



Food Bytes

WITH SARAH PATTERSON

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

Profile:



JOHN BURNS
CO-HOST, 3AW
BREAKFAST SHOW

FB: How would you rate yourself as a cook?

JB: Look, I've been practising for a long time and I'm sort of getting there. I can manage. My favourite signature dish is oxtail ragout. It's a recipe I've adapted from a Robert Carrier cookbook. It was given to my wife when we got engaged.

FB: What is your favourite food?

JB: I reckon – quite seriously – the most delicious thing on the planet is a Four 'n' Twenty pie or a potato cake from Fish Fetish, the fish shop next door to the Continental Hotel in Sorrento.

FB: Working breakfast hours, do you get through a lot of coffee?

JB: Look, I'm not a mad coffee nut. The modern fashion of going out for coffee doesn't appeal to me. It's just coffee. I'll have an instant coffee when I get in (to work) and when I get home I'll have an instant coffee with a cigar, and then that's it for the day.

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

JB: Jesus, Michael Caine, Nigella Lawson, Lady Gaga and Mr Creosote from Monty Python's *The Meaning of Life* ... the bloke who came in and exploded (to finish the night off with a 'bang').

FB: Do you have a kitchen tip for us?

JB: Absolutely. Throw out all your stainless-steel knives and get a high quality Japanese carbon steel knife. The only place to buy them is in the market in Kyoto. I've got five of them and they're worth every penny. The other knives – you can't get an edge on them. If you look after your Japanese carbon steel knives, they're just works of art.



SPLICE OF HEAVEN

It just happened to be a stinking hot, 38 degree day in Melbourne when I posed the question on the Food Bytes Facebook page: Which do you prefer, a Golden Gaytime or Pine Lime Splice? Who knew ice creams could be such a polarising topic? We do a regular little weekly survey called the Friday Food Poll, and it has to be said that this one went absolutely bananas. Maybe it was the heat getting to us all!

For Rob it was all about the time and place: "Splice outdoors during the day, Gaytime watching a movie on the couch."

Nadine would choose the Pine Lime Splice on a hot day, but a Golden Gaytime on the cooler ones: "Best of both worlds," she says.

For Lina, it's "Pine Lime Splice by a street," but Fran says there's no contest – it's Golden Gaytime all the way.

For Mark, price equates to quality. As he remembers it from days gone by, "The Splice was in the 50 cent category, just above the lowly icy pole. The Gaytime was well above that, approaching the exorbitant one dollar level, up there on the level of the Heart and Choc Block."

What's your go-to ice cream on a hot day?

Quote of the week.....

"We all eat, and it would be a sad waste of opportunity to eat badly"

Anna Thomas (author)



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Senior Drivers Expo

Seniors Invited to a Free Drivers Expo

Senior Drivers Expos are a free initiative of RoadSafe Westgate Community Road Safety Council who stage these four times each year and is open to anyone who is retired, or is thinking about retirement. The next Senior Drivers Expo will be conducted on Tuesday 29th January 2019 at Braybrook Community Centre, 107 Churchill Ave Braybrook.

Get in early to register places are limited so contact Lynette on 9742 7534 during business hours to register and for all further details.

The Chairperson of RoadSafe Westgate Mr Jim Giddings said his road safety group is committed to supporting older drivers to continue driving on the road longer and to drive safely.

Mr Giddings said We can all be better drivers with a few simple things, like keeping up with new road laws; making sure our health is as good as can be; getting rid of bad driving habits and keeping our cars in good condition.

The Senior Drivers Expo gives senior drivers the opportunity of a free and confidential in a one-on-one session with one of the four registered driving instructors in attendance, this is designed to identify any "short cut" habits drivers may have adopted over the years of driving.

Each participant also gets a free and confidential once-over of their vehicles and advice from professionals such as VicRoads Roadworthy Officers about how to keep their cars in roadworthy condition.

In addition to this each participant receives

- Specialist advice on taking care of your tyres by a VicRoads tyre expert.
- RACV presentation on Road Safety for Seniors - information and advice on driving safely and aims to promote safer road user behaviours.
- Updates on your health, medicines & driving and newer Road Rules.
- The opportunity to ask question of Police Road Law specialists - the Highway Patrol and
- A free Senior Drivers Expo pack which includes a reusable carry bag, copy of Senior Drivers Handbook plus other relevant information.

Senior Driver Expos aim to keep senior drivers on the road longer and to drive safely. Get current information on Road Safety, Driving, Prescribed Medicines and Road Laws. This is an opportunity to have a free and confidential check on your driving technique, vehicle safety and support you to drive away with confidence.

To secure a place or any further information please contact Lynette on 9742 7534 during business hours there are limited places so get in early, bookings are essential.

When - Tuesday 29th January 2019
Where - Braybrook Community Centre,
107 Churchill Ave Braybrook
Time - 9.45am to 2.30pm

What to bring - Your car, a note book and a pen
FREE

- Attendance to Senior Driver Expo Day
- Morning tea and a light lunch supplied at no cost
- All attending will get a free Expo pack (Older Drivers Handbook etc)

RoadSafe Westgate advocates for road safety in the west of Melbourne. Members of RoadSafe Westgate include the City Councils of Hobsons Bay, Maribymong, Melton and Wyndham as well as community representatives from each of the Council areas - other members are the Police Highway Patrol Officers and representatives of VicRoads. Funding by VicRoads Community Road Safety Grants makes it possible to conduct these Senior Driver Expos free to all that attend.



SENIOR drivers EXPO

Free & confidential

SUPPORTING SENIOR DRIVERS

Tuesday 29th January 2019

In the context of an aging population, older road user safety will continue to be a key concern for an ever increasingly large percentage of the Victorian community. Therefore, as a priority, RoadSafe Westgate promotes and organises best practice older driver programs.

For information on Health & Driving, Prescribed Medicines & Driving, Road Law Updates, FREE and CONFIDENTIAL Roadworthy checks and driving assessments.

An opportunity to ask questions of experts in driving, roadworthiness and road law.

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BOOKINGS ESSENTIAL
CALL LYNETTE ON
9742 7534
DURING BUSINESS HOURS



RoadSafe Westgate Community Road Safety Council is a road safety advocacy group that implements road safety programs and is supported by the municipalities of Hobsons Bay, Maribymong, Melton and Wyndham.

