



Long Track Pantry
J u g i o n g



*Awake thou wintry earth-
Fling off thy sadness!*

*Fair vernal flowers, laugh forth
Your ancient gladness!* Thomas
Blackburn

We are all pleased to see the arrival of Spring and what better way to celebrate than by enjoying some of our wonderful Spring produce, participating in the Walk of Wonders or coming along to our Melbourne Cup Day Seasonal Cooking Class and Lunch for 30!! Make the most of the season and visit the Long Track to enjoy all the wonderful things we have on offer over the coming months.

Walk of Wonders

Long Track Pantry is thrilled to be sponsoring the Walk of Wonders. This event entails a 20km walk beside, above and across the Murrumbidgee River. Wonders along the way will include musicians, artists, bush poets, delicious refreshments and more. All proceeds go to Country Education. Sunday 26th September 2010. Registrations and further details www.everydayhero.com.au/event/walkofwonders

New Products

As usual we have been busy looking for new products to stock in store and we have now filled our fridge and shelves with delicious new goodies for you to enjoy! Call in to the Long Track to stock the pantry at home; Meredith Marinated Goats Cheese
Simon Johnson Organic Pasta
Caramelized Balsamic Vinegar
Smoked Trout Pate
Millawa King River Gold Cheese
Frozen Ravioli and more

Melbourne Cup

To celebrate Melbourne Cup Day we are running a very special 'Summer Entertaining—Lunch for 30' Cooking Lesson. The day includes cooking demonstration, written recipes, fashion style tips, champagne, lunch (including whole poached ocean trout), race sweep and the 'big race'. For details email julietrobb@longtrackpantry.com.au or Ph: 0419 210 800

Open Mediterranean Lamb Burger Serves 6

Enjoy spring with this delicious lamb burger, one of our favourite recipes, sure to make an appearance on our menu in the warmer months.

750g lamb mince
1 onion finely chopped
2 garlic cloves crushed
2 tsp ground cumin
1/4 cup chopped fresh mint
1 cup breadcrumbs
1 egg
Salt & pepper
6 Toasted Sourdough bread slices
Hummus
Tzatziki
Rocket
Roasted Red Peppers

Place first 7 ingredients in bowl and mix with your hands until evenly combined. Season with salt & pepper. Divide into 6 equal portions and rest for 30 mins in fridge. Cook lamb patties in large frying pan over medium-low heat for approx 4 mins each side. Top each toasted sourdough slice with hummus, rocket, roasted peppers, lamb pattie and tzatziki for a delicious spring lunch!

Jam Packed....What's on our Shelves....

- Blood Orange Marmalade
- Pear & Ginger Chutney
- Chilli Orange Chutney
- Apple & Lemon Jam
- Ruby Grapefruit Marmalade
- Local Honey
- Tomato Relish
- Long Track Dressing
- Strawberry & Apple jam
- Local Olive Oil
- Local Free Range Farm Eggs
- Pies, casseroles and curries



Gorgeous Gifts for Spring

After visiting the Trade Fairs in Melbourne last month we have a wonderful array of new stock continuing to arrive. This season we are bringing you a selection of fantastic kitchen products as well as the latest in rustic, natural home wares, perfect for country style entertaining.

Oktoberfest at the Sir George

The beautiful old pub next door to the Long Track is holding an Oktoberfest celebration complete with their own German beer, oyster bar, live music and jumping castle. Sat 9th Oct 2pm til late.

See www.sirgeorge.com.au for details