



## Autumn Newsletter 2009

### A colourful Autumn hello to you

'The falling leaves drift by the window  
The autumn leaves of red and gold...  
And soon I'll hear old winter's song...  
When autumn leaves start to fall.' Nat King Cole *Autumn leaves*.

Autumn is a beautiful time in all our Australian states. In autumn we still experience sunny warm days, with a cooler, crisp touch to follow in the evenings.

As we move through each month, within each season, the foods available and our cooking techniques change. To me, Autumn means figs and I do love them...a simple, quick Autumn dessert is our **frangipane and fig tart**, pictured, [>>>>click here for the recipe.](#)



With the fig season in full swing, we incorporate figs into our cooking at every opportunity. When in France last September, figs were in season and so there were ripe figs everywhere – it was heaven. At the villa in Seguret, Provence, there was a fig tree just near the pool – sheer bliss – figs for breakfast, lunch and dinner and whilst lazing around the pool with a crisp white in hand!

In early autumn, we also enjoy the light crisp salads of Witlof, pears, watercress, grapes and walnuts whilst later there are the more wintry stews and casseroles adorning our tables. We cook earthy field mushrooms with sweetly sweated leeks, stuffed aubergines, ripe purple figs, stuffed with goat's cheese and wrapped in prosciutto, sautéed chicken with spinach and almonds, divine slow-roasted and crispy pork with broccoli and apple mint jelly, rillettes with crusty bread, pear tart tatin and slowly poached quinces, garnished with the rich red seeds and juice from pomegranates. [>>>>click here to find the fruits and vegetables available in autumn.](#)



**During autumn, it is still warm enough to cook and eat outdoors**, so you will be interested in a new addition to our classes - A Slice of the Hinterland - Barbequing with Friends. Some dishes included in this class are prawn kebabs with sesame seeds, scallops in the shell with lemon butter and dukkah, Greek roast lamb – boned, butterflied and served with cumin yoghurt, marinated chicken tenderloins, barbequed bananas with chocolate and walnuts, poached fruits served with brandy sauce and caramelised fruit skewers...served with On the Ridge vanilla ice-cream or our peach, white chocolate and macaroon semifreddo.

It has been good start to the year, with classes filling nicely, some private celebrations and Caloundra Unity College Year 10s spent another fun day with us cooking and enjoying a brief dining etiquette presentation and role play.

You might think the best thing about On the Ridge Cooking classes is the delicious food we prepare and enjoy;

a highlight is also the **interesting and delightful people** who come to enjoy the cooking, and who make the day special as well. There is lots of chatter about food, cooking and travel experiences, as well as the odd work related conversation. It is lovely to see people exchanging names and numbers at



the end of the day with plans to attend another class here together, giving each other a farewell hug and kiss with the intention of meeting up again.



Thinking of **Mother's Day** - On the Ridge **Gift Certificates** make a lovely present. We sold many over Christmas and now the recipients are booking into the classes of their choice, so they are a gift that keeps on giving pleasure! The gift certificate entitles the recipient to a full day, hands-on cooking class, with lunch and wine. Gift Certificates may be purchased via the website >>>[click here](#) by emailing [tonya@ontheridge.com.au](mailto:tonya@ontheridge.com.au) or calling Tonya on **0412 838 323**. The recipient can select any class throughout the year, enjoy the cooking and food experience, plus might then treat you to a delicious lunch or dinner to share their learning and pleasure.

#### **Culinary tour – 2009 - Picnics in Provence - September 2009**

This September I am again joining the Picnics in Provence, the Melbourne-based tour group as in-house guest chef. It is very special to experience Provence with a group of enthusiastic foodies, spending days at local markets, shopping for fresh local produce, presenting cooking classes at the villa, as well as wining, dining. There are opportunities for shopping for cookware, clothes, linen and gifts. I know France well; Nikki, from 'Picnics' knows it exceptionally well – she has lived in Provence for many months over many years - she takes us to those 'secret places' only the local French know. We visit local wineries, including 'Mas Neuf', owned by Nikki's dear friend - Luc Bardet. We enjoy a day with Luc wine tasting and then lunch in the nearby village of Vauvert accompanied by Luc's especially selected Mas Neuf wines. We picnic in a vineyard overlooking the valley and out to the sea, wade through water on the river walk, attend a cooking class with the local, very talented chef Johannes Sailer in his restaurant kitchen, Les Abeilles in Sablet, then enjoy the lunch we prepare under the plane trees, with the filtered sun shining through – a relaxing and a divine repas. We present cooking classes at the villa and then dine on the verandah under the grapevines. The experience with 'Picnics' is very special - the beautiful villa and some of the best dining experiences in France.

**Join the Picnics in Provence culinary tour, with Nikki and me this September 2009.**

Please register your interest by emailing and I will send you a brochure [tonya@ontheridge.com.au](mailto:tonya@ontheridge.com.au) or contact Nikki directly through the website [www.picnicsinprovence.com/](http://www.picnicsinprovence.com/)

#### **Culinary tour - 2010 – Monday 28th June – Monday 5th July.**

La Combe en Périgord, South West France. Tonya and chef colleague Cathy will be the guest chefs at La Combe en Périgord – Australian Wendely Harvey's cooking school in the Périgord Noir, south west France. [www.lacombe-perigord.com](http://www.lacombe-perigord.com) Valli Little from Delicious magazine spent a week there recently and will be featuring that in the July and August editions of Delicious.

This is a wonderful experience cooking and enjoying south west France with Wendely and Robert, who have lived at Les Eyzies and operated their cooking school there for the past twelve years.

Check the La Combe website [www.lacombe-perigord.com](http://www.lacombe-perigord.com) for full details of the week's activities.

Please register your interest by emailing me for more information about this tour – [tonya@ontheridge.com.au](mailto:tonya@ontheridge.com.au)



And as always a big thank you to the On the Ridge team. They perform a great job and everyone is very grateful; class participants all want to take them home! How fortunate we are to have the assistance of the very efficient, energetic and capable Annie, Helen, Heather, Jenny, Lorraine and another Jenny. Their tremendous effort and hard work during the classes is most appreciated. Also many thanks to my friend and colleague Cathy Miller for her continued assistance in our recipe development and recipe database management. We receive many emails from happy cooks who enjoy making the recipes from our cookbook – [A Slice of the Hinterland – Cuisine of the Sun – Cookery of the Sunshine Coast and its Hinterland.](#) >>>[click here.](#)

[www.ontheridge.com.au](http://www.ontheridge.com.au)

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## 2009 program of classes

These dates are also available on the [website >>>click here](#)

April Sunday 26th - A French Odyssey - Journey through France

May Saturday 9th - Mediterranean - Touch of Spice

May Sunday 10th - Coastal Catch - Seafood Delight

May Saturday 23rd - A French Odyssey - Journey through France

May Sunday 24th - Italianicious - Cooking with Passion

### June 2009 On the Ridge On Tour in France

July Saturday 11th - Coastal Catch - Seafood Delight

July Sunday 12th - Italianicious - Cooking with Passion

July Sunday 19th - Mediterranean - Touch of Spice

August Saturday 1st - A Slice of the Hinterland - Cuisine of the Sun

August Sunday 2nd - Italianicious - Cooking with Passion

August Saturday 15th - A French Odyssey - Journey through France

August Sunday 16th - A Slice of the Hinterland - Barbequing with Friends

September – On the Ridge On Tour in France – Picnics in Provence

October Saturday 3rd - A French Odyssey - Journey through France

October Sunday 4th - A Slice of the Hinterland - Cuisine of the Sun - Spring is in the Air

October Saturday 17th - A Slice of the Hinterland - Barbequing with Friends

October Sunday 18th - Mediterranean - Touch of Spice

October Saturday 31st Coastal Catch - Seafood Delight

November Sunday 1st - Italianicious - Cooking with Passion

November Saturday 14th - Festive Celebrations

November Sunday 15th - A Slice of the Hinterland - Cuisine of the Sun - Summertime

November Saturday 21st - Coastal Catch - Seafood Delight

November Sunday 22nd - A Slice of the Hinterland - Barbequing with Friends

December Saturday 5th - Festive Celebrations

December Sunday 6th - A Slice of the Hinterland - Cuisine of the Sun - Summertime

The program for 2010 will be available in November 2009