

A U S T R A L I A N

GOURMET TRAVELLER

THE HOT 100
HOTELS, RESTAURANTS & TRAVEL TIPS...
CHEFS' FOOD & TRAVEL GUIDE
YOUR GO-TO GUIDE

Autumn feast

Perfect harvest picnic & cool pickles
The Apollo: Sydney's chic Greek
Doughnuts, tarts & more sweet treats

EXCLUSIVE
RECIPES FROM
MATT MORAN'S
NEW DINER



Rhubarb and apple
tarte Tatin with
Calvados ice-cream

LUXURY REDEFINED
CAMBODIA: THE NEXT FIVE-STAR FRONTIER
GIORGIO ARMANI'S GUIDE TO MILAN
AA GILL: BREATHLESS IN BHUTAN

ALL HAIL THE KING

Meet The King's Ginger liqueur. Spirits writer Dave Broom calls it "fresh and very gingery", and we're inclined to agree. It's mostly in bars for now, but if you find it in a specialty bottle-o, it'll set you back about \$49. thekingsginger.com



THE PRODUCERS

MALFROY'S GOLD HONEYCOMB

A more natural approach to beekeeping in the Blue Mountains of New South Wales results in a cleaner, clearer-tasting honey, writes Maya Kerthyasa.

Who Growing up on a bee farm, Tim Malfroy aspired to giving people the opportunity to taste what was being lost in the homogenisation and pasteurisation of bulk-produced honey. In 2006 he started producing and selling his family's pure honeycomb and varietal seasonal honey from the Central Highlands and Blue Mountains regions of New South Wales under his own label, Malfroy's Gold. Today, Malfroy not only produces award-winning honeycomb, but also runs courses on natural beekeeping and practises it himself.

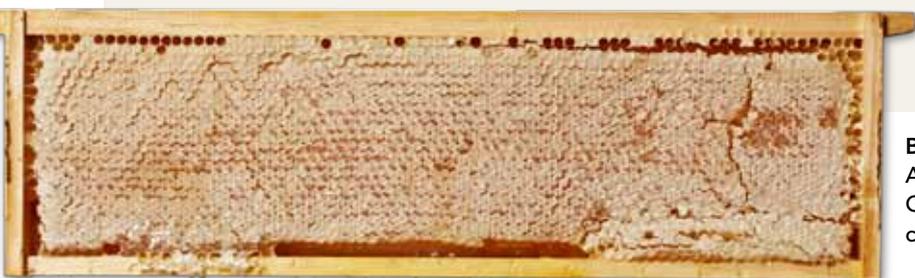
How "In the wild, honeycomb is produced entirely by the bees," Malfroy tells *GT*, "so what we're trying to do is capture this amazing natural process." He practises what's called Warré beekeeping, or natural beekeeping, a method that approaches honey production in a holistic manner, focusing on the health and contentment of the bees rather than solely on maximising the harvest. The process is simple: the bees, housed in Warré

hives, are given a wooden frame, a tiny strip of beeswax, and are then left to do the rest. While conventional hives use foundations to shape the comb and increase honey production, bees in Warré hives are allowed to construct the comb naturally. "Bees are creatures of solitude," says Malfroy, "and great harm may be done to the colony by frequently inspecting the hive."

Why The pure honey preserved within the wax chambers of the comb has a distinct and delicious flavour and texture. And because no heat has been applied at any stage of production or harvesting, the honey retains all of its natural elements, so its health benefits outweigh those of regular liquid honey. Enjoy it on its own, as an accompaniment to cheese, or, as Malfroy prefers it, crushed over Greek yoghurt with fresh figs and walnuts.

Stockists Malfroy's Gold honeycomb sells for \$17.50 per 300gm package and \$55 per framed comb. malfroygold.com.au

THE KING'S GINGER PHOTOGRAPHY WILL HORNER HONEYCOMB PHOTOGRAPHY PHILLIP CASTLETON
THE KING'S GINGER STYLING CLAIRE DELMAR



Busy bees
A Malfroy's Gold honeycomb frame.



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