

Cook Here and Now - Foster Saturday April 17, 2010



Slow Food Melbourne presents **Cook Here and Now**, an event which brings together a group of people to share in the selection, preparation and consumption of a locally-sourced meal. Our first event in 2010 takes place in the Gippsland town of Foster, approximately two and a half hours drive from Melbourne. We are thrilled to be working in partnership with **Foster Primary School**, a proud participant in the **Stephanie Alexander Kitchen Garden** program for this event in Foster. Three students and the coordinator of the SAKGF program in Foster, Kim Albert, will join us for Cook Here and Now – Foster.

Book your place by signing up for the event at <http://www.trybooking.com/EET>
Places are limited.

Location

The Prom Country Farmers Market is located next to the War Memorial Arts Centre, corner of Main Street and Kaffir Hill Road, Foster. Take the South Gippsland Highway (A440) to Foster, turning right into Toora Road (C445), which leads to Main Street and the intersection with Kaffir Hill Road. The hall is directly opposite a BP service station, and has angled parking available outside, including disabled parking spaces. Additional parking is available on the grassy area opposite the market.

Public transport to Foster is limited so please advise if you would like to participate and require transportation. We will endeavour to find space for you in another car but cannot guarantee this.

Schedule

TIME	ACTIVITY
8:00am	Gather outside the hall adjacent to the market, meet project manager Sarah Robins and chef Pauline Leonard.
8:30am	Meet the producers on a tour of the market with Juneen Schulz, Prom Country Farmers' Market Manager.
9:00am	The group purchases ingredients for the meal based on menu.
9:30am	Grab a quick coffee, make any personal purchases, then head into kitchen at the hall on-site.
10:00am	Food preparation begins. Participants are divided into groups to work on various parts of the meal but all participate in pasta-making. Non-cooking partners organise drinks and set tables etc.
12:30pm	Lunch service.
2:00pm	Clean up commences.
3:00pm	Clean up complete. Farm visit to Golden Creek Olives, Fish Creek (Andrew & Lyn Jamieson)



What to bring

Each participant is asked to bring with them:

- An apron
- A cutting board
- A teatowel
- Chopping knives (one small, one large if possible)
- Mixing spoon

Please wear sensible shoes and bring an umbrella/sunblock/hat depending on the weather.

Contribution to the meal

There is no participation fee for Cook Here and Now, just a contribution to the costs of the meal, which is set at \$35.00 per head. Please bring this amount in cash on the day of the event, payable to Sarah Robins at the market.

Cook Here and Now – Foster Menu

Antipasti plate

- Capsicum stuffed with cherry tomatoes, capers
- Fennel gratin
- Pumpkin and Gorgonzola Frittata
- Stuffed mushrooms

Pasta Course

- Ravioli filled with roasted pumpkin
- Sage butter

Main

- Fish fillets, oven baked with lemon and herbs
- Roasted tomato Sauce
- Local potatoes – probably mashed with roasted garlic
- Garden salad

Dessert

- Pears roasted with grapes, almonds (or other locally grown nuts) orange and marsala.
- Oven roasted stone fruit or figs if available
- Sicilian cheesecake

Please advise Sarah Robins of any dietary restrictions on booking.



Chef



Melbourne-based chef Pauline Leonard has operated 'Cooking the Italian Way' for more than seven years and has a background in cooking, catering and education.

Pauline specialises in cooking classes for corporate and private groups, food and wine tours locally and in Italy. Her philosophy is that cooking should be fun and entertaining and introduce new skills and techniques.

Pauline's love of cooking and passion for the best seasonal produce and ingredients have been the inspiration for cooking classes that are designed to challenge experienced cooks and thoroughly entertain the novices.

www.cookingtheitalianway.com

Accommodation

A wide range of accommodation options are available in South Gippsland. There are two motels located nearby: Comfort Inn Foster, South Gippsland Hwy (Ph: 5682-2022) and Wilson's Promontory Motel, Station Rd (Ph: 5682-2055). Warrawee Self-contained Apartment enquiries can be made via jmdavies@wideband.net.au and Tindoona Cottages online at <http://tindoona.wordpress.com>. For a full range of options, contact the Prom Country Visitor Information Centre, who offer a free service and have an up-to-date listing of options, catering for all budgets. Phone 1800 630 704

Golden Creek Olives

We will be visiting Lyn and Andrew Jamieson's Fish Creek property, Golden Creek Olives at the end of the day. They are located at 2295 Meeniyan-Promontory Road, Fish Creek. From Foster, take the Foster-Fish Creek Road. Just before the Fish Creek township, turn left onto Meeniyan-Promontory Road (C444). The property, 5.7 kilometres from the intersection, is on the left (signage reads A & L Jamieson). Turn into the drive & continue straight on, passing the stockyards & sheds.

Cook Here and Now

Cook Here and Now is an initiative of Marco Flavio Marinucci. Victoria is the first region outside the United States to produce Cook Here and Now, following presentations in San Francisco, California and Austin, Texas.

www.cookhereandnow.com

The 2010 Cook Here and Now events across Victoria are presented by Slow Food Melbourne and generously supported by the Victorian Government through Regional Development Victoria.

For further information about Slow Food Melbourne or Cook Here and Now, please contact slowfoodmelbourne@iprimus.com.au or phone (03) 9416 2099.

www.slowfoodaustralia.com.au

