



media release

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Aussie Chefs Cooking for Champions

Chefs and apprentices from around Australia are being given the chance to cook for – and be judged by - some of the nation’s food champions at the 2010 LifeStyle FOOD Channel Australian Regional Culinary Competition, held as part of Tasting Australia.

The judging line-up is a dream come true for any cooking professional wanting to shine in front of Australia’s most respected food professionals, according to Tasting Australia Director Ian Parmenter.

“Tasting Australia has the support of some heavy hitters of this country’s food industry and we’re fortunate enough to have them mentor and work with the culinary stars of the future as part of this important competition,” said Parmenter.

Teams will serve up a three-course meal to *The Best in Australia’s* **Ben O’Donoghue**; renowned restaurant critic and food editor for *The Australian* newspaper **John Lethlean**; chef, food educator, author and TV presenter **Peter Howard**; TV chef **Pete Evans**, Melbourne’s MoVida chef/restaurateur **Frank Camorra**, and many more. The judging panel for the 2010 LifeStyle FOOD Channel Australian Regional Culinary Competition is made up of 18 judges from around the country specialising in food preparation and service.

While the prestige of winning this competition may be reward in itself, an adventure awaits the winning team from the 2010 LifeStyle FOOD Channel Australian Regional Culinary Competition. The Gold Prize is a 12-day culinary tour through one of the last remaining kingdoms in the world: Cambodia. This culinary journey will be hosted by respected chef and Cambodia food ambassador Don Hancey. Prizes and awards will also be given to the silver and bronze winning regions.

The Best Apprentice will be spending time learning their craft with Chef Luke Mangan at Glass in Sydney as his or her prize. Awards are also given to best entrée, main and dessert.

All participating teams will be hosted at a dinner together with 120 national and international food media on Saturday 1 May 2010 at the Intercontinental Hotel, Adelaide, Ballroom.

Up to 32 teams of three people will create three-course meals using protein brought from their region, produce they buy at the famous Adelaide Central Market, and a selection of mystery ingredients that they will be given shortly before the competition starts.





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To enter the competition, teams must complete the application form available on the Tasting Australia website - www.tasting-australia.com.au. Entries close on 28 February 2010.

The LifeStyle FOOD Channel Australian Regional Culinary Competition will be held on 1 May 2010 at the Regency International Centre, part of the TAFE SA Regency Campus, Adelaide.

Tasting Australia will be held in Adelaide and regional South Australia from 29 April – 6 May 2010.

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