

AA GILL: BREATHLESS IN BHUTAN

# ourmetnews

# 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



# 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 awardwinning honeycomb, but also runs courses on natural beekeeping and practises it himself.

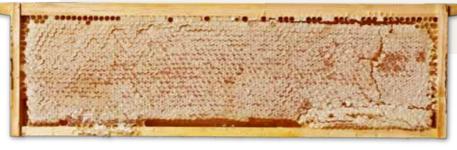
How "In the wild, honeycomb is produced entirely by the bees," Malfroy tells GT, "so what we're trying to do is capture this amazing natural process." He practises what's called Warré beekeeping, or natural beekeeping, a method that approaches honey production in a holistic manner, focusing on the health 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

King's Ginger

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. malfroysgold.com.au



**Busy bees** A Malfroy's Gold honeycomb frame.



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## Sambal oelek

A spicy chilli paste that can be used as a condiment or ingredient to spice up rice, soup, meat or vegetables.



# Ketjap manis

A sweet soy sauce that's ideal in stir fries, marinades or as a seasoning.



## Nasi Goreng mix

Regarded as Indonesia's national dish. Nasi Goreng is an authentic wok dish served with rice, meat and vegetables.





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