



FRESH EDITION



I was fortunate enough to attend the National Chef's Table Competition in Canberra last month where finalists from all states competed for the national title. The Chef's Table Competition sees two chefs from not-for-profit community clubs compete to make the best three-course

fine dining experience for 20 people within the set budget of \$20 per person. Congratulations to Shannon Saint and Kate Cunningham from Brisbane's Easts Leagues Club, who won the 2009 award. It was a fantastic evening and all finalists are to be commended for their efforts.

TROY HUDGSON, MARKETING AND CHANNEL DEVELOPMENT MANAGER, FONTERRA FOODSERVICES

Top Chefs Sign up for Proud to be a Chef 2010



Students are introduced to some of the more exotic Asian Greens during the 2009 master classes.

Entries for Fonterra Foodservices Proud to be a Chef 2010 close soon

The stellar line-up of master class chefs includes celebrity chef Eric Teo, from Mandarin Oriental, Singapore; former world pizza champion, John Lanzafame, from Lanzafame Trattoria; Melbourne's Shane Delia, co-owner of iconic Maha Bar and Grill; and Peter Howard, one of Australia's most well-regarded food and wine experts.

"Fonterra Foodservices is very proud to have these high calibre master class chefs on board for *Proud to be a Chef 2010* – our successful applicants are in for an incredible two days.

"Apprentice chefs need to enter *Fonterra Foodservices Proud to be a Chef* by 30 October 2009, for their chance at this 'money-can't-buy' opportunity to learn from some of the industry's greatest innovators," he said.

Proud to be a Chef gives thirty lucky third and fourth year apprentice chefs the opportunity to participate in two days of master classes with three world-class chefs. One lucky apprentice also receives the major prize: a once in a lifetime opportunity of a two week internship at the Mandarin Oriental in Singapore under the guidance of Eric Teo.



Rene Dedoncker with Shane Delia.

Attention apprentice chefs!

Applications close on 30 October 2009 for Proud to be a Chef. Find out more at www.fonterrafoodservices.com.au/promotions

In the Kitchen at Ei8ht Restaurant



Since Anchor Cooking Cream was launched in Australia in September 2007, hot kitchens of all shapes and sizes have added the innovative product to their list of staples.

We talk to chef and restaurant owner Jean Lahood. With over 20 years experience as a chef and having been both a head chef and executive chef; Jean now owns and operates Ei8ht in Camden, a local favourite and known for great food and a cosy atmosphere. Jean says Anchor Cooking Cream has changed the way she works.

What's on the menu?

Modern Australian cuisine with everything from gnocchi with creamy parmesan sauce to a chunky creamy pot pie.

How do you use Anchor Cooking Cream?

I use Anchor Cooking Cream here, there and everywhere. In creamy garlic prawns – which is one of our most popular dishes. It's also great for finishing off sauces.

What's so good about Anchor Cooking Cream?

Because Anchor Cooking Cream is a reduced cream, it saves a huge amount of time. Also, unlike other regular creams, Anchor Cooking Cream doesn't boil or split by the time it has thickened.

Spring into Racing Season with Anchor Cooking Cream



Update your menu for Spring with fresh and festive ideas to enjoy in the warmer weather.

For more Spring ideas visit www.fonterrafoodsolutions.com.au

Prawns in Garlic and Cream Sauce

Serves: 4 **Preparation Time:** 15 minutes **Cooking Time:** 10 minutes

Tip: Serve with garlic bread or toasted bread.

Ingredients:

100g **Mainland Cream Cheese**
 100ml **Anchor Cooking Cream**
 50g **Western Star Butter**
 4 garlic cloves, sliced
 400g prawns, peeled and deveined
 ¼ bunch parsley, chopped
 Salt and pepper to taste

Method:

- Heat Mainland Cream Cheese and Anchor Cooking Cream together until smooth.
- In a separate pan on high heat, melt Western Star Butter and garlic. Add prawns and sauté for 2 minutes.
- Combine prawns, parsley and seasoning to cream cheese mixture and serve.

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Queenslander Wins WACS Global Chefs Challenge Pacific Regional Final



Troy Hudgson, Marketing and Channel Development Manager, Fonterra Foodservices, congratulates Ross Howell and Angela Brown.

Queensland chef Ross Howell from Ross Howell Catering has won the 2009 Pacific Rim Regional Final of the World Association of Chefs Societies (WACS) Global Chefs Challenge.

The final was held this month during major food industry expo, Fine Food 2009 at Sydney Exhibition Centre Darling Harbour and Ross, assisted by Angela Brown from Room 81 on Queensland's Gold Coast, took out the top honour.

To reach this stage, Ross first had to win both a Queensland state final and an Australian national final.

He goes on to represent the Pacific Rim region in the Grand Final Global Chefs

Challenge to be held in Chile next January.

WACS Pacific Rim Regional Director, Glenn Austin said: "When we look back at the chefs who've represented Australia over the past ten years, Ross is one of the few who is the complete package – in skill, dress, bearing and diplomacy, he fits the bill.

"Ross stood head and shoulders above the other entrants as was clearly demonstrated by the food he presented at the regional final. I'd like to extend my congratulations to him in the knowledge that he will do a

fantastic job of representing our region at the Grand Final."

As global dairy sponsor for WACS, Fonterra Foodservices is proud to have lent its support to the Challenge. Fonterra Foodservices Marketing & Channel Development Manager, Troy Hudgson said: "As a leading dairy products supplier to the foodservice market internationally, we are pleased to have the opportunity to support WACS and its membership of professional chefs. We are thrilled that the Pacific Rim Regional Final has been won by an Australian and wish Ross all the best for the Grand Final."

About The Global Chefs Challenge:

The WACS Global Chefs Challenge is the first individual chef's competition in the world which gives representatives of more than 80 countries the opportunity to compete. The largest competition of its kind, the Challenge is designed to focus international attention on both the global culinary professionalism of chefs and on WACS itself.

The theme for the Challenge is to present a four course exclusive menu to serve 12, with competitors required to submit their menus in writing and discuss their content with beverage experts. In addition to their food, competitors are judged on professional preparation, proper use of ingredients, timing, supervision of their apprentice, work habits, cleanliness and sanitation.



WIN a \$100 fuel voucher with Anchor Cooking Cream
Coming 26 October 2009, for further details go to www.fonterrafoodservices.com.au

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