



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

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 ragut. 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 DriversExpe

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-onone 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

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

are the Police Highway Patrol

Officers and representatives of

What to bring - Your cat 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

CONFIDENTIAL SUPPORTING SENIOR DRIVERS

ENIOR 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, ReadSafe Westgate promotes and organizes best practice older driver programs.

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

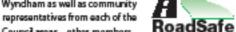
An apportunity to ask questions of experts in driving.

Each participant also gets a free and confidential onceover of their vehicles and advice from professionals such Council areas - other members 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 Seniorsinformation 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.



VicRoads.Funding by VicRoads Community Road Safety Grants makes it possible to conduct these Senior Driver Expos free to all that attend.



readworthiness and road law,

NextSale Westgate Community Exect Seffety Council is a medi sofety admission group that implements med safety programs and is supported by the resident the of Helesons Bay, Multermon, Makes and Wardham,



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DURING BUSINESS HOURS

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