

THE DOMINION POST

Life



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Knead to know: Nothing beats a fresh baked loaf.
 Photo: FAIRFAX

OUR PICKS

Grease is the word

The kids may have gone back to school, but they're probably still leaving a trail of greasy smears and sticky fingerprints behind them. If the stainless steel bits of your kitchen are looking a bit worse for wear, you need to invest in a packet of Viva Stainless Steel Wipes. These biodegradable wipes



are specially designed to remove stains and sticky marks, plus they leave an invisible layer that repels fingerprints, smears and dust. Not quite the same as repelling children, but perhaps the next best thing? Kleenex Viva Stainless Steel Wipes are available from supermarkets, RRP \$5.99.

Out, damned spot

Unfortunately, you can't blame red wine stains on the children. But you can make those vinous blotches disappear with Wine Away, a clever new natural cleaning product. There

are no bleaches or phosphates in Wine Away, just fruit and vegetable extracts. So if an enthusiastic drinker knocks over a glass on your new cream carpet, you just spray the stain with Wine Away and watch it vanish. Lady Macbeth would have killed for some. Wine Away is available from selected supermarkets and health food stores nationwide, RRP \$23 for 240 millilitres.



FROM THE MENU

Whenever we go to Taupo, which is at least a couple of times a year, the Brown Sugar Cafe in Taihape is a definite stop on the itinerary. We all love it, especially their vegetable frittata. It is always slightly different depending on what veges are in season. I would love the recipe if at all possible.

Katherine Pattison,
 Wellington

Lee Thomson and Charlotte Standford have been dishing up hearty portions of this vegetable frittata ever since they opened the Brown Sugar Cafe 18 years ago.

The pair decided to take a dose of café culture to the gumboot-friendly Rangitikei town after getting a taste for coffee as teacher-training students in Wellington. "Being in Taihape meant we had to make everything from scratch, because we couldn't



"We've just carried on doing everything ourselves."

The frittata is one of a host of they still make every day.

"Quiche was the big thing back then, but we wanted to do something different. It's fabulous because it's gluten-free and that's all the rage now, people just love it. The secret ingredient is cream. That shocks some people, but it makes all the difference."

VEGETABLE FRITTATA

Peel and cook three medium potatoes, three pieces of kumara and three of pumpkin. The pieces of kumara and pumpkin should be about the same size as the

Line a large, heavy, ovenproof pan (at Brown Sugar we use a 30cm diameter pan) with baking paper. Layer the cooked vegetables into the pan – a layer of potatoes, followed by kumara, followed by pumpkin, until they are all used.

Top this with one bunch of silverbeet, finely sliced, and 1½ cups of corn kernels.
 (You can also add layers of any seasonal veges, such as Taihape asparagus.)

Whisk together eight eggs, two cups of cream, 1 deserts- spoon wholegrain mustard and 1 tsp salt. Pour this mixture over the vegetables, then top with ground pepper and cover generously with about 2 cups of grated cheese.

Bake in a low oven, 100 degrees Celsius, for three hours. Cooking at a low temperature helps to gently set the eggs and cream. Don't try to rush it and cook it at a higher heat because the eggs will go watery.

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WIN THIS WEEK

Smooth, sweet tea

Bell's new Zesty Oolong Tea is perfect for tea drinkers looking for something a bit different. Bell's new brew, which has a flavour that sits between black and green tea, is the first mainstream Oolong to pour into the New Zealand market.



be in our draw write your name, address, including postcode, and