

# Feed back

## Hot stuff

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### PARKER'S ORGANIC SPARKLING FRUIT JUICE, \$3.20/330ML.

Let's hear it for a bit of fizz in your organic fruit juice. The five effervescent juices are made with whole fruit, which means more pulp and fibre. The juice is full-bodied and the carbonation light, which makes it very refreshing. The guava and cranberry variety goes well with a splash of vodka; the apple with a twist of lime is made for dry vermouth and lots of crushed ice. Other flavours are lemon, orange and (think Campari) mango and orange.



Available from Good Living Growers' Market, Pyrmont Bay Park; Yellow Bistro, Potts Point, 9357 3400; Macro Wholefoods, Crows Nest, 9004 1240; The Barn Cafe, Rozelle, 9810 1633.

### GOAN CUISINE TOMATO KASAUNDI, \$7.50/370G.

With such a seductive mix of tomatoes, herbs, spices and chillies, this earthy relish is delish and it can be used in many ways: conventionally as a condiment, on a cracker as a snack, spread on bruschetta and pizza, smeared thickly on a cheese sandwich or dolloped onto steaming homemade soup.