



Enjoy a scoop of ice-cream on a summer's day? Savour the joy with this clever trick: After opening, cover the tub with plastic wrap before putting the lid back on. This will prevent freezer burn from ruining your favourite flavour.

You'll find more handy tips at www.taste.com.au.



GLUTTON

*Terrace Bar & Bistro, 164 Commercial Rd, Prahran.
Call (03) 9098 1155*

It seems everyone's had the same idea on this sunny Melbourne weekday. By the time we arrive for lunch at Terrace, downstairs from the recently opened hotel, The Cullen, the courtyard is buzzing: there's an office get-together and various couples are basking in the sunshine. We're in holiday mode, so we order a bottle of Rise Riesling (\$36) to accompany the menu perusal. There are tapas, pastas, salads and larger dishes, as well as a selection of light lunches – we notice more than one enormous club sandwich and fries (\$15) being split between two. We decide to share some tapas first, and both the carpaccio with dried olives, anchovy and pecorino (\$15), and grilled calamari with garlic, chilli and coriander (\$12) are perfect examples of how excellent produce benefits from restraint in the kitchen. Unfortunately, they arrive at the same time as our mains, so our table is soon filled with plates and we have to consolidate dishes to make room. (Having only been open for a short time, the Terrace's service lapses can be forgiven, particularly when the staff are so good-natured.) The lamb rump (\$29) is perfectly pink and comes with an unctuous salad of eggplant, preserved lemon and rocket, while the crisp-skin chicken (\$27) sits on a bed of creamy parsnip mash with sticks of roasted asparagus. Both are generous, juicy and soon devoured, closely followed by an excellent crème brûlée (\$13) and a huge wedge of lemon tart with roasted fig ice-cream (\$14). This is relaxed, unpretentious fare at a venue that should improve with the wisdom of age. **CARRIE HUTCHINSON**



CAMPBELL MATTINSON

WINE FRONT

Old-school Aussie winemakers are renowned for slipping an ice cube into their wine on a hot day. And not just with whites, but reds, too. While it sounds uncouth, it's anything but. One thing that's guaranteed to spoil any wine is serving it at the wrong temperature.

In summer, that typically means your wine is too warm. We all know a crisp bubbly tastes gorgeous straight from the fridge, but those crazy red drinkers who insist on enjoying it in summer – like me – need to stop it overheating.

Reds should generally be served at room temperature, but during summer in Australia, that's too hot. It can make a red taste ugly; the alcohol pokes out and the fruit flavours become flabby. It's a waste of good wine.

Giving reds 15 to 20 minutes in the fridge, or popping in an ice cube, works a treat. Try it with a **Heartland Stickleback Red 2008** (\$11.99, from www.nicks.com.au) – it's a deadset delicious bargain.

Campbell Mattinson is the co-publisher of independent review site www.winefront.com.au.

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- 1. Abundant Earth Organic Bircher Muesli, \$6.69 (450g).** Breakfast is the most important meal of the day and this one begins before you even go to bed. Soak the high-fibre, low-sodium mix of organic oats, raisins, figs, apples, pears and almonds overnight and it's ready to serve with yoghurt or milk. Will you still love it in the morning? You bet. Stockists: major supermarkets.
- 2. Uncle Toby's VitaBri's Weeties, \$4.24 (455g).** It's a troubling fact that many cereals aimed at littlies are more like confectionery than breakfast. In a recent *Choice* survey, these power-packed parcels topped a list of 42 kiddie options for a nutritious start. Stockists: major supermarkets.
- 3. Goodness Superfoods Digestive 1st, \$6.52 (500g).** With its superfood secret weapon, BarleyMax (developed by CSIRO), these honey-toasted barley flakes with sultana and apple are wheat-free and low in sugar and sodium. And the double serve of fibre is especially formulated to, well, do what fibre does best. For energy, look out for Protein 1st. Stockists: major supermarkets.