

Product review

# Organic Forrest macadamia butter with chocolate



**Ingredients:** Organic macadamias, organic chocolate, oil, salt

By DOMINIC O'BRIEN

OK, I know, chocolate is making its third appearance in this space ... that's all right isn't it? Don't try to make me feel guilty, it's chocolate. I like chocolate. I luuuuurve chocolate.

Actually I'm not a chocolate tragic, but I do like it. And it is purely coincidence that chocolate is appearing again. Honest!

After reading about Dave Forrest's property in the summer issue of this magazine, I contacted him about his retail products. The mention of macadamia butter with chocolate sounded too good to resist. And so it proved to be.

After eating a quarter of the jar with a spoon (I had to understand the flavours, OK – don't give me a hard time) I got a grip on myself and went for the toast and spread it. Fantastic! You guessed the next part. I ate more. With half the jar left I put it away before things got really out of control.

**FLAVOUR** A deep, satisfying chocolate experience, full and rich, made more complex with the macadamia. The macadamia could easily dominate in this product but sensibly it takes a supporting role, and complements the cocoa base very well. A great blend that keeps you craving more.

**ORGANIC INGREDIENTS** The ingredients list is nice and short, though we don't see the ingredients that are in the chocolate. The macadamias are certified organic and grown on Dave's property. The chocolate, certified organic dark chocolate, is imported from Germany. The oil is certified macadamia oil also from Dave's crop. The oil content is extremely small, at less than one per cent. The salt is a ground rock salt, and again only a bare minimum is used.

**PRICE** The 150gm jar is sold for \$6.50 direct through the *Organic Forrest* website, more in retail stores. It is in the gourmet price range, and is definitely gourmet quality. Given that you don't really need to eat half the jar at a time as I did, it is still good value – the richness ensures that a little will go a long way.

**AVAILABILITY** This spread is available at various health food shops in Sydney, Fundamental Foods in Brisbane and the north coast of NSW, and a few smaller gourmet outlets. It can also be purchased by mail order from the website ([www.organicforrest.com](http://www.organicforrest.com)). Dave is also open to enquiries from distributors or retailers.

**NATURALNESS** The product is a simple blend of macadamias, chocolate, oil, and salt. The chocolate, of course, goes through an involved process to become chocolate but after this there is little processing involved – no cooking or further processing other than grinding the nuts.

**LABELLING** The label, attractive in its own right, displays the certification logo and number. Nutritional information is also displayed.

Organic Forrest macadamia butter with chocolate is a quality indulgence.

It is well worth tracking down, either via the website or through your health food or gourmet retailer. A chocolate and nut experience that will have you licking your lips – I caught myself doing it (literally). Oh dear, maybe I really am a chocolate tragic.

Cheers. ■