



**EAT BEAT**  
Queen Victoria Market

Photo: Visions of Victoria



**CLOCKWISE FROM TOP:** A visit to the market is a feast for the senses; American Doughnut Kitchen; Kon Giannoukas and daughter Anastasia from Out of the Blue Seafood; a butcher prepares for work at Jago's Meats; discover the flavour of organic produce at Corinna's Organic Elements

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strudel. The '50s and '60s brought Italian, Greek and Turkish immigrants and their Mediterranean foods and, most recently, Vietnamese and other refugees from Asia, Africa and the Middle East have added their spicy flavours to the mix.

The Mikulik sisters, Diana and Carolina, daughters of Austro/Czech/Hungarian immigrants, virtually grew up in the hall's Bratwurst Shop owned by their aunt, working there after school and on weekends. In 1990 when the stall was sold, they took over the Nut Trek stall opposite, whose range has evolved over the years to keep pace with the growing demand for health foods, so much so that in 1996 they opened a separate outlet, Tofu Trek, with arguably Australia's widest selection of soy products and other Asian ingredients.

Behind the Deli Hall are three sheds of fruit and vegetables. Although Chinese market gardeners have been supplying stallholders since the 19th century, it took Vietnamese refugees in the 1980s, such as Duyhchung Dinh, to establish the market's first Asian produce stalls. Dinh's stall at the entrance to the first fruit and vegetable shed has a wide reputation for quality and he and his staff are always willing to share recipes for the vast array of Asian herbs, greens and hard-to-find ingredients such as fresh lotus root.

With 32m<sup>2</sup> devoted to organic produce, the market has Australia's largest offering of organic fruits and vegetables under one roof. This is the place to buy rarely-seen, old-fashioned apples such as Cox's Orange Pippin and Stewart (perfect for apple pie), to try strawberries that taste and smell the way they should, and to see tomatoes in an amazing array of sizes, shapes and colours.

At the rear of the fresh produce halls is an old bus converted into the American Doughnut Kitchen – the antithesis of Krispy Kreme – selling handmade doughnuts with jam filling. Current owner Craig Christie continues the business his father started more than 60 years ago, and still keeps the recipe a closely guarded secret. You can watch the doughnuts being shaped and fried through the bus windows and a bag of cinnamon-sugar dusted doughnuts is an essential part of a visit to the market for many regulars.



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