



## NEW GOURMET GARDEN COOKING SCHOOL!

The **Gourmet Garden Cooking School** is a hot new edition for the 2010 **Good Food & Wine Show**. Join celebrity chef Dominique Rizzo and learn how to whip up quick and easy meals using fresh **Gourmet Garden** herbs and spices.

Under Rizzo's tutelage, participants will *Learn, Cook, and Dine* preparing two flavoursome meals with **Gourmet Garden** products, demonstrating just how quick and easy meals can be while maintaining freshness and flavour.

Discover easy to follow secrets you can apply in your own kitchen using **Gourmet Garden** products and impress family and friends. Learn to whip up something quick and easy yet delicious for Friday night's dinner at the 'After Dark' session.

These interactive sessions will go for an hour and a half with participants invited to sit and enjoy a glass of wine with their scrumptious finished product.

Kids can get in on the fun too, when the **Good Food & Wine Show** presents *Creative Fun Cooking with Kids*. Join in or let your kids run amuck in the kitchen while learning about healthy eating. With only one *Creative Fun Cooking with Kids* class it is sure to be a sell out so get in early!

All other classes will be held three times daily with 16 participants per class ensuring personalised tuition. For only \$50 plus show entry participants will discover healthy cooking and receive a **Gourmet Garden** herbs and spices goodie bag.

This new edition to the **Good Food & Wine Show** is sure to please epicureans so book early to avoid disappointment.

Date	Time	Session Title
Friday 2 <sup>nd</sup> July	10.45am – 12.15pm	Go Local
Friday 2 <sup>nd</sup> July	1.00pm – 2.30pm	Quick Easy Everyday Cooking
Friday 2 <sup>nd</sup> July	3.15pm – 4.45pm	World Flavours
Friday 2 <sup>nd</sup> July	6.30pm – 8.00pm	World Flavours
Saturday 3 <sup>rd</sup> July	10.45am – 12.15pm	Creative Fun Cooking for Kids
Saturday 3 <sup>rd</sup> July	1.00pm – 2.30pm	Quick Simple ideas and the "4Ingredients" girls
Saturday 3 <sup>rd</sup> July	3.15pm – 4.45pm	Go Local
Sunday 4 <sup>th</sup> July	10.15am – 11.45am	Go Local
Sunday 4 <sup>th</sup> July	1.00pm – 2.30pm	Quick Easy Everyday Cooking
Sunday 4 <sup>th</sup> July	3.15pm – 4.45pm	World Flavours

**Perth Good Food & Wine Show**  
 Friday 2<sup>nd</sup> July – Sunday 4<sup>th</sup> July 2010  
 Perth Convention Exhibition Centre  
[www.goodfoodshow.com.au](http://www.goodfoodshow.com.au)  
**Friday 10am – 4.30pm, 6pm – 9.30pm**  
**Saturday 10am - 6pm**  
**Sunday 10am - 5pm**

Tickets on sale from Monday 19<sup>th</sup> April through Ticketek on 13 28 49 or from [www.goodfoodshow.com.au](http://www.goodfoodshow.com.au). Adult entry is \$30.00.

*ADDITIONAL INFORMATION: Please find Dominique Rizzo's biography below.*

**For media enquiries, interviews or high res images please contact Jenny Fowler at Devahasdin Communications on 9226 2222 or email [jenny.f@devahasdinpr.com.au](mailto:jenny.f@devahasdinpr.com.au)**

## Dominique Rizzo

A soul woman chef, Dominique possesses a passion for creative world food, fuelled by her Sicilian heritage and a deep desire to develop innovative cuisine using quality, safe, clean, fresh produce. Dominique has 15 years experience as a Chef, and was Head Chef and business partner in the award winning Mondo Organics restaurant in Brisbane's West End for seven years, before launching her latest business Pure Food Cooking.

In 2009 Dominique has become the Ambassador for *Gourmet Garden* Herb range, *Rubbermaid* Food Storage products and *Lindeman's Early Harvest* wines, a testament to her credibility, honesty and hard work. Dominique is proud of her relationship with all three brands, and is looking forward to the year ahead.

Dominique recently filmed a pilot for a new TV series, has her first book due out in 2011 through Penguin/Lantern books, and will continue to appear around Australia and on various TV shows, in her Guest Chef role.



There's no time that Dominique can't recall when she didn't have a passion for cooking. "I can remember being about three, and making my mum breakfast in bed with cups of coffee using the hot water tap in the bath, because I couldn't reach the one in the kitchen," she says. "I love everything about food - the flavours, the tastes, the textures and how it all comes together in a harmonious symphony." It all stems from her Italian heritage living on her aunt's farm in Palermo, Sicily, and the many years spent travelling and sampling cuisine from around the world.

In 2007, Dominique started her own chef /consulting business "Pure Food Cooking" with a focus and purpose to inspire and generate awareness in cooking using natural whole foods, and fresh organic produce to improve health, balance and life vitality. Her unique style and a combination of simple, well-developed flavours is paramount in her menu designs, cooking presentations, demonstrations, product promotions, food styling and consulting work.

Dominique has also started a cooking school "Learn Cook Dine" in Brisbane where Dominique's innate enthusiasm and natural teaching abilities allow her to share her knowledge and passion for excellent food and nutrition quite easily.

Dominique prides herself on her integrity, professionalism, effectiveness and success in delivering the same high quality product in any given circumstance or situation. Her experience and food flair is again showcased with her particular forte in cooking, customised recipe and menu development for all dietary requirements including specific food allergies, vegan and vegetarian cooking.

Her mission for the future is to build her cooking school and involve herself in various charity work supporting women and families and teaching healthy cooking and lifestyle changes.

Dominique has also presented on Channel Ten's *Ready Steady Cook* series and *9am with David & Kim*, Lifestyle Food's *Fenton Fires Up*, *Great South East*, as well as being featured on SBS's *Food Lover's Guide to Australia* and ABC Radio.

"I love the essence of clean, simple whole food cooking. There are still so many flavours that I have yet to explore. It is so wonderful to be a chef and to have available at my fingertips, an amazing palette of different flavours and textures to create what I like to call little mouthfuls of flavour explosions." Dominique Rizzo.