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EVENT PROGRAM



REGIONAL FLAVOURS

presented by The Courier-Mail
16-17 July, South Bank Parklands

Welcome to a special Regional Flavours' themed lift-out. Filled to the brim with scrumptious recipes, celebrity chef interviews and informative articles, this publication celebrates Brisbane's biggest food and wine festival, Regional Flavours presented by The Courier-Mail.

Set to transform the South Bank Parklands into a foodie paradise over the weekend, Regional Flavours will feature live cooking demonstrations by Australia's best-known chefs and cooks, a producer market with stallholders from across Queensland, live music, wine, beer, kids' activities and more. Best of all, it's completely free!

Visit regionalflavours.com.au to plan your visit.

Enjoy!

A MESSAGE FROM THE LORD MAYOR

I'm thrilled that Regional Flavours is back for 2016 set amid the stunning backdrop of South Bank's picturesque Parklands. This event is a highlight for many, with more than 85,000 visitors attending last year.

Regional Flavours is an opportunity for our flourishing food and hospitality industries to develop in our thriving New World City. Every year these small businesses deliver fresh and exciting food to our plates.

I encourage you to visit South Bank this weekend to meet celebrity chefs, graze on delicious fare, enjoy the sounds of local musicians and indulge in some of the best wine and beer our state has to offer. With these diverse offerings, I am sure there will be something for everyone to enjoy.

Graham Quirk
LORD MAYOR



A MESSAGE FROM THE COURIER-MAIL EDITOR

The Courier-Mail is incredibly proud of our association with Regional Flavours, and is dedicated to bringing Queenslanders exceptional food and wine coverage through the pages of Queensland Taste section every Tuesday. We look forward to showcasing our expert food and wine writers at this event including Matt Preston, Anooska Tucker-Evans, Des Houghton and Rory Gibson.

Lachlan Heywood
Editor, The Courier-Mail

Regional Flavours

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TASTY TRIPLE THREAT

For the first time in history, TV's most passionate foodie trio will head north to Queensland, to present at the same event.

Appearing in separate segments on Saturday 16 July, special guests Gary Mehigan, George Calombaris and Matt Preston from Network Ten's MasterChef Australia will share their irrepressible love of food at Regional Flavours presented by The Courier-Mail.

Like all good chefs, their love affair with food began at a young age – Gary Mehigan has his grandfather to thank for his food obsession.

"My grandfather was a chef – not many people know that – but he taught me how to do a delicious chicken chasseur, which is chicken cut up in to eight beautiful little pieces and then caramelised. I remember cooking it with tarragon, mushrooms and delicious little brown stock," remembers Gary.

"I think that was really kind of the awakening, realising that flavour is going to have a lot to do with the rest of my life."

Matt Preston's first foray into the food world was slightly less successful but just as memorable. "Baked eggs with sultanas and curry powder aged seven, would have been the first recipe I wrote," laughs Matt. "I've got better at it since then!"

Meanwhile George has his Greek heritage to thank for awakening his culinary creativity.

"My mum used to make us chicken nuggets when we were little. They're not actually made from chicken – they're lamb brains and they're just so crispy and delicious. It was years before we realised that they weren't chicken!"

Despite their different paths, there's one thing that brings them all together: a serious love of food.

Indeed, it's hard to watch an episode of MasterChef without being won over by their infectious charisma, passion and skill. It's these traits that they will undoubtedly bring to Regional Flavours, where Queensland's best produce is the name of the game. For Gary, it's the variety of Queensland's regions that's really exciting.

"When I think of Queensland produce, I think of beautiful seafood like spanner crab and coral trout. I think of tea, coffee, vanilla, ginger – oh my goodness! Tropical fruit – why wouldn't you think of that? I mean we're talking Atherton Tablelands; the weird and the wonderful, and the familiar. So much to choose from," says Gary.

And, coming from a trio who sample the country's best produce regularly, it's pretty high praise.

For Matt, this will be his third Regional Flavours, and it will be all about taste testing and the connection with the community.

"It's a great chance to meet, to learn and to sample. Plus, it's fun catching up with so many people; got to love a free event!"

George can't wait to embrace the spirit of comradery that cooking at Regional Flavours will bring.

"I'm looking forward to coming to Brisbane and of course, I always enjoy working as a team with Matt and Gary. We've worked together for a few years now and we're really close and we just have a lot of fun together."



Regional Flavours presented by The Courier-Mail is on 16 & 17 July from 10am to 5pm at South Bank Parklands. For the full program, and details of when Matt, Gary and George will be presenting, head to regionalflavours.com.au





MEET THE 2016 FLAVOUR MAKERS

MAGGIE BEER

One thing people don't know about you?

I will be the first on the dance floor at any given opportunity!

See Maggie onstage at **EAT-SHOW-TELL** at 10.30am, Saturday 16 July. Australia's culinary icon will cook easy recipes to encourage everyone (young, old and in-between!) to enjoy quality, seasonal cooking every day.

MIGUEL MAESTRE

AFL, Rugby League, Soccer or Union?

I love soccer. I am the number 1 Spanish ticket holder for Brisbane Roar!

See Miguel onstage at **EAT-SHOW-TELL** at 12pm, Sunday 17 July. The exuberant Living Room host will pay homage to his classic Spanish pedigree with delicious and fun recipes. Miguel will also liven up the main stage as MC all weekend!

GEORGIA BARNES

What's your current 'obsession ingredient'?

I LOVE honey. Forget Shark Week; TV needs bee week!

See Georgia onstage at **EAT-SHOW-TELL** at 3.30pm, Saturday 16 July. The MasterChef alumni will show audiences how to make delicious and 'grammable dishes for the most modern of habits: Instagramming what you eat.

ADRIANO ZUMBO

What's your best midnight snack?

Hummus and rice crackers, or you can't beat ice cream.

See Adriano onstage at **EAT-SHOW-TELL** at 10.30am, Sunday 17 July. The master patissier will take audiences on a sweet 'n' savoury adventure as he explores quirky and delicious desserts.

LOLA BERRY

Eggs: fried, poached, baked or scrambled?

All of the above! I love eggies and always add chillies to any egg creation.

See Lola onstage at **EAT-SHOW-TELL** at 1.30pm, Sunday 17 July. The effervescent nutritionist will share her secrets to holistic happiness through food and wellbeing, and the importance of balance.

PAUL WEST

What's your favourite naughty snack?

Ever seen Nigella go to the fridge and stick a finger in a chocolate cake? That's me, but with chest hair.

See Paul onstage at **EAT-SHOW-TELL** at 3pm, Sunday 17 July. The chef-turned-farmer and host of River Cottage Australia will share his food philosophy and cook a locavore feast.

Masters of Steam

See V-ZUG ambassador and clean living cook, Luke Hines, at Regional Flavours, 16-17 July.



www.vzug.com.au / www.regionalflavours.com.au

V-ZUG are proud sponsors of Regional Flavours 2016



THE BEER NECESSITIES

The best things in life are free; the universal truth that life's greatest pleasures most often come in the simplest form. For Maggie Beer, nothing rings so true and there is no combination more perfect than family, friends, community and food. Her love for cooking was borne from her passion for flavour and experimenting with hometown produce forged her career path. Here, Maggie shares her journey with Regional Flavours.



Whip up Maggie's famous roast chicken at home. Visit regionalf Flavours.com.au for the full recipe.

You are an Australian icon and there are some foodies in Queensland who are seriously excited about your visit to Regional Flavours. What are you most excited about?

Having the chance to discover some new products with a wander through the stallholders area to see what is on offer. I love being privy to what is happening at a local level when it comes to food.

You've referred to your father as a foodie and a dreamer... how have both of these traits moulded your view on food?

My father, particularly, was a great cook and was obsessive about freshness and quality. His passion for the best gave me my passion for flavour, because in many ways it's the same thing. I never think of 'the best' as the most expensive or exclusive, just the most flavoursome. His being a dreamer has taught me to always think laterally and work outside the box when it comes to food. My whole education with food has been unorthodox in relation to professional training, instead coming through the trial and error of working with the seasonal produce on offer around me here in the Barossa.

The mantra 'creating an appetite for life' is very close to your heart and it's one the Maggie Beer Foundation now proudly celebrates. Tell us where the inspiration to start the foundation came from?

After being named Senior Australian of the Year in 2010 I was asked to speak at over 900 different conferences. I could only select a few and decided to speak at a conference in front of 1000 CEOs of aged care; which really spearheaded my interest in how well older Australians eat. In particular, it became my mission to do something about the standard of food in Australia's aged care homes and to formalise this commitment, I created the Maggie Beer Foundation.

What's the one dish you always have the ingredients for; that you can whip up at late notice?

Roast chook. It's become an unintended signature dish of sorts, funny how something so 'normal' can be so special, but I think the flavour of a properly brought up chook always shines through. And of course, I always use verjuice - that's absolutely key.

You believe in cooking from the heart. What does this mean to you?

Creating meals with integrity is important for so many reasons - to connect with growing food on a deeper level, to nourish myself, to share occasions that will become special memories for me and my family and friends, for my passion in sharing a good food life, and for what has become my business on a day to day basis.

Why is it so important for us to buy direct from our local farmers and producers?

If I haven't grown it myself, my first thought when buying produce is, "think local and think seasonal". Local produce is fresher due to the limited distance it is required to travel. Plus, we can all do our best to create genuine relationships with the producers we buy our food from. There is such a joy in having a direct connection with the food we eat, not to mention the obvious nutritional benefits of eating just-picked produce.



Catch Maggie Beer on the EAT-SHOW-TELL stage at Regional Flavours and at the Celebrity Book Signing area from 10.30am, Saturday 16 July.

BRISBANE'S MOST TALKED ABOUT BILLBOARD

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FRANKENFOOD: *Savoury sweets*

Remember the age old adage, “no dessert until you’ve eaten your vegetables”? Well, forget it. Everything you ever knew about table etiquette has been turned on its head.

Desserts are no longer sickly-sweet, saccharine-soaked dishes – they’ve evolved from the traditional chocolates, vanillas or strawberries and cream. Rather, they’re an ebullient marriage of flavourings crafted into surprising delights.

Now, we don’t just mean fusions of salt and caramel or bacon and banana; and everyone knows what a hint of chilli can do to a velvety chocolate mousse. We’re talking eccentric and unexpected. Any combination is fair game.

New York’s answer to River Cottage Australia’s Paul West, Dan Barber, is leading the charge on dessert mash-ups with his range of vegetable infused ice-creams and yoghurts. The products are made from 30% vegetable puree and include flavours such as beetroot, carrot, tomato and sweet potato.

Barber, who is known as one of the first chefs to champion farm-to-table dining, plays on his ethos by using vegetable purees to flavour his line of treats. He believes the vegetable puree not only creates interesting and tasty flavours, but is useful in preserving local produce at its peak. Very economical.

To find out how you can enjoy your vegetables with dessert, head to *Sweet Escape* presented by Merlo Coffee. Nutritionist and author, Lola Berry, will be championing healthy but hearty sweet treats onstage, at 10.30am on Sunday. Plus, enjoy delectable delights, creamy barista-brewed coffee, plenty of entertainment and live music all weekend long.



Not yet convinced? Try your hand at delicious.’ carrot and white chocolate pie with ginger ice cream. After a bite of this, you’ll never eat your vegetables in a traditional way again.

Visit delicious.com.au for the recipe.

delicious.






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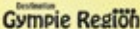

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QUEENSLAND WINE

Takes Flight

217 kilometres south-west of Brisbane, amongst the undulating granite outcrops and cottage farms, there's a strange wine movement taking roost.

It's here, in the heart of Queensland's wine growing region, that innovative winemakers have taken it upon themselves to shake up Queensland wine lovers' perceptions about the best wines to drink.

Already home to some of the best wine in the country - regularly appearing on the James Halliday list for its shiraz, merlot and cabernet varietals - the Granite Belt Wine Country is bucking convention and developing a solid reputation for what's known as 'alternative varietals'.

These lesser known varietals - typically associated with European terroirs - are considered to be the next generation of winemaking thanks to their ability to complement food. And luckily for Queensland's winemakers they are also perfectly suited to the Queensland wine region's climates.

To be counted as an alternative variety, it must not represent more than 1% of bearing vines within Australia.

But the Granite Belt seems to have the market cornered; from mourvedre to viognier and gewürztraminer to tempranillo, there are 25 of these 'strange bird' wine styles already growing in Granite Belt that are as unpronounceable as they are unknown.

And while these alternatives have occasionally found their way onto restaurant

menus over the last few years, it's only been recently that they have transformed from sommelier's secret into part of the average wine drinker's repertoire.

Which is exactly why the Strange Bird Alternative Wine Trail exists.

Featuring 24 different wineries, including the award-winning Ballandean Estate Wines, the self-drive trail showcases the breadth and complexity of many of these new wine varietals, educates on the variety of food matches and even how to pronounce each name.

Whether you are wine connoisseur or more of a buy-by-the-label type tippler, here's a quick guide to alternatives to some of the most popular blends.

|||||
Savour such drops, along with local cheeses and pates from some of Queensland's best artisans at Queensland Taste presented by The Courier-Mail, 16-17 July at Regional Flavours. Plus, learn a thing or two at the Queensland Taste Stage where you can taste your way through a series of cooking masterclasses run by local experts.
|||||

Cabernet Sauvignon

Strange Bird Alternative:
Sangiovese
(san-djoh-vez-eh)

More red fruits and elegance, the sangiovese is similar in body and tannins.

Shiraz

Strange Bird Alternative:
Malbec
(mal-beck)

More black-fruit than shiraz, malbec has notes of chocolate and coffee, although not as meaty.

Chardonnay

Strange Birds Alternative:
Viognier
(vee-ohn-yay)

Richer body, more perfume with stronger floral notes and usually well-oaked.

Reisling

Strange Birds Alternative:
gewürztraminer
(geh-VAIRTZ-trah-mee-ner)

Richer, less acidic with more aromas of rose and tropical fruit.



WASTEFUL WAYS: *a harsh reality*

Imagine this. Every time you do the grocery shopping, you have five bags full of goods, only to head home to throw one of those bags in the bin. Now, imagine if every single person in Australia did the same thing. This is the harsh reality of our country's wasteful ways.

“The greatest threat to society is the desire for more stuff. I want more life, not more stuff. If we choose to fill our lives with stuff, there is less space for life. Life is good food, family, creativity, community & love. These things don't cost much money and they don't cost the earth.”

Nick Ritar,
Milkwood Permaculture

While Australians are not deliberately throwing away food, we still manage to waste approximately eight billion dollars' worth every single year. Each day, five million pieces of plastic are disposed into our oceans. That's enough packaging to fill the MCG nine times and equates to the deaths of one million birds and marine life annually. Yet, the hardest part to swallow? There are around two million Australians who go hungry every single day.

With this in mind, it's safe to say that there is room for improvement in how we consume our food. It may be a result of our busy lifestyles, or a lack of education; either way, by doing a little research and making a few more conscious decisions, everyone can reap the benefits of a more sustainable and ethical lifestyle. Not only will it make for a happier, healthier planet, but a happier, healthier you!

Paul West from River Cottage Australia is one guy who knows what's up. The locavore high priest is an advocate for nose-to-tail dining; a philosophy of eating that involves using every part of an animal, minimising the waste.

“I can't think of anything more disrespectful than not using the whole animal,” Paul says.

“Maybe it takes raising your own meat to understand the ethical importance of the nose-to-tail philosophy; ... after spending every day of an animal's life tending to it, feeding and caring for it, then making the conscious decision to end its life – that's when you develop a real gratitude for its sacrifice.”

But the effects of wastage are not only visible ones. The impacts that landfill caused by waste has on our soil, from which plants mine all their nutrients, is devastating. Like all resources, soil is finite and

if we keep growing food that is destined to end up in landfill, we are diminishing our ability to grow nutritious food in the future.

Nick Ritar from Milkwood Permaculture, is a primary educator and consultant of the permaculture philosophy. He believes in working with nature, rather than against it.

“You're less likely to throw food in the garbage if you've grown or reared it yourself. We grow our own tomatoes at home and if they start to go bad, we find another way to use them – even if it's just to make passata,” Nick says.

“Our food doesn't have used by dates; we trust the produce and we trust our noses.

“Everyone can do it. Even if it's something simple like introducing a waste-free day, once a week at home. This might mean sacrificing some convenience, which for the most part, is a small price to pay in the big scheme of things.”

You can learn more about sustainable eating from both Paul and Nick at River Cottage Australia at Epicurious Garden, Regional Flavours weekend, 16-17 July. They'll be presenting a number of informative sessions on the nose-to-tail and permaculture philosophies.



LITTLE FARMERS' DAY OUT

It's not all about the adults at Regional Flavours. Little Farmers' Day Out welcomes all miniature foodies with a number of children's activities over the entire weekend.

Get up close and personal with the cute and lovable animals of Old Macdonald's Farm. Design a pair of busy bee wings with Bazil Grumble and learn about farming, planting and food at the Brisbane City Council Libraries' book nook. Or get your hands dirty at the Little Green Thumbs 'Grow Your Own' interactive gardening workshops.

Visit regionalflavours.com.au for times and programming.

Little Days Out is also on every Thursday at South Bank.
For monthly programming, check out visitsouthbank.com.au

Bring your little farmer along for a weekend of fun! 10am-5pm, Saturday 16 and Sunday 17 July.

A CUT ABOVE:

Know Your Beef Cuts

There are plenty of misconceptions about what constitutes a good beef cut and for too long, the holy trinity of sirloin, fillet and rump have reigned supreme.

But there are more than 70 cuts of beef that come from just one bovine, so we think it's high time they enjoyed a little time in the sun – or on your BBQ.

From chuck to skirt, hanger to knuckle and flank, and everything in between, beef's versatility makes for interesting

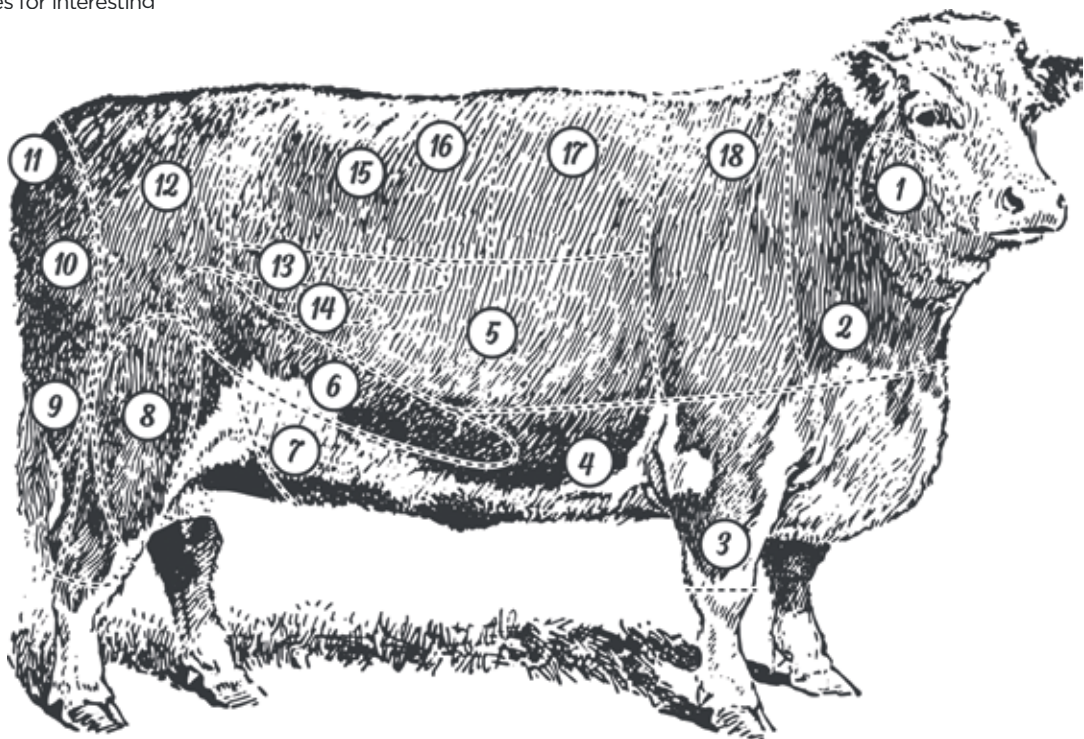
(read: frustrating) times in the kitchen. How do you cook the perfect steak? What's the best cut for slow cooking? How the heck do I make ribs? It's enough to put even the most dedicated carnivore in a tizz.

If you're feeling lost in a meaty quagmire, then refer to our visual cooking guide below so you never have to have a meat-induced meltdown ever again.

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For more meat and malt fun visit *The Hunting Club presented by Target 100 and The Charming Squire, from 15-17 July. The pop up bar is open 4-8pm on Friday 15 July and 10am-8pm on 16 & 17 July.*

|||||



1. **Cheek** – Slow Cook. 2. **Chuck** – Slow Cook | Pan-Fry/Grill. 3. **Shin or shank** – Slow Cook. 4. **Brisket** – Slow Cook | BBQ. 5. **Short Ribs** – Slow Cook | Pan-Fry/Grill. 6. **Skirt** – Slow Cook | Pan-Fry/Grill. 7. **Flank** – Slow Cook | Pan-Fry/Grill | Stir-Fry. 8. **Knuckle** – Pan-Fry/Grill | Roast. 9. **Silverside** – Slow Cook | Corn. 10. **Topside** – Slow Cook. 11. **Ox Tail** – Slow Cook. 12. **Rump** – Slow Cook | Pan-Fry/Grill | Roast | Stir-Fry. 13. **Tenderloin** – Pan-Fry/Grill. 14. **Hanger** – Slow Cook | Pan-Fry/Grill. 15. **Shortloin** – Pan-Fry/Grill. 16. **Striploin** – Pan-Fry/Grill | Roast. 17. **Ribs Prepared** – Pan-Fry/Grill | Roast. 18. **Blade** – Slow Cook | Pan-Fry/Grill | Roast.



ROAST

Meat roasted in an oven preheated to recommended temperature.



BARBECUE

Steaks (min. 21mm thick) cooked on a hot surface/grill.



SLOW COOK/CASSEROLE

Meat cubes (approx. 20mm) covered in liquid and simmered on a low heat.



STIR-FRY

Meat strips (approx. 10mm wide, 75mm long) cooked quickly on a hot surface in small batches.



PAN-FRY/GRILL

Steaks (min. 21mm thick) cooked on a hot surface.



CORN

Meat cured and prepared by a slow, wet cooking.



For more info, recipes and tips download the **MLA Meat Cuts** app from iTunes or Google Play.

“Great tasting beef doesn’t happen by chance, it comes from looking after the land”

Robert & Georgie Somerset
Cattle farmers, Kingaroy, QLD

To read our story, plus see what other farmers are doing, visit www.target100.com.au

TARGET 100

A collage of three images showing various food items. The top image shows a close-up of a dish with green leaves and white cheese. The middle image shows a close-up of a dish with red sauce and white cheese. The bottom image shows a close-up of a dish with red sauce and white cheese.

If picnicking is on your agenda this winter but you lack inspiration in the kitchen, we've got you covered with our two favourite foods to enjoy alfresco style. With key ingredients grown in the Lockyer Valley, otherwise known as Queensland's salad bowl, you can be assured a deliciously fresh bite.



Savour the taste of summer with this simple and delicious bruschetta. It's super easy to prepare, package up and transport to your perfect picnic destination!

Visit delicious.com.au for the full recipe.



Valli Little's twist on the traditional zucchini dish is a little slice of heaven. Packed with vegetable goodness and served in a fresh baguette, it's the perfect hybrid of sandwich and slice.

Visit delicious.com.au for the full recipe.

|||||

Enjoy a weekend long picnic at The Picnic Patch presented by The Lockyer Valley Region, 16-17 July. With a showcase of the Lockyer Valley Region's fresh produce and alfresco inspired menu, The Picnic Patch is the perfect spot to kick back on a rug and indulge in eats and treats fresh from the sunshine state.

|||||

delicious.





RECIPE

POPOLO'S WATERMELON APEROL SPRITZ PITCHER

INGREDIENTS

60ml Haymans Sloe gin
60ml Aperol
60ml Watermelon juice
Top with soda

METHOD

Fill jug with ice
Pour all ingredients over ice
Stir and garnish with lemon slices

BLUE SKY AFTERNOONS

at River Quay

Words by Phoebe Lee | www.littlegreybox.net

It's one of those typically gorgeous Brisbane afternoons. The air is crisp and cool, the sun beaming through, casting a warm golden glow over South Bank and our beautiful river city. The sky is a brilliant shade of blue, changing white to rich shades of pink, orange and yellow as the sun sets.

Sprawled out on a picnic blanket at South Bank's River Quay Green, I reach for one of Popolo's arancini balls; perfectly crispy on the outside, stuffed with gooey cheese inside. It's going down a little too well with the glass of wine in my hand. This delicious morsel is just one tasty part of the most grown-up picnic I've ever seen.

Here's the thing about the brains behind Brisbane's burgeoning food scene, not only do they produce amazing food, they see great opportunities and pounce. The savvy restaurateurs in River Quay saw the lush green grass on the river and knew it was the perfect spot for a picnic fuelled by gourmet food, just one of the delights of the upcoming Regional Flavours program.

Popolo's feast is putting my waistband to the test. A selection of cured meats, cheese, olives, mustard fruits and pickled vegetables halo-ed with breads. Fried Sicilian olives, and the most perfect of pizzas adorned with sugo, buffalo mozzarella and fresh basil.

As far as picnics go, this one is seriously a step up from the usual store-bought supplies. What's best, all I had to do was show up, collect the mystical basket of flavour and get comfortable in the warm afternoon sun. It's the perfect way to lose an afternoon laughing, eating and drinking with those you love.

The afternoon sun is setting and the twinkling lights of the city are bouncing off the river. Rather than go home, the picnic is packed up and returned to the kitchen at Popolo, no dish washing required. We linger at the bar to sample their Aperol Spritz cocktail (see above for recipe) before wandering over to

Stokehouse Q to cap off the evening with a Poire Royal cocktail and a gorgeous view of our pretty city.

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*Seek your own luxurious
afternoon at River Quay
presented by eatSouthBank,
where you can eat delicious
treats and enjoy the soothing
sounds of local musicians.*

|||||



eatSOUTH BANK.COM.AU

... so good you can taste it

To taste the full bounty of regional flavours at South Bank, reserve your table at one of its world-class cafes, restaurants, and bars prior to the festival.



Queensland on a plate

You'd be amazed at what edible goodies you can find right here in Queensland – from steaks and potatoes to chilli-laden chocolate and spiced chutneys, Queensland's farms and gourmet food businesses are bursting with fresh flavours.

South Burnett Regional Council Ambassador and chef Jason Ford is a huge fan of the variety of fresh fruits, vegetables and meats available in our state. Here, he shares his favourite Sang Choy Bow recipe (Chinese lettuce cups), which showcases more than 10 ingredients you'll be able to find in the Producers Showcase at Regional Flavours, this weekend. **Recipe by Jason Ford.**

SANG CHOY BOW (CHINESE LETTUCE CUPS)

1 tbsp peanut oil
1 shallot, finely chopped
2 garlic cloves, finely chopped
1 red chilli, seeded and finely chopped
250g ground pork
1 tsp Chinese five spice powder
220g unsalted peanuts, chopped
1 tbsp fish sauce
2 tbsp soy sauce
1 juice of lime
1 tbsp clear honey
12 cos lettuce leaves
75 g bean sprouts
coriander leaves, to garnish

Heat the oil in a large pan and cook the shallots and garlic for 2 minutes.

Add the chilli, pork and five spice and cook for a further 5 minutes.

Stir in the peanuts, fish sauce, soy sauce, lime juice and honey and warm through gently, stirring until the pork is cooked through.

Allow to cool then chill for at least 20 minutes.

Separate 12 lettuce leaves and place on a large serving platter.

Stir the bean sprouts into the minced pork then spoon into the lettuce leaves.

Drizzle with chilli lime dressing and garnish with coriander leaves to serve.

CHILLI & LIME DRESSING

½ cup lime juice
¼ cup extra virgin peanut oil
2 tbsp palm sugar
2 tbsp coriander
1 tbsp red chilli, chopped
pinch of salt

Combine all ingredients, then chill for 2 hours to allow the flavours to blend.

Serves 4

Fill your belly and your market bags with the freshest fruit, vegetables and meats, direct from the farmers at the Producers Showcase at Regional Flavours, 16-17 July. Taste-testing is encouraged, and you can talk directly with the farmers and graziers to find out exactly where your food is coming from.



RECIPE



Long walks
in the country...
long lunches...
long goodbyes...

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GLOBAL FOOD CULTURE IN QUEENSLAND

It's no secret that Australia lacks a defining cuisine – with our multi-cultural make-up, our collective cooking style has become a fusion of diverse and fascinating flavours originating from across the globe. In true Aussie fashion, we've affectionately embraced this culinary miscellany.

In fact, we've even given it its own moniker, Modern Australian, a term first coined in 1994. Justly blessed are we, of our ability to choose from such a wide variety of global cuisines; equally delicious as from the country they were borne.

Queensland especially, with its rich heritage and glorious terrain, does some of the best global cuisines in the world. The tropical climate, allowing growth of some of the more exotic ingredients, gives Queenslanders the opportunity to cook global recipes to rival the originals.

Chinese, Italian and Greek particularly, present significantly strong influences in the sunshine state, with global influences penetrating our kitchens from as early as the mid-19th century. First it was the Chinese, when immigrants were bought over to work during the

Gold Rush; remaining in the country once the rush had ended to run farms and market stalls. The second biggest culinary revolution washed in during the 1950s and '60s, as a wave of European immigrants found home in Australia.

Yet, while the recipes have been brought here with the early settlers and indentured labourers of the north, the essence of how we choose to cook them is found in the local produce. A cook – anywhere in Queensland can re-create global dishes with fresh and authentic ingredients grown in our state, minimising the need to reach for substitutes.

It's the infusion of these readily available ingredients and cultural flavours, which inevitably lead to experimentation; adding to the development of Modern Australian cuisine.

By championing the flavours of other countries and using produce from our own backyard, in a way we've invented our own national cuisine. Sure, it's not as niche as pizza and pasta, or curry and yiros, but it's a melting pot of global gastronomy and it represents our acceptance of a multicultural society. We should be proud.

|||||
Taste your way through Queensland's cultural food trail at the eatSouthBank Food Trucks, Regional Flavours, 16-17 July. The movable feast will be peddling out \$8 eats all weekend.
 |||||

THE DINNER PARTY
 you don't want to miss
5500+ recipes from your favourite celebrity chefs, entertaining ideas to be the ultimate host, the latest restaurant reviews, hot travel destinations, daily food news and more!

VISIT US AT
delicious.com.au





YOUR GUIDE TO LOCAL FOOD NEWS, VIEWS AND GOSSIP

Our experts, including
Anooska Tucker-Evans,
Fiona Donnelly, Des Houghton
and Rory Gibson will take you
from fine dining to local cafes,
from farmers' markets to grocery
baskets, from bottle shops, to
produce hot spots.



EVERY TUESDAY IN THE COURIER-MAIL

The**Courier Mail**

Queensland**taste**

EVENT PROGRAM

Saturday 16 July

EAT-SHOW-TELL *The Courier-Mail Piazza*

Presented by The Courier-Mail, Foxtel's LifeStyle FOOD, V-ZUG, TEN & goa

10:30am	Maggie Beer, Maggie Beer Foundation	Creating an Appetite for Life: <i>Recipes for longevity</i>
11:45am	George Calombaris, MasterChef Australia	Greek is the Word: <i>Food for sharing; with love, with family</i>
1pm	Gary Mehigan, MasterChef Australia	Raise a Toast: <i>Luxe toast toppers</i>
2:15pm	Matt Preston, MasterChef Australia	K.I.S.S It: <i>Keeping it simple</i>
3:30pm	Georgia Barnes, Food Writer & Cook	#instaworthy: <i>Pretty-as-a-picture dishes</i>

MC: Miguel Maestre from The Living Room on TEN. *All demonstrations are 45 minutes in duration.*

CELEBRITY BOOK SIGNING *The Courier-Mail Piazza*

11:15am	Maggie Beer, Maggie Beer Foundation
12:30pm	George Calombaris, MasterChef Australia
1:45pm	Gary Mehigan, MasterChef Australia
3pm	Matt Preston, MasterChef Australia
4:15pm	Hayden Quinn, presenter for Meat & Livestock Australia

QUEENSLAND TASTE STAGE *Little Stanley Street Lawns (North)*

Presented by The Courier-Mail

11am	Alastair McLeod, Lockyer Valley Food Ambassador	Vegetable Hero!
12pm	Des Houghton, Wine Writer, The Courier-Mail	Odd Couples
1pm	Matt Golinski, Gympie Food Ambassador	Gympie Quacks It
2pm*	Luke Hines, V-ZUG Ambassador	Steam It Like You Mean It
3:30pm	MasterChef Judges Winner Experience**	Table Talk

MC: Anooska Tucker-Evans, Queensland Taste Editor, The Courier-Mail.

All demonstrations are 30 minutes in duration and are free ticketed - limited capacity tickets will be allocated from the Queensland Taste ticket booth 1 hour prior to each scheduled session on a first-come, first-served basis.

* 2pm tickets by pre-registration only via regionalflavours.com.au until sold out.

**This session is part of a Regional Flavours competition run by The Courier-Mail and Network TEN and will be closed to the general public from 3:30-4:30pm. The competition is now closed and only notified winners may enter the Queensland Taste Stage during this time.

THE HUNTING CLUB *Little Stanley Street Lawns (South)*

Presented by Target 100 and The Charming Squire

11am	Luke Hines, V-ZUG Ambassador	Lamb BAM
12:15pm	Newstead Brewing Co.	The Hop Files
1pm	Super Butcher	Beef Breakers
1:45pm	Hayden Quinn, presenter for MLA	Pull the Other One
3pm	4 Hearts Brewing	The Hop Files
3:45pm	Paul West, River Cottage Australia	High Steaks

MC: Matt Kirkegaard, Beer Matt.
Rory Gibson, Beer Writer, The Courier-Mail.

SWEET ESCAPE *Little Stanley Street Lawns*

Presented by Merlo Coffee

10:30am	Peter Iwanczyk, Brisbane Marriott	One, Two, Tea: High Tea Perfection
11:10am	Dean Merlo & Frith La Vin Lloyd, Merlo Coffee	How Do You Brew?
11:30am	Sian Redgrave, The Great Australian Bake Off	Cake, Uncovered
12:10pm	Dean Merlo & Frith La Vin Lloyd, Merlo Coffee	The World of Coffee Blends
12:30pm	Phoebe Wood, Senior Food Editor, delicious. magazine	Nostalgia Now
1:30pm	Enjoy soothing sounds by live local musicians from 1:30pm until 5pm.	

MC: Kerrie McCallum, Editor-in-Chief, delicious. magazine.

RIVER COTTAGE AUSTRALIA AT EPICURIOUS GARDEN

Presented by Foxtel's LifeStyle FOOD

10:30am	Paul West, River Cottage Australia	Root to Stem 101
11:30am	Linda Brennan, Ecobotanica	Regrow A-Go-Go
12:30pm	Paul West, River Cottage Australia	Garden Gastronomy
1:30pm	Ingrid Dimock, City Chicks	Birds Out Back
2:30pm	Nick Ritar, Milkwood Permaculture	F is for Funghi
3:30pm	Valerie Pearson, Green Living Australia	Mozza Moments

MC: Nick Ritar, Milkwood Permaculture. *All demonstrations are 30 minutes in duration.*

LITTLE FARMERS' DAY OUT *Riverside Green*

10am	Bazil Grumble	Bee Wing Wearable Art Workshop
10am	Little Green Thumbs	'Grow Your Own' Workshop
10am	Old Macdonald's Farm	An Interactive Animal Experience
10am	Brisbane City Council Libraries	First 5 Forever

All Little Farmers' Day Out activities run from 10am - 5pm.

Sunday 17 July

EAT-SHOW-TELL *The Courier-Mail Piazza*

Presented by The Courier-Mail, Foxtel's LifeStyle FOOD, V-ZUG, TEN & goa

10:30am	Adriano Zumbo, Master Patisier	Sweet Disguise: <i>Savoury goes to the sweet side</i>
12pm	Miguel Maestre, The Living Room	Sunshine State Spanish: <i>Latin spirit, Queensland style</i>
1:30pm	Lola Berry, Nutritionist & Author	The Super Life: <i>Healthy, happy, superfood</i>
3pm	Paul West, River Cottage Australia	May the Source Be With You: <i>Local knowledge counts</i>

MC: Miguel Maestre from The Living Room on TEN. *All demonstrations are 45 minutes in duration.*

CELEBRITY BOOK SIGNING *The Courier-Mail Piazza*

11:15am	Adriano Zumbo, Master Patisier
12:45pm	Miguel Maestre, The Living Room
2:15pm	Lola Berry, Nutritionist & Author
3pm	Luke Hines, V-ZUG Ambassador
3:45pm	Paul West, River Cottage Australia

QUEENSLAND TASTE STAGE *Little Stanley Street Lawns (North)*

Presented by The Courier-Mail

11am	Jason Ford & Cameron Matthews, South Burnett Ambassadors	Dukkah Down
12pm	Des Houghton, Wine Writer, The Courier-Mail	Global Grapes
1pm	Georgia Barnes, Food Writer & Cook	Natural Born Entertainer
2pm*	Luke Hines, V-ZUG Ambassador	Steam it Like You Mean It
3pm	Alastair McLeod, Lockyer Valley Food Ambassador	Vegetable Hero!
4pm	Anooska Tucker-Evans, Editor, Queensland Taste	Say Cheese, Queensland!

MC: Anooska Tucker-Evans, Queensland Taste Editor, The Courier-Mail.

All demonstrations are 30 minutes in duration and are free ticketed - limited capacity tickets will be allocated from the Queensland Taste ticket booth 1 hour prior to each scheduled session on a first-come, first-served basis.

* 2pm tickets by pre-registration only via regionalflavours.com.au until sold out.

THE HUNTING CLUB *Little Stanley Street Lawns (South)*

Presented by Target 100 and The Charming Squire

11am	Alastair McLeod, Lockyer Valley Food Ambassador	Tata to Tartare
12:15pm	Balter Brewing Co.	The Hop Files
1pm	Super Butcher	Break then Make: Lamb
1:45pm	Hayden Quinn, presenter for MLA	The Classy Kebab
3pm	Green Beacon Brewing Co.	The Hop Files
3:45pm	Warren Mendes, Food Editor, delicious. magazine	Unusual Suspects

MC: Matt Kirkegaard, Beer Matt.
Rory Gibson, Beer Writer, The Courier-Mail.

SWEET ESCAPE *Little Stanley Street Lawns (South)*

Presented by Merlo Coffee

10:30am	Lola Berry, Nutritionist & Author	There's A Veg in There
11:10am	Dean Merlo & Frith La Vin Lloyd, Merlo Coffee	How Do You Brew?
11:30am	Philip Johnson, The Mason Baker	The Mason Baker
12:10pm	Dean Merlo & Frith La Vin Lloyd, Merlo Coffee	The World of Coffee Blends
12:30pm	Adriano Zumbo, Master Patisier	The Imaginarium of Amazing Zumbo
1:30pm	Enjoy soothing sounds by live local musicians from 1:30pm until 5pm.	

MC: Kerrie McCallum, Editor-in-Chief, delicious. magazine.

RIVER COTTAGE AUSTRALIA AT EPICURIOUS GARDEN

Presented by Foxtel's LifeStyle FOOD

10:30am	Bryant Wells, Tukka	Tukka'd Out
11:30am	Paul West, River Cottage Australia	Root to Stem 101
12:30pm	Nick Ritar, Milkwood Permaculture	Permaculture for the People
1:30pm	Paul West, River Cottage Australia	Garden Gastronomy
2:30pm	Jack Stone, Bee One Third	From A to Bee
3:30pm	Valerie Pearson, Green Living Australia	The Good Gutful

MC: Nick Ritar, Milkwood Permaculture. *All demonstrations are 30 minutes in duration.*

LITTLE FARMERS' DAY OUT *Riverside Green*

10am	Bazil Grumble	Bee Wing Wearable Art Workshop
10am	Little Green Thumbs	'Grow Your Own' Workshop
10am	Old Macdonald's Farm	An Interactive Animal Experience
10am	Brisbane City Council Libraries	First 5 Forever

All Little Farmers' Day Out activities run from 10am - 5pm.

ALSO DON'T MISS THE PRODUCER SHOWCASE WITH OVER 80 STALLHOLDERS AND FOOD TRUCKS FROM ACROSS QUEENSLAND, AS WELL AS LIVE MUSIC, WINE, BEER, KIDS' ACTIVITIES AND MORE!