

THE nourish® PANTRY

The Source Bulk Foods Australian-grown Walnuts. Walnuts are great source of protein, omega-3 fatty acids, vitamin E and minerals. Plus, when you shop at The Source Bulk Foods you're supporting Aussie farmers and saving the environment from packaging and excess waste. Use these in Martyna Angell's banana split cake on page 61. **From \$29.95** per kilo, for more information visit thesourcebulkfoods.com.au

The Wine and Truffle Co Truffle Oil. This is a great way to add the delicate, earthy taste of truffles to dishes before fresh truffles become available. Read more about truffle season in Australia on page 101. **\$20 for 100 ml**, truffleandwine.com.au

Cuca Sardines. These premium sardines are a key ingredient in Nellie Kerrison's Spanish tapas feast. Get them for **\$4.35** at wholefoods.com.au



Kintra Foods Dandy Chai. A caffeine free, 100 per cent natural and ideal for the health conscious chai lovers. Dandelion root helps to promote a healthy digestive system while natural chai spices put some calming and clarifying spice back into your day. Have a cup with Gary Mehigan's self-saucing chocolate pudding on page 26. **RRP \$8.30**, kintrafoods.com.au

Organic Times Rapadura Sugar. A whole cane sugar that's unrefined, unbleached, fair trade and certified organic. Unlike other sugars, rapadura sugar has a natural balance of vitamins and minerals and a delicious caramel flavour. Try it in Anna Polyviou's desserts on page 48. **\$5.95 for 200 grams**, organictimes.com.au



O-Med Chardonnay White Wine Vinegar. An elegant, soft version of traditional vinegar, chardonnay vinegar is great for marinating, pickling and drizzling. Use it as an accompaniment to the 'perfect pork belly' on page 87. **\$16.50**, gourmetlife.com.au