

The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more." NEWSLETTER 24 NOV 2009

Hi all,

Olivia, the Hullabaloo Kid, has just turned 8, and after organising yet another warm weather party I have decided that winter babies are definitely easier.

It means no wondering if it will be warm enough to play outside, because it won't be. No need applying sunscreen to ten uncontrollable children, because they will need all the Vitamin D they can get. And no scrapping molten icing off the back seat of the car. Keeping the birthday cake in shape is a real trick!

If you are in the butter-frosting camp then there are a couple of things you can do to slow the thaw. Margarine is better because it melts at between 34c and 37c, while butter melts at between 32c and 35c. Salt lowers the melting point so whenever possible use salt reduced spreads for frosting.

If you are in the water-based icing camp then real help is at hand. [HELP! My icing is melting!](#) is the newest Hullabaloo Food. Just 2 teaspoons of this mix in your icing will hold the swirls and stop the drips pronto.

Happy birthday baking,



If you have received this newsletter via a friend and would like to receive them direct [email here](#)



The cake: Rice flour, margarine, sugar, cornstarch, vanilla essence, GF baking powder, xanthan gum, rice milk.

Orange Icing: Nuttalex margarine, pure icing sugar, Hullabaloo Food Natural Colours orange and red – it took a while to get the exact colour she demanded!

Brown Icing: Icing sugar, cocoa, water, HELP!

Decorations: Smarties and toothpicks dyed green (not shown in this pic but added later as the antennas).

Go to the
Hullabaloo Food
online store.



IN THE
SHOPPING
TROLLEY



Ice cream holders: These simple little ice cream holders caught my eye in Woolworths the other day. While they were designed to keep little fingers (and the back seat) cleaner, they would have to be the best gluten-free, dairy-free, soy-free, corn-free, everything-free ice cream cone.

The idea is to cram ice cream into the tube, and then push it up as required. They even come with a lid. Most ice cream parlours are happy to serve ice cream in a cup, but it takes two hands to eat and that becomes a problem for the kids – so this little gem this just might make shopping trips easier. Made by Jokari in the USA.

Smash. This is the best instant potato ever. From the UK and available in the section of Coles that sells other British things like mushy peas and real baked beans. It mixes well and tastes pretty good, but the main thing I like about this product is that it is mostly potato, whereas Deb or other Australian brands range from 78-82% spud, and the rest milk powder, wheat flour and anything else they can find.

INGREDIENTS: Potatoes (98%), Salt, Mono and Di Glycerides of Fatty Acids, Ascorbyl Palmitate, Curcumin.

Although these sound bad they and I would never add them to Hullabaloo Foods, they are in fact quite common ingredients. The Ascorbyl Palmitate is a fat soluble vitamin C, Curcumin is part of turmeric and used for colour, Mono and Di Glycerides of Fatty Acids are an emulsifier used in lots of food (you are probably eating it every day) and prevents staling. It usually is obtained from Soya beans and can be genetically modified.

New products: *not really - but a whole new section.*

Over the past 12 months I have been listing more and more baking ingredients which are really more suitable for home made muesli, so together with the old stalwarts of Breakfast on Everest and Breakfast on Wellington, I have created a new section in the shopping cart **“Muesli – Make your own.”**

Home-made muesli is such a great breakfast and it is really so easy to make a gluten free alternative if that is what you need. Muesli is made by combining cereals (which can be served raw or toasted with sugar and oil) with nuts seeds, and dried fruits. You can put just about anything you like in home-made muesli and once you know the basic format you can be as creative as you can and what you can find to put in it.



HOW MUCH? Grains are lower in calories and price and provide the slow release energy that you need during the day, but they are bland and dry and not much fun on their own. Nuts, seeds and dried fruits are added to give a more exciting taste, extra sugar and fats, but come at a price. The best mueslis are made of half grains, half nuts, seeds and fruits. More fruit and nuts will make the muesli too rich and hard going to eat. Not to say what it will do for your waistline! Less fruit and nuts (which is common with cheaper ready to eat blends) is good if you are watching your calories but can taste a bit chaffy. So with your home made muesli aim for 50% grains and 50% good stuff by weight.

WHAT GRAINS? Original muesli contains rolled oats, but you can add any type of semi-processed grain. Rolled rice flakes, puffed millet, bran, quinoa, spelt, corn, barley, or corn flakes. The more ingredients you can add the better. If you are going to toast the grains then you will probably want to mix them with syrup or oil, but you don't have to. For this you can use rice syrup, agave syrup, plain sugar syrup, oil. What you add and how much very much depends on your personal taste but a mid-range recipe would have approximately 1 cup of oil/syrup per 6 cups grains. The 1 cup oil/syrup can vary from 100% syrup to ¼ oil: ¾ syrup to ½ oil: ½ syrup to 100% oil; again depending on your diet and taste.

TOASTING? You can toast the grains, nuts, coconut, and seeds. You should not toast the dried fruit. You can toast each ingredient on its own, or mix them together before putting in the oven. Nuts and seeds do not need to have oil added before toasting they have enough oils of their own. To toast simply stir your oil/syrup into the dry ingredients. Warm your oven to about 170c. Spread the mix in a large metal baking dish and stirring every few minutes bake for between 20 and 40 minutes. If your oven is too hot, your is pan too full or you don't stir the grains enough, the middle will burn. Leave to cool before adding the other ingredients.

WHAT NUTS, SEEDS AND FRUITS? If you are able to eat nuts – go for it. Otherwise seeds such as sesame, pumpkin, sunflower, linseed are a great way to add protein and your fat soluble vitamins. Sultanas, currant, dates and raisins are standard ingredients in breakfast cereals. But coconut [chips or shredded] add a great flavour, dried strawberries, cranberries, banana chips, blueberries, apple, make much more exotic additions.

I can't stress enough that when it comes to making muesli the sky is the limit. If you have a favourite combination just let me know and I will add your recipe to the muesli website.

Go straight to :....

[Muesli – make your own](#)

Gatherings:

Now that my children are getting slightly bigger, I seem to be venturing outside of Tasmania more often than I used to. I will be coming to Sydney later this month for the Young Achievement Australia Awards.

For those of you who wondered why I have been missing in action for the last three months I have been working part-time on this wonderful program that help young people understand what is involved in running their own business by making them actually do it.

Anyway, it seems like a great opportunity to meet up with those Hullabaloo Food customers who would like to find out more about becoming a Hullabaloo Food referees. I will be in the city centre on the afternoon of Tuesday 24th November. If you would like to join us please email [here](mailto:admin@hullabaloofood.com) and I will arrange a venue and exact time.

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. If you would prefer not to receive this newsletter please email admin@hullabaloofood.com

If you read the small print and would like to earn some in-store credit as a Hullabaloo Food referee then [EMAIL US](#).

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