

# Recipe

Don't be scared about making soufflés. Chefs make out that they're really difficult, but that's just a lot of hot air that they try and put over us, the little people. I asked Alex Herbert (chef at Bird Cow Fish) what her tip was for a chocolate soufflé (she trained in pastry at Berowra Waters). She said, 'Make sure the melted chocolate is not too hot or cold before you fold it into the egg yolk mixture'.

## Chocolate Soufflé with Mixed Berries

150g dark chocolate  
3 large egg yolks  
6 large egg whites  
90g caster sugar  
1/2 teaspoon vanilla paste  
A little butter and caster sugar for 4 ramekins

### Berry Sauce

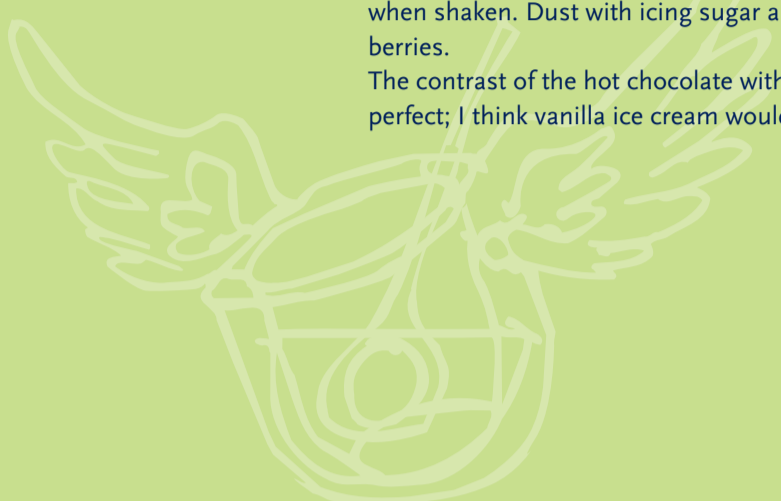
500g mixed berries (raspberries, blackberries, blueberries, redcurrants and blackcurrants)  
2 tablespoons sugar

Set the oven to 180°C.

To make the berry sauce/compote: cook all the berries for five minutes with the sugar in a saucepan until bubbling. Leave to cool; refrigerate until ready to serve.

Put the chocolate in a bowl over simmering water and let it melt. Take it off the heat and stir in the egg yolks and vanilla. Set aside. Beat the egg white with a whisk until just beginning to go thick; add the sugar slowly until you have a thick meringue. Spoon a couple of tablespoonfuls of this mixture into the chocolate and egg yolks to loosen the mixture, then very carefully fold in the remaining egg white. Spoon into 4 ramekins, greased and dusted with sugar. Put the soufflés on a baking sheet and bake until puffed up and slightly wobbly when shaken. Dust with icing sugar and serve with chilled berries.

The contrast of the hot chocolate with the icy cold berries is perfect; I think vanilla ice cream would be pretty yummy too.



*"I have become fascinated by what makes a good cook. Is it the influences of family and your culture or upbringing, is it training or teaching or is it something more primal, innate, that just needs to be brought out, nourished and encouraged?"*



# cooking classes

## Coming Up

We have two parent and child cooking classes here at Manna from Heaven in Marrickville, scheduled for October.

Saturday 4 October 10am – 12noon  
Saturday 11 October 10am – 12noon  
For bookings, please call Leanne on 9517 3688

### Cooking classes at Accoutrement

Saturday 9 August 10.30am Sweet and Savoury Baking  
Saturday 13 September 11am A Tribute to Claudia Roden  
(Rachel is cooking with Alex Herbert from Bird Cow Fish)

For bookings, please call Jenna at Accoutrement on 9969 4911



## Breakfast at the Wolseley by A.A. Gill

Thankfully A.A. Gill has left most of his acerbic writing nature to one side in the writing of this tiny little gem about breakfast at the Wolseley in London. It is here in the old Wolseley car showroom that you can feast on traditional English breakfast, Eggs Benedict and croissants. Gill outlines what goes on behind the scenes during service; this place does 350 for breakfast alone, turning the tables two or three times. This book is littered with recipes for the perfect breakfast and interesting snippets of history. Like me, Gill has not much time for cereal: he says, 'Bircher muesli is just the edited highlights of cereals made unpleasantly wet and clammy'. (Maybe I should take back my first line?) As I write this I am anticipating eating there in a few weeks' time. For me it will be a full English breakfast, hold the black pudding; Olive I am sure will want a chocolate croissant. In the last few years, since this place has opened, it has become an institution, and this book makes me want to go there all the more.



MANNA FROM HEAVEN  
HANDMADE IN AUSTRALIA



## August & September

I am over the cold and the rain (but of course I am glad for the plants). Everything is damp, and Olive and my feet get wet every morning on our walk to school. Later when the blue sky opens and I turn on my brilliant new heater, all is forgiven, and I pretend that winter is not happening — until the next morning when we begin our day with dry socks and the whole story is repeated.

Although I am appalled by the rubbish that appears on Foxtel's Food Network, I am also addicted to some of the programs. One of my favourites is Master Chef. Here people who want to become professional chefs (they are just home cooks) compete against each other so they can have a go in a restaurant as a chef. It is judged by John Torode and Greg Wallis. Each program begins by giving six competitors one hour to cook a dish from the ingredients provided. After cooking, the six nervously bring their plates up to the judges to peruse and to taste. This is the bit I like; Greg and John are kind to the person but ruthless to the dish. Some people hand over car crashes on a plate, or very restaurantery-looking food or just something quite plain looking. Although the judges respect honest home cooking that looks rustic, if it's not sublime in the mouth, it's out. As is tizzy-looking food placed too artfully on a plate. I am on the edge of my seat as each group has its plates analysed; I wish I could be there tasting. Both John and Greg are professional and genuinely interested in good food — this program is not about chefs' egos or building them: it's about food. Here we see bricklayers, nurses, IT consultants and lawyers pitched against each other and fully exploring their other passion, food. When they have to answer the question, 'Why do you think you can win Master Chef?', so many get emotional and say, 'This is really what I have wanted to do all my life ... cooking is my life ... I will give up anything just for this opportunity.'

After the first lot of tasting it is whittled down to three people, who are whisked off to a London restaurant to take part in a busy lunch-time service. Each competitor has to cook one dish under the watchful eye of the head chef. As the orders come in, lawyers are reduced to tears as they try to cope with the burning hot salamander, the big bossy librarian is killing it with the oxtail and mash and I watch in horror as the thin Irish man is incredibly slow to serve up his dishes. After lunch John and Greg sit with the chef to ask who did best — although it's usually fairly obvious.

Then it's back to the HQ for the final cook-off, where they cook two dishes of their own creation. It is here we glimpse what they are capable of, and whether the success of their first dishes was a fluke or the beginning of something brilliant. Some of the people are already very good cooks and it is clear when you see them preparing the food who has spent time in the kitchen, as opposed to the people who have been overly praised by their loved ones and may only have a couple of great dishes up their sleeves. And then there is the rare breed where the talent seems to bubble up from an inner source.

Many are very nervous and I have seen countless dishes ruined by this. But what all the entrants have in common is a love of cooking and an unfailing passion for food. They are not driven by the money or the fame (although some winners are becoming famous), it's all about the food. While this is reality TV, I love it; here the food is the star. Having watched so many episodes now (they repeat the week's shows on Saturday morning), I have become fascinated by what makes a good cook. Is it the influences of family and your culture or upbringing, is it training or teaching or is it something more primal, innate, that just needs to be brought out, nourished and encouraged? In Master Chef you see some people blossom in the space of two days — and these cooks already have a day job. I am reminded as I watch this program that the need to learn and continue learning is what feeds the passion to be a good cook. Every time I teach a cooking class I push myself to do something new. I practise at home and feed my friends; recently I have been practising soufflés for a chocolate cooking class. I've been dusting the ramekins on the sides with sugar, which creates a nice crust and something for the mixture to cling on to. This is what I will be teaching my students. Later I watch an Irish chef cook a cheese soufflé in a bain-marie: now that's a good idea. As I watch Master Chef I am inspired by the amateurs who could be tomorrow's professionals. I am also desperately jealous of Greg and John's job — I would love to be tasting all that different food and learning from the experience.

pistachio&almond  
chocolate&orange  
raspberry&passionfruit



## new retail range



*Look out for our new packaging and our new product*

We so love our new packaging at Manna from Heaven! All the jars have photos of the people who bake the biscuits on them. On top of the jars the person who made the contents has signed the label. We have kept our two favourite biscuits, pistachio and almond shortbread and the chocolate gypsy creams, and we now welcome our coconut ice with passionfruit and raspberries. These are perfect to open and eat straight away or to pass on as a gift for someone special..

*Manna from Heaven*