



Food Bytes

WITH SARAH PATTERSON



As always, if you have any recipes, tips or other info you'd like to share, email me at sarah@howdypartnersmedia.com.au

Profile:

DEBORAH CLAY
NATIONAL NEWS DIRECTOR,
AUSTRALIAN RADIO NETWORK

FB: How would rate your cooking skills?

DC: I relish eclectic meals which ignite my senses but when it comes to my own cooking skills it comes down to commonsense; I would put myself in the category of recipe follower. There is great pleasure to be had in trying to perfect a technically challenging dish for a dinner party. I'm thoroughly impressed by people who come up with creative meals minus a recipe. Unfortunately my creativity is confined to my writing skills.

FB: What is your signature dish?

DC: I've worked my way through the Chin Chin recipe book and the standout is Benjamin Cooper's crispy whole baby snapper with pineapple three flavour sauce. The dish itself is quite simple, however when you make the three flavour sauce yourself the results are sensational, sweet and spicy.

FB: If you could only have one more meal, what would it be?

DC: I could eat Japanese food every day of the week, from fine dining to homemade sushi for lunch. About 18 months ago I made a conscious effort to add salads, poke bowls and smoothies as I was starting to look like a salmon roll! I recently ate at Melbourne Nobu and I was in awe of the simplicity and sophistication of the menu. From the miso soup with tofu and wakame to the sashimi selection and the avocado with crispy quinoa, I walked away from the experience floating on a cloud.

FB: What is your favourite TV food show and who is your favourite TV food person?

DC: I like the drama of *My Kitchen Rules*, it's not so much about the food, more just the high tension watching these people cook for their peers. I'm not sure that I would want him yelling in my kitchen but I wouldn't mind eating some of Gordon Ramsay's food.

FB: What is your favourite food?

DC: I'm a potato girl from way back. I don't care how they're prepared, whether mashed or served as chips, I love potatoes.

FB: What is your favourite drink?

DC: Without a doubt a cup of English breakfast tea. It has been a ritual with my father and I since I was a teenager to have a cuppa, Vegemite toast and a chat, so I like to have a tea as a source of reassurance and soothing.

FB: Which five people would you most like to invite to dinner?

DC: Barack and Michelle Obama – they'd know all the fantastic restaurants in town and I'm sure would have a funny story or two to tell. Jeanette Winterson – I've read a number of her books and find her fascinating. Hedley Thomas – I want to know the story behind the story of the Teacher's Pet. Gwyneth Paltrow – we could talk recipes, remedies and her exercise regime!

FB: Do you have a kitchen tip for us?

DC: Clean as you go! There's nothing worse than producing a time intensive meal, which takes a matter of minutes to devour – only to then have to back it up with hours of cleaning up the kitchen.



FLOWER POWER

People who know me know that I love making cakes. Birthday cakes, specifically. Not the kind that look so maddeningly perfect, they just rolled off the production line. If I wanted one of those, I'd head for the nearest bakery. My cakes look exactly like what they are – home made and very much less than perfect. Previously in this column I've mentioned my love of Dr Oetker edible wafer daisies as a great go-to for quick and easy cake decorating. I've since discovered Dr Oetker mini wafer flowers and used them recently to decorate a vanilla cake for my dear friend Sue's 50th birthday. Like I said, it may not be bakery-perfect, but this cake is full of the joys of spring!

You can find Dr Oetker products in the baking aisle at your supermarket.

Quote of the week.....

"Food is symbolic of love when words are inadequate"

- Alan D. Wolfelt
(author and educator)



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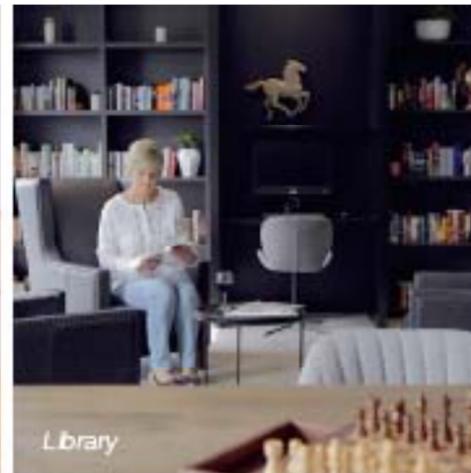
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