



Ekka attractions

The Top Paddock

Butchery demonstrations will reveal how meat is prepared and why certain cuts are better suited to certain cooking methods. Beef and lamb meals will be prepared on stage to inspire home cooks about new ways to prepare delicious and nutritious meals at home. Celebrity cook-offs will take place daily with two celebrities preparing a steak sandwich using their very own secret ingredient brought from home. The steak sandwich is judged with daily winners and an overall winner at the end of the Ekka. The Top Paddock also provides a fine-dining beef and steak restaurant and bar. Drop by The Top Paddock and taste the top of the range beef or choose from the delicious a la carte menu while putting your feet up.

High Tea

For Ekka-goers that desire something a little fancier, sit down to a delectable pot of tea, scrumptious oven-baked treats and delightful sandwiches. Indulge in a menu filled with gorgeous treats at the beautiful high tea cafe, located in the John Reid Wool Pavilion - the home of fashion at Ekka 2011. This is the perfect opportunity to unwind and warm up to a steaming cup of coffee and freshly baked scones while marvelling at the elegant surroundings of various fashion activities on during the 10 days of show. Entice yourself with the elegant menu which features fine selection of teas and coffee, scones made with love, thick raisin toast serviced with cinnamon butter, homemade cakes, quiche, divine macaroons, assorted cup cakes and a selection of fresh sandwiches. Choose from three high tea combos including the Regal High Tea, Kiddies Tea Party and the Devonshire Tea.

Lindeman's Open Garden

The award-winning Lindeman's Open Garden is set to flourish with its first appearance at this year's Ekka offering

visitors an oasis within the festival. Enjoy garden cooking demonstrations providing simple, seasonal and lighter-styled recipes with tips on how and what to grow during the cooler months. The Lindeman's Open Garden will also offer visitors the chance to get hands-on and create their ultimate hanging basket while the Lindeman's Cellar Door will be the place to watch the happening of the festival while relaxing and sampling the crisp and refreshing Lindeman's Early Harvest range or the fruity and refreshing Lindeman's Sweet Seasons range, both 25pc lighter in alcohol.

Brisbane Markets Agricultural Hall

Fresh produce, free tastings and friendly faces. The Brisbane Markets Agricultural Hall showcases the state's horticulture industry and also provides an opportunity to taste some of the many varied fruits, vegetables and other primary produce on display. The effort and pride taken by the many rural producer groups and schools in presenting their produce to the city dwellers is something that has to be seen.

Brisbane Markets Kids in the Kitchen

Donning white hats and excited faces, Kids in the Kitchen is a hands-on activity that teaches children basic, healthy recipes that they can cook. A professional chef

takes children through such recipes as vegetarian pizza and the best bit is the kids get to sample what's been made. Located in the Brisbane Markets Agricultural Hall, this is a great and informative way to entertain the kids at no cost.

Cooking demonstrations

Brisbane Market green grocers will use their own fresh produce to prepare delicious, seasonal and easy recipes for visitors to the Brisbane Markets Agricultural Hall. The green grocers cooking demonstrations and free taste testing sessions will be held daily on the half hour from 10.30am to 3.30pm.

Strawberry Sundaes

Visitors to this year's Ekka are in for a real treat as the iconic strawberry sundae now features award-winning handmade ice-cream. Made right here in Queensland by Childers ice-cream connoisseur Mammimo, it also features 50 per cent more strawberry with approximately 13 tonnes of strawberries used to make the Ekka Strawberry Sundaes each year. The Ekka Strawberry Sundae is mouth-watering top to bottom - from the crunchy wafer cone to the smooth vanilla ice-cream, sweet chopped strawberries, delicious award-winning handmade gourmet ice-cream, swirls of fresh cream and topped off with a tasty fresh Queensland strawberry. On average more than 145,000 sundaes are sold each year with profits helping fund research to find cures and save lives. The Prince Charles Hospital Foundation has funded around \$11 million in research over the past 20 years, with the help of regular donors and people buying sundaes at Ekka. Enjoy your Ekka Strawberry Sundae and support home-grown medical research with home-grown produce. www.tpchfoundation.org.au



LEFT: Angus Green and Michael Mandall from Seafood Fix will shuck oysters every day in the Woolworths Pavilion at the Ekka. Last year more than 15,000 oysters walked out the door with satisfied Ekka customers.



Food and wine on show

GREATER food choice is what's on the table for Ekka visitors this year. From incredible gourmet treats including wine and oysters to the traditional favourites of strawberry sundaes - there is sweet and savoury, healthy and hearty foods available at Ekka. A range of food and wine vendors operate during Ekka, providing a smorgasbord of culinary delights.

Royal Qld Food and Wine Show Stage

INTRODUCING a brand new stage at this year's Ekka. The Sunday Mail Royal Queensland Food and Wine Show Stage is jam-packed full of cooking demonstrations every day with local chef's cooking with local award-winning produce. Bringing her 15 years of experience as a qualified chef to The Sunday Mail Royal Queensland Food and Wine Show Stage, Dominique Rizzo will take you on a memorable culinary experience daily offering up her own personal hints and tips.

Dominique Rizzo is a soulful and innovative chef with a particular passion for Italian cuisine. Apart from owning and running a successful restaurant, Dominique is also a television personality having a long-standing role on Channel 10's 'Ready Steady Cook', guest appearances on 'The Circle' and 'The 7pm Project' plus regular national radio segments.

Bryant Wells is the executive chef and owner of West End's Tukka Restaurant. Bryant continually challenges your tastebuds having worked all over the country - from exotic tourist locations such as Uluru, Thredbo ski fields and Island resorts to settle down in Brisbane where he has found his passion for native ingredients and the exiting flavours they bring to the plate. Recently awarded a Chef's hat and bringing 20 years of experience in commercial kitchens, you'll be discovering the secrets of turning native Australian food into gourmet cuisine. See Bryant on stage at midday between August 12 and 14. Daniel Boller, Head Chef at The Villager Hotel will take the stage at 1pm on Saturday August 13 and Sardine Tin's Head Chef Alex Triffett at 1.00pm on August 14.

Born in Vietnam, raised in Sydney and classically trained in Brisbane, Chef Minh Le has spent his career working in the kitchens of some of

Brisbane's most coveted restaurants. Minh has set on a journey to fulfil his own dreams opening Medusa Dining in Brisbane's South West. This 70 seater fine dining restaurant offers a fresh approach to traditional French cooking fused with Minh's take on modern Australian. Minh likes to push the boundaries and have fun with flavours, adding a personal touch to each and every one of his dishes. Minh will be working with Dominique Rizzo on The Sunday Mail Royal Queensland Food and Wine Show Stage at midday on August 15-18.

Stick around and learn from the owner and head chef Samuel Walters from Restaurant Rapide at 1pm on August 15.

Citron's head chef and owner Mark Newman will grace the stage at 10am on B105's Peoples Day - August 17. Mark's extensive knowledge for the intensity and balance of flavours in Thai cuisine led to the award of Brisbane's Best Asian Restaurant in 2007 and 2009 by the restaurant and caterers association.

If there's one cooking demonstration not to be missed, it's at 2pm on August 15 where Ekka-goers will get the rare chance to see Premier Anna Bligh's skills in the kitchen.

The Sunday Mail Royal Queensland Food and Wine Show Stage will also host the Sausage King Competition on August 14 and Paddock to Palate Competition on August 13.

The Sunday Mail Royal Queensland Food and Wine Show Stage - Celebrity Chefs

- Bryant Wells, executive chef /owner of Tukka Restaurant: Noon Friday August 12 to Sunday August 14.
- Daniel Boller, Head Chef at The Villager Hotel: 1pm Saturday, August 13.
- Alex Triffett, head chef at Sardine Tin: 1pm Sunday, August 14.
- ❖ Minh Le, head chef /owner at Medusa Dining: noon, Monday, August 15 to Thursday, August 18.
- Samuel Walters, head chef /owner at Restaurant Rapide: 1pm Monday, August 15.
- Mark Newman, Head Chef / Owner at Citron: 10am Wednesday August 17.
- Premier Anna Bligh: 2pm on Monday, August 15.

The Sunday Mail Great Food Guide

As they walk through the gates, Ekka patrons will be handed The Sunday Mail Great Food Guide. 200,000 copies of the guide were printed in 2010 and were snapped up by foodies eager to explore the new food options. It outlines all the great food on offer at Ekka and is divided into categories including fresh food, fine coffee and wine, alfresco dining and traditional favourites.

Gourmet Harvest

Ekka 2010 introduced a brand new show favourite - Gourmet Harvest. Returning this year, Gourmet Harvest will offer restaurant quality food at affordable prices for those of us after some fine dining. Back this year is the popular CJ's Pasta bringing their delicious Italian fare while Sultan's Kitchen, one of Brisbane's most acclaimed and award Indian restaurant groups, will again delight us with their classic yet creative Indian cuisine.

Newcomer to the Gourmet Harvest precinct is a man who turned the humble pie into an extravagant gourmet delight. Piefection is a name that excites tastebuds itself without savouring the culinary marvels this pie magician concocts. This year, Piefection promises to excite Ekka-goers with every bite with a menu featuring Jack Daniel's BBQ Pork Rib, Chicken and Vegetables, Beef, Bacon and Cheese pies, plus delicious lamb and rosemary and spinach and ricotta sausage rolls, topped off with a scrumptious apple caramel pie. Tipped to be most popular however is the Ekka pie - a triple prime beef pie which packs three-times the punch with rib fillet, sirloin and rump in a rich demi sauce.

Scuba Gourmet makes their debut in Gourmet Harvest serving up calamari marinated in lemon, garlic and chilli, topped with fresh coriander, Thai style and garlic prawns, grilled whiting fillets served with lemon butter and thyme, an array of fresh and gourmet breakfast and salad options. If you haven't had yum cha before, then Let's Do Yum Cha is a great place to start. Be warned, you could easily get hooked.

Seafood and Wine Bar

Proving popular in 2010, the Seafood and Wine Bar served Ekka-goers with 15,400 Coffin Bay



Oysters, more than 9,400 prawns and 1,820 glasses of wine. Located in the Woolworths Fresh Food Pavilion, freshly shucked oysters and local king prawns will be matched with award-winning wines from the Royal Queensland Wine Show. The toughest choice will be how to have your oysters - natural, Kilpatrick or Mornay?

The Royal Queensland Show Deli Bag, sponsored by GianCarlo Coffee

Taste some of Australia's finest

award-winning foods in the Royal Queensland Show Deli Bag sponsored by GianCarlo Coffee. Packed full of produce unearthed during the RNA's innovative Royal Queensland Food and Wine Show, show-goers can sample two varieties - The Savoury Sampler for \$25 or The Nibbler Bag for \$15. Introduced in 2010, the deli bags proved popular with 1,300 being snapped up by the public. The Royal Queensland Show Deli Bags are great value offering the nation's best produce at a fraction of retail price.

Woolworths Fresh Food Pavilion

Serving yum cha, souvlaki, cupcakes, marmalades, cheese toasties and coffee, the Woolworths Fresh Food Pavilion is the place to go for lunch. With 70 vendors selling their delicacies the hardest part will be choosing what to eat! Enticing those with a taste for the finer things, the Seafood and Wine Bar will prove popular, while the Royal Queensland Show Deli will be back again this year with gusto.



Food is a big feature of the 2011 Ekka