

Velvety bites



Posh Nosh
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Food Editor

The best is selection, the best does not fully things and not, this is the best time of the year for eating well.

Summer is high season for fruit, with mangoes, cherries, plums, strawberries and apricots all appearing beautifully.

Apricots are a hybrid of apricots and plums and two versions, Cold and Blue, are available at Cold Storage.

The fruits are shaped like plums but have the gentle taste of apricots. Both have golden yellow flesh and are very juicy.

Cold Yellow is much sweeter though. They would be the ones to pick between the two varieties.

They are large and, oh, the sweet juice that gushes out of them is just wonderful.

The smaller Apricot Blue has thicker skin and that is where much of the tartness comes from.

They will make good eating, especially when sliced and eaten alongside honey-drizzled yogurt and other granola. Whichever colour you prefer, it is best to eat them out of hand and not do too many fancy things with them.

At these prices, you want to get the full impact of the fruit.

Apricot Cold Yellow and Apricot Blue Yellow, \$5.90 for a 200g packet, from Cold Storage, Singapore. Apricot Blue, \$3.90, tel: 4726-0266, open: 10am to 8.30pm daily



Mango from Africa

These dried mangoes make me do a double take when I am craving the taste of my favourite superfruit.

Mangoes from Australia too?

The West African variety is a long way from Singapore and I am intrigued.

It turns out that the British company Tropical Whitefoods sources fruit and nuts from countries such as Pakistan, Afghanistan, Uganda and Australia too, paying fair trade prices for the goods.

The fruit is sun-dried and these mangoes are about the best I have had, short of eating ripe, fresh ones.

For me, they are not easily sweet like some dried mangoes can be, so fibres, the moisture are added and the mangoes have a sweetness that recalls dark brown sugar. Little hints of tartness pop the pieces up.

Put them plump up slowly in the mouth and then start biting. You might never want to stop.

Tropical Whitefoods Dried Mangoes, \$7.90 for a 100g pack, from Great World Supermarket, Living Court, \$3.99, tel: 4726-0222, open: 10am to 10pm daily



Must-try mustard

I was startled recently when some friends from abroad, who were visiting Singapore, asked if they could find grain mustard here.

If only they knew the bewildering choices we have, ranging from yellow American and grain to Dijon and Japanese.

Roza's from Australia does a terrific version. The mustard is sweetened with bush honey and studded with mustard seeds, pieces of apricot and macadamia nuts.

Use it as a condiment on hotdogs or as a sandwich spread. It would also be great tossed with potatoes and mayonnaise for a salad, or coat a leg of lamb with it before roasting.

The mustard is also a good addition to a vinaigrette or a honey mustard salad dressing.

Roza's Sweet Mustard With Apricots & Macadamia Nuts, \$14.95 for a 250ml jar, from Huber's Butchery, 18A Dempsey Road, tel: 6737-1588, open: 9.30am to 8pm (weekdays), 9.30am to 7pm (weekends)



Gentle ginger



I have to say I am a true convert to ginger. In sleep, understanding that words to encourage something and I used to insist to it early when I had an upset tummy. Ginger is an instant soothe at times like these.

But I have decided that ginger beer is essential to some of the cooking I do, broiling, or, grilled chicken thighs or anything warm, baked in with other ingredients like my sauce, the ginger does not overwhelm the palate.

All this is a mind-blowing way of saying that I really like Castle's Original Maltitude Ginger Beer from Scotland. The use of ginger is very gentle, even in the original version. It is absolute, which might explain why I don't get a blast of ginger with the first sip.

There is also a Special Orange version, with a hint of the citrus. It is even better than the original.

Castle's Original Maltitude Ginger Beer, \$4.90 for a 330ml bottle, from the Great World Supermarket, Unit 46, Pasiralis, The Greenhouse, 200 East Coast Road, tel: 4726-7200, open: 9.30am to 7.30pm (weekdays to 10pm), 9.30am to 8.30pm (weekends to 10pm)



Crunchy beans

Just like the Japanese to create the humble peanut. Instead of just roasting and eating them or covering them with chocolate, they put exotic coatings on them.

A selection of these is found at Cold Storage. They will fill much coverage in between Japanese food bits when given of these nice things in a gift.

My favourite of the three is the Pickled Plum Beans, no prices for gassing, eating so how I keep going on and on about hot food.

They are coated with a glaze that is flavoured with plum and bits of dried, making them taste fresh and bright.

Next up is the White Milk Beans, peanuts coated with pure soy and milk. The slight tartness from the mustard is what does it for me.

Dried Soybean Japanese Malted Beans are not had at all, except that there are other versions of the snack, so they don't even exist. The result here is fairly strong and these peanuts are great with beer.

Japanese Bean snacks, \$4.90 for a 100g packet, from Cold Storage, Great World City, \$3.99, tel: 4726-0220, open: 10am to 10pm daily

