



MEDIA RELEASE

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Learn a Classical Language – Mediterranean Cooking Classes with VictorsFood

In celebration of the eternal popularity of Mediterranean cooking, VictorsFood, Australia's premier food experience company has announced two new cooking classes featuring the classical cuisines of Italy and Spain.

VictorsFood classes, conducted by executive chef & former restaurateur Victor Pisapia are among the most innovative around. Numbers are limited to 14 guests to ensure personal attention, and build guests' skills and confidence in a fun, friendly environment. Classes are fully hands-on, teaching guests to create a banquet of dishes that they sit to enjoy together.

In the Italian class – the first to include the food that Victor's Italian mother used to cook – guests are taken on a gastronomic tour of regional Italy and learn the secrets of making focaccia, how to slice carpaccio and why cavolo nero (Tuscan black cabbage) is such a star vegetable.

They discover the rich flavours of gorgonzola and porcini, learn to choose the best olive oil, cook simple seafood and discover why Italian food is so classic and flavoursome.

One of the highlights of this class is Victor's Mother's secret 'red gravy' recipe – never before released! Guests learn to cook it ... and try the finished sauce!

What can be more Spanish than paella? Guests learn to cook authentic paella, what pan to use ... and get seduced by the smells of chorizo, garlic, Spanish paprika and saffron – the world's most expensive spice. Tapas is becoming increasingly popular in Australia. Guests learn to prepare savoury dishes such as albondigas (little meatballs), chickpeas and Catalan spinach. Expect bold flavours!

Class Dates (early bookings are essential):

Saturday 8 August - "Kiss me I'm Italian"

Saturday 17 October - "Perfect Paella & Tantalising Tapas"

For details and dates of more classes:

www.victorsfood.com | 02 9698 7684 | bookings@victorsfood.com

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