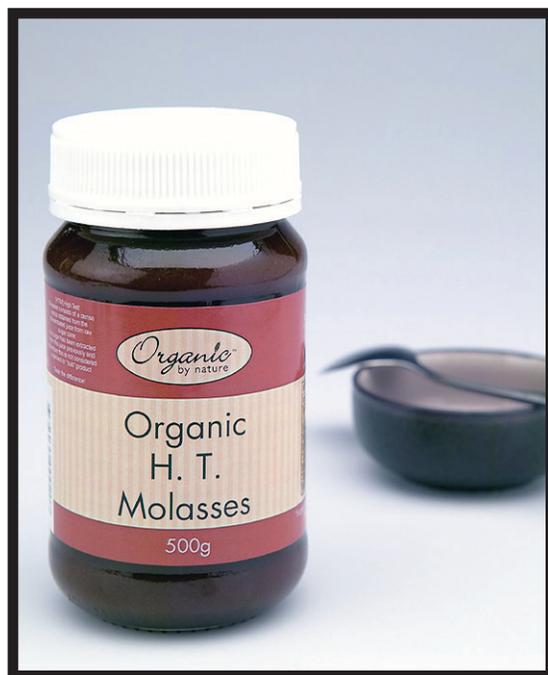


Product review

Molasses to love without trying



By DOMINIC O'BRIEN

My brain tells me molasses is good for me. So I try, I really do.

High in minerals – manganese, copper, iron and calcium for starters – my brain makes a pretty good case for it. But my tastebuds say: “I don’t care how healthy it is, I’m not eating it.”

It’s a love-hate relationship but we’re working on it. I don’t *dislike* the taste of molasses but it’s fairly strong and just doesn’t leave me craving more.

That jar of molasses stays in the cupboard for a long, long time.

On the other hand, refined sugar, the other by-product of processing sugarcane, is the opposite — sickly sweet with no real flavour. However, Organic By Nature now distributes a product that lets me, ahem, have my molasses and eat it too.

The product is HT molasses (High Test molasses), offering the best of both worlds. It is a thick, dark syrup obtained from the concentrated juice of raw sugarcane. The sugar is not extracted, as is the case with blackstrap molasses, so it retains a genuine sweetness.

In fact, mine still had sugar crystals in the jar that I had to stir in. The bottom line is that it contains the natural balance of sugars and nutrients that exists in the cane because nothing has been separated.

I think it is a great balance. It has a good, robust flavour with ample sweetness. You can use it in

most of the things you would use sugar for – breakfast cereal, smoothies, cakes, maybe even a drop in a curry.

And I’ll let you in on a secret: it adds a new dimension to bread. If you have a bread machine or are even more clever and make your own, dark whole sugars produce the best flavour. Just remember that this is a liquid rather than a dry sugar and adjust your liquid content accordingly.

FLAVOUR: An excellent balance of sweetness with the deep richness of molasses. I confess to have dipped the spoon and had a lick when no one was looking, twice. Okay, three times.

ORGANIC INGREDIENTS: 100% certified organic molasses.

PRICE: It retails for about \$4.30 for a 500g jar.

AVAILABILITY: Organic By Nature’s HT molasses is available in most states, except the Northern Territory. It is sold in organic retail stores and some independent supermarkets.

NATURALNESS: HT molasses is in a more natural state than refined sugar or blackstrap molasses as we get concentrated whole sugarcane juice fairly close to its natural state.

LABELLING: The label carries the ACO ‘bud’ logo plus a brief description of HT molasses and nutritional information. Simple but adequate.

So it seems blackstrap molasses and I need not have such a tense relationship. There will always be a use for blackstrap molasses but HT molasses offers a much more enjoyable experience. In fact, it adds so much to your meals, you don’t need to talk yourself into using it. Pop a jar in the cupboard. Wait, make it two. It won’t last as long as the other stuff. ■

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