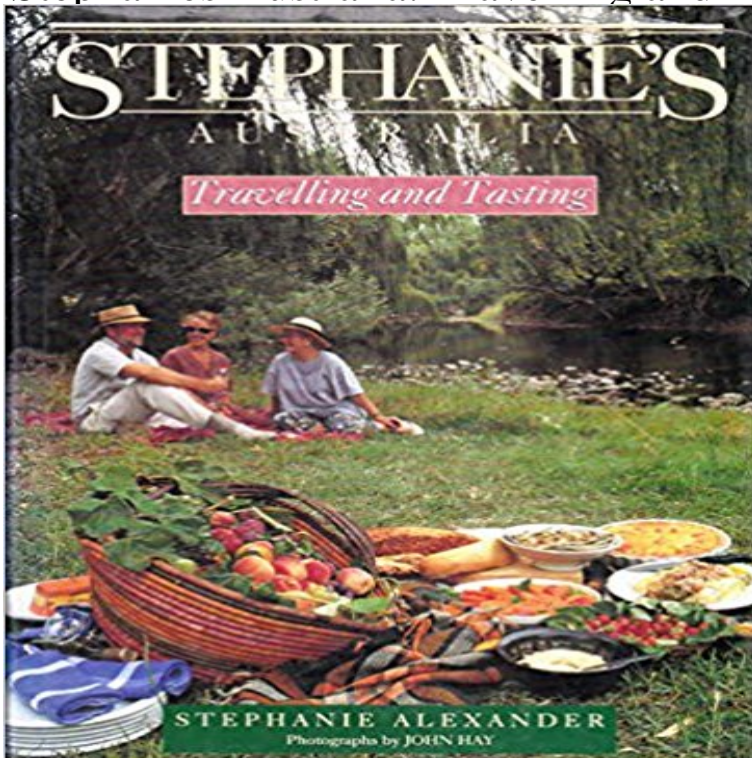


## Stephanies Australia: Travelling and Tasting (A Susan Haynes book)



Stephanies Australia is an account of Stephanie Alexander's personal odyssey around Australia looking at tastes, places, stories and people. It offers a portrait of the country and its emerging culinary traditions. For a food lover, each landscape has extra meaning and this book gives a cross-section of what is happening in the Australian food scene. Stephanie is, above all, a food lover and was determined to record the abundant evidence of the variety and quality of foods grown in this country. There are memories of country childhoods when the living was simpler if not easier, of days scrabbling for pipis in the sand, an account of the generosity of an Italian gardener in a Victorian country town, as well as interviews with national marketing bodies concerned with Australia's export levels. She chronicles the success story of anchovies from Fremantle and introduces bush food flavours. There are stories of Gabrielle Kervella and her goats in Western Australia, Blissys Tuckerbox, which sells rabbit satays from an old bus on the road to Alice Springs, and fiery Catalonian cooking in cold Tasmania. More than 60 recipes capture the spirit and use of the ingredients described. John Hay accompanied Stephanie on this gastronomic journey through Australia. His photographs capture the variety of city and countryside, and the people who labour to produce such delicious tastes.

Pin It GANODERMA BENEFITS, RED REISHI Ganoderma Lucidum , Red Reishi, Mushroom Nutrition Ganoderma Lucidum, Red Reishi Mushroom The Exquisite Red Reishi Mushroom, Or Ganoderma Lucidum. It is known for its strength and its ability to give energy, vigor and vitality. Red Reishi or, Ling Zhi as it is known in China. The reishi / ganoderma are known as herbal mushrooms, and in Asia, they are also known as medicinal mushrooms. The ganoderma lucidum is known as a powerful tonic that helps balance your system. HOME PRODUCTS CONTACT US DISCLAIMER Announcement: Facts And Benefits Of Ganoderma Lucidum, Red Reishi Announcement: Facts And Benefits Of Ganoderma Lucidum, Red Reishi Here are a few facts and benefits about this great mushroom Ganoderma Lucidum Ganoderma Lucidum is also known to many as: red reishi mushroom or in Chinese language as ling zhi. This mushroom is known throughout Asia as a medicinal mushroom. It is very popular in Asia, and now becoming the same in the USA. Ganoderma [â€] Yes, Ganoderma, Red Reishi CAN Help Fight Obesity Yes, Ganoderma, Red Reishi CAN Help Fight Obesity Mushroom supplement could be one way to tackle obesity Check out the website to see how Ganoderma Lucidum, Red Reishi can help you lose weight. Read the whole article here, Monster Ganoderma

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