

ADS



# Back to School.

With cooking now a national obsession, we bring you the best new cooking classes for adults and children around Australia

WORDS ROBERTA MUIR

## SYDNEY

It's hard to know what's more exciting at the newly refurbished **Sydney Seafood School**: the tanned Icelandic salmon skin lining the auditorium, the shiny, fresh seafood or the line-up of top guest chefs that includes Matt Moran and Christine Manfield. Whether it's a simple paella or a menu from a three-hat chef, there's something for everyone. From AU\$80, includes meal with wine tasting and recipe kit. Sydney Fish Market, Bank St, Pyrmont, tel: +61 (2) 9004 1111.

At the Intuitive Well Centre in Bondi, Maria Benardis, author of *My Greek Family Table* (Penguin), presents **Greekalicious**, an introduction to the art of Greek cuisine. AU\$130, includes sit-down meal and wine; tel: +61 (2) 9331 0734. In **Norma Dakhoul's** class, cook home-style Lebanese food. AU\$120, includes sit-down meal. 70 Bronte Rd, Bondi Junction, tel: +61 (0) 413 354 058.

Despite the name, **Blokes Can Cook** classes conducted by Kim Terakes, author of *The Great Aussie Barbie Cookbook* (Penguin) is not just about the novelty of men cooking. Themes include Italian, Thai and even food for seducing and watching footy. Terakes says: "The emphasis is on fun, though some notorious non-cooks have been transformed." AU\$85, includes food tasting, beer and wine. Blanco Showroom, 42 Ebley St, Bondi Junction, tel: +61 (2) 9281 2433.

## NOOSA

**Mia Cucina Noosa Cooking School** teaches five- to 17-year-olds how to prepare fresh seasonal produce and follow recipes. Classes range from baking cookies and pasta making to roast dinners. There are also Mediterranean, Moroccan, Indian, barbecue and guest chef classes for grown ups. From AU\$25. 1/19 Project Ave, Noosaville, tel: +61 (7) 5440 5677.

GOOD TASTE



CLOCKWISE FROM LEFT: At Mia Cucina, no one is too young to start cooking; discover Greek food with Greekalicious; guys get busy at Blokes Can Cook; lessons at Sticky Rice

## MELBOURNE

Demonstration classes at the Electrolux Kitchen in **The Queen Victoria Market Cooking School** cover cuisines from all around the world. New "immersion" classes teach you all you ever wanted to know about particular foods — including chocolate and cheese, and kids will love the hands-on approach in their lessons. From AU\$90, kids from AU\$50. 69 Victoria St, Melbourne, tel: +61 (3) 9320 5822.

Or discover South-East Asia with Tony Tan of **The Unlimited Cuisine Company**. He offers demonstration and hands-on classes, finishing with a full meal and wine. Listed as one of *US Gourmet* magazine's top 50 international cooking schools, some of Australia's top chefs also host alongside Tan. From AU\$115. 28A Lansell Rd, Toorak, tel: +61 (3) 9827 7347.

## ADELAIDE

One of Australia's newest cooking schools, **Sticky Rice** in the Adelaide Hills offers



hands-on cooking classes with leading chefs specialising in Asian and Middle Eastern cuisines — including Christine Manfield, Simon Bryant and Marieke Brugman. From AU\$125, includes meal and wine. 96 Old Mt Barker Rd, Stirling, tel: +61 (8) 8339 1314.

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## Kitchen Tricks and Tips

Manu Fieldel, the chef and co-owner of Manu at L'Etoile, co-host of TV's *My Kitchen Rules* and a presenter at Perth's Good Food & Wine Show from 2-4 July, shares his top ten tips for cooking novices.

- Taste everything you cook before serving.
- Always use a sharp knife.
- Salt enhances flavours; don't be afraid to use it.
- When using alcohol in a sauce, flambé it to remove the bitterness.
- When choosing whole fish, check that the gills are bright red, eyes are shiny, the skin is slimy and it should of course smell fresh.
- Use a non-stick frying pan to cook fish.
- Always cook fish fillets skin-side down first.
- Keep vegetables vibrant green by cooking them

- with salted boiling water, then plunging them into ice water to arrest the cooking.
- Parboil potatoes before roasting for a better, crispier result.
- Even when there's enough butter, add more!

