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THE  AGE

# the foodies' guide to melbourne

and regional victoria **2007**

Over 700 butchers, bakers, food stores and chocolate makers



Allan Champion and Michele Curtis

## Shortlist

### ICE CREAMS AND GELATI

#### **Crocantino, 7 Apples Gelato (page 125)**

We love the adult flavour of this gelato, which blends rum-based ice cream with dark cherries. A perfect winter's night treat.

#### **Deep mint, Trampoline (page 126)**

Enjoying the combination of vanilla and chocolate with minty chips is almost as much fun as watching the ice cream being made at these vibrantly hued stores.

#### **Passionfruit, Gelati Sky (page 124)**

Another great release from Gelati Sky. This is a zesty creation, with the addition of lightly crushed passionfruit seeds for a crunchy finish.

#### **Pear sorbet, Jock's Ice Cream & Sorbets (page 125)**

This amazing sorbet is at its seasonal best in late autumn. It's light and luscious and not to be missed!

#### **Caramelised fig and almond, Fritz Gelato (page 123)**

Here, a wonderfully rich and creamy vanilla base ice cream is studded with crisp almonds and chunks of caramelised fig. It's as good as it sounds.

## Charmaine's Ice Cream

Charmaine's led the way in Melbourne's ice-cream revolution, and though they now have many competitors they still have their loyal fans. Fans who love flavours like honeycomb, toffee almond, tangerine, Cointreau, mandarin and lychee. Charmaine's is justly famous for their most unusual flavour combination, chocolate and chilli – as the chocolate ice cream melts in your mouth, the chilli kicks in. Everyone should try it at least once. **Also at:** Yarra Building, Federation Square, City, 9671 4121.

### **FITZROY**

370 Brunswick Street  
 Summer: daily midday–late;  
 Winter: Wed–Sun  
 midday–late  
 9417 5379  
 Melway 2C B6  
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## Fritz Gelato

These guys really know a thing or two about their craft. Just one taste of their cinnamon and ginger gelato is a flavour-packed experience, as is their zesty passionfruit sorbet. Ingredients are mainly organic and always seasonal, so flavours are at their peak. They also sell tins which hold up to four choices so you can serve Fritz Gelato at home. Now that's a good idea! **Also at:** 334 Bridge Road, Richmond, 9427 9898; Shop 2, South Melbourne Market, cnr Cecil and Coventry streets, South Melbourne, 9681 3109; Stall 120, Prahran Market, 163–185 Commercial Road, South Yarra, 9826 6114.

### **ST KILDA**

11A Fitzroy Street  
 Daily midday–midnight;  
 later on hot summer nights  
 8598 9090  
 Melway 2N J6  
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## Shortlist

### MARKET TREATS

#### **Pakoras and samosas, Curry Creations, Prahran Market (page 142)**

The home-made pakoras and samosas here are hot and ready to go, providing the perfect snack while you do your Prahran Market shopping.

#### **Turkish spinach-and-cheese borek, Nada's Takeaway, Footscray Market (page 142)**

A giant wedge of this great borek is just the thing to help keep up your strength for browsing the markets.

#### **California rolls, Tofu Trek, Queen Victoria Market (page 143)**

These excellent California rolls are freshly made throughout the day.

#### **Doughnuts, Fritz Gelato, South Melbourne Market (page 144)**

Fritz Gelato is now cooking organic doughnuts to order. The piping-hot treats are rolled in organic raw sugar and cinnamon, and served immediately. They are seriously good.

#### **Coffee, Preston Coffee Centre, Preston Market (page 143)**

They make an extremely good coffee at the Preston Coffee Centre, and it gets even better if you pick up one or two of their chocolate macaroons to go with it.

## South Melbourne Market

South Melbourne Market has been undergoing a refurbishment process for some time now and the results have been worth the wait for shoppers and stallholders alike. Aptus Seafood (Stall 25) has a great selection of fresh fish to offer while Rita's Nuts and Coffee (Stall 18) continues to stock a wealth of coffee, dried fruit, nuts and biscuits. Her coffee shop next door (Stall 19) is the place to revive after a big shopping trip. Emerald Deli (Stall 23–24) has upped the ante somewhat by installing a cheese room. Pickadeli (Stall 4–5) is the spot for pasta, ham, cheeses and dips. At Store 6 (Stall 6) they offer egg and bacon pies, lasagne, pizzas, pies, curries and soup. South Melbourne Market Organics (Stall 51–52) has a tremendous range of fresh food as well as organic dairy, groceries and breads. The Potato Man (Stall 50) stocks the very best potato varieties available in South Melbourne. W. B. Smith (Stall 114–115) sells all manner of kitchen equipment in every shape and size. Before heading home, don't miss Fritz Gelato (Shop 2) for frozen treats and their cooked-to-order doughnuts, and pick up a bottle of wine from Swords (Stall 154).

### SOUTH MELBOURNE

Cnr Coventry and  
Cecil streets

Wed 8 am–4 pm;

Fri 8 am–6 pm;

Sat–Sun 8 am–4 pm

9209 6295

Melway 2K B1–2

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