



the Australian Springtime Flora Festival

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MEDIA RELEASE

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Springtime Flora Festival launches unique culinary challenge in the Tuggerah Bunnings Central Coast Cook Off. The annual Central Coast Cook Off competition at the 2011 Australian Springtime Flora Festival is set to draw record crowds as students from various Central Coast high schools turn up the heat in this unique culinary challenge.

Working in teams of two, students will race against the clock to produce a gastronomic masterpiece using pre-determined ingredients, all in the space of just one hour.

“Each student, selected by their school for their culinary flare, was allocated an award-winning chef on the Central Coast, to act as mentor during the past month,” says Central Coast Cook Off creator, Bec Fraser.

“These students have spent time in restaurant kitchens and even been put to work themselves, providing them with a real life experience of cooking under pressure.”

The Central Coast Cook Off has been a Festival highlight for the past 4 years, with hundreds of people expected to watch on as teams of budding chefs create two delicious portions of entrée and two portions of main within an intense time constraint.

“The Cook Off is a great way to link the restaurant industry with young people on the Central Coast, many of whom aspire to become chefs themselves,” says Bec.

“Chefs such as Jason Martin from Flair, Benson Sweeney from The Cove and David Tebbutt from Delish are involved this year, offering education and inspiration to these students.”

The Central Coast Cook Off competitions will take place on Thursday 8th September and Friday 9th September at 10am and 2pm, and on Saturday 11th September at 10am. The overall winning team will be announced on Saturday afternoon.

Live cooking demonstrations and tastings will also take place during each day of the Springtime Flora Festival, allowing local foodies to learn from the best chefs and producers on the Central Coast.

Set on the grounds of Mt. Penang Parklands at Kariong, the Australian Springtime Festival, which sees over 35,000 visitors annually, will run for four days from 8 to 11 September.

Getting there:

Operation hours are 9am to 5pm on Thursday 8 September through to Saturday 10 September, and 9am to 4pm on Sunday 11 September. Mt. Penang Parklands is located at Kariong off the F3 Gosford exit if travelling from Sydney or Newcastle. Parking is complimentary, as is the shuttle services from the Kariong parking area to the Festival. Buses will also depart regularly from Gosford Railway Station.

Free guided tours through Mt. Penang Gardens are included in the admission prices at \$15 for adults, \$13 for seniors, \$4 for children aged 5-16, while under five years is free. Family passes are also available for \$34. Group concessions are also available for groups of twenty or more. For further details on the event including a full exhibitor list see www.florafestival.com.au

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