

Tuesday, August 15, 2006 The Courier-Mail 43

# Switch it up

David Costello

**W**E HAVE all seen the long-running ad where two dinky-di Aussie workers throw out their "rabbit food" salad and munch ecstatically on meat pies.

Good luck to them, but plenty of people are choosing healthier options for their Monday to Friday lunches.

At Wynnum, the Switch Cafe-Deli specialises in low-fat, natural meals. Owners Bernadette and Stephen Hall say there was some resistance at first because they don't fry food.

The Hungarian meatballs — made with pork and beef mince — are grilled. The same goes for Thai fishcakes which are loaded with grated carrot and zucchini.

On a weekday, local office people go for quiches. We liked a vegetarian quiche with spinach, fetta, pesto, sundried tomatoes and herbs.

Crepes are also popular — especially the creamy chicken and mushroom combination — while gourmet filo rolls sell well in the colder months. The salad selection includes gluten-free mixes such as Thai chicken and Switch rocket. You

might think salads are naturally gluten-free but coeliacs have to watch for croutons and thickeners in mayonnaise and dressings

Before settling in Brisbane two years ago, the Hall family ran a restaurant in Melbourne's Glen Waverley.

Stephen Hall is an award-winning chef who also works in hospitality training and consulting. This background makes Switch a serious food establishment.

Most of the products are made on the premises, including the creamy Swiss ganache chocolates. The desserts are first-rate with morello cherry balls and a mixed berry cheesecake.



Our favourite was a flourless walnut cake that was moist and light. The ingredients were clearly fresh because there was none of the bitter flavour associated with walnuts.

The deli lines include Switch lemon curd and strawberry jam, plus Hall's relishes. He does a roma tomato chutney plus a Ceylon onion relish.

This is a busy place which also provides an extensive catering menu.

With Moreton Bay nearby, boat and picnic hampers are on offer.

Switch Cafe/Deli is at 85 Edith St, Wynnum (ph: 3393 6773).

THERE is such a huge array of jams and relishes out there, you might wonder if we need any new products. That said, the recent arrival of Cunliffe & Waters products on Queensland shelves is good news. These are premium jars from Victoria. The star performer here is the willamette raspberry jam awarded champion regional product at the 2003 Sydney Fine Foods Show.

It is a vibrant red with a tart finish to balance the sweetness. The onion jam works well with sausages, while caramelised fig and quince jam lifts a cheese plate.

Cunliffe and Waters products are widely available in good delis.

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LOADS of choice ... Bernadette Hall from Switch Cafe-Deli with crepes; left, a Switch specialty salad. Pictures: Derek Moo