

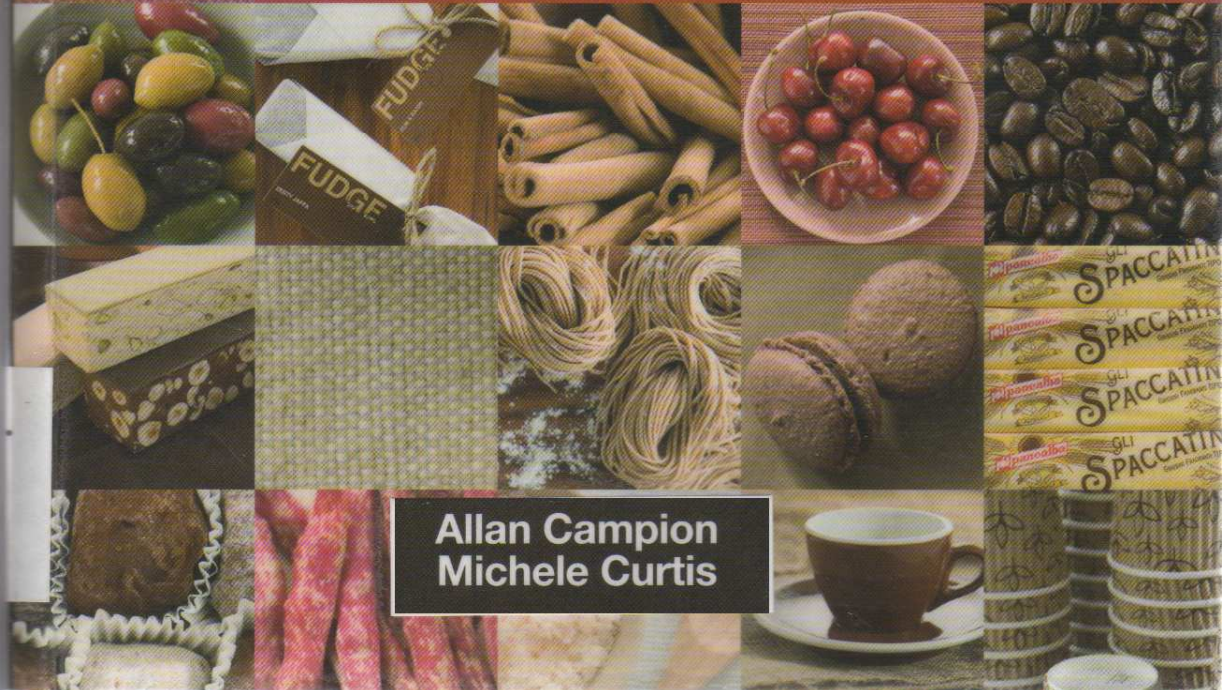
THE  AGE

the foodies' guide to melbourne

09

Allan Campion
Michele Curtis

More than 450 butchers, bakers, food stores
and chocolate makers



Allan Campion
Michele Curtis

The history of this city's ice-cream and gelato scene has a particularly Italian leaning. Stores set up decades ago around Carlton led the way and for many people it was their first taste of top-quality gelato. A lot of these shops are still serving frozen treats to a loving public and in recent years they have been joined by a new generation of stores, which have also found an adoring clientele. The groovy-looking Trampoline, for example, with their fun product names and welcoming stores, and **Fritz Gelato** with its delicious combo of gelato and freshly cooked doughnuts have become favourites. We're also long-standing fans of the creative frozen treats at 7 Apples Gelato in St Kilda, Il Dolce Freddo in Lygon Street and the much-loved Jocks in Albert Park. All are perfect places for a cooling cone on a hot summer's day.

Casa del Gelato

There's almost three decades of gelati-making experience at Casa del Gelato, so you know you're in good hands when you step up to the counter at this Lygon Street hot spot. If it's a hot summer's night, getting to the counter may take a while, but it'll be worth the wait. The award-winning passionfruit and mango gelati are definitely worth a try here, if you can ignore the rich, creamy chocolate gelato that is. Other terrific options include lemon, coconut, boysenberry, nougat and caramel. Those who usually have to overlook gelati because they are lactose intolerant are in the right place. If you really can't choose then order a little of a few different flavours and enjoy them in a cup or cone as you wander along Lygon Street.

CARLTON

165 Lygon Street
9347 0220
Summer: daily
midday–midnight;
Winter: Tues–Sun
midday–late
Melway 2B F9
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Fritz Gelato

Fritz Gelato continue to provide excellent frozen treats. Organic ingredients are used where available so you know you're getting a really special product. The range includes gelati, sorbet, frozen yoghurt and low GI options. Favourite flavours include butterscotch, cool mint and honeycomb crunch, bounty, nectarine and peach. Flavours of the month also appear including Anzac biscuit in April, plum sorbet for December and hot cross bun in March. The organic cinnamon and sugar-rolled doughnuts are excellent here too. **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
8598 9090
Daily midday–midnight
(later on hot summer
nights)
Melway 2N J6
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Highlight

FABULOUS FLAVOURS

Lickerish, Trampoline, page 81

This not too sweet, wonderfully textured gelati is an adult's delight. It's chock full of aniseedy flavours and excellent textures.

Rum and raisin, 7 Apples Gelato, page 80

Imagine the creamiest, smoothest gelato topped with sticky syrup and plump raisins. As good as it sounds, it tastes even better!

Macadamia, Il Dolce Freddo, page 80

It's extremely difficult to pick just one flavour from the range at Il Dolce Freddo. A recent favourite was the macadamia, which has a wonderful coarse nutty texture – perfect with a mini scoop of coffee gelati on top.

Panettone, Tutto Bene, page 82

This awesome gelati is packed with flavours of toasty panettone, such as candied fruit, spice, raisins and yeasty sweet bread. It's like an Italian Christmas in every mouthful.

Fig ripple, Jock's Ice Cream & Sorbets, page 80

A standout autumnal ice-cream that is made with poached fresh figs. It crackles with tiny fig seeds and a beautiful caramel/butterscotch background flavour. A real beauty.

Hot cross bun, Fritz Gelato, page 79

This delicious combination of spices and fruit really hits the spot. It's like a creamy hot cross bun in a tub – perfect for Melbourne's Easter weather!

South Melbourne Market

South Melbourne Market has just been through a period of refurbishment and improvement that has led to a wonderful new central aisle lined with delis, fishmongers, butchers and food stores. These delicious-looking stores have added a new lease of life to existing retailers and attracted a couple of newcomers along the way. Rita's Nuts and Coffee (Stall 18–19) has long been a favourite for mostly Australian-produced dried fruit, nuts and legumes. Aptus Seafood (Stall 25) is looking terrific too and offers the sea's bounty, great service and oysters opened to order. Tom's Organic Meats (Stall 30) offer an enticing selection of well-bred lamb shanks, legs of lamb, pork and beef. Cheese lovers are spoilt for choice with Emerald Deli (Stall 23–24), and their walk-in cheese room is packed with creamy triple creams, washed rinds and cheddars. Theo's Deli (Stall 16–17) is the place in the market for sliced meats with an excellent array of antipasti, dips and other foodies' essentials. W.B. Smith (Stall 114–116) sells every kitchen utensil and products you'll ever need. **Fritz Gelato (Stall 2) is the perfect spot for organic cinnamon doughnuts or a cooling gelati.** For fresh ingredients don't miss The Potato Man (Stall 50) for a terrific selection. There is also Fruits on Coventry (Stall 46–48) for wonderful seasonal produce and service.

SOUTH MELBOURNE

cnr Coventry and Cecil
Streets
9209 6295
Wed 8am–4pm;
Thurs 8am–4pm (Cecil
Street food area only)
Fri 8am–6pm;
Sat–Sun 8am–4pm
Melway 2K B1–2
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