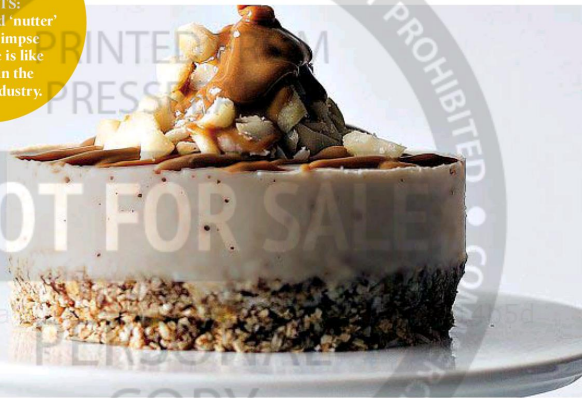


easy eating

Weekend

GO NUTS:
Self-confessed 'nutter'
shares a glimpse
of what life is like
working in the
coconut industry.



✦ This tempting salted caramel macadamia cheesecake will appeal to all.

PHOTO: CONTRIBUTED

Pursuing perfection

Search for the perfect coconut recipe leads real food fanatic to write a book

WHEN Brynley King set out on a pursuit of the perfect coconut recipe, her search culminated in a book. The 24-year-old author of *Going Coconuts* is the daughter of a Fiji-born Banaban Islander and spent most of her childhood travelling throughout the Pacific and Asia visiting coconut plantations. "I find coconuts and real food truly fascinating and after working in the coconut industry since 2004, I want to share with you all what life is like for a nutter like me," she said.

Salted caramel macadamia cheesecake

Gluten free | Raw | Paleo | Vegan | Dairy free
Serves 1 large cake or two smaller cakes

INGREDIENTS:

Base - ✦ 10 medjool dates, pitted ✦ 2 cups desiccated coconut ✦ ½ cup macadamias.

Filling - ✦ 1 can coconut cream ✦ 10 medjool dates ✦ 4 tbs coconut oil ✦ 1 tsp vanilla extract or vanilla bean paste

Topping - ✦ ½ cup macadamias, chopped ✦ Pinch pink Himalayan rock salt

Caramel Sauce - ✦ 1 can coconut cream ✦ 1 cup coconut sugar ✦ 1 tbs vanilla extract or vanilla bean paste

METHOD: Cheesecake - Prepare a circle-baking tray with coconut oil spray. Blend base ingredients together in a food processor. Once combined press the base into the baking tray. Blend filling ingredients together in a food processor and pulse until smooth. Once smooth, pour the mixture over the base and freeze for a minimum of 6 hours or overnight. Serve with crushed macadamias and a pinch of salt.

Caramel Sauce - Scoop hardened cream from the top of the coconut cream can into a saucepan along with coconut sugar and vanilla extract. The remaining watery coconut cream can be poured into ice cube trays and frozen to keep for smoothies or curries. Heat mixture to a medium simmer without burning the cream. Allow 10 minutes to simmer stirring until well combined and caramelised. Allow to completely cool if you are using for raw dessert or warm sauce if using on baked recipes.

Recipe notes - The base ingredients can be made into date rolls for a tasty snack after dinner to satisfy sweet cravings. The filling ingredients can also be made into a caramel chia seed pudding by adding ½ cup chia seeds to the mixture. Allow to set overnight and enjoy.

Going Coconuts is available at select Go Vita, IGA and Wray Organic stores and online at www.goingcoconuts.com.au. rrp \$27.95 paperback or \$15.95 eBook. Stay tuned for Brynley's coconut recipe app.



WINE WORDS with Regan Drew



MOST Barossa Valley winery stories mention they're the latest generation of grape growers descended from early 19th Century Silesian pioneers, but not this one. Michael Yelland and Susan Papps are Yelland & Papps. They only came to the Barossa 20 years ago, but are as evangelical about the region as any local family with a great-great-grandparent named Joseph. Their goal is to produce wines that taste of the fruit, not overt winemaking techniques. All wines are fermented with wild yeasts and the reds are unfiltered.

Yelland & Papps, Vin de Soif

2013: Grenache (60%), Mataro (32%) and Carignan (8%)
Translates as "a wine of thirst," or in this case, a wine to quench a thirst. Ripe plums, crushed violets, savoury bitumen/soy note and a distinct dried herb edge. Dark red fruit driven with lovely soft tannins that come naturally from the winemaking. A little soft oak rounds things out. Buy a case and drink up. ✦ **Rating:** 8.5/10 ✦ **RRP:** \$25 ✦ **Alc:** 14.5%.

Yelland & Papps, 2nd Take Roussanne

2014: Roussanne is a white grape that becomes russet-coloured when ripe and has its spiritual home in France's Rhone Valley. Partially barrel fermented on skins. Unfiltered, with the complexion of pressed apple juice and almost apricot in colour. Distinct rich nose: stonefruit kernel, ginger snap biscuits, jersey caramels and a buzzy, prickly freshness. Nutty with ripe apricots and plenty of spice. A unique, flavoursome wine.
✦ **Rating:** 9/10 ✦ **RRP:** \$40 ✦ **Alc:** 11.7%

Yelland & Papps, 2nd Take Grenache

2014: 48% whole bunch (stalks and all) pressed and 100% French oak barrel maturation, gives a distinct nose. Cola sweetness and Whittaker's choc-peanut bar balanced by snappy chalky, mineral aromas and dark plum skins. Almost medium bodied. Fruity blue plums, strawberries, rocks and sinewy tannins: Nouveau Barossa and light on its feet. ✦ **Rating:** 9/10 ✦ **RRP:** \$40 ✦ **Alc:** 13.4%

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