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specialist Shells on Melbourne, Go Sushi, a Garden of Eden Fruit and Vegetable shop and more. Even better — there's on-site parking at the gourmet hub on the corner of Melbourne and Cordelia streets.

FRIDAY is International Chefs Day, so do remember to wish your favourite person behind the burners the very best if you're eating out. The Canberra Institute of Technology has also come up with a pretty good present. According to the Australian Culinary Foundation's website, it is now offering an accelerated apprenticeship, which can be completed over two years. Could help the skills shortage and ease the burden for this notoriously over-worked profession.



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FISH sustainability has been a hot topic of late. We might think we are doing the right thing buying “dolphin-friendly” tinned fish, but it's a system that can be open to abuse says First Ray, distributors of Fish 4 Ever. First Ray claims its range of tinned tuna, sardines, mackerel and anchovies is the first truly sustainably caught tinned fish. Distributor Sandy Abram says the range “goes much further than dolphin-friendly tuna”. The

fisheries are audited to ensure they follow the rigorous guidelines, which include banning the use of dragnets, using small community boats, a ban on fishing in the breeding season and no fishing of endangered species or under-sized fish. So not only will you be helping marine life, but also your health with a product packed fresh from the boat, hand-filleted and cooked in the tin in organic cold-pressed oil. Abram says that so far feedback has been “fantastic”.

“Queenslanders are embracing the values of the produce with open arms,” she says. Fish 4 Ever is available at Fundamentals Paddington, Jones the Grocer and Wray Organics at the Gold Coast and online at www.organicsaustraliaonline.com

THINK your home kitchen is small? Take pity on Denzil D'Silva who heads up Traveltrain Holidays onboard catering service. D'Silva's team prepares meals for luxury-class passengers on the Sunlander and for other long-distance trains, in a workspace smaller than the average bathroom! Well done, therefore for their recent win, shared with their kitchen staff contractor, Life Style Chef, for best site caterer in Queensland and best institutional caterer in Queensland at the Restaurant & Catering Awards.

CALLING all specialist food producers. *Vogue Entertaining + Travel* is looking for “quiet achievers” to enter its produce awards for 2007. There are lots of different categories, and prizes include exposure through *VE & T* and trade shows. Our own Philip Johnson is the Queensland judge. Visit vogueentertaining.com.au for details.