles. Gradually stir in the milk; stir until it boils and thickens. Remove from heat and stir in the cheese. Transfer the mixture to a large bowl and stir in the egg yolks. Beat the eggwhites in a small bowl with an electric mixer until soft peaks form. Fold the eggwhites into the cheese mixture in two batches. Divide among the prepared dishes and level off the tops. Bake for about 20 minutes or until soufflés are well risen and browned. Serve with roasted tomatoes and mushrooms.

Recipe source: Australian Women's Weekly

Wholesale help

If you're a business owner who needs a reliable supplier of fresh fruit and vegetable produce, why not make a profitable move to Yuen's wholesale division?



Yuen's Mermaid Waters: Cnr Markeri St & Sunshine Blvd

Ph: 1300 2 YUENS
Both stores open 7 Days 7 am to 7 pm

Yuen's Tweed Heads: 83 Wharf Street



Gorgeous gift baskets



...to let Mum know she's a peach!

Show Mum just why you're the apple of her eye with the perfect gift from Yuen's Fruit and Vegetable Specialists this Mother's Day.

Yuen's gift baskets are a colourful, tasty and different alternative to traditional Mother's Day gifts.

They're filled with the freshest of new season fruit, making them a healthy gift that will surprise and delight.

Yuen's gift baskets come in two sizes and are exceptionally great value. The small size (pictured) is 24.5cm x 17cm and costs \$25. The large is 34.5cm x 22.5cm and costs \$50.

Each gift basket is lovingly prepared to order, securely wrapped in cling film for freshness and so beautifully presented they can go straight on the table.

If you'd like to let your Mum know that's she's a real peach, then phone 1300 2 YUENS to order.

Please note, a minimum 24 hours notice is required.

VISIT OUR WEBSITE FOR FULL DETAILS OF EACH WEEK'S SPECIALS
WWW.YUENS.COM.AU

Yuen's Fruit And Vegetables Specialists now open at 83 Wharf Street, Tweed Heads. Drop in to experience the great specials, offers and the best fruit and veg on the Tweed!

freshenup

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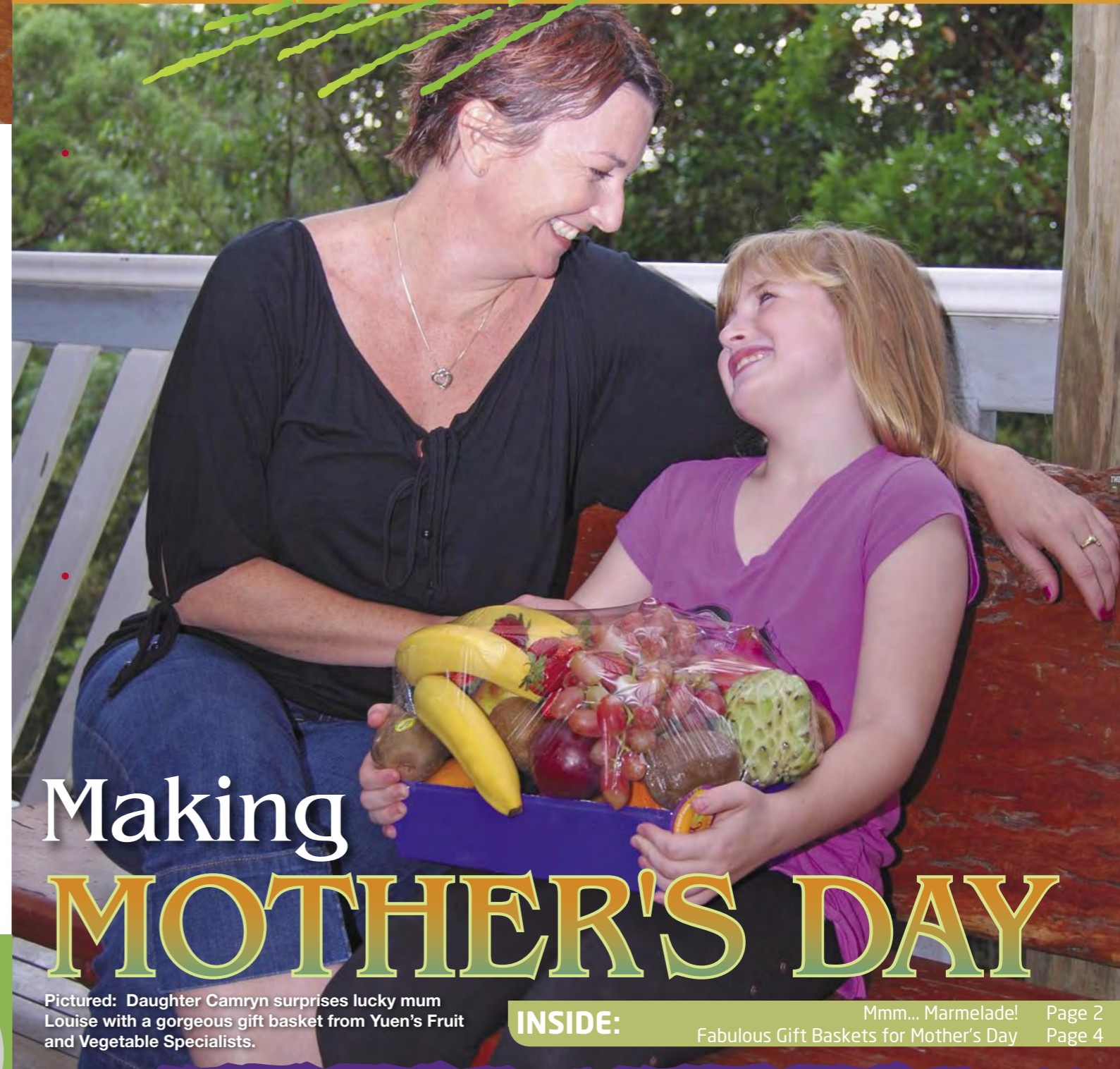
Yuen's Fruit & Vegetable Specialists draw on the experience of five generations of farmers. We are immensely proud of our heritage.

Our logo reflects the long family connection with the land and the finest produce it has to offer. The bright sunshine brings good fortune, while the peach tree represents the tree of life and the shape of the foliage symbolises our new family life in Australia.



Yuen's

fruit & vegetable specialists



Making MOTHER'S DAY

Pictured: Daughter Camryn surprises lucky mum Louise with a gorgeous gift basket from Yuen's Fruit and Vegetable Specialists.

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Did you know? The ancient Greek version of marmelade was made with quinces slow cooked with honey which sets on cooling. Chutney is a Hindi word referring to spicy condiments and many areas across India have their own signature chutney made from local fruits and spices. Chutney was taken to Europe in the 1600s.

"Sweater, n.: garment worn by child when its mother is feeling chilly." - Ambrose Bierce (American author 1842-1914)
"There is only one pretty child in the world, and every mother has it." - Chinese Proverb

Every mum loves to receive a home made gift for Mother's Day and when it is as tasty as these recipes using fresh ingredients from Yuen's Fruit and Vegetable Specialists, she will be especially delighted.

From freshly made lemon butter and marmalade for breakfast, Pumpkin Walnut and Feta Scrolls with a side of Tomato Chutney for lunch to Easy Cheese Soufflés for dinner, mum will have a genuine day off from the kitchen.

You can also treat mum to one of Yuen's fabulous fruit baskets. Read all about these healthy and exceedingly tasty treats on page 4.

And if you run a business that needs a reliable supplier of quality delivered fruit and vegetables, why not make your day and give Yuen's Wholesale Division a call?

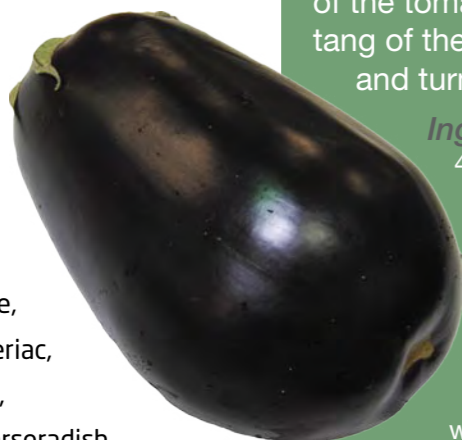


www.yuens.com.au

What's Fresh in May

Vegetables

Asian greens, avocados, beetroot, broccoli, brussels sprout, cabbage, carrots, cauliflower, celeriac, celery, daikon, eggplant, fennel, garlic, ginger, horseradish, leeks, lettuce, mushrooms, okra, olives, onions, parsnip, peas, potato, pumpkin, shallots, silverbeet, spinach, squash, swede, sweet potato, taro, tomato, turnip, witlof, zucchini.



Mmm... Marmelade!

Marmalade was invented by the ancient Greeks who knew it as 'marmelo'.



What a web site's for...

Visit the Yuen's web site for more great Mother's Day recipes including the loved family favourite, Lemon Butter. Creamy lemon butter spread on hot toast is a delightful way of using new season lemons.

The recipe is a great way for budding master chefs to hone their skills and includes the instructions for properly sterilising jars in which to store not only your lemon butter but also the Orange and Cumquat Marmelade (at right) and the Tomato Chutney (below left). You'll find it at: www.yuens.com.au/recipes

Nutritional information: Cumquots

per 100g	
Cumquats (100g)	Energy (kJ) 293.6 kJ
	Protein 0.9 g Fat 0.1 g
	Carbohydrate 12.7 g Fibre 3.7 g
	Water Content 81.7 mL

Tomato Chutney

This chutney goes superbly with roasted meat and vegetables as well being a tasty condiment on sandwiches. The sweetness of the tomato and sugar is nicely balanced with the savoury tang of the vinegar and the rich flavours of mustard, paprika and turmeric.

Ingredients (makes 1000ml)

4 large seeded red capsicums | 500g peeled tomatoes
 4 medium onions | 2 tablespoons salt | 2 cups white vinegar
 1½ cups sugar | 1 tablespoon mustard seeds
 2 tablespoons flour | ½ cup water
 ¼ teaspoon each of paprika and turmeric

Method

Chop all vegetables finely and place in a bowl. Sprinkle with salt and let stand for several hours. In a large saucepan, combine vinegar, sugar and mustard seeds. Stir over low heat until sugar dissolves and then bring to the boil. Add vegetables and bring back to the boil. Boil gently until all vegetables are very soft. Mix flour and spices into a smooth paste with water. Add to chutney and stir until boiling. Reduce heat and simmer until chutney is of a good thick consistency. Pour into hot sterilised jars and seal.



Pumpkin, Walnut and Feta Scrolls

Ingredients (serves 6)

1.75kg butternut pumpkin, peeled, deseeded, cut into 1cm cubes
 2 tablespoons olive oil | 1/2 teaspoon ground allspice
 1 tablespoon thyme leaves | 175g marinated feta cheese, drained
 1 cup walnuts, chopped | 2 x 375g packets filo pastry sheets
 150g butter, melted | 1 tablespoon sesame seeds

Method

Preheat oven to 220°C. Line a roasting pan with baking paper. Place pumpkin in pan. Combine oil, allspice and thyme in a small bowl. Season with salt and pepper. Drizzle oil mixture over pumpkin and toss to coat. Roast pumpkin for 15 minutes or until light golden and tender. Transfer to a bowl. Set aside for 10 minutes to cool. Reduce oven to 200°C. Line 2 baking trays with baking paper. Crumble feta over pumpkin. Add walnuts, stir gently to combine. Place pastry on workbench. Cover with damp tea towel to prevent drying out. Place 1 pastry sheet on a board with long side facing you. Lightly brush with butter. Top with another pastry sheet and brush with butter. Spoon 2/3 cup pumpkin mixture in a 1cm-wide strip along long edge of pastry. Roll up pastry like a Swiss roll to enclose filling. Shape into scroll and place on prepared tray. Repeat. Brush scroll tops with butter. Sprinkle with sesame seeds. Bake for 20 to 25 minutes or until crisp. Serve warm. Recipe: Taste.com.au



Orange and Cumquat Marmalade

This recipe allows you to make marmalade exactly the way you like it. For Scottish-style marmalade, ensure the oranges are cut thickly. For American-style, just thinly slice the oranges.

Ingredients

24 cumquats
 2 oranges, pips removed
 2kg (10 cups) caster sugar, or as needed
 Juice of 2 lemon
 2 Litres (8 cups) water, or as needed

Method

Finely chop the cumquats and oranges and combine together in a bowl. Using a mug, measure them into a large saucepan. Add 3 mugs of water per each mug of fruit. Let stand in a cool place for 12 hours, or overnight.

Bring the fruit mixture to the boil, reduce heat and simmer until the rind is very tender. Remove from heat and measure cooked fruit. Add one mug of sugar to the pan for every mug of the fruit mixture. Mix in the lemon juice, about 3 tablespoons. Return the fruit to the pan, and bring to the boil once again. Boil, stirring occasionally, until the gel stage is reached (the temperature of the marmalade should be about 105°C when checked with a kitchen thermometer.)

Remove from heat, and skim foam from the surface. Transfer the mixture to sterile jars, leaving a bit of headspace, and seal immediately. Refrigerate after seal has been broken.

Recipe source: All Recipes