



10 Must Do's at Sydney and Melbourne Good Food & Wine Shows

The 2009 Good Food & Wine Show is jam-packed with things to see and do. Held on 5-8 June in Melbourne and 3-5 July in Sydney, it's hard not to get overwhelmed with cooking demonstrations, cheese classes, wine tastings and exhibitor stands. Here's a list of 10 Must Do's to get the most out of your day.

1. LG Celebrity Theatre presented by Lifestyle Food Channel

With celebrity chef Gordon Ramsay headlining the LG Celebrity Theatre, this is definitely not to be missed. Joined by Matt Moran, Tobie Puttock and the MasterChef Australia judges, be treated to fun and exciting cooking demonstrations. For the avid chef to the home cook whose skills are limited to the microwave, these demonstrations are for anyone and everyone. Pick up some hot tips for your next dinner party and blow your friends and family away. There will also be a 30 minute book signing with each chef after their demonstration. Get your tickets quick though – they sell fast.

2. Cheese Masterclasses

Treat yourself to a 45 minute tutored tasting session with Naomi Crisante, food educator, writer and television presenter. With 15 years experience in the cheese industry, Crisante shares everything there is to know about cheeses. There is, of course, sampling with accompaniments and matching wines, and a Cheesematters recipe book for you to take home..

3. Gourmet Garden Cooking School

Dominique Rizzo, former head chef of Mondo Organics and 'Pure Food Cooking' consultant, leads the hands-on 90 minute cooking classes using Gourmet Garden herbs and spices. Offering some great expert tips, the classes will help you discover some fresh flavours and recipes that are sure to impress. With classes including cooking quick and easy meals on a limited budget, elegant finger food for entertaining, Italian and Asian cooking, vegetarian dishes and exotic world flavours, there's something here for everyone. Come away with a Gourmet Garden herbs and spices goodies bag.

4. Wine Theatre Presentations

Tired of not knowing what your friends are talking about when it comes to wine? Learn all there is to know at the free tasting sessions at the Riedel Wine Theatre. There's a range of Australian wines to taste - from rich reds to Chardonnays.

5. Riedel Decanter Bar

For the wine connoisseur, these 45 minute sessions are hosted by Ben Edwards and Dan Sims from the Wine Guide in an intimate class with only 24 participants per session. Sample and learn from a panel of top sommeliers about Australasian Pinot Noir, Mediterranean Inspiration, Burgundy, and how to match your food and wine.

6. Lindeman Early Harvest Restaurant

Following from its success last year, the Lindeman Early Harvest Restaurant has returned to serve up a selection of delicious dishes made by the country's top chefs, as well as international chef Gordon Ramsay. It's the perfect place to take a break from the overwhelming excitement of the show with a glass of Lindemans Early Harvest range of low-alcohol, low-calorie wines.

7. Lyndey Milan’s Regional Producers Market:

Renowned food writer, TV personality and food influencer Lyndey Milan will showcase the best of local produce at her farmers’ markets. Sample gourmet fare from each state’s local regions, handpicked by Lyndey herself.

8. Unleash your inner Vinyl Star!

Fight your way through the paparazzi to the [yellow tail] Vinyl Star! photo booth, where you can choose your favourite music style, get your picture taken and watch it being transformed into your very own album cover! And, back by popular demand, is the [yellow tail] Vinyl Bar, where you can kick back and listen to your favourite records matched to delicious wines from the [yellow tail] range.

9. Test, Try and Tantalise your tastebuds

There are hundreds of products for you to sample at the Good Food & Wine Show. Peruse the aisles and sample tasty morsels of the best of Australian produce, or sip on a drop of local or imported wine. With over 300 exhibitors showcasing Australian food, cooking accessories and equipment, test, try and taste to your heart’s content.

10. Buy

Take the time to browse the stands and find the perfect additions to your kitchen. With special offers on food, wine and cooking accessories don’t forget to bring a shopping bag with you. If you need more room for your purchases then visit the Information Point of the Good Food & Wine Show to buy a calico carry bag, or even better one of our Good Food & Wine Show trolleys!

Further information available on www.goodfoodshow.com.au

Melbourne Good Food & Wine Show

Melbourne Exhibition Centre

Friday June 5	12pm – 9pm
Saturday June 6	9am – 6pm
Sunday June 7	9am – 6pm
Monday June 8	9am – 5pm

Sydney Good Food & Wine Show

Sydney Convention & Exhibition Centre

Friday July 3	9am – 4.30pm
Friday ‘After Dark’	5.30pm – 9.30pm
Saturday July 4	9am – 6pm
Sunday July 5	9am – 5pm

Tickets: available through Ticketek 13 28 49 or www.goodfoodshow.com.au

* Tickets to see Gordon Ramsay in the LG Celebrity Theatre are an additional \$20.00 (tickets to see other celebrity chefs are included in the pre-purchased entry ticket price).

Adult:	\$27.50
Child (6 - 16yrs):	\$20.50
Concession/Groups (10+):	\$22.50
Ramsay Pass:	\$80.00

(includes entry to the show, a premium seat to see Gordon Ramsay in the LG Celebrity Theatre presented by LifeStyle FOOD Channel, Gordon Ramsay 'Healthy Appetite' cookbook, Good Food & Wine Show Canvas Bag and a BBC Australian Good Food magazine).