

MATTER OF TASTE

Dish well done

BY PETRINA WRIGHT

SOUTHLAND Boys' High School (SBHS) pupils Nick Kergozou and Sam Deuchrass took out fourth place at the International Secondary Schools Culinary Challenge (SSCC) in Osaka, Japan, last month.

The budding chefs competed against young people from nine other countries and were awarded silver medals for their beef fillet dish, produced from a prescribed list of ingredients.

To receive a silver medal, competitors needed to score between 80 to 89 points out of 100.

A team from Japan won the challenge, with second place awarded to Taiwan, and Aus-



Fine fare: Nick Kergozou and Sam Deuchrass's beef fillet dish.

Photo: Supplied

tered the cooking time for parts of the dish, he said.

The competitors experienced a range of Japanese cuisine during their five days in Osaka, visiting a variety of Japanese restaurants, watching demonstrations from six sushi chefs and participating in a hands-on sushi class.

"Their [the boys'] knowledge of Japanese food has been highly expanded," Mr Richardson said.

It was the eighth time SBHS pupils had represented New Zealand at the challenge.



Heart healthy: Busy Bodies Childcare, in Invercargill, celebrates achieving a healthy heart award from the Heart Foundation. To achieve the award the centre had to meet criteria set by the Heart Foundation about food and nutrition. "This means that Busy Bodies Childcare Service is creating heart healthy environments through the promotion of healthy food and physical activity to our children and staff in the service," director/manager Suzanne Donnelly said.

Photo: Supplied

REVIEW

Feed The Family For \$15 Or Less
Sophie Gray — Random House

SOPHIE Gray's cookbook *Feed The Family For \$15 Or Less* sets out a challenge for the discerning chef — cooking tasty, family meals on a budget.

Gray estimated her banana pancakes would cost \$2.30, the chicken and tarragon summer tart \$10.39 (pictured) and the slow cooker sticky pork chops \$14.41. I had to stock up on a couple of the seasonings, so taking this into consideration I think my \$29.77 spend was pretty good.

When I made her chicken tart, her step by step methods were simple and easy to follow. Although I was a bit worried mine wouldn't match the photograph in the book, it wasn't a bad effort after all. The tart would make an impressive addition to a pot-luck table at any time of the year.

The flavour was quite subtle, so it could be a good opportunity to show off a home-made chutney or relish as well.

Next on the menu, the sticky pork chops. Just as easy as opening a packet, the sauce mix was whipped up in a jug and thrown in with the chops, some onions and carrots. Bamm. I stirred the dish occasionally and a few hours later tender chops emerged.

Last but not least, the pancakes. The chunks of banana were sweet and flavour-some and were complemented beautifully by the hint of cinnamon.

Three out of three ain't bad, so I'll definitely be taking a few more of Gray's recipes for a spin.

REVIEWED BY AMY JOHNSTONE

tralia placed third. All achieved gold medal status.

"I was very pleased with the way the boys performed... they worked really well as a team and got their dish out on time," SBHS catering teacher Scott Richardson said.

The young chefs had to adapt to a different kitchen environment in a different country using different produce, including a different power rating in Japan which

Festival tickets on sale

EARLY bird tickets have gone on sale for next year's Wild Food Festival.

The festival, being organised by the Rotary Club of Invercargill, will be held on February 22 at Stadium Southland from 10.30am to 5pm.

Festival co-ordinator Alice Pottinger said early bird tickets were now on sale.

"Tickets are \$20, which is fantastic for a full day of fun and entertainment, and the opportunity to try exotic and creative wild foods.

"We want to get Southlanders right behind this fest-

ival, because not only will it be a lot of fun, but profits from the festival will go to Rape and Abuse Support Centre Southland."

Tickets are available from TicketDirect outlets, including Stadium Southland and TicketDirect online. Booking fees apply.

Mrs Pottinger said interested people could keep up to date with how preparations for the festival were progressing by going to www.southernwildfoodfestival.co.nz or on Facebook at The Southern Wild Food Festival.



Wild foodies: Southern Wild Food Festival co-ordinator Alice Pottinger with some early bird tickets for February's inaugural festival.

Photo: Janette Gellatly



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