

delicious.

ALL IN THE PREP
layer, chill, top
with choc and
freeze overnight

FASTER FOOD

FREEZE-AHEAD
MEAL BASES
+ EASY CHINESE
+ GRILLED VEG

KEEP COOL WITH... FROZEN CARAMEL SLICE

PLUS GET KIDS IN THE KITCHEN WITH CHEAT'S DESSERTS

7.50 (INC. GST) NZ \$8.50 (INC. GST)



MATT PRESTON
Bring back 'brinner':
marmalade pudding



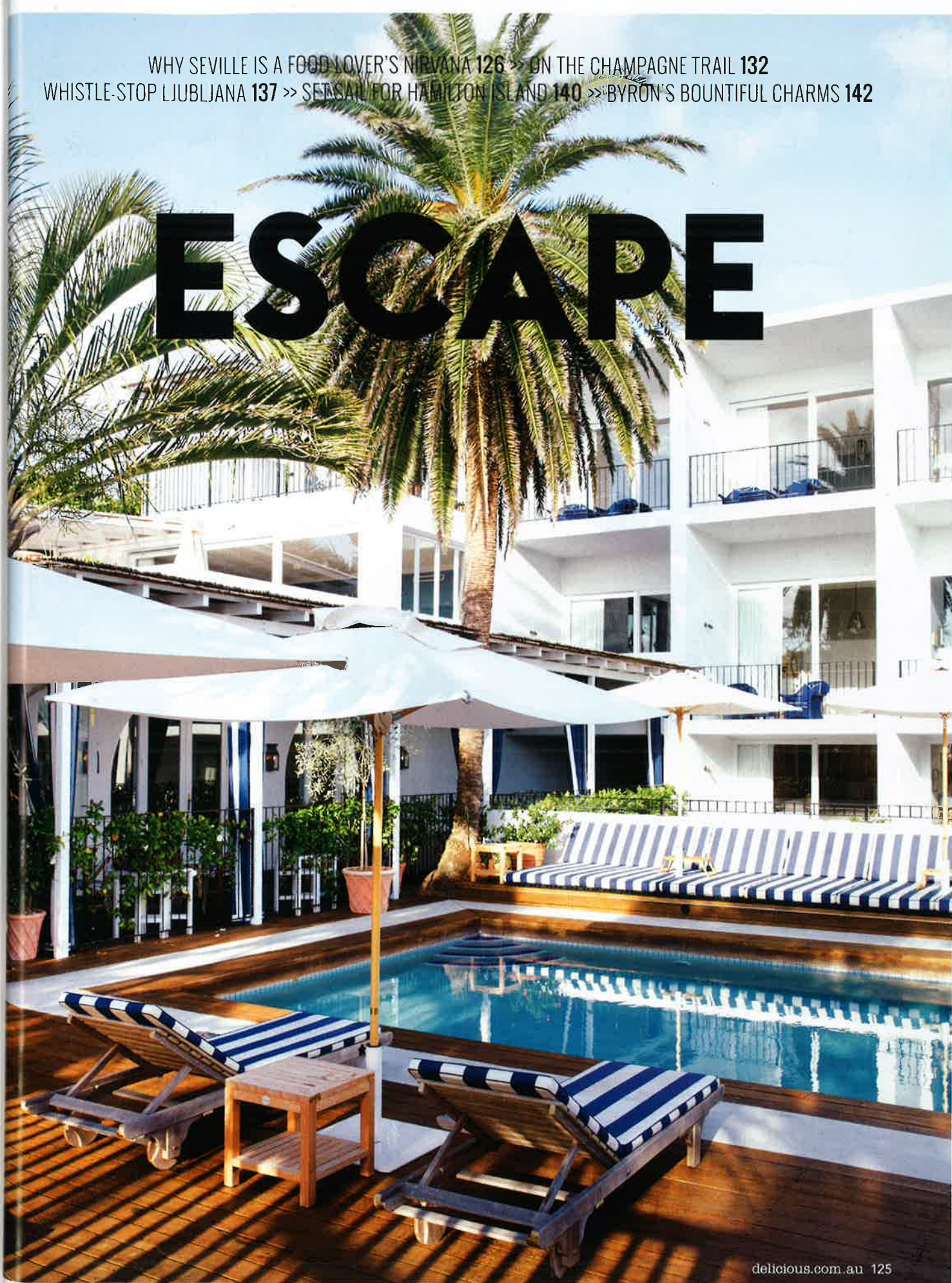
JAMIE OLIVER
Use up leftover
fruit in top desserts



**OLIVIA
McMAHON**
Great Australian
Bake Off winner

WHY SEVILLE IS A FOOD LOVER'S NIRVANA 126 >> ON THE CHAMPAGNE TRAIL 132
WHISTLE-STOP LJUBLJANA 137 >> SETSAIL FOR HAMILTON ISLAND 140 >>> BYRON'S BOUNTIFUL CHARMS 142

ESCAPE



LOCAVORE



THE
Albatross
INN

9 TO MARKET

If all this talk of produce has you longing for the stove, you're in luck. There are several local weekly markets selling everything you need to whip up a feast. Whether it's eggs from pasture-raised chooks, buttery macadamias, golden citrus, or grass-fed, ethically raised beef, almost everything is organic and from within hollering distance of where it's sold.



WHERE:

Mullumbimby Farmers' Market: Fridays 7-11am, Mullumbimby Showground, 51 Main Arm Rd, Mullumbimby (mullumfarmersmarket.org.au)

Bangalow Farmers' Market: Saturdays 8-11am, behind the Bangalow Hotel, 1 Byron Street, Bangalow (byronfarmersmarket.com.au)

Byron Farmers' Market: Thursdays 8-11am, Butler St, Byron Bay (byronfarmersmarket.com.au)



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13 ACTION STATIONS

If style on a shoestring budget is your thing, then a room at **The Atlantic** (13 Marvell St, Byron Bay) will fit the bill perfectly. Comprising a cluster of bungalows dotted throughout a dreamy tropical garden, the boutique hotel is situated right near the best that Byron township has to offer, and just a leisurely 3km stroll from Cape Byron Lighthouse for that quintessential dawn cardio session. Each well-appointed bungalow features shared state-of-the-art indoor and outdoor kitchen facilities; perfect for cooking up all the goodies procured at the farmers' markets.

14 HOUSE OF A MILLION PICS

Go ahead, treat yo' self. Since it opened in mid-2015, **Halycon House** (21 Cypress Cres, Cabarita Beach) has become one of the most Instagrammed boutique beach destinations around. Think Hamptons glam meets Palm Springs luxe and you get the picture. Be sure to secure a booking at the hotel's restaurant, Paper Daisy, recipient of many an award for best regional dining, courtesy of chef Ben Devlin's respectful ways with the best local produce. ✂

