

# FOOD

## Editor's letter

The effects of climate change are everywhere around us but perhaps nowhere are they more obvious than on the grapevine. Victorian grape growers are feeling the heat as the temperature difference between day and night narrows



## BITES

### Italian green

When 17-year-old Stefano Perfilì came home to his family and announced he was becoming a vegetarian, his parents and three older sisters were intrigued. They all converted and his mother, Assunta, began to adapt her favourite classic Italian recipes to suit. The health benefits were immediate — everyone dropped a few kilos — and they became convinced their new way of life was better for them, the environment and for animals. Now the family has opened Vege2Go, an Italian cafe serving traditional Mediterranean food using fresh vegetables, grains and pastas. There's a wonderful pumpkin, leek and sage risotto, vegetarian lasagne, eggplant parmigiana and many other traditional Italian dishes such as frittata, calzone and pizza.



Dishes are ready to go and organic products are used widely. There are extensive gluten-free and vegan options, plus European-style breakfast and coffee served all day. You can't miss the cafe, it's brightly decked out in the green, red and white of the Italian flag.

**JUSTINE COSTIGAN**

*Vege2go, 452 Lygon Street, Brunswick East, 9384 6200. Mon-Sat 7.30am-9pm.*

### Aromatic Spaniard

Note to olive oil producers everywhere: tall, elegantly thin bottles are a pain to use in the kitchen because they get knocked over. That said, this Spanish Extra Virgin Olive Oil from the dry hills about 100 kilometres due west of Barcelona is worth the trouble. It is an organic arbequina oil from a single estate with the grassiness we're used to from Australian oils combined with nutty, woody and slightly spicy elements. We've been using it in the kitchen to dress salads, vegetable and meat dishes. A little goes a long way



with the warmth from the cooked dishes bringing the aromatic elements of this oil to life. Grown and produced from the same grove are compact, dense and slightly smoky preserved arbequina olives and Olivada, a simple, rich and robustly salty olive paste.

**RICHARD CORNISH**

*Oli Oil, 375ml \$25.; Arbequina Olives, 160g \$10; Olivada, \$14.50. Stockists include: Oliv, Hawthorn; Red Hill Cellars; Renaissance IGA St Kilda and Hawthorn*

### Gluten-challenged treat

If you take the flour out of a cake, biscuit or slice, sometimes there's not much going for it. But a couple of new treats from the Springhill Farm range offer hope to the gluten, dairy and egg-challenged. Springhill Farm started as a family run sheep and grain farm where schoolchildren could have a country experience. The farm's muesli slice was their final "taste" of farm life. There are now more than 10 slices in the range. The d'light bar is gluten, dairy, yeast and egg-free and contains apple and banana puree and rice flour, while the light and airy G-Free slice is filled with dried fruit. There's a caramel slice during autumn that's rich, luscious and definitely not for those with dietary limitations.

**LEANNE TOLRA**

*Springhill Farm slices \$2.50-\$2.80. Stockists include: Boyz 4 Breakie, Mornington; Newtown Provedore, Newtown; Coffee on Collins, city; The Olive Grove, Ballarat.*

