

# The Latest Hullabaloo

ALLERGY AWARE FOOD FOR HEALTHY KIDS!

ISSUE 7 : JANUARY 2008

Hi all,

I hope that you had a fantastic Christmas and New Year and that you all managed to get a bit of a break from work. I know how hard it is to schedule in downtime. I have spent every spare minute of the last three weeks building the new website/shopping cart [more about that later] and so have finally escaped my office for a break.

I am typing this newsletter from a quiet corner of the world – a little known place called Premaydena, located about 20km from Port Arthur. As a family we have been coming to this same place for over 40 years. My parents lived and worked here for a few years when my sister was small and my brother and I were born. They subsequently bought the house as a holiday home and so many of my summer holidays were spent swimming and fishing and bike riding here. It is very satisfying to now be able to share those same experiences with my own children.

Unbeknownst to you, some of you have also experienced a Premaydena Summer. The blackberries that give the flavour and colour to the Blackberry Crunch come from just down the hill - picked at great cost to my arms in the first few weeks of February each year. The blackberry season marks the end of summer and the start of another busy year of cooking, inventing foods, designing labels and generally sitting up past midnight sending emails.

I hope that your year is as much fun,

Cheers



## NEW! NEW! HULLABALOO!

I'm not sure about all of you, but I am very excited about the new web site and shopping cart. All the information pages are now embedded in the shopping cart so that customers and other curious people can flip between products and general information without changing sites. It also has a slick new look – same logo and colours but neater and less cluttered.

Not all the changes are cosmetic. There are a number of improvements to the way that the shopping cart program works, a simplified checkout procedure and even a new facility for customers to provide feedback and reviews of products.

If you are a business/wholesale customer then you will be able to access the new Trade Website located at [www.hullabaloofood.com/trade](http://www.hullabaloofood.com/trade). New business customers wishing to order online will need to email [sales@hullabaloofood.com](mailto:sales@hullabaloofood.com) to have an account set-up.

It has taken weeks of fiddling and testing to get everything ready, but I am sure that there are still a few glitches. If you find something that doesn't work as you think it should please drop me a line.

## IN THE “MAKE A WISH” PIPELINE.

*Quite a few requests have come in regarding an allergy-aware Pancake & Pikelet Mix. As I am yet to make a really good, stale-proof bread out of the few remaining ingredients that Olivia can have, I find that one of the easiest things to feed her is pancakes. They are wonderfully versatile; they can be served as a meal or a snack and can be used as a base for savoury or sweet toppings.*



*It takes away the appeal of making pancakes if you have to do up two or three different batters so the goal of late has been to develop a pancake mix which cuts it with ‘normal’ people. Ryan and I have been working on such a product for a while and we are almost there. If you have any specific requests for exclusions that you would like taken into account please email [chef@hullabaloofood.com](mailto:chef@hullabaloofood.com)*

## BBQ IDEAS.

Given that 90% of summer catering seems to revolve around BBQ's I thought I would share some of the things I do to make these events Allergy-Aware without having to bring the kitchen.

**HOTPLATES:** It isn't much fun scrubbing down a public hotplate and if you are late to arrive at a friends place theirs can be already burning the offerings – so it is far easier to bring your own protection. A layer of alfoil with slightly turned up edges provides a perfectly clean safe cooking surface. You can even wrap your meat in the foil and unfold straight onto the hotplate.

**SAUSAGES:** I don't even pretend that GF bread will wrap around adults sausages, let alone imagine what would happen if placed in the hands of a child. So to ensure that Ryan and Olivia actually eat something I simply impale their GF sausages on a kebab stick and then cook them. Not only does this do away with the need for plates or bread but it keeps their fingers just slightly cleaner.

**SALADS:** Forget the tossed salad. Bring 4 or 5 separate plastic containers for lettuce, tomatoes, cheese, olives, capsicum, eggs, and let everyone build their own.

**CHIPS:** Although there is a multitude of flavours chips on the market – the most allergy-aware and therefore the most versatile are Plain Potato Chips (potato, oil, salt) and Original Corn Chip (corn, oil, salt). If you have a stack of these in the cupboard over summer you will never be caught short.

**DRINKS:** Although water is the best drink for kids (*sav blanc is the best for adults*) sometimes special occasions demand something a little more exciting. The best fizz drink is Apple Cider – but check the ingredients as some brands do include preservatives, colours and added sugar. Cascade and Mountain Maid (both Tasmanian) include only carbonated apple juice. If you like fizz more often then it might be worth investing on one of those old-fashioned mesh covered soda stream bottles to mix with fresh juice.

## DIP DIP DIP

Most dips contain several contraband ingredients – cheese, tomato, cashews, preservatives, fish, sesame, etc. It is far easier to simply make your own. I know that this can sound a bit daunting – but don't be put off. They have a couple of natural advantages.

Firstly, as they don't have to set, or rise, or bend or last for more than a day - you can pretty much stick anything in them as long as it tastes nice. Secondly, if you have a bamix and a straight sided plastic cup you can make them and clean up in no time. For small quantities a food processor is too big and too much work.

Ingredients like creamed corn, butter beans, chick peas, tofu, cooked carrot or potato and stale bread are great for providing the bulk. You will need some strong flavouring such as beetroot, lemon, capsicum, spices, garlic, pepper or chilli and a good slug of oil for texture.

Make sure that the finished product is quite strongly flavoured as it will be watered down by the biscuits or vegetable dippers.

If you have a favourite dip recipe that you would like to share on the website please let me know.

[www.hullabaloofood.com](http://www.hullabaloofood.com)

Hullabaloo Foods are all pea-nut and tree nut free and manufactured in a nut-free kitchen. We exclude preservatives, artificial colours & flavours from all products and various other allergens from the rest.

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