

MARKET WATCH

What's fresh and fabulous at Adelaide Central Market

FRUIT AND VEG

The arrival of mangoes signals the change in seasons for produce in the market. Use the riper mangoes for curries, jams and lassos and the greener fruit for chutney, pickles or salads.

Michael's (553) has great quality mangoes for \$2 each and with more on the way the prices can only get better. Also at Michael's, large Hass avocados are three for \$3 and full heads of celery \$2 each. Coco's (520/21) has green mangoes and green papaya - are \$10 kg. Add fresh hotas next \$12.95 kg to your mango salad.

Blood orange season is ending. Look for smaller fruit with nice red skins, \$4.99 kg at House of Organics, 534/35. Pick-me-Fresh (531) has baby cherry tomatoes from Waterloo Corner for \$4.99 punnet, navel oranges for \$9.99 kg and fancy lettuce for \$1.80 each.

MEAT AND SEAFOOD

BAROSSA Fine Foods keeps winning awards. The latest is for its Cambridge chipolatas, \$9.99 kg. They are the perfect breakfast sausage or wrap them in bacon.

Santitas has whole cooked extra large prawns for \$19.99 kg and marinara mix that includes prawns, mussels, squid, scallops, salmon fillet and tuna for \$19.99 kg.

GOURMET

MORE mangoes at House of Health (573/74) with certified organic, sulphur-free, dried mango slices for \$3.99/100g.

SPECIAL

FIG and fennel seed-bread, toasted with unsalted butter should be on your bucket list. This is handmade with rye and wholemeal flour, dried figs and a subtle sprinkling of fennel seeds - \$7.95 at Dough (545).

Information from Mark Gleeson. More on Twitter, @foodtoursSA and www.centralmarket.tour.com.au

Wine rules at Marquis

BITES
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A WALL of wine runs down the spine of The Marquis, the new mix of bites, bar and wine store that opened quietly this week in Gouger St.

The spectacular "library" of labels has a functional aspect - dividing dining room and bar space - but it is also symbolic as wine is very much at the heart of this venture that brings together some big names from Adelaide's liquor and hospitality industries.

Sommelier Marcel Belleger (ex The Marnie) has put together a list of more than 700 wines, with a strong focus on international labels and locals that are food-friendly rather than "a meal in itself".

A hi-tech dispenser will keep more than 30 bottles (including cognac and other spirits) under argon gas so they can all be sold by the glass. The full list will be displayed on an iPad and automatically updated as soon as anything sells out.

The business has a hotel licence so will also operate as a bottle shop. Wine consumed on-premises will be charged an additional \$10 corkage.

Head chef and part-owner Travis Kerkman (Magill Estate, Cooper's Ale House) has put together a flexible bistro menu with an emphasis on house-made charcuterie. Entrees

include black pudding with scallops, a duck tasting plate and rabbit and pork terrine. Mains have a choice of steaks, cote de boeuf to share and two fish options. The charcuterie and freshly shucked oysters feature on the bar list.

"We're not trying to reinvent the wheel," Travis says. "The emphasis is on little things done exceptionally well to accompany the wine. Wine is the reason we are here."

• The Marquis, 13 Gouger St, city; ph 7071 7700.

ALL FIRED UP

IF THIS special edition of taste isn't inspiration enough, there's another good reason to fire up your barbecue in the next couple of weeks. The Big Aussie Barbie is a major fundraiser for the Prostate Cancer Foundation of Australia. More than 3000 men die from the disease every year and money collected will help the foundation's research and support work. Even Dame Edna Everage has been spotted sizzling a sausage in support.

• To register go to www.prostate.org.au

WORTH CELEBRATING

AMANDA DANIEL has seen the fabulous Adelaide Showground Farmers Market from all sides, running a stall, cooking in the demonstration kitchen and



Cheers: The Marquis restaurant manager Murray Pope, left, chef Travis Kerkman and sommelier Marcel Belleger. Picture: Patrick Gorbunovs

leading tours. So there shouldn't be too many surprises in her new role as the market's chief executive.

A long-time ethical food advocate, Amanda describes her new job as the pinnacle of her career. "Farmer's markets are a working model of what I believe in," she says.

The market re-opens on Sunday after a two-week break because of the Royal Show. It will celebrate its fifth birthday on October 2 with special events including Simon Bryant teaching children to make sausage rolls.

SILVER LINING

YOUNG guns Daniel Murphy and Joel Stephens from the Barossa's 1918 Bistro acquitted themselves well in the national final of the Nestle Golden Chef's Hat Award, winning two silver medals. The competition was won by Melbourne chefs Cameron Wetton and Matthew Wynn.

IT'S GAME ON

THE wine industry loves a good stoush, so on International Gromacho Day this year, September 24, a gang of Barossans has decided to challenge arch enemy the McLaren Vale to a head-to-head smackdown at Edinburgh Cellars' Mitcham "Stadium".

The McLaren Vale mob have put forward their Calceola gromacho-badged team of Sammie's Gorge, d'Arrenberg, Maximus, Yangarra, Oliver's Taranga, and Dog Ridge, while the Barossans are playing a cagier game and not announcing their gladiators until closer to the match. Word is there's already a huge battle in the Valley to get on the team. If you're keen to see what all the fuss is about, be at the Edinburgh Cellars midday to 4pm on September 24. The wines and the dodging will be top quality - and of course gromacho will be the winner on the day.

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