

COOKING SCHOOLS

Travellers with discerning palates are learning how to use our local produce to whip up gourmet feasts...

A UNIQUELY AUSTRALIAN INVITATION

We've been talking up "Modern Australian" to the rest of the world for years, throwing prawns (or shrimp) on the barbie, kissing barramundi and waving our fresh local produce under jealous international noses. But do we really know what we're doing when it comes to cooking? Of course we do and, we can teach you too.

We have some of the world's best food, best restaurants and most innovative chefs, and they can teach you our brand of mod Oz, Asian fusion, Mediterr-asian - or just how to cook a fish on the barbie.

Australia is a gourmet wonderland, a melting pot of cuisines from all over the world and a multi-cultural feast for gourmands. Cookery schools are a great way to learn about our produce and our many and varied cuisines. This is your chance to get hands on. A cooking class with a professional chef is worth more than a wall full of cookbooks, so take the opportunity to refine your skills under the tutelage of some of our finest chefs.

A cooking-school holiday will add an unforgettable dimension to an Australian experience. You'll meet a terrific mix of people: men, women, locals straight from work, interstate visitors who want to make a day of it, and others who've flown in from overseas and planned their entire trip around a cooking school program.

Classes range from one hour to all day, all the way to residential on-site cooking seminars and are usually led by a food expert, cookbook author or well known celebrity chef. They may take place in a city restaurant, a chef's home or an exquisite country location with a stunning backdrop and invariably feature a demonstration or hands on instruction, and almost always the chance to sample the food and wine at the end. Watch how a dish is prepared, then try your hand at recreating it.

A residential course over an entire weekend allows you to gain insight into how leading chefs think, work, create and develop recipes. Learn their secrets, hear their stories, be inspired by their winning techniques and signature cuisines. All you need bring is your enthusiasm and curiosity about fine cooking. Classes suit anyone with a passion for cooking, be they amateur, professional, or a beginner.

You'll be sure to have fun in a convivial environment. And, after you've slaved away over a hot stove, you get to enjoy the fruits of your labour by tucking into a feast with the rest of your classmates. So, strap on your apron, sharpen your knives and roll up those sleeves... the class on how to cook great Aussie food is about to begin.

Some cooking facts

- Adelaide's Regency International Centre of Hospitality, Leisure and Food Studies is the largest and most technologically advanced centre of its type in the world.¹
- At the end of June 2004, there were 15,000 cafes and restaurant businesses operating throughout Australia.² Three-quarters were based in metropolitan areas and just over a third (34%) licensed.
- There were 1.1 million seats available for dining in cafes and restaurants at the end of June 2004.

Uniquely Australian

Cooking schools can be found almost anywhere...

On the beach...

- At the annual **Faraway Bay Cooking School** on the Kimberley Coast of West Australia, learn tricks, tips and inside secrets from top chef, Chris Taylor, in Australia's most exotic kitchen – in a remote beachfront luxury camp. This is Robinson Crusoe meets Alain Ducasse and the flavour is laid-back, informal and as hands-on as you please.

In a winery...

- For an exceptional weekend away with the opportunity to cook sensational food based on fresh seasonal produce and match it with wine from a world renowned range, experience **Chapel Hill Winery Gourmet Retreat** in South Australia's McLaren Vale. This epicurean getaway includes a visit to the Willunga Farmers Market and three hands-on cooking sessions in their state of the art teaching kitchen. Stay in a guesthouse set among vineyards.
- At Sandalyn Estate, one of the Hunter Valley's most beautiful boutique wineries, **The Olive & the Grape** hosts a three-hour Tuscan-style cooking class teaching you the traditional art of pasta making.

In the country...

- Country places have lots of cookery school options to explore. Some offer accommodation and all are located in places where you (and maybe your partner) can happily spend a few extra days as well.
- At Victoria's renowned **Howqua Dale Gourmet Retreat and Cooking School**, spend an entire weekend preparing gourmet dishes with renowned chef, Marieke Brugman. She teaches only 12 people at





a time in her stunning purpose-built kitchen and you'll stay in the luxurious homestead.

- Cook with a chef in her country home with stunning views over the Jamberoo Valley, in the NSW Southern Highlands, at **Elise Pascoe's International Cooking School** or at **Redlands Cooking School**.
- In **Alice Springs**, learn to cook in the bush with Bob Taylor.
- At **The Hunter Valley Cooking School**, you'll learn to cook with Karina Barry who worked as a chef at The Savoy in London and Rockpool in Sydney and husband Brian Barry, a wine educator with 25 years experience, in their purpose built kitchen/library/cellar.
- Explore the local wineries while taking cookery classes with owner-chef David Hay or visiting celebrity chefs at **Thorn Park Country House Cooking School**, in South Australia's Clare Valley. Classes are held in a restored old Barn at this 150 year-old homestead, one of Australia's leading gourmet retreats.
- Learn the secrets of Asian fusion and Thai cooking in a setting lifted straight from the tropics at **Spirit House Restaurant and Cooking School**, in Yandina, Queensland. A real "hands-on" experience, which includes making your own pastes in a mortar and pestle.
- Chef Paul Blain runs a rainforest gourmet retreat for couples in Maleny with its own market garden and cooking classes to learn how to use the produce. **The Tamarind** is in Queensland's Sunshine Coast hinterland.

In the city...

- The Sydney Fish Markets in Pyrmont are home to one of the best cooking schools in Australia, the **Sydney Seafood School**. Pick up tips on how to cook seafood, whip up some chilli crab, tapas or salt and pepper prawns.
- Perth's premier cooking school with a modern auditorium and well equipped commercial kitchen is **Amano Cooking School** in Cottesloe.
- While in Melbourne, learn to cook any Asian cuisine you fancy from Thai to Vietnamese at Tony Tan's **The Unlimited Cuisine Company**.
- **The James Street Cooking School** in Brisbane uses fresh produce from the nearby James Street markets in its popular classes. Learn how to make sushi, quick and easy Asian and more.

In a restaurant...

- Join a private class for 10-12 students at **Nilgiri's Cooking School**, widely regarded as Sydney's best Indian restaurant.
- **To The Plate**, Bottega Rotolo's hands-on cooking school in Adelaide, features visiting chefs.

In a chef's kitchen or home...

- Learn how to make easy fun food with Helen Homewood, food writer and cook, in her own mountain retreat in Warburton Victoria. **Clean Cuisine** cooking workshops are followed by lunch.
- When celebrated South Australian chef **Rosa Matto** isn't running foodie tours of the Adelaide Central Market, she's giving cooking lessons in her studio kitchen in the suburb of Goodwood.

- **Cape Lodge**, a luxurious boutique hotel in the heart of the Margaret River vineyards, holds gourmet weekends.
- Classes at **The Culinaire Cooking School**, are held in chef/ owner Christiane's private home, overlooking the Tambo River in the hills of East Gippsland, in regional Victoria.

On an island...

- **The Chef's Table** on Hayman Island is a special series of weekends offering a Chef's Table Dinner and an exclusive masterclass held by different leading chefs and winemakers.

In an epicurean centre...

- Join Sydney's top purveyor of gourmet foods, Simon Johnson, for one of his regular short cooking classes, known as **Talk Eat Drink**. His Pyrmont store has a demonstration kitchen and there are regular short classes featuring a line up of Sydney's top chefs.
- **The Accoutrement Cooking School** in Mosman hosts up to 100 three-hour classes each year.
- Mix it with the locals on Sydney's Northern beaches at regular cooking classes at **Food Stuff**.
- **The Outdoors on Parade** cooking school is in a groovy homeware and lifestyle shop in Adelaide. Classes feature visiting chefs.
- Take a two-hour class at **The Essential Ingredient Cooking School** in Melbourne. The line up of talent here looks like a who's who of Australian cuisine.
- Hobart's **Wursthau** butchery and delicatessen runs interesting classes on how to cook obscure ingredients and use obscure implements in the tourist centre of Salamanca Place. This is a deli, catering kitchen, cooking school and wine and cheese shop in one.
- At Brisbane's **Black Pearl Epicure** food emporium and chef's haven, learn from chefs such as Philip Johnson of Brisbane's ecco bistro.
- Benefit from the expertise of a Michelin chef at a cooking class with Jan Gundlach, owner of Flavours Culinary Centre, Canberra.

In a market...

- Such as the **Queen Victoria Market Cooking School**, or **Cooking Co-ordinates**, a state-of-the-art operation with auditorium and seating for 90 in Canberra's Belconnen Fresh Food Markets.

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