



# The West Australian FRESH

RECIPES | NEWS | WINE & BEER | REVIEWS

## FEATURE CALENDAR

### July 4

#### SLOW COOKING

Get right into winter with these hearty slow-cooked recipes, whether it's chicken, beef, lamb or seasonable vegetables.



### July 11

#### THE BEST OF BAKING PAPER Magazine Edition

Fresh Baking Paper queen and columnist Rochelle Smith has come up with her 20 favourite recipes to share in one tidy edition. Baking Paper is one of Fresh's most read columns and Rochelle has baked her way through hundreds of recipes.



### July 18

#### PULSES AND VEG

Get back to nature, go vego and beef up an otherwise boring veggie dish with these different and exciting pulses. They are extremely good for you, deliciously tasty and easy to prepare.



### July 25

#### ONE MEAT, FIVE CULTURES

Discover five different chicken dishes from five different cultures from around the world.



#### For more information and bookings contact

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*The West Australian*

## 2013

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## August 1

### LASAGNE FIVE WAYS

Like spaghetti bolognese, lasagne is a family staple and can be made with so many different ingredients. Traditional beef, chicken or even a 100 per cent vegetarian version – channel your inner Italian with five delicious recipes.



## August 8

### DRUNKEN DESSERTS

Make your dessert truly shine this winter using top shelf tipples. It's the perfect way to end a dinner party, or just indulge on a weekend to keep the cold at bay.



## August 15

### MEAT TAGINE

Moroccan tagines make for a fabulous winter dish. Not only are they an attractive appliance to have hanging around the kitchen, they can make hearty, filling and super tasty meals. The best thing about them is you can use your favourite meat.



## August 22

### SUGAR-FREE DESSERTS

We are all becoming more alert to the needs of reducing our sugar intake and with spring just around the corner, these recipes will help you kick start a healthier regime and shake off those winter blues (and kilos).



## August 29

### PATTIE CAKE

Patties are a home favourite – make them from meat or veggies and the whole family will gobble them up.

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## September 5

### SPRING FRUIT

Spring has sprung and so has its fruit. There is no better way to celebrate than through seasonal produce. Fresh brings you five sweet fruit-based recipes to embrace what's currently on the shelf.



## September 12

### LEBANESE FOOD

Tabouleh salads, lamb koftas, pita bread and hummus – although that's what might come to mind when you think about Lebanese food, this culture has so much more to its cuisine.



## September 19

### FOOTY FOOD

It's grand final time of year again and the fellas are coming round on the weekend. Here are five footy inspired dude-food recipes that will have them all satisfied.



## September 26

### PERTH ROYAL SHOW

We look at all the yummy goodness that this year's Perth Royal Show has to offer. Plus, last year's winners share their recipes with Fresh.



### For more information and bookings contact

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## October 3

### THE WEST LIVE

A guide to what's happening in the Food & Wine zone at The West Live expo, along with WA produce-driven recipes for this WA-inspired event.



## October 10

### SUPER GRAINS

Buckwheat, amaranth, chia and spelt – several studies have shown that super grains are associated with a range of health benefits. This edition of Fresh will showcase grains with recipes for you to try at home.



## October 17

### GOLD PLATE AWARDS

Magazine Edition

The Gold Plate Awards is one of the most anticipated food events of the year. Check out this year's finalists as well as recipes, chef profiles, restaurant profiles and Q&A's with key restaurateurs.



## October 24

### RAY JORDAN'S TOP 100 CHAMPAGNES

Magazine Edition

Ray Jordan's Top 100 Champagnes looks at premium and budget champagnes from France, Australia, New Zealand, Spain and more. Plus recipes from WA chef Don Hancey.



## October 31

### TRICK OR TREAT

Halloween treats you can whip up in the morning for the onslaught in the afternoon.

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## November 7

### SHELLFISH

Crayfish season is here. Fresh will showcase crayfish and other shellfish recipes to create the perfect entrée, main, or Sunday afternoon barbie.



## November 14

### BALI HAI

The food in Bali keeps everyone coming back. Check out these Balinese-inspired dishes and create your own Ku De Ta right at home.



## November 21

### CAMP IT UP

The holidays are approaching and many people will be gearing up for camping – but what to cook?

Fresh shows you five recipes to make that family holiday around the campfire extra special.



## November 28

### ON THE WEB

Weber Q's are the new barbecue for 2013. Summer dining will be a breeze with these tasty Weber-cooked recipes.



### For more information and bookings contact

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## December 5

### RAY JORDAN'S TOP 100 WHITE WINES

Magazine Edition

Cool down this summer with Ray Jordan's highly regarded Top 100 White Wines. Plus recipes from Don Hancey.



## December 12

### XMAS GIFTS

Put your time to better use this year and bake your own gifts for loved ones. Nothing says I love you more than a home-baked treat.



## December 19

### TRADITIONAL CHRISTMAS

Fresh is going back to basics this year to give you the Christmas turkey and ham, Christmas veggies and Christmas pudding.



## December 26

### SALADS AND XMAS LEFTOVERS

Wondering what to do with all those leftovers? Here are five clever and tasty ways to help rid your fridge of all that extra food.



## January 2

### GOOD FOR YOU

Christmas and New Year is over, and it's time to get that belt on the right buckle. Five light and easy recipes will kick start you into good habits to get the year off on the right foot.

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