



Try Abe's sweet **bagel bites** with your morning coffee. \$5.80 per bag of 10 at supermarkets, in chocolate chip or honey raisin flavour.



Laguiole multicoloured **cutlery set** \$350 (24 pieces). Handmade in France. From Uncle Zitos, (03) 546 9739.

Small bites

Entertaining editor Sally Butters selects good things to eat, try and buy

The **bouquet garni** is a winter stew essential. This local product is \$2.50 at Moore Wilson, Wellington, (04) 384 9906.



Montebello **farro** is a special pearly wheat – organically grown and nutty flavoured. \$8.20 from sabato.co.nz.

Janus Bakkerij of Lower Hutt bakes divine **meringues**. \$13 at Nosh in Auckland or call (04) 577 3326.



58 Base in Pauatahanui makes a perfect **pizza sauce**. \$6.80 per 250g. See 58.co.nz for stockists.



Discover: Cardoons

This giant thistle, a cousin of the globe artichoke, is more often grown for its flowers than its edible stalks, but those in the know say it tastes like the tenderest part of an artichoke, the bit you never get enough of. In Italy, cardoons are a vital raw ingredient for the anchovy dip bagna cauda. They're also cooked in soups, fritters and gratins. Buy seeds from kingsseeds.co.nz to plant next spring.

KEV VINCENT PHOTOGRAPHY/SHUTTERSTOCK IMAGES



Doll up your kitchen with these "Fred" **measuring cups** disguised as Russian matryoshkas. \$25 at homeware stores.

