

# This month at....



Penny Mowat

After returning from France in Oct 2000 Penny & Reg Mowat started producing Pesto & Tapenade recipes in conjunction with a professional Dietician and Nutritionist. All artificial colourings, flavours or preservatives were excluded and the produce had to be low in fat, salt and sugars without using any genetically modified ingredients.

The Mowats have quickly established a first class boutique product which has proven popular with consumers throughout NSW and visitors to the Central West. The products taste so delicious that you can almost feel them doing you good. The products from Mowats are used on the menu at the Absolutely Delicious Café in Bathurst to further showcase our regional produce.

## Bathurst Farmers Market

see you there!

### Recipe of the Month

#### Barbequed Free-range Chicken with Green Olive Dressing

##### **INGREDIENTS:**

- 1 whole chicken, boned with skin on (approx 1.5kg)
- 5 cloves of garlic
- 100ml of extra virgin olive oil
- Lots of cracked black pepper
- 100ml of verjuice
- 500g of chat potatoes unpeeled

##### **DRESSING:**

- 1 x 220 g jar of Mowats of Mudgee Green Olive Tapenade
- 1 cup of extra virgin olive oil
- 1/2 cup of verjuice
- Freshly ground black pepper.

##### **DIRECTIONS:**

- Blend the garlic, olive oil, pepper and verjuice together in a food processor.
- Marinate the chicken in this mixture for about an hour.
- Discard the marinade.
- Barbecue chicken over a hot flame, ensuring good colour on the skin side.
- Whisk all of the dressing ingredients together.
- Cook the potatoes and while still warm toss in half the dressing (warm potatoes pick up more olive flavor)
- Balance of dressing can be served in a bowl and added to chicken as required.

.....*Absolutely Delicious*

**On this Saturday from 8am to 12noon  
at Bathurst Showground**

*Seasonal - Fresh - Produce - Organic - Delicious*