The Waldorf 800 Series. Enough said.

The creative possibilities are now endless with the Waldorf 800 Series. More power, more equipment and more options mean more flexibility to have your kitchen exactly the way you want it. And with the same heavy-duty construction that professionals have come to expect from Waldorf, you can rest assured the 800 Series is as dependable as ever. Ask Moffat or your Moffat dealer for a demonstration.
New broom for FSA expo

Specialist Events has announced that it has bought the rights to stage the FSA Expo, previously owned by industry association Foodservice Suppliers Australia Association, from 2012.

The company plans to take the show back to basics, concentrating on building visitor numbers and making it more exhibitor friendly, according to Exhibition Director Timothy Collett.

“We want to give people the show they want to attend,” he says. “The plan is to attract a lot of the smaller producers that have been missing from the show in recent years and make it more of an event by scaling up the seminar series and including more hands-on demonstrations.”

Exhibitor packages will also be restructured to include a lot of the “extras” which are currently priced separately, he says. “It could be as simple as an icon or ‘healthy choice’ logo on four to five dishes on a menu so that healthier items are highlighted, and in turn empower diners to make healthier choices.”

Other common concerns raised by Australians about dining out of home were the cleanliness of kitchens, the ingredients used in meals and how food was cooked. Unilever Food Solutions Managing Director, Yezdi Dareswalla, a former chef, says Unilever Food Solutions hopes the global World Menu Report is the first step in encouraging the food service industry to engage in the debate about food transparency.

“By providing more information to consumers we can achieve both our commercial goals and help our customers to satisfy their guests with healthy, nutritious and great tasting meals.”

The survey’s results comes on the heels of calls from government and non-government organisations around the Australian food industry to the foodservice arm of Unilever, to be more transparent about the ingredients, according to Consultant chef Catherine Saxelby says the World Menu Report findings highlight a growing need within the Australian food industry.

“Seventy six per cent of Australians stated there should be more information about the content of their meals when eating out and a further 50 per cent stated they are most likely to choose a healthier choice the next time they eat out, if they knew the nutritional value and content of their meals,” she says.

“It could be as simple as an icon or ‘healthy choice’ logo on four to five dishes on a menu so that healthier items are highlighted, and in turn empower diners to make healthier choices.”

Industry news ........................................ 04
Cover story – Knorr Roux ................................ 08
Profile – Shallesh Naidu ................................. 10
Q&A – Suzanne Robinson ............................... 12
Consultant chef ........................................... 13
Spring menus ............................................. 14
Stocks & sauces ......................................... 16
Pizza & Italian ........................................... 20
Function catering .................................... 22
Sustainability ......................................... 24
Origins of sugar ....................................... 25
Cooking the books ................................ 26
Products ................................................ 28
Culinary clippings ..................................... 30

Australian diners call for greater “transparency”
Appetite for Excellence finalists named

Some of Australia’s most talented and passionate young culinary stars have secured their place in the finals of the prestigious Electrolux Appetite for Excellence Awards 2011. Now in its seventh year, the program is dedicated to ensuring the future success of the Australian hospitality industry by offering education, inspiration and networking opportunities to the next generation of food professionals.

To make the finals the young chefs participated in a professional “cook-off” presenting a dish to a judging panel including Bethany Finn, Warren Turnbull and Luke Mangin. The young votaries’ palates were put to the test with a blind food and wine tasting, and they were also asked to demonstrate their customer service skills under the scrutiny of judges Simon Hill, Georgia North, Luke Stringer and Peter Sullivan.

Finalists will now proceed to a final day of competition judged by a panel of judges including Mark Best, Peter Doyle, Peter Gilmore, Luke Mangin and Australia’s first multi-Michelin starred chef Shane Osborn from London’s Pied a Terre, competing to win prizes including concea-
in-a-lifetime travel prizes, international work experience, kitchen appliances and cash.

Of all the finalists will also have the chance to participate in a unique produce tour along the QLD coast to experience first-hand the amazing produce and meet the passionate producers behind the most, seafood, fruit and vegetables enjoyed in the country’s best restaurants.

Wages increase ‘disappointing’

The Fair Work Australia Minimum Wage Panel last month handed down its decision to increase Modern Award rates by 3.4 per cent, lifting the national minimum wage to $589.30 per week. The Fair Work Ombudsman Nicholas Wilson says the new web page provides businesses with direct and immediate access to detailed information on workplace laws, including industry-specific information about pay rates, allowances, classifications, leave entitlements, apprenticeships and traineeships, uniforms and clothing, when to pay staff and a range of other topics.

Wages increases in wage costs will make a large number of businesses struggle, warned that the hospitality industry is facing "disasters. This is despite the precedent set by the former Australian Fair Pay Commission, which failed to provide any relief.

The announcement came just weeks after Hart Turnbull had called for the hospitality industry to be given a lift by including the hospitality industry on or after July 1.

The Fair Work Australia Minimum Wage Panel also rejected Restaurant & Catering’s call for a 12 month deferral of wage increases for businesses that are no longer trading on weekends and public holidays because of high penalty rates, the panel said.

The Fair Work Australia Minimum Wage Panel is entirely independent of government, and its members are not appointed by government. It is up to the panel to determine what awards should be paid and the level of increases.

The panel, which is comprised of people from business, unions, employers and the community, was given the task of recommending whether the national minimum wage should be increased.

The panel’s decision is final and binding. It will come into effect from the first full pay period on or after July 1.

For more information talk to your McCAIN Sales Representative or call our National Sales office on (03) 8561 4680. For more information about Foodservice Suppliers Association Australia (FSSA) annual National Awards of Excellence, the event, held at the Park
FSAA can bestow, and we are honoured to have Hall of Fame is the highest acknowledgement the Industry stalwarts Maurice Kemp, Tom Colless and Noel Benson were also inducted into the Association’s Hall of Fame. “Each of these men has made significant contributions to the industry over many years and are most deserving of their recognition,” said FSAA chairman Lindsay Yeomans. “Induction into the Hall of Fame is the highest acknowledgement the FSAA can bestow, and we are honoured to have these three leaders as part of our alumni.”

One to watch
Nicolas Poellart from Embasse restaurant in Carlton has taken out the top spot in the FSA 2011 Chef of the Year national championship held at last month’s FSA Expo in Melbourne, taking home a $10,000 cash prize.

The chef narrowly edged out last year’s winner Scott Lancelotti from Anissette restaurant in Sydney, in a result the judges called “incredibly close”, and Lloyd Hilder, head chef of La Barbacca in Lismore, NSW who claimed third place.

The competition saw competitors create three tapas-style dishes in one hour, using a mystery box of ingredients.

Poellart wooed the judges with his dishes of poached lamb with crushed pistachio and roast mushrooms served with a chervil and lamb consommé; roast lamb rump with a mustard and Jerusalem artichoke puree and spinach ball, and finally a grilled lamb rump with honey and goats cheese pure and a compressed apple and Japanese vinegar with a honey olio glaze.

In awarding the prizes head of judges Black Hat Chef George Hill advised all the competitors that attitude is everything. “There’s a truism that says if you think you can, you will,” he said. “If you think you can’t you won’t.” Poellart, who was named The Age Good Food Guide Young Chef of the Year and Gourmet Traveller’s Best New Talent in 2010, will defend his title at next year’s show in Sydney.

French chef hands back Michelin star
Michelin-starred restaurant Le Lisita in Nimes has handed back its star to the hope of enticing back customers who were put off by the higher prices that come with the accolade, London’s Telegraph newspaper has reported.

Le Lisita has held a Michelin star since 2006, but chef Olivier Douet says that the additional costs required to maintain the standard of service the guide expects barely allow him to break even, especially since the onset of the financial crisis in 2008.

Douet will reposition the restaurant as a brasserie, offering a fixed price menu for €23 (€31), which he hopes will allow him to triple his customers.

The move is in line with a trend towards high-quality yet affordable brasseries and “gastro bistros” in France.

Melbourne steakhouse in trouble for sexist ads
The Advertising Standards Bureau has upheld complaints that an advertisement run by the Steak Bar & Grill in South Yarra was sexist.

The half page advertisement, which ran in the Melbourne Weekly in May, showed a pair of female legs wearing a short skirt and high heels next to an image of a meat tray and the text “Fancy a tasty bit of skirt?”

It was investigated after a complainant contacted the Board, saying that “the image of the woman next to the photograph of raw meat draws the terrible analogy of a woman being meat for consumption.”

While the restaurant defended the ad, saying it was meant to be a “humorous play of words”, the Board found that it “did imply a comparison between the women’s [sic] bottoms and the different grades of the meat…” The Board also considered that any comparison of women to meat was vilifying and discriminatory.

The ad was found to be in contravention of Section 2.1 of the Advertisers Code of Ethics, relating to discrimination and vilification on the basis of sex.

The restaurant has discontinued using the ad as a result of the ruling.

Get a FREE MUG this winter.
When you purchase specially marked NESCAFÉ BLEND 43 1kg, MILO 1.9kg, or NEStLÉ Complete Mix Hot Chocolate 2kg cans.*

Order now from your participating distributor!

Want more industry news?
For even more industry news, in-depth reports and new product information, or to sign up for Open House weekly email newsletter, visit www.openhousemagazine.net. You can also follow us on Facebook or Twitter (@ohfoodservice). Or download the free Open House iPad, packed with additional, exclusive content and updated monthly, from the iTunes app store.
Thickened to perfection

Create silky sauces, hearty soups and aromatic stews, casseroles and gravies throughout the cooler winter months with versatile and simple-to-use Knorr Roux.

Winter’s cool temperatures and long nights see customers craving the food equivalent of a warm hug – rich, hearty, comforting fare such as veggie-packed soups, savoury pies and home-style roasts with lashings of gravy.

Keep customers satisfied this winter with Knorr Roux, a time-saving roux base that’s perfect for creating smooth-as-silk white sauces and soups, and acting as a thickener for stews and gravies.

Originally introduced as an ingredient in Knorr Rich Brown Gravy and Demi Glace Gravy, Knorr Roux is a true innovation for the Australian Foodservice market, providing a texture, mouth-feel and consistency that are as close as possible to those found in sauces that are made from scratch.

Knorr Roux is easy to use and a valuable time-saver for busy kitchens, eliminating the risk of sauces being lumpy or tasting of “raw” roux due to staff being rushed. Ready to use in minutes, this versatile ingredient provides consistent results every time.

Try it in dishes such as beef bourguignon, chicken and corn chowder, steak béarnaise, lasagne, beef and stout casseroles or chicken & butternut pie (see recipe below). It can even be used in a range of indulgent desserts. The only limitation is your creativity in the kitchen.

Chicken & butternut pumpkin pie

Serves: 10

100ml oil
1kg chicken breast, diced
20g garlic, chopped
600g butternut pumpkin
1.5l water
20g Knorr Chicken Booster
100g Knorr Roux
200g sour cream
200g tasty cheese, grated
10 puff pastry sheets

1 Preheat the oil in a large fry pan and lightly fry the chicken breast and garlic. Remove and set aside.

2 Peel and de-seed the pumpkin, dice into small cubes and place into a large pot. Cover with the water, add the Knorr Chicken Booster and boil. Cook until tender and whisk in the Knorr Roux until mixture thickens (the pumpkin will break up a little which is desirable). Add the cooked chicken breast. Remove from the heat and allow to cool.

3 Line 10 pie dishes with the pastry and add the cooked pie mix, sour cream and cheese. Top with pastry and brush with a little egg wash. Sprinkle over some pumpkin seeds and bake in a preheated oven (180°C) until cooked and golden brown.

4 Serve with salad.
Island time

Fiji is best known for its pristine waters, stunning beaches and friendly locals but for guests at Outrigger on the Lagoon Fiji a visit to the island is also a five-star dining experience. Executive chef Shailesh Naidu speaks with Sue Wallace.

Shailesh Naidu wants to set the record straight – there’s a lot more to Fijian cuisine than drinking kava and feasts cooked in lovos (traditional earth ovens).

The first and only Fijian-born, 5-star executive chef in Fiji, Naidu is proud of his country’s culinary traditions but says there’s now a greater sophistication when it comes to dining.

Naidu says you won’t taste better than the most popular dishes at the hotel; many guests have discovered there’s more to Fijian cuisine than what’s been traditionally promoted.

Naidu shares his skills with food lovers, showing them how to prepare Beef Lahooti Chativo, Seared Sea Snapper with Kumala Cake, Pulauasiga Vegetable and Tropical Salsa with a finale of delicious Banana Yaku-Lolo and Coconut Caramel Sauce.

“The best thing about Fijian cuisine is the freshness – you can taste how fresh everything is and of course we’re surrounded by the ocean so fresh seafood is always available,” he says.

A veteran chef with more than 20 years experience under his belt, Naidu started his career in 1989.

“I was influenced by my parents, especially my dad who was a hotel worker and could see the potential of working in big hotels,” he says. “My late mother was also a really good worker and could see the potential of working in big hotels.”

However Naidu’s career was nearly short-lived when he left a tray of roast beef on a bench not realising the executive chef was going to pick up the hot tray.

“Tough” he says.

Naidu’s apprenticeship at the Regent of Fiji, now The Westin, was “tough.”

“It was hard walking into a fully operational kitchen with heaps of experienced staff and having no class,” says Naidu, who ended up spending 11 years at the resort before moving to the Outrigger on the Lagoon as a sous chef in 2001. Naidu likens losing a chef to being a medical practitioner.

“Guests from all over the world come to your restaurant in good faith, expecting good, healthy and hygienically clean meals and you have to deliver every time. “There is a lot of expectation and trust.”

In his current role, Naidu oversees five restaurants with 84 staff including apprentices and stewards, who prepare more than 1000 guest meals a day and 450 staff meals.

One of the most difficult aspects of his job is training staff to a high level and then seeing them poached by other hotels but he says he’s pleased to see his staff do well.

His best advice for apprentices is to “listen and learn from the heart and always cook with passion.”

“It’s lost to me to get into the right habits in the early days. Your work ethic will play a big part in your development,” he says.

Sourcing supplies and ensuring there is consistency in quality and quantity is one of the constant challenges Naidu faces, but things have improved greatly since he first started.

“All our fruit and vegetables come from the Sigatoka valley, which is known as the salad bowl of Fiji, or from Australia and New Zealand if it’s not available locally,” he says.

Fish is always plentiful and according to Naidu there are no issues with seafood sustainability in Fiji.

“We are too far away from everybody – there is no shortage of fish ever, the only challenge is getting lobsters in the winter months. They tend to hide at deeper levels,” he says.

While Naidu is still passionate about his position, he hopes one day to take off his chef’s jacket and move into food and beverage management.

Some of his career highlights so far include winning the One World Culinary Competition in Johannesburg, South Africa; being awarded Outrigger’s first gold medal in 2002, being named Fiji Chef of the Year in 2003 and 2004, and winning a gold medal in the Donzola Chef of the Year in Peruh in 2005 – the first gold medal win for a Fijian chef.

He also travelled to Dubai in May last year to represent Fiji in the World Chefs Congress. When Naidu is not cooking at the Outrigger on the Lagoon he enjoys spending time with his family, who twist his arm to cook at home.

“it’s not easy – my toughest critics are my son and daughter,” he says.
Tick of approval

With calls for mandatory nutrition labelling for fast food restaurants making news, Suzanne Robinson, Business Development Manager for the foodservice “Tick” program, explains how it works.

Q: What is the Heart Foundation Tick program?

A: The Heart Foundation Tick Program is a public health program which aims to deliver better nutritional health to all Australians. When it appears on a food or meal, the Tick indicates that it has been independently tested and meets our strict, category-specific criteria. The program is built on a foundation of evidence around limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program aims to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.

Q: Why has the Heart Foundation Tick program been developed?

A: The Tick program was developed to improve the nutrition of foods by challenging foodservice businesses to develop or modify products and provide their customers with healthier food choices. The Tick nutrition standards focus on limiting saturated fat, salt and kilojoules and making sure there are nutrition and quality standards.

Q: How do foodservice businesses earn the Tick?

A: As well as ensuring that the food or meal meets the nutrition criteria, restaurants and other foodservice businesses wanting to display the Tick face additional steps which guarantee that they always meet the strictest standards set. Foodservice outlets are required to have a HACCP-based food safety program in place, they must have staff to ensure standards are maintained and internal quality audits must be introduced to ensure procedures are followed. In addition, they must provide Nutrition Information Panels for all of their Tick approved meals. Once they have earned the Tick, outlets face random, independent compliance audits of their approved meals, so customers can be sure that nutrition and quality standards are consistently met.

Q: Why does the Heart Foundation change criteria for companies to use the Tick?

A: As a non-profit, non-government organisation, the Heart Foundation uses licence fees to run the Tick Program—they are the sole source of income. Licence fees contribute towards developing nutrition criteria, supporting national nutrition research and education, and randomly testing approved foods to ensure they maintain Tick’s tough standards. For food eaten out of the home, fees are based on the number of outlets and frequency of auditing required.
Spring is in the air

Turn to new season produce and lighter ingredients to freshen up restaurant and catering menus for spring.

With the warmer temperatures and longer days of spring on our doorstep, now’s the time to start thinking about swapping winter’s hearty, comfort food fare for lighter dishes that take advantage of nature’s best bounty including new season produce such as spring lamb, local asparagus and sweet, succulent peas.

“The warmer weather gives us chefs a great chance to completely revamp menus,” says Elaine Lee from the City Hotel in Sydney. “We go from the heavier winter dishes such as Lamb Shank Curry or Pork Belly to a lot more salads and fresh produce. It becomes about seasonal veg and the new ways to use them.”

Philippa Perry, executive chef at Spanish restaurant Nuevo37 in Melbourne, says he’s a traditionalist.

“I always look forward to spring lamb.” he says. “They’re so tiny and delightful; tender with pink flesh.”

Cooking the lamb sous vide cooks it as gently as possible, sealing in the delicate flavour.

Sato Kikuch, chef de cuisine at North restaurant in Adelaide, agrees. A spring lamb rack served with sukiyaki rice, steamed asparagus spears, cream fricassée dressing and a salad of cherry tomato, crispy Jamon Serrano, mint and coriander will feature on North’s new menu, with the fresh flavours speaking for themselves.

“White Asparagus is also a must,” adds Perrey. “It is the queen of the vegetables, and matches beautifully with some thin slices of Spanish Serrano ham or Hollandaise sauce.”

David Bilton, chef and owner of Bilton Cafe & Grocer in Sydney says quail and spatchcock are amongst his favourite ingredients to work with in spring, incorporated into warm salads, stir fries and barbecued dishes.

“I pair game with fresh herbs such as mint, and crisp green vegetables including pea, asparagus, beans, zucchini and their flowers,” he says. “My customers love the transition from winter’s hearty, slow cooked dishes to light, clean flavours and fresh, colourful presentation.”

To make the mayonnaise, whisk the egg yolk, 1 clove garlic, peeled and thinly sliced, 4 rashes of bacon, diced, ½ cup fresh parsley, roughly chopped, 4 desiree potatoes, ½ Spanish onion, finely sliced, 1 free range egg, Sea salt and freshly ground black pepper, 4 tablespoons Bitton Rosemary Thyme and Vanilla Oil*, 15ml white vinegar, 10ml Dijon mustard, 10ml olive oil.

Place the potatoes and bacon into a large ceramic bowl. Add the Spanish onion, shallots, parsley, bacon, parsley, vinegar into the bowl of a food processor and process until combined. With the blade running, gradually add oil in a thin stream. Season and store in an air tight container in the fridge.

To prepare the quail, place a rosemary sprig and a slice of garlic under the skin of each quail. Brush liberally with the Bilton Rosemary Thyme and Vanilla Oil and season. Set aside.

To make the mayonnaise which will be at their best in terms of flavour, quality and value for money during spring.

Artichoke Mandarine
Asparagus Mango
Avocado Papaya
Banana Peas
Beans Pineapple
Blood orange Potato
Broad beans Rhubarb
Broccoli Rockmelon
Gallblage Seville orange
Cherry Silverbeet
Garrot Snow peas
Garlic Spinach
Cucumber Strawberry
Craqueat Sugar snap peas
Grapefruit Sweetcorn
Honeydew Tangelo
Leek Tomato
Lemon Valencia orange
Lettuce Watermelon
lychee Zucchini

Enterprise, Thyme and Vanilla Quail with a Warm Salad of Potato, Crispy Bacon, Shallots and Homemade Mayonnaise

Ingredients
4 Game Farm whole quail, butterflied
4 small sprigs fresh rosemary
1 clove garlic, peeled and thinly sliced
3 tablespoons Bilton Rosemary Thyme and Vanilla Oil*
Sea salt and freshly ground black pepper
1 free-range egg yolks
1 small egg yolk
250ml vegetable oil
3 teaspoons vinegar
1 tsp Dijon mustard
Pinch of sea salt
Pinch of white pepper
4 desiree potatoes
15ml Spanish onion, finely sliced
2 long green shallots, green part only, finely sliced
4 cloves of garlic, old
1 tsp fresh parsley, roughly chopped

461x115��

Recipe: David Bilton for Game Farm.

Chef’s note: "Alternatively, substitute this for a good quality olive oil.

What’s in season?

Thanks to the size and huge variation in climatic conditions around the country, Australia grows a wide range of fruit and vegies, often with seasons that extend beyond those seen in the Northern Hemisphere. Here are the seasonal goodie which will be at their best in terms of flavour, quality and value for money during spring.

Lychee
Mandarin
Asparagus
Avocado
Grapefruit
Cumquat
Cucumber
Cauliflower
Carrot
Cabbage
Broccoli
Broad beans
Blood orange
Beans
Banana
Avocado
Asparagus
Artichoke

What’s in season?

Thanks to the size and huge variation in climatic conditions around the country, Australia grows a wide range of fruit and vegies, often with seasons that extend beyond those seen in the Northern Hemisphere. Here are the seasonal goodie which will be at their best in terms of flavour, quality and value for money during spring.

Lychee
Mandarin
Asparagus
Avocado
Grapefruit
Cumquat
Cucumber
Cauliflower
Carrot
Cabbage
Broccoli
Broad beans
Blood orange
Beans
Banana
Avocado
Asparagus
Artichoke

What’s in season?

Thanks to the size and huge variation in climatic conditions around the country, Australia grows a wide range of fruit and vegies, often with seasons that extend beyond those seen in the Northern Hemisphere. Here are the seasonal goodie which will be at their best in terms of flavour, quality and value for money during spring.

Lychee
Mandarin
Asparagus
Avocado
Grapefruit
Cumquat
Cucumber
Cauliflower
Carrot
Cabbage
Broccoli
Broad beans
Blood orange
Beans
Banana
Avocado
Asparagus
Artichoke
Time for a change?

French “mother sauces” are routinely taught by the culinary schools but are they still relevant in contemporary Australian cuisine or should we be shifting our focus east?

When a group of chefs and educators met in Sydney last year at the Restaurant 10 trashfeed to discuss the relevancy of apprenticeships in today’s evolving hospitality landscape, course content was one of the most hotly contested topics. While there are obviously limits to how much you can realistically teach a young chef in a three year apprenticeship, it’s important to know where we’ve come from and know that we used to make heavily roux-based sauces but I think this is one of the fundamental apprenticeship here,” she said. “They feel that some of the food they’re cooking is a little bit outdated. They want to be cooking what’s ‘now’.

With multiculturalism and ever-increasing numbers of chefs travelling the least used track in search of culinary inspiration literally opening up a world of different ingredients, flavours and cooking techniques, it seems what constitutes “Modern Australian” cuisine is changing faster than training curriculums.

Yet, with a dropout rate of over 50 per cent for apprenticeships, surely it’s important to engage young people by teaching the types of inspiring, exciting, contemporary dishes and techniques they’re seeing demonstrated on television shows like MasterChef if eating in their favourite restaurants.

“I’m not sure we have moved past those classic French sauces,” says Brian Revett, Manager, Teaching & Learning at Crowne Plaza College, part of the Northern Sydney Institute of TAFE. “You still see bain-marie sauces and caille en Paris butter on menus. Not every chef chooses to be creative.

“And there are many restaurants in Australia that have no Asian influences in their menus at all,” he says. “If you put Asian sauces in the core curriculum, you have to ask the question, what else do we put in there from other parts of the world?”

As it stands the standard training package on offer through TAFE and RTQs is a Western training package. Apprentices are taught classics such as the “mother sauces”, which are generally defined as béchamel, espagnole, veloute and allemande, or béchamel, veloute, tomato, espagnole and hollandaise (see box), depending on whether you subscribe to legendary French chef Antoine Careme’s 19th Century classification or Auguste Escoffier’s updated version.

From those mothers, it’s possible to make any number of other common sauces. For example, béchamel becomes mornay when cheese is added; espagnole becomes bordelaise with the addition of red wine, shallots and beef marrow.

“Students are taught the basics and how to make them into further sauces but time is limited,” says Revett. “You rely on employers to further broaden that training, or for the students themselves to say hey, I’ve learnt how to make a hollandaise, what other sorts of interesting things can I make with that?”

While the Crows Nest campus does offer an Asian Cookery course within its Tourism, Hospitality and Events training package, which aims to “explore the flavours, unique ingredients and techniques of Asian cookery and experience a large repertoire of dishes from Japan, China, India and Thailand”, this is additional to the standard curriculum. Students are able to study this alongside comprehensive cookery, giving them a better grounding in the development and application of “fusion” style cuisine.

“We’re teaching master stocks here because of the Asian twist to the course, along with a lot of regional Chinese sauces and Japanese- and Thai-style dressings and soups,” says Revett.

The biggest difference between those and French sauces is that they aren’t reliant on a flour base.

“A lot of Asian sauces use jarred ingredients such as red bean sauce or soy bean paste,” confirma Revett. “Western sauces are very much about flour, butter, sugar, cream and more perishable-type products.

Master stock, a stock repeatedly used to poach or braise meat, is one of the most commonly stocks and sauces used in Asian-style dishes. While recipes are often closely guarded, a basic stock will contain water, soy sauce, garlic and ginger, along with other ingredients such as spring onions, star anise, rice wine, Szechuan pepper and cassis back added. With such the sauce stocks and other ingredient add to the flavour of the stock, making it richer and more complex over time. Other Asian sauces increasingly making an appearance on Modern Australian menus include Japanese ponzu, a citrus-based sauce traditionally used as a dressing for lightly grilled meat and sashimi; thai dipping sauce rice, mae plao, which is traditionally made from lime juice, fish sauce, chopped garlic and chilies; and miso-based sauces such as umami, sweetened miso.

At the end of the day, points out Revett, every time you put something in the training curriculum you have to take something out, because of the limited available time.

“You have to make a judgement call. That’s what industry bodies and skills ‘comes to do, of course, but if you put 100 chefs in a room and ask what’s not being used or what should be taken out, you’ll get 100 different answers. What suits one person might not suit someone else.”

Béchamel: This classic white sauce is made by whisking whipped milk into a roux base. It is used in Italian dishes such as lasagne, or as a basis for other sauces.

Veloute: A sauce made from light stock such as fish, chicken or veal thickened with a roux and seasoned to taste. The name is derived from the French word for “velvety”. Allemande sauce, one of Antoine Careme’s mother sauces, is a veloute sauce which is traditionally thickened with egg yolks and cream, and seasoned with lemon juice.

Hollandaise: This breakfast favourite is an emulsion of egg yolk and butter, seasoned lemon juice, that has a rich, buttery flavour and silky texture.

Tomate: A tomato-based sauce, thickened with a roux.

Espagnole: A brown veal stock-based sauce that isn’t often used on its own but is the basis of a number of sauces such as chasseur sauce, mushroom sauce and demi-glace.

To view our full range of products visit www.kikkoman.com.au

Know your sauces

Kikkoman Australia, (Melbourne) and Salt (Tokyo), Australia and I think the colleges are taught are routinely taught by the culinary schools but are they still relevant in contemporary Australian cuisine or should we be shifting our focus east?

French “mother sauces” are routinely taught by the culinary schools but are they still relevant in contemporary Australian cuisine or should we be shifting our focus east?

When a group of chefs and educators met in Sydney last year at the Restaurant 10 trashfeed to discuss the relevancy of apprenticeships in today’s evolving hospitality landscape, course content was one of the most hotly contested topics. While there are obviously limits to how much you can realistically teach a young chef in a three year apprenticeship, it’s important to know where we’ve come from and know that we used to make heavily roux-based sauces but I think this is one of the fundamental apprenticeship here,” she said. “They feel that some of the food they’re cooking is a little bit outdated. They want to be cooking what’s ‘now’.

With multiculturalism and ever-increasing numbers of chefs travelling the least used track in search of culinary inspiration literally opening up a world of different ingredients, flavours and cooking techniques, it seems what constitutes “Modern Australian” cuisine is changing faster than training curriculums.

Yet, with a dropout rate of over 50 per cent for apprenticeships, surely it’s important to engage young people by teaching the types of inspiring, exciting, contemporary dishes and techniques they’re seeing demonstrated on television shows like MasterChef if eating in their favourite restaurants.

“I’m not sure we have moved past those classic French sauces,” says Brian Revett, Manager, Teaching & Learning at Crowne Plaza College, part of the Northern Sydney Institute of TAFE. “You still see bain-marie sauces and caille en Paris butter on menus. Not every chef chooses to be creative.

“And there are many restaurants in Australia that have no Asian influences in their menus at all,” he says. “If you put Asian sauces in the core curriculum, you have to ask the question, what else do we put in there from other parts of the world?”

As it stands the standard training package on offer through TAFE and RTQs is a Western training package. Apprentices are taught classics such as the “mother sauces”, which are generally defined as béchamel, espagnole, veloute and allemande, or béchamel, veloute, tomato, espagnole and hollandaise (see box), depending on whether you subscribe to legendary French chef Antoine Careme’s 19th Century classification or Auguste Escoffier’s updated version.

From those mothers, it’s possible to make any number of other common sauces. For example, béchamel becomes mornay when cheese is added; espagnole becomes bordelaise with the addition of red wine, shallots and beef marrow.

“Students are taught the basics and how to make them into further sauces but time is limited,” says Revett. “You rely on employers to further broaden that training, or for the students themselves to say hey, I’ve learnt how to make a hollandaise, what other sorts of interesting things can I make with that?”

While the Crows Nest campus does offer an Asian Cookery course within its Tourism, Hospitality and Events training package, which aims to “explore the flavours, unique ingredients and techniques of Asian cookery and experience
What sauces can’t you live without?

Chris Lockhart, Head Chef, European Bier Café, Melbourne

I love the light veal jus that complements our crispy skin pork chop dishes. I reduce the stock for two days to develop a deep flavour which works well on the plate, and with the mashed potato and greens. I also can’t live without my Napoli sauce, because it’s a versatile sauce that can be used on many traditional dishes. I use imported Italian diced tomatoes with the fresh herb and premium olive oil, which is key.

Allen Woo, Executive Chef, LukatMe, Melbourne

There are two sauces that I used every day in my restaurant. They can be considered a must for cooking Malaysian dishes. The first is caramelised “sweet” dark soy sauce. Despite the fact that it originated in China, dark soy sauce produced in China is not sweet but salty and runny. Caramelised dark soy sauce produced in Malaysia is quite different. The flavour is quite sweet, and it gives off a lightly burnt aroma when it is in a high heated wok. It is mainly used to add colour to stir-fry noodle dishes such as Char Kway Teow or braised chicken dishes.

Chris Lockhart

The second sauce I use all the time is Sambal Blachan. Any chilli that is pounded with garlic and onion can be called Sambal, however Sambal Blachan is made with one extra ingredient – shrimp paste called Blachan. To use it, it must be first cooked in a wok on low heat to ensure all ingredients are fully blended in the sauce.

Allen Woo

I use Sambal Blachan to stir-fry with vegetables and beans as well as a dipping sauce for steamed chicken or as a side dish for a Malaysian banquet.

Sacha Meier, owner, ba ba lu bar, Lorne

I love to use mojitos. Latino type of sauces or dressings that are usually two thick acid, for example paw paw, peppers and lime, and one third olive oil.

Marco Pierre White courts controversy

Renowned British chef Marco Pierre White, the first person outside of France to be awarded three Michelin stars, when he was just 33, has come under criticism for ‘selling out’ after he slipped into Sydney in May to host a dinner for food bloggers to promote Continental Stock Pot.

Promotional materials for the product, a jelly stock recently launched into the Australian market, said that “Marco has been using jelly stock in his kitchen for over three years” and quoted the chef as saying that “Continental Stock Pot does all the work for you and if the closest you’ll get to stock made from scratch is my secret ingredient.”

Chef-turned-author Anthony Bourdain, also in Sydney in May for the Writers’ Festival, leapt to White’s defence, saying that “Marco” was the only chef entitled to “tutu” status.

“Culinary hero; it wears you down,” Bourdain told a sell-out Writers’ Festival session. “The average age of death for chefs is around 57.”

“Why do we insist or expect or demand chefs to die behind the stove, broken-arsed, flat-footed and varicose-veined at 57? Why do we hold chefs to a higher standard than Keith Richards or Iggy Pop or anyone else who is incredibly cool and changed the world?”

“Who better deserves to sell out if they want, make a little money in their old age, than chefs? I feel a lot better about Marco Pierre White cashing pay cheques now than Paris Hilton getting paid for anything.”

Often dubbed the “first celebrity chef”, Marco Pierre White has trained including Gordon Ramsay, Heston Blumenthal and Curtis Stone.

Sacha Meier

I love to use mojitos. Latino type of sauces or dressings that are usually two thick acid, for example paw paw, peppers and lime, and one third olive oil.

Mojito sauce is a sauce from the Canary Islands and combines sweet spicy flavour, roasted peppers, tomato, garlic, onion, smoked paprika and thickened with fried bread. It is great with grilled fish and lamb. My chargrilled meats and fish are dressed with lime and oregano mojito, while my slow-cooked pork is cooked with a paw paw and rosemary mojito. They are all very lively and give a lift to fresh, simple produce.
“Real” pizza association launches

The new Australian branch of the True Neapolitan Pizza Association is hoping to win over the hearts, minds and tastebuds of local chefs and diners alike.

The protection of regional traditional cuisines for CIRA’s members.

The hearts, minds and tastebuds of local chefs and diners alike.

The new Australian branch of the True Neapolitan Pizza Association is hoping to win over the protection of the “real” Napoletana (Napolitana) Associazone Verace Pizza. Members of the Naples-based association travelled to Melbourne at the invitation of Johnny Di Francesco, owner/chef of 400gradi restaurant in Brunswick and the only Victorian chef to be certified by the association. While in Melbourne Association president Massimo Di Porzo and pizzaiolo Paolo Simeone conducted a “Masterpieces of Naples” Pizza Masterclass for the general public and met with local restaurateurs to discuss the further recognition of the iconic Italian dish. “The idea is to educate the industry and general public on what a true Neapolitan pizza, made the traditional way, is all about,” says Di Francesco. “There are a lot of places in Australia that say they make a Neapolitan-style pizza but studying and working in some of the best pizzerias in Napoli really opened my eyes to the differences. There was no one doing real Neapolitan pizzas here so I thought let’s introduce the association to Australia; let’s show everyone what it’s all about.” To qualify as a real Neapolitan pizza a number of guidelines must be met including those relating to the ingredients used, preparation method, type of oven, cooking temperature and time. “The association doesn’t allow any mechanical rolling machines to be used and there’s a particular method for stretching the dough by hand,” confirms Di Francesco. “The pizza oven must be 400 degrees and the pizza should only be cooked for 90 seconds.” True Neapolitan pizzas are additionally limited to only two toppings. Marinara (tomato, extra virgin olive oil, oregano and parsley) and Margherita (tomato, extra virgin olive oil, fiori di latte or buffalo mozzarella and fresh basil), a dish which was first created for Queen Margherita of Savoy in 1889 and is meant to represent the red, white and green of the Italian flag. The latter is so beloved in Italy that it has been included on a shortlist of cultural icons submitted to the United Nations Educational, Scientific and Cultural Organisation (UNESCO) for possible inclusion on its Cultural Heritage list. Di Francesco believes that Australian chefs will embrace the association’s message. “I’ve had a lot of interest from chefs in Sydney, Melbourne and Queensland,” he says. “From the conversations I’ve had with pizza shop owners and restaurant owners there have been a lot of people researching what we are or how to get accredited.” Businesses that go through the Association’s accreditation process are able to display the certification and use its logo in marketing materials to reassure customers they will receive the same genuine Neapolitan pizza they would if they were dining in Naples. While there is currently only one other accredited pizza shop in Australia, Pizza Mario in Sydney, Di Francesco anticipates that the Australian chapter will have at least 10 accredited members within the next two years. The new Australian chapter is only the third to be established outside of Italy, joining the USA and Japan. For Di Francesco, getting the association up and running is a matter of honouring his own heritage. “My background is Neapolitan,” he says. “My father was originally from Naples, so for me it’s going back to my roots.”

Top chefs go head to head at Gusto

The Council of Italian Restaurants in Australia, known as CIRA, is hosting its sixth annual Gusto event in Sydney on Sunday, August 22.

Held at the Sydney Seafood School at Sydney Fish Market, Gusto is an all-day festival dedicated to Italian food in all its regional variety. Bringing together some of Australia’s best Italian chefs and restaurateurs including Armando Percuoco, Alessandro Pervon, Danny Russo, Eugenio Maude, Gabriele Taddeucci, Giovanni Pils, Marco Percuoco and Nino Zoccali, the event will include for the first time a series of debates pitting chef against chef. CIRA President Lucio Galletto says he’s nervously excited about the debates.

“I’ve had a lot of interest from chefs in Sydney, Melbourne and Queensland,” he says. “From the conversations I’ve had with pizza shop owners and restaurant owners there have been a lot of people researching what we are or how to get accredited.” Businesses that go through the Association’s accreditation process are able to display the certification and use its logo in marketing materials to reassure customers they will receive the same genuine Neapolitan pizza they would if they were dining in Naples. While there is currently only one other accredited pizza shop in Australia, Pizza Mario in Sydney, Di Francesco anticipates that the Australian chapter will have at least 10 accredited members within the next two years. The new Australian chapter is only the third to be established outside of Italy, joining the USA and Japan. For Di Francesco, getting the association up and running is a matter of honouring his own heritage. “My background is Neapolitan,” he says. “My father was originally from Naples, so for me it’s going back to my roots.”

Authentic, premium quality marinated & char-grilled vegetables and pesto sauces

Conveniently packaged in 2 litre tubs, 2 kg trays and 190 gm jars

BAMBOLEO®

One taste and you'll know... it's Bamboleo!

The protection of regional traditional cuisines for CIRA’s members.

For more information, visit www.cira.com.au.
FUNCTION CATERING

Trends to watch

With an increasingly food-savvy clientele, businesses offering function catering need to keep up with the trends to compete.

Whether it’s thanks to the “MasterChef” effect or a more general “foodies” culture permeating Australian society, there’s no denying that the average Aussie is becoming more knowledgeable about food and cooking, what’s available and what’s possible.

Nowhere is this more noticeable than in function catering, where it’s no longer enough for chefs to simply offer fish or chicken, served alternatively, and panna cotta for dessert. Customers not only want to be wowed by the food they’re served but they also want to know where it’s come from and how it got there.

For Martin Latter, executive chef at the Brisbane Convention & Exhibition Centre, the growth of the local farm fresh food movement is a key factor driving the changes he’s seeing in the Centre’s catering business. Greater knowledge and easier access to food has empowered the consumers, who are more aware of the importance of a sustainable and ethical environment with regard to the food they eat than ever before.

Martin and his team pride themselves on sourcing local seasonal produce and he also introduced a range of organic and fair trade products to their menu several years ago. “You would be surprised at the number of requests we get for ‘green’ menus or menus sourced from local produce within a 10km radius of the Centre,” he says. “And the number is increasing every month.”

“People are becoming more educated about food, in particular the Slow Food movement, and they want to see where the food they are eating actually comes from,” agrees Mark Adler, head chef at Sydney based Fresh Catering.

“Function guests are demanding food that is not over worked and which is fresh, seasonal and not too ‘fancy’ in its preparation.”

Whether event organisers are prepared to pay a premium to ensure that food is locally sourced or sustainably produced is another matter, according to David Mercer, Senior Food & Beverage Manager at Epicure Catering, who raised the issue at a seminar on catering held at the FSA Expo in Melbourne last month.

“Customers are aware of sustainability as an issue and they want to think you’re green,” he said. “People aren’t necessarily willing to pay extra for it, but the moral obligation is there.”

Another key trend in function catering is interactivity, with clients’ wanting to take part in the creative process itself.

“Food has become central to functions,” says Latter. “It has become the entertainment. Interactive cocktail parties where chefs operate from canapé stations and converse with clients and themed food and beverage events are all part of our offering now here at the BCEC. Our delivery of food and beverage has become much more personal.”

Fresh Catering has also seen an increase in demand for functions where the cooking of the guests’ meals forms an integral part of the night’s theme. “They often incorporate the preparation of food into a team building or entertainment item for the guests,” says Adler. “We have been asked by our clients to pull together food challenges for events and have even run master classes.”

Shared and tasting plates are popular, especially for dessert. The Sydney Convention & Exhibition Centre has recently started offering a dessert buffet, which people can help themselves to after the mains have been served.

Zigi Ozeri, from Zigi’s Personal Chef Services, has noticed clients are more likely to have special occasions catered for within private homes. “I find that clients are doing more private dining, as they are now more than ever aware of the quality of produce and serve that they will receive,” he says. “While the most popular option for clients is his five-course meal, some are opting for a low formal ‘miniature table buffet’ which allows guests to serve themselves. Providing a range of creative solutions is key, with the ability to be flexible to suit clients’ expectations running a close second.”

“As a caterer, it is important that we rise to the challenge and greater expectations of our clients to provide high quality, seasonal produce in an uncomplicated yet creative way,” sums up Adler.
Waste not, want not

A new Australian documentary is tackling the problem of how we reduce the amount of food and other waste being sent to landfill by restaurants.

A mongst the films shown at this year’s Cannes Film Festival in May was Waste Not, an Australian documentary about what we do with waste as a society. Produced by the Total Environment Centre and funded by a City of Sydney community grant, the documentary follows the waste process from its source to the recycling and recovery facilities, and features views from waste collectors, scientists, environmentalists and restaurateurs.

“The community has made a lot of significant advances with recycling but we still have a long way to go,” says Jeff Angel, director of the Total Environment Centre. “The film looks at what else is possible.”

As a nation we currently recycle 50 per cent of our waste; however 25 million tonnes is lost to landfill annually, including more than 13 million tonnes of food waste and more than one billion beverage containers.

“The two main waste issues pertaining to the hospitality industry are organic waste which could have been turned into compost going to landfill and packaging, particularly beverage containers, not being recycled away from homes,” says Angel.

While Angel believes restaurateurs and chefs are aware of the problem, they lack a time and space hampers recycling efforts in commercial businesses. Many restaurants don’t have the resources to keep separate bins for every kind of waste, or staff to sort out recycling.

“We need to develop better and more convenient collection infrastructure for foodservice businesses,” he says. “Where there is a grouping of restaurants or other eating places, we’d like to see them have a commercial waste collection service that’s linked to recycling.

“We also need to foster systems that separate the waste out after collection, sending the organic material to be composted and packaging to be recycled.”

While efforts so far have been “superficial” according to Angel, the Waste Not documentary points to EarthPower, Australia’s first regional food waste facility, as an example of what can be done in this area. The facility is currently processing 40,000 tonnes of waste from restaurants, supermarkets and manufacturers, into “green” electricity. Restaurant waste is ideal because it’s still fresh and therefore an ideal food source for the microbes that create the bio-gas used to create electricity.

Nutrient-rich compost made from food scraps can also be used as fertiliser, which, for businesses with the space to grow some or all of their own produce, solves two problems with one solution. The garden at Tetsuya’s in Sydney, used as an example by the filmmakers, started off with herbs but is now also growing vegetables and some of the more obscure edible leaves.

“You don’t need a lot of space to get a lot of food,” head chef Luke Powell is quoted as saying. “Tetsuya’s is probably as urban as it can be and yet we have this amazing little garden, that’s where we use our vegetables from every day.”

The second issue of improving the recycling rate of drinks containers used in restaurants, food halls and other venues, could be solved by setting up a national container deposit scheme similar to the one which has been in place in South Australia for 30 years. Less than half the drink containers used are recycled overall, compared to 80 per cent of bottles in South Australia, thanks to the state’s container deposit scheme. For every bottle returned to a convenient collection point or “reverse vending machine”, a 5c deposit is refunded.

For the filmmakers both solutions are about putting a value onto something that has until now been considered negligible. If waste has a value then people have a greater incentive to recycle it.

Chefs also have a role to play in putting pressure on foodservice suppliers to reduce the amount of general packaging in the supply chain.

“We do have to put pressure on the marketing and over-packaging ethic that producers seem to have these days,” says Angel. “Through a combination of consumers’ pressure and improved government regulation we can start to change behaviour.”

Sugar is one of the oldest ingredients in the world but the way it has been used and manufactured has evolved over time. Sugar cane was first recorded in India around 500BC. At this time the canes were chewed raw to extract the sweetness or used for medicinal purposes. It was soon discovered however that pounding the canes to retrieve the juice, then boiling or drying it in the sun resulted in solid granules, which were much more convenient to store and transport.

From India the crystallising technique spread to the Middle East. The Arabs were the first to establish sugar refineries, which allowed production on a much larger scale and it wasn’t long until sugar started to replace honey, the only other sweetener available at the time. In the early 12th century large estates were set up in Venice to produce and export sugar throughout Europe.

Sugar was considered an expensive luxury and it remained costly throughout the 13th century, regarded as being as precious as pearls, musk and spices. Records show that sugar was available in London for “two shillings a pound”, about $100 per kilogram today. Governments recognised the profit to be made from sugar and taxed it highly, ensuring it remained a commodity only the wealthy could afford.

As sugar production was highly labour intensive, the introduction of the industry to South America by the Europeans in the 18th century resulted in significant increases in the slave trade in the region.

This increased demand for labour resulted in the departure of 10 million slaves from Africa. The Caribbean became the world’s largest source of sugar, producing large amounts of sugar at a low cost thanks to its use of slave labour. Large scale production of sugar meant a substantial decline in price and it soon became affordable for the masses. When taxes on sugar were abolished in Britain, it’s popularity increased and as a result, food and eating habits changed considerably; people began to consume jams, tea, coffee, cocoa and processed foods, and confectionary and chocolate became favoured treats.

Up until the 19th century sugar was sold in solid form and was usually supplied in cones, blocks or loaves. In the 13th and 18th century cones could be up to three feet (90cm) tall and could weigh up to 20kg. When needed, pieces were broken off with special sugar-cutters made from iron. The cutters were shaped like large pliers and had sharp cutting blades attached to each side.

Today sugar is much more accessible and is an irreplaceable sweetener for any number of dishes in the kitchen. What was once a symbol of wealth and status is now one of the most widely consumed food products.
Of rice and men

In this collection of paella recipes Alberto Herraiz, dubbed the "best paella chef in the world" by Ferran Adria from El Bulli, showcases the versatility and originality of paella. Here, he shares one of his favourite dessert recipes.

Arroz dulce en paella de leche cabra con rubarbo y crotin (Sweet paella rice with goat’s milk, rhubarb and goat’s cheese)

Serves: 6; Preparation time: 20 minutes + 6 hours for macerating; Cooking time: 45 minutes

Recipe taken from Paella by Alberto Herraiz (Pashdon, $49.95).

Ingredients:
- 1 lemon
- 300g pink rhubarb, trimmed and cut into 2cm lengths
- 100g goat’s milk
- 30g brown sugar
- 2 teaspoons sultanas
- 100g preserved cherries, to decorate

Chef’s note: I suggest serving paella with the preserved cherries.

Chef’s tip: To make a thicker compote, I add a little more sugar.

Method:
1. Use a vegetable peeler to remove the zest from the lemon without including any of the white pith. Put the rhubarb and lemon zest in a non-reactive bowl. Add the sugar, mix through and let macerate for 6 hours, stirring occasionally. The sugar will draw out the moisture from the rhubarb stems to form a syrup.
2. Pour the goat’s milk into a paella pan. Add the lemon zest and sultanas, and bring almost to a boil.
3. Cut both goat’s milk and rhubarb stems into 4 fairly thin rounds of cheese. After 20 minutes, cut both goat’s milk and rhubarb stems into 4 fairly thin rounds of cheese. After 20 minutes, cut both goat’s milk and rhubarb stems into 4 fairly thin rounds of cheese.
4. Add to the pan, stir gently and slow-cook, until almost reduced. When the rice is almost cooked, add the reserved cherries, to decorate and stir gently for 5 minutes. Drain the rhubarb, reserving the syrup, and add to the pan, stirring until thoroughly mixed through.
5. After another 20 minutes, when the rice is almost cooked, stir in the reserved sugar syrup. Remove and discard the lemon zest, and distribute the pieces of rhubarb and sultanas as evenly as possible through the rice.
6. When the rice is cooked, remove the pan from the heat and allow to cool at room temperature. Cover with plastic wrap, making sure it is in direct contact with the entire surface of the rice. Transfer the paella pan to the refrigerator and chill until needed. Just before serving, decorate the top of the paella with the preserved cherries.

Cooking with Quinoa: How to cook quinoa, what to serve with it and some inspiring recipes

By Riana Platt

$59.99

Quinoa (pronounced keen-wah) is popping up on healthy and trendy menus alike, but what is it and how do you use it? This definitive guide to the grain, which has been hailed as a ‘super food’ by many, covers the basics of how to prepare it and includes 80 recipes featuring it as a key ingredient, including lamb with pomegranate, mint and nut, spinach and cheese soufflés, and chicken and preserved lemon tagine with coconut, quinoa. The delicate texture and flavour of quinoa means that it lends itself to many more dishes ranging from soups to desserts.
Healthy breakfast for every body

Schnoosli is a new range of homemade muesli blends, combining up to 19 carefully selected ingredients designed to maximise health and wellbeing, including oats, barley, nuts, seeds and the goodness of fruit juices. All varieties are low GI for sustained energy and a great source of B Group vitamins, protein, essential fatty acids and fibre.

The four nutritious Schnoosli blends are: Huli Huli High, featuring the added punch of goji berries and cinnamon; Sabine Gets Sorted, an original blend of carefully balanced ingredients; Rupert Gets Ripped, an original blend of carefully balanced ingredients; and Rudy Gets Ripped, an original blend of carefully balanced ingredients.

Packed with wholesome ingredients, the range includes an extensive selection of gluten-free products that dispel the myths about gluten-free equalling flavourless and texture-free.

Produced in a dedicated gluten-free kitchen, the range provides a safe and delicious solution for customers suffering from coeliac disease.

Gluten-free products include lemon, lime and white chocolate biscuits, triple chocolate and chocolate orange.

www.schnoosli.com.au

A slice of the good life

Springhill Farm have been making wholesome finger slices, biscuits and rocky road from traditional, home-style recipes for more than 20 years, but now they’ve launched a range of new-look biscuits and slices that are ideal for cafes.

Wrapped in a dedicated gluten-free kitchen, the range provides a safe and delicious solution for customers suffering from coeliac disease.

Shade patterns

Offering a fun alternative to traditional market umbrellas, OEKE Umbrellas are an Australian-designed range of patterned umbrellas for the commercial market.

Suitable for restaurants, cafes, pool areas, gardens and courtyards, OEKE Umbrellas are made of quality anodised aluminium with a rope and pin opening mechanism. They are made from neo-fab polyester which is water repellent, UV-treated and fade resistant, and they come with a 12-month warranty.

System levelling and stabilising technology that senses any change in the table’s position and instantly adjusts and locks it, resulting in 100 per cent stability.

FLAT also has a unique alignment function, allowing two tables to be adjusted and aligned with one another, eliminating frustrating misalignment. Design integrations ensure that the table base and stabilising technology form a seamless partnership, setting it apart from other bases whose adjustable feet are added later.

Bases range from $80 to $170 for the stainless steel model, with additional products in the pipeline which will include features such as stackability, flip tops and standing/ bar height.

www.OEKE.com.au

Wobble-free technology

Danish wobble tables forever with FLAT table bases. The bases feature revolutionary Smart System levelling and stabilising technology that senses any change in the table’s position and instantly adjusts and locks it, resulting in 100 per cent stability.

FLAT also has a unique alignment function, allowing two tables to be adjusted and aligned with one another, eliminating frustrating misalignment. Design integrations ensure that the table base and stabilising technology form a seamless partnership, setting it apart from other bases whose adjustable feet are added later.

Bases range from $80 to $170 for the stainless steel model, with additional products in the pipeline which will include features such as stackability, flip tops and standing/ bar height.

www.OEKE.com.au

New automatic coffee solution

Global Coffee Solutions (GCS) has unveiled its latest super automatic coffee machine, the Melitta c35. The Melitta c35 boasts a modern, fresh design with touch-screen colour display enabling businesses to serve up to 200 coffee variations per hour, from expresso to cappuccino and cafe latte.

Based on the Callida Alpha super-automatic coffee machine, the new machine combines cutting-edge technology, ease of use and the convenience of a small footprint, and is backed by a national service network.

www.globalcoffee.com.au

Heat from the feet up

Fresh from the European winter, Danish eco-friendly infrared outdoor heating solution Vireoo from Mensa Heating has been launched in Australia by The Cool Stuff Company.

The weather-resistant Vireoo outdoor heater, designed to radiate heat from the feet up through the rest of the body.

“The Vireoo also features built-in motion sensors, which means the heater only switches itself on when someone is occupying the table, and automatically shuts off if it does not detect movement at the table for three minutes or more.”

www.cellarbrate.com.au

Decant in 30 seconds

Decant wine in record time with the Nuance Wine Finer, distributed by Australian-owned wine accessory company Cellarbre.

Conceived by Danish designer Marcus Vagnby, the Wine Finer filters sediment, cork and tartaric crystals, while 32 aeration holes “open up” the wine – all in 30 seconds.

The pouring spout ensures that there is no spillage and a small, tightly-fitting stopper keeps what’s left fresh for later enjoyment, making it ideal for situations where wine is served by the glass.

The Wine Finer is made from ABS plastic, rubber and stainless steel, and is hand washable.

www.cellarbre.com.au

Cargill

Source from the experts. The world’s leading agribusiness company. www.cargill.com/AUS

Why choose Calibre?

• Consistency guaranteed.
• Manufactured in Australia.
• Quality assured.
• Easy to maintain.

BLENDED VEGETABLE OIL

This is a multi-purpose oil. Use it for shallow frying, salad dressings, sauces and as an ingredient.

DEEP FRYING OIL

Choose one with a longer frying life than Cottonseed Oil. Use for deep or shallow frying.

COTTONSEED OIL

Ideal for deep frying.

Make your choice
A great month for the ACF

The ACF across the country have been busy raising funds to support the Bidvest World Chef Tour Against Hunger. The event runs from the August 20 - 31 at locations across South Africa, with all proceeds going towards providing food to feed the many underprivileged children within the country, as well as to promote global awareness of the differences chefs can make in helping to alleviate poverty and hunger around the world.

This is the third World Chefs Tour Against Hunger. Following on from successful events in 1993 and 2003. The Australian team will be one of up to 50 World Association of Chefs Societies (WACS) member country teams to attend, comprising of around 250 chefs.

Chefs will cook and hand out food supplies directly to the many children who need it as well as put on public demonstrations and dinners to help raise funds for the cause.

This will be an amazing, potentially life changing trip, and the Australian team, made up of Team Captain Steve McFarlane, Dale Lyman, Dylan Sanding and David Payne (all from Victoria), Mike Schuurmans from the ACT, and Michael Strautmanis from South Australia, will have their work cut out for them.

The team will be based at the Southern Sun Montecasino Hotel in Fourways, Johannesburg, and will be participating in food demonstrations at Montecasino Piazza during the day, as well as assisting with a food festival that is taking place at the hotel during the evenings.

The team have been busy writing menus and recipes in preparation for their arrival into South Africa, and will be challenged by the hectic itinerary that has been planned.

To support this initiative, contact Steve McFarlane president@acf.com.au or to find out more, visit www.worldchefstour.com.au

CULINARY CLIPPINGS

Chefs will cook and hand out food around 250 chefs.

teams to attend, comprising of Societies (WACS) member country

The Australian team will be one of

against Hunger, following on from

This is the third World Chefs Tour

Bidvest World Chefs Tour gathers momentum

The ACF across the country have been busy raising funds to support the Bidvest World Chef Tour Against Hunger.

The event runs from the August 20 - 31 at locations across South Africa, with all proceeds going towards providing food to feed the many underprivileged children within the country, as well as to promote global awareness of the differences chefs can make in helping to alleviate poverty and hunger around the world.

This is the third World Chefs Tour Against Hunger. Following on from successful events in 1993 and 2003. The Australian team will be one of up to 50 World Association of Chefs Societies (WACS) member country teams to attend, comprising of around 250 chefs.

Chefs will cook and hand out food supplies directly to the many children who need it as well as put on public demonstrations and dinners to help raise funds for the cause.

This will be an amazing, potentially life changing trip, and the Australian team, made up of Team Captain Steve McFarlane, Dale Lyman, Dylan Sanding and David Payne (all from Victoria), Mike Schuurmans from the ACT, and Michael Strautmanis from South Australia, will have their work cut out for them.

The team will be based at the Southern Sun Montecasino Hotel in Fourways, Johannesburg, and will be participating in food demonstrations at Montecasino Piazza during the day, as well as assisting with a food festival that is taking place at the hotel during the evenings.

The team have been busy writing menus and recipes in preparation for their arrival into South Africa, and will be challenged by the hectic itinerary that has been planned.

To support this initiative, contact Steve McFarlane president@acf.com.au or to find out more, visit www.worldchefstour.com.au

New judges for NSW

The ACM has also been working on finalising its role in Food and Wine Week in Canberra, an event which will feature guest ACT chef and wine events such as industry workshop on sugar, and chocolate

The ACM has also been working on finalising its role in Food and Wine Week in Canberra, an event which will feature guest ACT chef and wine events such as industry workshop on sugar, and chocolate

A great month for the ACF

The ACF across the country have been busy raising funds to support the Bidvest World Chef Tour Against Hunger. The event runs from the August 20 - 31 at locations across South Africa, with all proceeds going towards providing food to feed the many underprivileged children within the country, as well as to promote global awareness of the differences chefs can make in helping to alleviate poverty and hunger around the world.

This is the third World Chefs Tour Against Hunger. Following on from successful events in 1993 and 2003. The Australian team will be one of up to 50 World Association of Chefs Societies (WACS) member country teams to attend, comprising of around 250 chefs.

Chefs will cook and hand out food supplies directly to the many children who need it as well as put on public demonstrations and dinners to help raise funds for the cause.

This will be an amazing, potentially life changing trip, and the Australian team, made up of Team Captain Steve McFarlane, Dale Lyman, Dylan Sanding and David Payne (all from Victoria), Mike Schuurmans from the ACT, and Michael Strautmanis from South Australia, will have their work cut out for them.

The team will be based at the Southern Sun Montecasino Hotel in Fourways, Johannesburg, and will be participating in food demonstrations at Montecasino Piazza during the day, as well as assisting with a food festival that is taking place at the hotel during the evenings.

The team have been busy writing menus and recipes in preparation for their arrival into South Africa, and will be challenged by the hectic itinerary that has been planned.

To support this initiative, contact Steve McFarlane president@acf.com.au or to find out more, visit www.worldchefstour.com.au

ACT update

The ACF ACT Chapter has been working for the last two months to establish programs to promote the foodservice industry in the nation’s capital and acknowledge young achievers for delivering a high standard of performance.

Chief amongst these are the Nestlé Golden Chef’s Hat Award 2011 cook-off and a secondary school cook-off, which will be held at CIT Reid on Friday August 5.

Around 15 teams will battle each other to be the last team in the ACT and hopefully Australia after competing in the national competition.

For more details, visit www.nestle-goldenchefs.com.au.