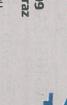
WINE

IF there is one red variety Australia could raise its flag by, shiraz takes the mantle purely in terms of sales figures, international reputation and spread of vineyards across the states and regions. The reason we love it so much comes down broadly to its vibrant berry and plum fruit flavours, its generally sweet fruit palate and a popular set of characters that translates across all price points from bargain basement cask to the iconic and luxurious. Here are five to try.

JUICY AND VIBRANT





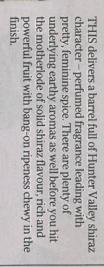


RED to crimson fruits like fragrant strawberry, mulberry and raspberry abound – classic cooler climate characters. Juicy and vibrant on the palate with medium weight and grip prolonging the flavours and mouthfeel. Smart blending and balancing from a range of vineyards. Food: Duck
pappardelle

BANG-ON RIPENESS



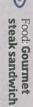








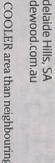








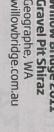
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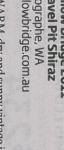


A COOLER area than neighbouring Barossa, Langhorne Creek and McLaren Vale and gaining increasing interest for its shiraz. If this is any indication, pay more attention. It has an enticing, dark, spicy nose with restrained oak to begin, a foresty background, lifted bright, crunchy berry and plum flavour with a dash of white pepper.









A WARM, dry and sunny vintage in the west, but ocean-tempered nights in this region make for cool-climate impact in this. Here tiny amounts of viognier and riesling add perfume and soften edges – the result is a fine, fragrant wine with solid grip. Drinks well now and better in two years.









Food: Five spice beef











Serafino 2009 Sharktooth Shiraz McLaren Vale, SA serafinowines.com.au

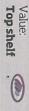


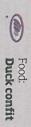
THIS flagship shiraz is in great shape from a vintage that had a bit of early heat but settled and allowed the better offerings, like this, to shine. Fine red to purple plum flavours with garden herbs and spices, a sweet oak and fruit marriage that sings the variety's praises without a note out of place.















By Pete Evans

truth in the saying
"you are what you
eat" - or perhaps
the saying should be
"you are what you absorb".
I choose to cook with
beautiful fresh, sustainable
produce that provides as many
nutrients as possible and I also
take care to prepare the
ingredients with respect so that
they also retain their goodness.
I prepare dishes for my
family that I know will make
them feel energetic, and with
food that will contribute to
allowing them to be the best
they can be. In our home, food
is our medicine, or medicine is
our food, and it's one way to
make life as easy and enjoyable
as we can.

HEALTHY AND
DELICIOUS
MY answer to the question
"can food be healthy and
delicious?" is: "Absolutely,
always!" It's all about flavour,
and the best flavours come
from fresh colourful vegetables,
herbs, spices, nuts and seeds. I
believe it's a real shame that
people still choose to believe
that healthy food isn't
enjoyable, because it's
definitely the opposite on so
many levels.

AUTUMN'S MENU
MY family and I all love Asian and Moroccan-inspired dishes, especially big pots of hearty stews that will last days just by adding fresh vegetables to make them go further.

Okra, a wonderful green vegetable with a delicious flavour, is available in autumn. It's perfect to add to soups and stews to nourish and comfort you once the autumn weather starts to spread a bit of a chill in

Avocados are a great way to get a good serving of healthy fats at every meal whether it be breakfast, lunch, dinner or a snack. We love to serve them in salads. If

one, pop it into the blender and process it. Add olive oil, a dash of raw apple cider vinegar,

some fresh herbs such as coriander, mint and parsley, a handful of nuts like almonds or walnuts, a little chilli if you like some heat, a clove of raw garlic, sea salt and fresh cracked pepper for a fresh, healthy homemade dressing that will hands-down beat a packaged product all day long.

COLD COMFORT

IN the cooler months
when we crave
comfort, we make

pumpkin, cabbage a into the mix as well. My girls love chicken
ut we add a load of fresh
oles such as broccoli,
in, cabbage and fennel

I'VE got so many quick and easy dinner recipes, but if we're pressed for time at home a salmon and vegetable miso is very quick and easy. Or homemade rice-free sushi with some chicken or fish is actually very easy to get on the table in under 20 minutes as well.

WHAT I know about cooking good food for kids is that you need to keep it relatively simple, but don't be afraid to introduce new flavours every once in a while as children's taste buds grow along with their bodies.

And let your children know where the food comes from and why it's good for their health. It may seem like a boring conversation but it's a truly wise one because it's a great way to guide them towards a healthy, intelligent future.

GRAIN BRAIN
IS quinoa just the current
"It" ingredient

for inner-city hipsters or does it have a place in suburban kitchens? My answer.

Absolutely, it has a place in all kitchens if we can manage to find a sustainable way to grow it and therefore keep it affordable. Quinoa is a great ingredient, especially when it's sprouted – it's wheat and gluten free and it's high in protein and

high in protein and it's wonderful in so many different dishes including making bread.

GOCONUTS

If there's one ingredient I can't live without it's coconuts.

They've got to be one of the best things on earth.

These days, coconut oil is the only oil I use to cook with because of its ability to remain non-toxic when heated, and it's got an extensive list of health benefits too. Plus 100 per cent coconut water is a wonderful, natural thirst quencher and the such as healthy desserts, or to add a creamy texture to any dish and it's great for

ginger adds an amazing

flavour to an array of dishes and it's packed full of nutritional benefits.

At home, we use fresh ginger in herbal teas, fresh vegetable juices, smoothies, stir fries, soups, stews, marinades, dipping sauces, and dressings—it's one of the most versatile items you can have in your kitchen.

NON-ORGANIC V
NON-ORGANIC
THE best way to understand what produce you should buy organic and what produce is fine when it's non-organic is to look up the "clean 15". These are lists of vegetables and fruits that are either safe or not safe.
Unfortunately, one of the most toxic fruits is apples – they're sprayed with all sorts of nasties, so we always buy organic apples.

REALITY COOKS
I'VE learnt many things from being a judge on My Kitchen Rules. I've discovered fresh ideas from the contestants can inspire me to try new cooking methods in my kitchen.

MY new book, Cook with Love, is a selection of my favourite recipes from my previous cookbooks, but it also represents a new beginning for me — I'm on a much brighter journey towards health and wellness in all areas of life.

The best part of my job is sharing knowledge.

The great thing about cookbooks is they open that door wide, so it's an honour to be in a position to spread the word about healthier options.