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FOR CHRISTMAS



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CHRISTMAS HAM — Pineapple Maple Glaze

Score Ham and stud with cloves
Blend a tin of unsweetened pineapple rings or pieces
Add to saucepan with:
350g brown sugar
150g maple syrup
250g malt whisky
2 cinnamon sticks
8 cardamom pods
50g skinned grated ginger
Simmer until a sticky goo
Remove cinnamon stick and cardamom pods
Brush glaze over ham, cover with foil and put in oven at 180°C for 15 minutes
Remove foil, brush with glaze and continue basting 4-5 times every 10 mins, until ham is looking sticky and rich.
Then enjoy.



JOHN COLTRANE MEETS JULES VERNE AT RIVERBOURNE.

haven't got 3-phase power here so I've had to install a gas-powered steam generator. It heats the still with a jacket right round the bottom. It's very like what the Scots do. It's a gentle even heat. Some of the distillers like a sort of burnt flavour, but I'm not that sort of guy.

It's been expensive. I have probably used up every last bit of our savings. But I've lived a fairly conservative life because when you have children you have to put responsibility first. This is the riskiest thing I've ever done.

I've had some really nice reports — good reports. In fact, the man who I did the first course with, when I took him a sample he said, "Wow! That is a unique spirit". He said, "I'm proud of you". Yeah, so I think it'll be a good spirit. And I'm hoping to release around May next year. By law it has to be in wooden barrels for at least two years — any brown spirit is supposed to be aged for two years. The casks are quite expensive. They're remade American bourbon casks, French and French oak wine casks. We cut them down into smaller casks, so that they age quicker. You've got more wood contact per volume. As time goes on, I'm using bigger and bigger casks, which reduces the cost.

All local distillations are quite expensive compared with the Scots. Because it's very much a hands-on job; just me mashing, fomenting and distilling. A lot of the distilleries in Tasmania are actually buying the wash, which is the malted liquor, direct from breweries — which I reckon is cheating. I make my own. I crack the barley. You've got to have hot water at just the right temperature, so that the enzymes can turn the starches into sugar. And then you cool it, pump it across to my wash-back, put the yeast in and away you go. Rum is pretty much the same, but a lot easier. It's just molasses and water and yeast.

So I'm making single malt whisky and a dark rum. They'll be the products. I also do a peated whisky using a heavy peated barley that comes from the UK. A lot of locals are smoking with their own peat. But this doesn't have that real phenolic, medicinal taste that heavy peated whisky does. And I also do just a straight malted whisky.

Yeah, but I'm just loving it. I come up here in the morning and go, "Ah. This is wonderful". I've never been so happy doing it. I just love doing it. ■

Sense in the sun

Bente Hart with summer tips

Summer is here and it is time to enjoy the light and warmth. But a sad Australian statistic is that more than 2000 Australians die from skin cancer each year, mainly because they did not protect their skin from the sun or did not do it correctly. The correct usage and application of sunscreen is important.

So when using sunscreen it is important to keep the following points in mind:

- No sunscreen provides full protection so never rely on sunscreen alone for sun protection. It is recommended to combine sunscreen with sun-protective clothing, a broad-brimmed hat that protects the face, head, neck and ears, and sunglasses. Also seek shade.
- Apply sunscreen 20 minutes before you go outside and again every two hours — whether or not the label tells you to do this. Many people forget to reapply during the day and this is one of the reasons they get sunburned — it is not a fault of the product.
- Use a generous amount of sunscreen. The average-sized adult should apply more than half a teaspoonful of sunscreen (about 3ml) to each arm and another half teaspoonful to the face/neck (including ears), and just over one teaspoon (6mL) to each leg, 6ml to the front of the body and 6ml to the back of the body. That is, approximately 35ml of sunscreen for one full body application. To get an idea of the volume needed see the attached photo in which we are showing you a tube of 35mL sunscreen.
- Check and follow the 'use by' date stated on the packaging and store sunscreen below 30°C.
- If you have an allergic reaction to a sunscreen, try another brand or look for a fragrance-free product such as a toddler or sensitive sunscreen. Your pharmacist could also offer advice about choosing another product.
- If you have a smartphone, a great app for summer is the SunSmart app. This app can give you push notifications on when to apply sunscreen during the day — you set the app to the area you are in. The app can also help remind you to re-apply sunscreen and calculate how much sunscreen to apply. ■

A SELECTION OF SUNSCREENS (LEFT) AND SOME INSECT REPELLENTS, EQUALLY IMPORTANT IN SUMMER AND THE SUBJECT OF A FUTURE ARTICLE.



AHOY THERE SAVELOY



BENTE HART.



Professional services available at Braidwood Pharmacy:

- Medication packing using Webster system (an aid to help you manage your medication)
- Scripts on file
- MedAdvisor App that helps you order and manage your scripts on file by use of your phone or computer
- Home Medication Reviews (on referral from your doctor)
- Medication profiling using MedsCheck (development of a medication list and detection of potential problems)
- NDSS supplies (diabetes)
- Blood pressure monitoring
- Return of Unwanted Medications (RUM project)
- Leave of Absence certificates
- Supply of medication for Hepatitis C treatment

BRAIDWOOD PHARMACY

Our community matters

Julie Ballard & Bente Hart

Mon – Fri 9am - 5.30pm
Saturday 9am - 12.30pm