



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.



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!



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