



press clip

Bits `n` pieces

■ WITH that social spin of Indy, Melbourne Cup and Christmas fast approaching, there's good news for ladies who love to lunch.

Fuller Tummy, a company that specialises in teaching people how to cook in their own homes, has an initiative designed to turn even the culinary challenged into entertaining experts.

Under the direction of professional chef Duncan Fuller, and with champagne in hand, groups of friends can learn the art of preparing a three-course, restaurant-quality meal, before indulging in the creations they have helped prepare.

Fuller Tummy co-owner Michelle Fuller believes their Lunch and Learn parties will add a new dimension to entertaining at home.

"Our goal is to show ladies better ways to entertain," she says.

"Duncan guides the ladies through the Lunch and Learn recipe cards and involves them in the preparation of the meal.

"Then they can sit back, relax and indulge."

Fuller Tummy Lunch and Learn parties are held for up to eight people and the price includes the food, training materials, guided instruction and a private chef for the day.

The only thing ladies need to do is make sure the champagne's chilled.

For more information go to www.fullertummy.com.au



■ THE latest addition to gourmet haven Ferry Rd Market is designed to satisfy people's growing hunger for clean food and clean living.

Nourish Organic has everything from baby products, skincare and ready-to-eat meals through to fresh produce, biodynamic wines and dry goods.

Visit them to stock up on certified organic and biodynamic fresh produce, unrefined wholefoods such as bulk grains, nuts, seeds and beans, as well as complementary gourmet org-

anic staples such as pastas, olive oils and cheeses.

There are also vegetarian, vegan and 'free from' foods, including gluten, dairy, wheat and sugar-free products.



■ GOOD, honest home cooking doesn't need to be complicated – even putting the simplest meal on the table should warm the heart and restore the soul, just because it gives you the opportunity to sit down together as a family.

That's the belief of author Tana Ramsay whose latest book *Home Made* contains recipes designed to leave family and friends begging for second helpings.

Highlights include succulent lemon chicken stew and a seriously chocolatey chocolate soufflé cake with cherries and marscapone.

■ THE newly refurbished Cove Cafe isn't the only new addition to Hyatt Regency Sanctuary Cove.

Sanjeev Kapoor has been appointed as food and beverage executive director after 14 years working for the Hyatt group in Melbourne, Sydney and Perth.

Sanjeev was born in New Delhi, India, and moved to Australia in 1990 after completing his hotel-management diploma.

He will work closely with executive chef Sheldon Tan, who has been cooking up a storm since joining the hotel earlier this year.



Executive chef
Sheldon Tan