

The Latest Hullabaloo

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

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Hi all,

Every year, whatever the weather, thousands of Tasmanians and visiting mainlanders shuffle into a normally abandoned shipping shed to eat "the best of what Hobart has to offer" at the famously divisive "Taste of Tasmania".

You will either love the untidy bustle of shared trestles, the challenge of squeezing your way between protruding bellies without spilling your platters or wine, and the chance meetings with people you haven't seen in years OR you will hate the overpriced food, the plastic glasses, the filthy floor and recommend that the Hobart City Council push the whole thing over the dock and into the sea.

I am firmly in the former camp – except when it comes to feeding the kids – because in that regard the Taste of Tasmania is defiantly not Allergy-aware. Much attention was given this year to the addition of "Gluten-free Tempura Mushrooms" to the range of offerings – and good news to coeliac sufferers it is too, but if you are also avoiding egg, or seafood, or dairy or soy there is little to choose from – AGAIN!

While individual ingredients might be viable (the corn chips without the rest of the nachos, the fresh berries without the icecream, the dill and lemon without the salmon!) there are no really comprehensive allergy-aware options and it's a shame that something as big and friendly as The Taste has to be so exclusive. I would love to see some more mix and match options, better ingredients labelling and a truly allergy aware platter, but for now there is nothing you can't fit into a very big handbag.

Cheers,

Jane



MAKING WATER BOTTLES FUN FOR KIDS WHO CAN'T HAVE FRUIT JUICE OR CORDIALS

Need I say more - except don't use yellow.

Go Hullabaloo Shopping

NEW PRODUCTS:

Breakfast on Ben Nevis
[Gluten-free Porridge]

Sea Salt Popcorn 20g

Brown Rice Flakes 500g



HINT FOR GREEN GRASS

It seems that green grass is an essential for many sport themed birthday cakes.

To make green coconut, place 3-4 drops of natural green food colouring in a ziplock sandwich bag.

Add about ¼ teaspoon of water and shake (the colour is too concentrated to spread otherwise).

Finally add ½ cup desiccated coconut and shake until your arm falls off.

No Pink Milk for Lola

Those of you who have been experiment and playing with the natural food colours will have discovered something a little bit interesting.

Most foods have a pH in the range from neutral (salt, sugar) to slightly acidic (most fruits and veggies) to very acidic (tomatoes, lemons). So the naturally occurring chemicals that fruit and veggies have which give them their distinctive colours work best in the same pH range (Neutral to acidic). When those colouring chemicals are placed in an alkaline environment they appear slightly different, the red based colours move towards the blue end of the spectrum.

This isn't a problem for most cooking, icing, cordials and foods because they are all acidic as are over 90% of foods – BUT it can be a problem if your tap water is alkaline (or hard water) or the ingredients you are using happen to be one of the few that are alkaline.

To achieve your desired red or pink colour you need to bring your food back to neutral or slightly acidic. You can achieve this by adding a tiny amount of an acidic food (citric acid, lemon juice, apple juice, cream of tartar). For example, if you are making pink meringue, 1/8 tsp of cream of tartar per egg is enough to change the pH – and it makes the egg whites foam more as well.

Unfortunately Pink Milk is going to prove much harder to achieve. When you add pink colouring to milk it turns a deep purple. You can add citric acid and change the PH, and the colour turns a fantastic pink - but it also curdles the milk. Not quite what the kids were after.

If any one knows what might work, or would like to have a try please let me know if you have any luck. But in the meantime playing with a cup of water, a squeeze of lemon and a couple of drops of natural colouring is a great school holiday activity.

All about Rice Flakes

A number of people were wondering what you can make with Rice Flakes or how you can substitute them in cooking so I thought that I would give you the low down. Rice flakes are made from rice grains which are de-husked, then steamed to par cook them, the softened grained are flattened with heavy rollers and then dried. They are a common ingredient on the Asian Sub-continent and are used in a variety of ways. There are hundreds of recipes using this form of rice so I have broken it down into three main categories.

Boiled or soaked.

Rice flakes can be soaked in hot or cold water, milk, fruit juice, anything really. It is often used to make porridge ([see our new breakfast cereal](#)) in the same way as rolled oats, with milk, sugar and fruit added to provide a creamy sweet flavour. It can be used like instant mash potato with margarine and salt added for flavour. It takes a little longer than the old "Deb" to thicken up – but much quicker than boiling rice.

Chniré bheja :- Some flakes are immersed in a bowl of usually cold water, flavoured with lime juice, salt, sugar, and a little black pepper.

Baked

Many Indian style recipes use rice flakes as a thickener for curries, vegetarian bakes or savoury slices. Although they have the same ability to absorb water and flavour the rice flakes produce a softer finish than plain rice.

Poha – Fry one small chopped onion in oil. Add tsp mustard, turmeric, ¼ tsp salt, lemon juice, coriander. Soak 2 cups of rice flakes in water for 3 minutes. Drain. Mix in with the fried ingredients and serve.

Fried

Although raw rice flakes will snap the ends off your teeth they become crisp and edible once they are fried. I have had great fun deep frying them and the best hint I can give you is to strain the rice and oil when they are done – rather than fishing each tiny one out before they burn. Once drained season with salt, pepper, curry powder, lemon juice, anything that takes your fancy. They are very more-ish.

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.

www.hullabaloofood.com

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