

Kukerin yabbies a gourmet treasure

Mary Nenke is passionate about the preservation of WA's farming industry, and for very good reason.

"I'm not about 'poor farmers', it's 'poor Australia without our farmers'," says Mrs Nenke from her Cambinata Yabbies farm in Kukerin she runs with her husband Michael and family.

"Australians simply don't realise how lucky they are with all the beautiful fresh food we produce.

"We've never been without food (in Australia), so we don't seem to value it as much as we should.

"Let's face it, we can't live without food."

Which leads us to yabbies. Considered to have the most sophisticated plant in Australia, the Nenkes supply their yabbies to a number of Perth restaurants, wholesalers and retail outlets around the State and overseas.

But what started as a hobby farm in the 80s evolved into a business thanks to a Perth restaurateur.

"It all started when a Northbridge restaurant was looking for a regular supply of yabbies. It wanted to purchase 20kg a week and it just grew from there."

Yabby farming is extensive and sustainable aquaculture. They grow in the wild (i.e. a dam) and are a little like free-range chickens, fed with grain and pellets and kept safe from birds, particularly cormorants that are known to eat about 10kg a day.

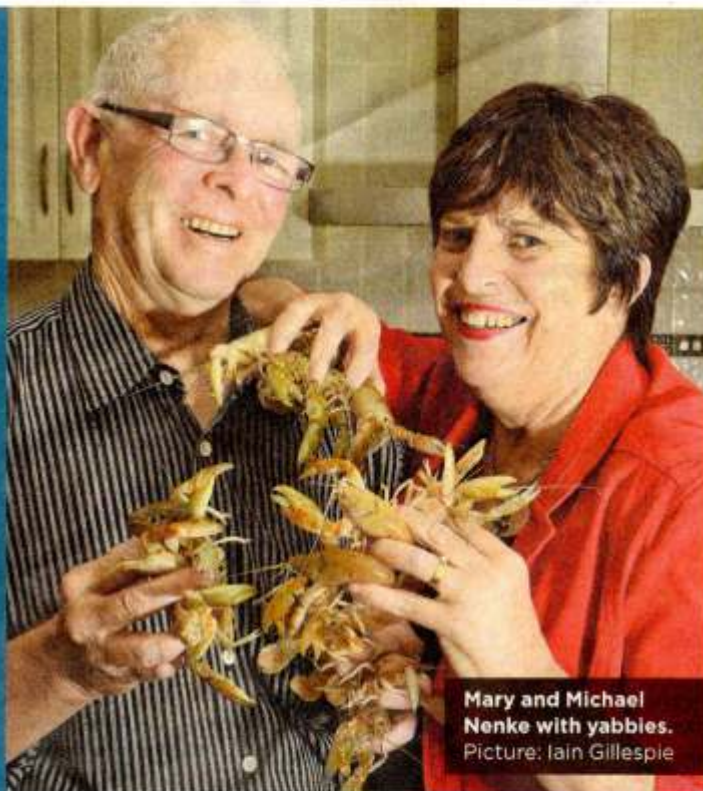
It takes about four months to produce a small yabby and about two years for a jumbo critter.

"Yabbies are virtually cholesterol free, but it's important how you cook them," Mrs Nenke says.

"Steaming brings out a sweeter flavour.

"I believe Leeuwin Estate is serving a hotpot dish which is divine. Miss Maud is a very good long-term customer. The Print Hall has them on the menu and Jackson's regularly uses them."

Cambinata's retail product, pickled yabbies (from \$25) is available at Super IGA Wembley, The Ingredient Tree (Wembley), Icons at the Perth Domestic Airport, and numerous outlets in the Margaret River area, or visit cambinatayabbies.com.au.



Mary and Michael Nenke with yabbies. Picture: Iain Gillespie



Super sauerkraut

OK, so it might not be the sexiest name in the business, but when prepared properly, sauerkraut can vastly enhance a triple-decker sandwich, bring cold meat to life and transform a kranisky or salad. Margot Foley, the Dunsborough-based maker of Foley's Frothing Fermentations Raw Sauerkraut, extols the superfood benefits of her organic sauerkraut which is prepared using sea salt, aromatics and a host of natural probiotics that are left to ferment in traditional German crocks. She claims it's an immunity booster, and excellent for digestion too (\$12). Find at Urban Locavore (urbanlocavore.com.au), Manna Wholefoods (South Fremantle), Live Organics (Morley) and Pepi Cafe (Busselton).



Michelin-star condiments

Michelin-star chef Luke Mangan is at it again, this time with new relishes and mustards to add to his Providores range of gourmet goodies. The wasabi mustard, with just the right dose of bite, is delicious smeared over grilled seafood. Also in the range is caramelised onion and tomato relish (\$9.95, 200g jar) and a mustard selection of Dijon, green peppercorn (hot and mild varieties) and tarragon (\$8.95 to \$9.95, 120g jar). Available online at lukemangan.com.au.

Anna Gare Kimberley experience



Headlining the Argyle Diamonds Ord Valley Muster this year, Anna Gare, left, and good friend and Perth chef Don Hancey, will cook using local ingredients during the popular Kimberley Kitchen at Celebrity Tree Park on Tuesday, May 21. It was described last year by Broadbrush as "a magical evening". Gare will also host the long-table dinner held under the stars at the historic Durack Homestead on Thursday, May 23. Tickets are limited. Visit ordvalleymuster.com.au for more information.

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