

Fabulous food,

terrific tastes

BY ROSE GLASSER

FOOD, food, food. From the best seasonal fruit and vegetables, to local seafood, beef and lamb, salads, and scrumptious dairy

desserts, mouths will certainly be watering this year thanks to the smorgasbord of culinary delights on offer at Ekka 2011.

From incredible gourmet treats including wine and oysters to the traditional favourites of strawberry sundae, there are sweet and savoury, healthy and hearty foods available.

Back again by popular demand, the Gourmet Harvest precinct will tantalise the taste buds of even the most hardened food critic and replacing the MEAT-ing centre this year is the Top Paddock, a showcase of the finest beef and lamb.

Indulge in new and exciting dishes prepared by some of Brisbane's best chefs and pick up a recipe or two.

The Royal Queensland Food and Wine Show stage is a brand new addition to the Ekka this year.

Show organisers say they are proud to introduce this culinary sensation, which will be jam-packed full of demonstrations every day as local chefs cook with local award-winning produce.

Showcasing some of the region's top fresh produce, visitors will learn from the best in the business.

Brisbane chef and well-known foodie Dominique Rizzo brings 15 years of experience as a qualified chef to stage, cooking up a storm and taking audiences on a memorable culinary experience, daily offering up her own personal hints and tips.

Dominique has been in the industry for many years and brings her excitement and passion to the plate. She says her great love of cooking stems from the flavours of the Mediterranean.

"My father is Sicilian and so my passion for southern Mediterranean food comes from him," she said. "I am just so in love with simple food of the land, and recreating that really gutsy, slap-in-your-face type of food that the Greeks and Italians gave us. I'm just a complete obsessed foodie."

Dominique spent seven years running the successful restaurant, Mondo Organics in Brisbane's West End, before starting up her own food education business, Pure Food Cooking, aimed at inspiring others to cook with whole foods and seasonal local produce to improve health, balance and vitality.

Dominique is bubbly, creative and fun and this shows in her ability to serve up honest, soul-warming cooking.

"I love the essence of clean, simple whole food cooking. There are still so many flavours that I have yet to explore, but it is



Dominique Rizzo has been named the Ambassador for Ekka 2011 and will be hosting cooking demonstrations every day at the Royal Queensland Food and Wine Show stage in the Woolworths Pavilion. Pictured with her is renowned Restaurateur II chef David Pugni.

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Dominique Rizzo, Brisbane chef and well-known foodie

wonderful to be a chef and to have available at my fingertips an amazing palette of different flavours and textures to create what I like to call little mouthfuls of flavour explosions."

Joining Dominique on the Royal Queensland Food and Wine Show stage will be other head chefs with decades of experience and owners of Brisbane's exquisite restaurants. The stage will come alive as they cook with award-winning produce. Chefs from Tukka Restaurant, Sardinie Tin, Medusa Dining and Citron to name a few, will show off their specialties. And if there's one cooking demonstration not to be missed, it's at 2pm on August 15 when Ekka-goers will get the rare chance to see Premier Anna Bligh's skills in the kitchen.

The food and wine show stage will also host the Sausage King competition on August 14 and Paddock to Palate competition on August 13.

Don't miss this epic new stage in the Woolworths Pavilion which brings the best of Australian produce to your fingertips.

You can guarantee greater food choice is on the table for Ekka visitors this year. **Ek**

Foodies' Ekka diary

Royal Queensland Food and Wine Show Stage timetable

- Host: Dominique Rizzo.
- Bryant Wells, executive chef/owner at Tukka Restaurant, noon, Friday to Sunday, August 12 to 14.
- Daniel Bolter, head chef at The Villager Hotel, 1pm, Saturday, August 13.
- Alex Triffitt, head chef at Sardinie Tin, 1pm, Sunday, August 14.

Gourmet Harvest 'piefection'

RETURNING this year, Gourmet Harvest will offer restaurant quality food at affordable prices for those after some fine dining. Stir-fried seafood, saucy Italian pasta, spicy Indian dishes, unique yum cha and even a special Ekka pie will feature in this precinct. Yes, last year's favourite foodie hangout is back. 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 taste buds itself without savouring the culinary marvels this pie magician concocts. And tipped to be most popular will be 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.

Seafood, wine paradise

PROVING popular in 2010, the Seafood and Wine Bar served Ekka-goers with 15,400 Coffin Bay Oysters, more than 9,400 prawns and 1820 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. Back for their second year, Brisbane locals Kerrie and Campbell Green from Fresh Hot Smoked bring salmon smoked in hot chilli or dill and blended herbs, which are sure to be hugely popular again.

It's a deli in a bag

TASTIE some of Australia's finest award-winning foods in the Royal Queensland Show Deli Bag sponsored by GianCarlo Coffee. Packed full of seasonal produce show-goers can sample two varieties – The Savoury Sampler for \$25 or The Nibbler Bag for \$15. These 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.



LEFT: Kerrie and Campbell Green from Fresh Hot Smoked, will serve up hot smoked salmon in hot chilli or dill and blended herb flavours.

- Minh Le, head chef/owner at Medusa Dining, noon, Monday to Thursday, August 15 to 18.
- Samuel Walters, head chef/owner at Restaurant Rapide, 1pm, Monday, August 15.
- Premier Anna Bligh, 2pm, Monday, August 15
- Mark Newman, head chef/owner at Citron, 10am Wednesday, August 17.



LEFT: Angus Green and Michael Mandall from Seafood FX 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.

Woolies leads team of 70

SERVING yum cha, souvlaki, cupcakes, marmalades, cheese toasts 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!

Top Paddock musters mates

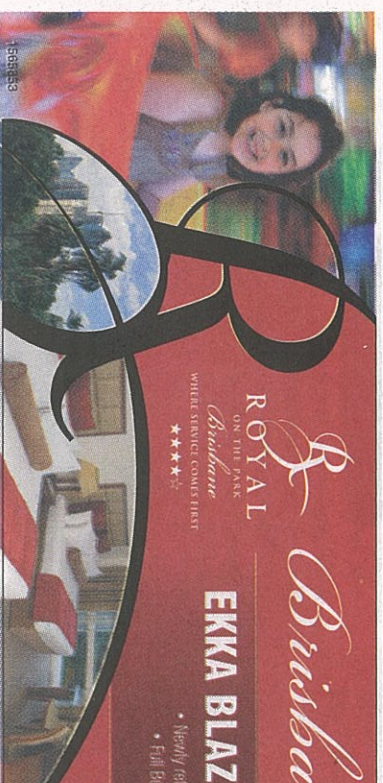
REPLACING the MEAT-ing Centre this year, the new Top Paddock dining area will showcase butchery demonstrations and cooking methods, beef and lamb meals prepared on stage to inspire home cooks and daily celebrity cook-offs preparing a steak sandwich using their very own secret ingredient brought from home. 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 treats on menu

FOR Ekka-goers who 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 in the John Reid Wool Pavilion – the home of fashion at Ekka 2011. Entice yourself with the fine selection of teas and coffee, scones made with love, thick raisin toast serviced with cinnamon butter, homemade cakes, quiche, divine macarons, assorted cup cakes and a selection of fresh sandwiches.

CWA keeps up tradition

OUR favourite ladies from the Country Women's Association will serve up traditional country fare with tea and scones straight from the oven. Located in the old-school canteen (located under the John Macdonald Stand), this traditional-style canteen is sure to be a crowd pleaser.



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