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Introduction

Happy New Year to one and all. **bj's foods** hope it was a prosperous and safe time for you and your families over the break period.

After the first issue of Red Pot Newsletter at the start of Summer '07, we received many kind e-mails with positive feedback on the layout and great amount of information (and the fast pasta recipe) it covered. We hope every edition is as well received and as always, if you have any comments or queries, please just shoot them through.

Once again **bj's foods** hopes you enjoy the information in this issue of the Red Pot Newsletter with more up to date events and news, another quick recipe, some good food web links and our contact details if you have any suggestions or recipe ideas.

Latest News & Events

Some of the latest events **bj's foods** have undertaken include:

- ☛ The opening of the Young Care Apartments in Seventeen Mile Rocks – a function attended by 650 VIP guests (please see www.youngcare.com.au and details below).
- ☛ Backstage catering for international artists including Bryan Ferry & Joan Armatrading, Crosby Stills & Nash as well as various

Australian musical festivals at Brisbane's River Stage.

- ☛ Three National Industry Expo's held at the RNA show grounds.
- ☛ Numerous client Christmas parties – ranging from the simple to the elaborate.
- ☛ A New Years Eve party held on the riverfront at Hawthorne for 100.
- ☛ Catering for the finale of Australia's Funniest Home Video's at the South Bank Piazza for cast and crew.

Some of the latest **bj's foods** news includes:

- ☛ The successful transition into the new kitchen (many days of rearrangement of equipment) and concentration on off premise catering for private and corporate clients.
- ☛ Provision of catering services to the RACQ and Queensland Ambulance Service for their weekly based training courses.
- ☛ Provision of catering services to all international artists and crew for the Park Life '07 festival, Good Vibrations '08 festival as well as the 2008 national Cat Empire Tour.
- ☛ After a hectic year for the operations manager in the kitchen, **bj's foods** have placed Carolyn Dart as the permanent sandwich extraordinaire for the numerous daily lunch orders.

Young Care Opening

Young Care was established in 2006 by Mr. David Conroy as a response to his wife's debilitating illness which was not directly catered for by current caring facilities in Australia.

In December of 2008 Young Care's first dedicated set of apartments were opened with 16 units being commissioned for the use by Mrs. Siobhan Conry and another lucky 15 recipients.

bj's foods donated the entire catering and staffing services for the opening of the Young Care facility to its very special residents and guests to help contribute to this special cause.

bj's foods will continue to support Young Care as it grows into one of the country's leading care providers for this defined age group. Thank you Young Care for the ability to help you with this special event.

Upcoming Events

Some of the upcoming events **bj's foods** will be providing catering services include:

- Various expos' at the RNA showground's including the Summer Bridal Fair and the Landscape & the National Tradesman Expo (see web links below).
- A host of late summer / autumn weddings in and about South-East Queensland.

Local Finds and Contacts

To be continued in the winter issue of the Red Pot Newsletter



Recipe File

Lamb Shank Rigatoni (Serves 6)

This oven baked pasta recipe has a short preparation time and then can be left to sit while the pasta cooks. It is great for dinner on a Sunday or a rainy day during the week if you have the time in the afternoon.

Requirements:

- 1 Packet Rigatoni pasta (hollow short tube pasta);
- 3 Lamb shanks (about 1.4kg);
- 1.0kg of osso bucco (2 big slices);
- 2 Regular tins of chopped tomatoes (Italian herb blend if you can find them)
- 1 Small tub of tomato paste;
- 3 gloves garlic (crushed);
- Mixed fresh herbs including thyme, rosemary and sage;

- 2 diced white onions;
- 10 rough chopped roma tomatoes;
- 250gram sliced button mushrooms (optional);
- Butter and olive oil;
- Self raising or plain flour;
- Rough chopped flat leaf parsley & grated parmesan for garnish; and
- Lasagna dish and pasta pot.

Method:

- Crush the garlic cloves and fry off in the Lasagna dish with a good size knob of butter and olive oil with the onions till translucent. Toss and coat the shanks and osso bucco in the flour and add to the dish. Fry till browned. Add roma tomatoes and herbs to dish along with tomato paste and stir through. Add chopped tomatoes and 375mls (one tin) of water. Stir thoroughly. Place in oven for 2.0 to 2.5hrs @ 180-200 Celsius or until shanks and osso bucco are tender and meats falls away easily. Once cooked, remove the meat from the

bones and replace pieces back into the sauce (cut into smaller pieces if preferred). Bring salted pasta water to boil and cook till al dente. Serve pasta with sauce spooned over it, fresh grated parmesan and chopped parsley garnish.

New Menus

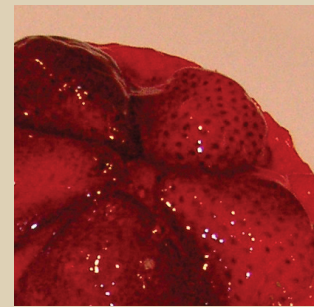
Over the first few months of the year we have added some new items and prepared a new range of menus for clients to use. Please have a look at them on the web site (see the attached link below) and let us know your thoughts. As always, if you want to add, subtract or alter any of these items for your proposed function just let us know.

<http://www.bjsfoods.com/menus>.

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Subscriptions

If you wish to unsubscribe to this email service please reply to bj's foods at admin@bjsfoods.com with 'unsubscribe' in the subject line.

Web Links

Local Finds detailed above have the following web links for your interest:

- Young Care www.youngcare.com.au
- Wild Pepper Pizzeria www.wildpepper.com.au
- Pizza e birra www.lifestylefood.com.au/reviews/review.asp?id=162
- George Blanc www.georgesblanc.com

Upcoming Events detailed above have the following web links for your interest:

- Bridal Fair www.idealbride.com.au
- National Tradesman Expo www.ntx.com.au
- Landscape Expo www.landscapeexpo.com.au

Please see the Menus tab on the bj's foods web page <http://www.bjsfoods.com/menus>.