



“This competition has been a delicious blast...”

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Olivado Natural Nutrition, Australian Culinary Federation and Women Chefs & Restaurateurs Announce Winners of the 2007 Chef Quest Competition

Women Chefs Rise to the Challenge and Create Award-Winning Recipes Using Olivado Avocado Oils

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It's a hard to beat a woman chef this is true at the top levels.

Yesterday, in a first-of-its-kind recipe challenge for professional woman Chefs, with only points separating the finalists, Chef Alexandria Taylor (right), of Restaurant Lurleens at Sirromet Winery, Queensland, Australia, took out the top woman Chef title.

She was competing live on stage with a strong field of six American and Australian women Chefs at the finals of the inaugural “**Olivado International Chef Quest Cup 2007: Celebrating Women Chefs**”.

Her *Moreton Bay Taste Plate with Avocado Oils* was judged best from entries across Australia and America during the finals at the Olivado Moreton Bay Seafood Festival 2007.



All Chefs had 45 minutes to prepare their dishes.

The international judging team included Australian Culinary Federation president, Peter Wright; American Women Chef and Restaurateur Association (WCR) President and Executive Chef at the Getty Museum, Helene Kennan; and award winning Brisbane Chef and trainer at the Hospitality Training Association, Amanda Young.

Chef Angie Armenise, of the Pinelli Marra Restaurant Group and Twist on Angell restaurant in Providence, Rhode Island, America, came second with her *Grilled Olivado Sea Bass with Crisp Fruit Avocado Hash*.

Third was Chef, Cath O'Donnell Hoggood, of Jupiter's Casino Townsville, Queensland, Australia with her vegetarian dish of *Dukkah Coated Baby Eggplant panfried in Olivado Avocado Oil*.



An honourable mention and encouragement award went to Charlotte Louise Fekete from the Fire and Flavour Grilling Company in Georgia, USA for her *Grilled East-West Steak with Jalapeno Slaw*. Only one point separated her from third place.

All of the chefs participating in the competition loved working with this relatively new product. They found Olivado's range of avocado oils delicious and easy to use. "This competition has been a delicious blast," said one participating chef. Another commented, "I never heard of this product before this contest, but now I find that I'm using it everyday. I love it."

Helene Kennan explained that women chefs have a unique way of creating new dishes using all of their senses, to create dishes that look and smell as wonderful as they taste. WCR's partnership with Olivado for this cooking challenge provided a great stage to show how women create. Oil is an essential ingredient in cooking and Olivado's product has a unique flavor profile and cooking properties that easily lend themselves to a variety of uses. The innovative entries and the winning recipes proved this to be true.

Olivado partnered with the Australian Culinary Federation (ACF) and Women Chefs & Restaurateurs (WCR) because they believe in the education and advancement of women in the restaurant industry and the betterment of the industry as a whole. More than 50 percent of the food service industry workforce is women, yet few reach the upper echelons of their profession. Along with WCR and the ACF, Olivado is committed to helping change that. Chris Nathan, founder and managing partner of Olivado, felt that the competition would help shine the spotlight on the talent of women chefs. Olivado challenged these talented women to create health-inspired recipes using Olivado's heart-healthy, cold-pressed avocado oil.

Entries were received from around Australia and America in three categories: seafood, vegetarian and meat/poultry.

All preliminary judging for the Australian finals of the Olivado Avocado Oil International Chef Quest: Celebrating Women Chefs 2007 was done "blind" in Melbourne by a team of four qualified judges from the Australian Culinary Federation. Other Australian finalists were Dannielle Young, freelance Chef and author from Noosa, in the seafood category; Laetitia St. Baker of Catering With Flair in Brisbane in the Meat/Poultry Category; Vanessa Mateus, of Chateau Yering Historic House Hotel in the Yarra Valley Melbourne, in the meat/poultry category; and Tracey Holderness owner and Head Chef of Strawberry X Café, Sydney, in the Vegetarian category. All semi finalists' recipes were test cooked by a team supervised by the Peter Wright, president, of the ACF.

"This was a nail biting finish with a superb effort by these women Chefs," said Wright. "Judging was intense and heated with all judges finally agreeing on the winners."

John Hart, CEO, Restaurant & Catering Australia said: "Our industry employs 198,000 people, and females are under-represented in full time positions (many of which are cooks) as only 37.4% of full time employees are females. In an industry that suffers ongoing and chronic skills and labour shortages, initiatives like this competition that reward excellence and encourage further skills development only serve to promote industry sustainability and equitability. Restaurant & Catering Australia is a proud supporter of the Olivado women 'Chef Quest' competition"



In America three of the culinary industry’s most respected women chefs — Helene Kennan, Executive Chef for Bon Appétit at the Getty Center in Los Angeles and president of WCR; Kersti Bowser, TV chef and owner of Gourmet Butterfly Media; and Eve Felder, associate dean for culinary studies at the Culinary Institute of America in Hyde Park, New York — sorted through the many entries and narrowed the field to six final recipes. Under the watchful eye of Dean Eve Felder, seven of her women students prepped the six final recipes on May 5th at the school’s Hyde Park campus and the three winners were selected.

“We were anxious to try the six recipes,” said Felder. “There were so many innovative recipes it was hard to choose the winners.”

Chris Nathan, managing director and founder of Olivado, said “I’d like to congratulate all the women chefs who took part in the competition and also thank competition sponsors and judges for their wonderful support.”

The competition is supported by the Australian Culinary Federation, Restaurant & Catering Australia, Women Chefs & Restaurateurs Association (US), Olivado Natural Nutrition, Custom Food Ingredients (CFI), Füritechnics and Moffat Australia.

Olivado Natural Nutrition pioneered the avocado oil production process by creating the first cold pressed extra virgin avocado oil to become today’s leading international brand. Olivado’s avocado oil is one of the heart-healthiest cooking oils available today. Its light flavor and color enhances the taste of food, and its high smoke point makes it ideal for a variety of cooking methods.

NOTE TO EDITORS: Recipes are below and may be published. For interviews or high resolution photographs, please contact:

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Olivado Natural Nutrition is an award-winning company which pioneered the process for cold-pressed avocado oil. Olivado believes that the complex combinations of nutrients naturally found in fruits and vegetables, as opposed to supplements, are essential in order to maintain optimal health, and to that end all products are designed in order to enhance natural nutrition. Olivado products are distributed around the world and are available in gourmet centers and grocers across Australia. For Australian stockists and more information visit www.Olivado.com. Olivado’s Australian head office is in Cleveland, QLD, Australia and it has mobile manufacturing plants in various locations. Olivado has been recognised as one of the top food innovators by top food magazine *Cuisine*, which praised Olivado for helping found the avocado oil industry.





RECIPES

WINNER

Alexandra Taylor

Restaurant Lurleens, Sirromet Winery, QLD

I started my employment as an apprentice in 1992 under the direction of a semi-mad woman named Sandra Scoffel.

I'd applied for the position of 1st year apprentice that she had advertised for in the Courier Mail and I remember at the interview being asked if I could make a cake. The reply I quipped out somewhat smartly was no, I hadn't made a cake before, but I sure enjoyed eating them. I got the job.

My first year at Sandra's small suburban restaurant was a whirlwind of ever changing chefs and apprentices, Sandra herself was absent for a good part, but whenever she appeared I'd hear stories of her dining experiences across Brisbane and her high regard for the mighty Andrew Miroesch at Two Small Rooms in Milton.

You can always count on sales reps to bring the countless Chinese whispers of the trade, and it was from such that I heard Andrew was opening a new venture. With Sandra's blessing I began to hound the man for a job. I'd arrive unannounced on my split shift at his back door and chat with him, trying earnestly to convince him that I'd do pretty much anything to work for him. I vaguely even remember the word 'free' leaving my lips. In the end I wore him down.

Despite the fact that I rode a motorbike, which he hated, and he had no positions open in the kitchen I was indentured to Andrew as a 2nd year apprentice in 1993 and have never looked back.

I've been very lucky to have worked with some fantastic apprentices and Chefs throughout the last 14 years. The industry has produced many over the years who I look to for inspiration including Marco Pierre White, Shannon Bennet, Jamie Oliver, Neil Perry, Kylie Kwong, Stephanie Alexander and of course Andrew Miroesch.

I've been Head Chef of Sirromet Winery since September 2004.





Seafood Taste Plate Featuring *Olivado Avocado Oils* – Serves 4

This seafood dish was primarily inspired by the Queensland climate and environment in South East Queensland, especially Redland Shire. With Moreton Bay on my door step mean plentiful freshest seafood of the highest quality. With our local climate of balmy days with lots of sunshine I've endeavoured to keep my seafood taste plate fresh and clean whilst combining different flavours, preparation methods and cooking techniques. I've showcased a variety of the *Olivado Avocado Oil Range*, incorporating four different infusions into each of my four dishes imparting distinct clean flavours unattainable with plain olive oil.

I wanted to show that these fantastic oils can be incorporated 'in' to recipes as well as dressings etc. Enjoy this seafood plate either as a decadent meal for 1, shared as an entrée between friends, or broken down and served as separate components.

While this dish may look complicated the process of each recipe is quite simple. Taking care when deciding how to present the finished product can make quite easy dishes look technical. Using different ramekins, moulds and serving dishes can elevate ordinary ingredients into the realm of impressive.

Wood smoked, *Olivado Avocado Oil* confit of Salmon w/ Bethonga gold pineapple salsa

300 grams piece Atlantic salmon
2 cups *Olivado Avocado Oil*
1 cup salt
1 cup sugar
1 cup diced Bethonga gold pineapple
1 small seeded and diced red chilli
¼ cup coriander leaves roughly chopped
Juice of 1 lime
Small handful of woodchips

- Combine sugar and salt, pack under and around salmon and leave overnight to cure.
- Wash salmon gently under cold water rinsing off all remaining residue.



- Lay foil in a wok, place in woodchips and small wire rack, heat until chips start to smoke for 5 minutes.
- Remove from heat.
- Heat *Olivado Avocado Oil* to 75 degrees in heavy based saucepan, submerge salmon for 8 minutes.
- Combine pineapple, coriander, chilli and lime juice and portion as required.
- Cut salmon into 4 equal portions and place on top of pineapple salsa.
- Garnish with fresh lime.



Avocado and Olivado Lemon Avocado Oil semifreddo w/ fresh sand crab meat and tuille cone

Semifreddo

200 grams fresh sand crab meat
400 ml cream whipped to soft peak
120 grams castor sugar
1 avocado
80 grams egg yolks
¼ cup *Olivado Lemon Avocado Oil*

- Dissolve sugar in a heavy based pot with small amount of water, heat until sugar forms soft ball stage.
- Whip egg yolks at high speed while slowly pouring in sugar syrup.
- Mash avocado and add to softly whipped cream, fold in *Olivado Lemon Avocado Oil*, crab, egg and sugar mixture, season with salt and pepper freeze until set in mould or ice-cream container.
- Garnish w/ fresh crab and tuille cone

Tuilles

100 grams flour
100 grams butter
100 grams sugar
2 egg whites

- Put all ingredients into a food processor to form a smooth paste.
- Spread on greased tray thinly, bake at 160 degrees for approx 5 minutes or until golden in colour.
- Remove from tray while hot and roll tightly.
- Store in air tight container.

Olivado Basil Avocado Oil Gazpacho Jelly w/ Salmon Pearls and King Prawns

¼ cup *Olivado Basil Avocado Oil*
100 grams salmon pearls
12 prawns
1 green capsicum roughly chopped
2 telegraph cucumbers roughly chopped

1 clove garlic
1 green shallot roughly chopped
2 tomatillos (ripe green tomatoes) roughly chopped
1 cup Italian parsley roughly chopped
1 small mild green chilli
¼ cup white wine vinegar
1 cup of ice
Salt and pepper

- Combine all ingredients in food processor, when pureed, strain through fine sieve or muslin cloth.
- Reserve liquid, discard solids.
- Season with salt and pepper.
- For every 200ml of liquid dissolve 1 ½ sheets of gelatine in small for every amount of warm water.
- Add to gazpacho and pour into 4 cocktail glasses.
- When gazpacho has set, layer salmon pearls and shelled prawns on top.

Steamed Local Oyster w/ Olivado Chilli and Bell Pepper Avocado Oil Wakame Salad. Soy Foam

Tsp *Olivado Chilli and Bell Pepper Avocado Oil*
Tsp black or white sesame seeds
4 large oysters or 8 bistro size
200 grams fresh Wakame (available from Asian markets)
200ml warm cream
50ml Kikkoman Soy

- Remove oysters from shell, combine wakame, sesame seeds and *Olivado Chilli and Bell Pepper Avocado Oil*.
- Place approx 50 grams of salad in the bottom of each oyster shell, lay oyster on top and steam in bamboo steamer for approx 2-3 mins.
- Pour warm cream and soy into a cream gun, charge and shake vigorously.
- Discharge gun into a jug and spoon on a soy foam.



1st RUNNER UP:

ANGIE ARMENISE — is the executive chef of the Pinelli Marra Restaurant Group in Rhode Island for three of their eight restaurants, two of which she opened for them. She is in the beginning stages of opening another restaurant for them as the executive chef. Born and bred in Chicago, Angie love cities, action, food, trends and style. She moved to Rhode Island eight years ago to attend culinary school and never left. Her mission is to create food for people who appreciate it, to grow a little each day, and to give back in any way that she can.

Grilled Olivado Sea Bass with Crisp Fruit Avocado Hash – WINNER SEAFOOD CATEGORY
By Angie Armenise - Pinelli Marra Restaurant Group

Serves 4

Crisp fruit avocado hash:

- 2 avocados, medium ripe, pit removed, peeled and flesh diced into 1/4-inch cubes
- 2 limes juiced, seeds removed
- 1 Granny Smith apple, quartered and diced into 1/4-inch cubes
- 1 Bosc pear, quartered and diced into 1/4-inch cubes
- 1 ripe mango, peeled, pit removed and flesh diced into 1/4-inch cubes
- 1/4 cup fresh strawberries, tops removed, and diced into 1/4-inch cubes
- 1/4 cup Olivado Avocado Oil
- 1 tablespoon rice vinegar
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 2 tablespoons kosher salt
- 2 teaspoons freshly ground black pepper

Dice all ingredients and reserve in a medium-sized mixing bowl.

Add Avocado Oil, vinegar, lime juice, zest, fresh herbs, and salt and pepper to taste.

Correct for seasoning.

Chilean Sea Bass:





4 – 6 ounce portions of fresh Chilean Sea Bass
Olivado Avocado Oil to coat fish
Kosher salt and black pepper to taste

To prepare:

Pre-heat a grill or sauté pan.

Brush Avocado Oil over Sea Bass and season with salt and pepper.

Grill fish until it is no longer opaque or sauté until cooked through.

To plate:

Place 1/2 cup hash on the bottom of a serving plate and top with the grilled or seared fish.

Drizzle Olivado Avocado Oil on top and around side of fish.

Olivado, Cucumber Granita:

Juice of 3 limes

Zest of 1 lime

1 avocado, pit removed and peeled

1 cup English cucumber, peeled, seeded, and diced

1/4 cup Olivado Avocado Oil

2 tablespoons fresh mint

1/4 cup simple syrup

To prepare:

Puree all ingredients in a food processor or blender.

Pour mixture into a shallow container (9x9 cake pan works well).

Freeze for about 1 hour or until mixture is solid.

Rake mixture with fork to achieve a snow-like consistency.



Third Place:

Cath O'Donnell-Hopgood Jupiters Casino, Townsville

Cath O'Donnell Hopgood recently moved to Townsville from Adelaide after a on eyear stint cooking in Japan where she cooked for the Japanese Crown Prince as well as Princess Mary from Denmark. Cath is one of the only Australian women to be part of the Australian Culinary Olympics. She loves to cook and is now involved in training young apprentices and actively helping them develop their careers. Right: with Olivado founder and managing director Chris Nathan.

Dukkah Coated Baby Eggplant Panfried in Olivado Avocado Oil

Served with a Fetta & Vegetable Stack , drizzled with Rocket & Almond Dressing & Sticky Balsamic.

I developed this dish because I enjoy the tastes of Dukkah, Balsamic and a really good oil.

After tasting and trialling dishes with the Olivado Avocado Oil , I found it to be versatile and flavoursome.

I have incorporated these flavours into a very simple Vegetarian Dish with the Eggplant being Panfried in the Olivado Avocado oil . In doing so, taking advantage of the high smoke point and great flavour of the Oil .

Avocado Oil complements this dish in many ways . I have tried to incorporate it into all of the cooking processes as well as the Dressing, which is made on the basis of a Pesto.

- 3-4 Small Baby eggplant
- 200g Flour
- 2 Whole Eggs
- 200g dry Breadcrumbs
- At least 2 L Avocado Oil for Cooking & Dressing
- 300g baby Rocket





- 100g Blanched Almonds
- 2 Garlic cloves
- Salt
- Pepper
- 2 large red Capsicum
- 1 large sweet potato
- 2 zucchini
- 100g baby spinach
- 350g Hunter Valley Binnorie Dairy Marinated Fetta****
- 6 Cherry Roma Tomato
- 200ml Balsamic Vinegar
- 20g sugar

- 1 whole Lemon

Dukkah :

- 250g sesame seeds
- 125 desiccated coconut
- 150 whole almonds
- 100 macadamia nuts
- 80 coriander ground
- 50 cumin ground
- 50 lemon zest
- 5 black cracked
- 20 sugar

Method:

Roast seeds until golden
Roast Nuts separately
Roast spices for 5 mins or until fragrant
Grind all ingredients in a fine mixer until coarse.

This dish serves 4 pax.

**** Can be Substituted with any Good Quality Marinated Soft - Medium Textured Fetta such as Woodside Goats Curd or Yarra Valley Persian Fetta.

Method

- Cut Cherry tomatoes in half and put in a low Oven approx 90deg for at least ½ hour with garlic, Avocado Oil and seasoning.
- To Make Dukkah roast ingredients until golden on 180 deg, cool & then blend until coarse.
- Slice top from eggplants, peel and cut into 4. Cut skin into thin strips and fry in Avocado oil later to use as Garnish.
- Mix Dukkah with dry breadcrumbs and using flour and egg wash - crumb the Eggplants. Set aside in fridge.
- Make Sticky Balsamic by slowly reducing Vinegar, Lemon juice and sugar until syrup. Cool.
- Roast the Capsicum on a high heat – 200 deg until blistered, wrap in glad wrap and when cool remove the skin and seeds.
- Peel sweet potato - slice cross sections and roast until cooked through - approx 180 deg for 10 mins, then cool.



- Slice Zucchini with Mandolin and sauté, then cool.
- Drain Fetta of excess oil. Pick Baby Spinach.
- Make dressing by blending Almonds, Garlic, Lemon Juice and Rocket. Slowly adding Avocado Oil. Season.
- Assemble Vegetable Stacks in forms by using a cutter to cut rounds in Vegetables and gradually alternate colours and flavours. Finish with Marinated Fetta & Finely sliced Zucchini to give the stack height. Put the stacks in a low oven (with tomatoes until ready to serve)
- To cook Eggplant, heat Avocado oil and fry Skins for garnish. Cook each side of the Eggplant until golden brown. Drain on absorbent paper and serve immediately.
- To Assemble dish: Drizzle Balsamic on plate. Place stack on plate and remove the form. Place 2 pieces of Tomato and a small amount of rocket on plate. Finish with 3 pieces of Eggplant, fine strips of eggplant skin for garnish and a small amount of Rocket Dressing around the Dish.

Equipment

- Approx 10 Small Oven Trays/Small gastronome trays
- Spice Blender/kitchen whiz/Robot Coupe for Dukkah
- Bar blender/ Robot Coupe for dressing
- 4 Medium sized bowls for Crumbing
- Access to fridge
- Small saucepan/pot for Balsamic reduction
- Containers for prep storage in fridge.
- Chopping board
- Access to one oven on constant 80-90 deg for tomato/plates/stack when complete.
- Access to another oven which can be alternated quickly between 200 – 180 deg.
- Plates
- Cloths
- Spoons for tasting/drizzle
- Tongs
- Medium Gloves



Encouragement Award

CHARLOTTE FEKETE — Charlotte's interest in cooking began by cooking with her mother as she made every meal and every dinner party from scratch. Her mother's dedication to cooking a family meal instilled in Charlotte a life-long appreciation for food and for cooking for others.

Now a recent graduate of the University of Georgia, Charlotte has spent the last year and a half creating new recipes using the products of Fire and Flavor Grilling Company. A true lover of food, she is always actively learning something new to incorporate into her recipes. Her goal is to always make the recipes interesting, simple and delicious, so that home cooks can have a successful and exciting meal that they can share. The recipes she creates are featured on the company's website, packaging, recipe cards and promotional literature. In her time there, Charlotte has played a significant role in creating the company's new line of spice rubs and has expanded her culinary skills to food styling.

Charlotte has recently extended her recipe writing skills to a local magazine, *Lake Oconee Living*, where she creates her recipes around a themed ingredient or subject, such as honey, summer lemon treats, and a Valentine's tapas party. She also styles all of her recipes for the photographs in the magazine.



Grilled East-West Steak with Jalapeno Slaw – WINNER MEAT/POULTRY CATEGORY By Charlotte Fekete – Fire & Flavor Grilling Company

Serves 4-6

For beef:

- 1 1-1/2 lb flank steak
- 1/2 cup soy sauce
- 1/2 cup lager beer
- 1/4 cup brown sugar
- 1/4 cup Olivado Avocado Oil; divided use



3 tablespoons sesame seeds
1 tablespoon ground chili powder
1/2 teaspoon coarse ground black pepper

For slaw:

1/4 small head cabbage, thinly shredded, about 2-1/2 cups
1 medium red onion, halved lengthwise and thinly sliced
3 medium jalapeños, thinly sliced
3 tablespoons Olivado Avocado Oil
2 tablespoons rice wine vinegar
Juice of 2 limes, about 1/4 cup
1 tablespoon granulated sugar
2 teaspoons prepared wasabi paste

Place flank steak in large resealable bag. In a small bowl, whisk together soy sauce, beer, brown sugar, 2 tablespoons avocado oil, sesame seeds, chili powder and black pepper. Add this mixture to steak in resealable bag and turn to coat. Let marinate, refrigerated 30 minutes to 4 hours.

While steak marinates, prepare slaw. In a large bowl, toss together cabbage, red onion and jalapeno slices. In a separate small bowl, whisk together avocado oil, rice vinegar, lime juice, sugar, and wasabi paste. Toss dressing with slaw and season liberally with salt and black pepper. Set aside.

Remove meat from marinade and discard any remaining marinade. Let meat sit at room temperature at least 15 minutes before cooking. Pre-heat grill and cook steak until desired doneness, about 5-7 minutes per side for medium for a 1-inch thick steak. Remove from heat and rest for 5 minutes before slicing.

Plate jalapeno slaw and top with slices of steak.

May also be served taco style in corn tortillas.

ENDS