

# The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more."

NEWSLETTER 18: LATE DECEMBER 2008

Hi all,

It's the last day of school – and I have just packed Ryan and Livvy off for the last time. Hair, teeth, lunches - go Go GO. After all the end of year activity I'm looking forward to a break. I will be dropping back to one day a week for the next three weeks, so have listed my opening times in the next column.

It felt like we were doing something after school everyday and I was very jealous of families who can grab takeaway. We are able to buy hot chips – but it's not really a meal – so we have invented a few quick "takeaway" style dinners to compensate for getting home late. I have become a great fan of Freezer-to-Microwave mixed veggies. They come in a range of combinations (so we can avoid peas for Livvy) and are ready before the kids have dropped their bags. All I have to prepare in advance is some slow cooked meat, casserole or meatballs. (see recipe below)

Karen and Warrick Burk have had a busy year as well and so I am happy to announce that the Free Nights Accommodation In Sydney has gone to them – ENJOY!

Cheers until 2009,



## HOLIDAY OPENING TIMES

Customers are able to place orders at anytime over the Christmas break but I will only be packing and dispatched on certain days. These are;

Monday 22<sup>nd</sup> December  
Monday 29<sup>th</sup> December  
Monday 5<sup>th</sup> January  
Friday 9<sup>th</sup> January  
Friday 16<sup>th</sup> January and then back to normal.

If you select the Express Post option your order will still only be dispatched on the above days but its transit time will be much quicker.

## IN JANE'S KITCHEN THIS WEEK

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### Meatballs

- 1-2 cups leftover boiled rice.
- 300g mince
- salt, pepper, any seasoning.

Mix together and roll into large balls. Place these on a non-stick baking tray and cook at 180C for 40 minutes. Transfer to a small casserole dish and tip over one tin of crushed tomatoes (i use the Italian flavoured ones but any pasta sauce will do) simmer in the oven at 80C for as long as you are out and about.

### Caramel Custard

Place 2 teaspoons of brown sugar and ½ tsp water in a ramekin. Microwave for 2 minutes – it will look like boiling over but won't. Then almost fill with dairy/soy custard. Return to microwave and zap until the custard in the middle of the dish is really hot and runny, about 1 minute. Refrigerate until cold and then turn out onto a plate.

## A QUICK CHRISTMAS SPECIAL

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Australia Post is very busy in these last few days before Christmas and it is getting to the point where orders sent standard delivery might not arrive before the big day.

SO... I will send all orders\* placed and paid for by noon on Monday 22<sup>nd</sup> December **Express Post** for the standard delivery charge.

\* SHOPS AND AGENTS. Don't get excited this offer does not apply to wholesale orders.

Hullabaloo Food is an exciting new business that understands the needs of, and caters for, a growing number of health-conscious people with multiple food allergies & intolerances. All our products are free from tree nuts, peanuts, preservatives and artificial additives.

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