



## Media Release

May 2011

### Gourmet Garden & Freestyle Escape launch "Cooking with Herbs Masterclass"

Driven by the popularity of cooking shows such as "Masterchef" and "My Kitchen Rules", there is a resurgence in homemade cuisine sweeping the country. Australians are becoming savvier with fusion cooking and are looking for new ways to add flavour and flare to their weekly menus.

Two Sunshine Coast businesses have identified this trend and believe that the easiest and healthiest way to freshen up your weeknight meals is with fresh herbs and spices. Botanical Food Company, makers of the Gourmet Garden range of fresh herbs in tubes, have teamed with chef Martin Duncan, owner of Freestyle Escape, to launch a "Cooking with Herbs Masterclass"

In Freestyle's picturesque Outdoor Kitchen overlooking Sunshine Coast's hinterland, participants will experience a hands-on cooking and herb appreciation class followed by a three course lunch.

The classes will transform budding foodies into culinary herb experts by educating them about the history and health benefits of various herbs and, more importantly, how to pair, prepare and cook with a range of herbs and spices.

Dominique Rizzo, TV chef and owner of food consultancy "Pure Food Cooking", will host the first "Cooking with Herbs Masterclass" on Wednesday 11<sup>th</sup> May 2011.

"Fresh herbs and spices can turn an ordinary meal into something extraordinary in minutes" says Dominique "Many people are unsure on how to use fresh herbs in their cooking or what food to pair them with to make the most of their flavour."

Botanical Food Company's herb consultant, Jane Parker, will also be on hand to talk about how Gourmet Garden's herbs are organically grown in Queensland before being packed fresh into handy tubes and then exported to over 14 countries worldwide.

Future classes are being planned for 2011 and 2012 with hosts to include local chefs, Melanie Townsend & Jamie Milverton, and author of the 4 Ingredients cookbooks, Kim McCosker.

"Both Gourmet Garden and Freestyle Escape really feel that the Cooking with Herbs Masterclass format is a perfect platform to introduce consumers to fusion cooking and demonstrate how easy it is to cook with fresh herbs" adds Jacqui Wilson-Smith, Gourmet Garden's head of marketing. "By working with a range of local suppliers and chefs we also aim to strengthen the Sunshine Coast's reputation as a culinary destination."

Details on future classes will be released by Gourmet Garden at a later date and places will be limited. Please contact Gourmet Garden to put your name on a waiting list for the next class. For more information please visit [www.gourmetgarden.com](http://www.gourmetgarden.com) or contact Megan Brabant at [megan.brabant@gourmetgarden.com](mailto:megan.brabant@gourmetgarden.com) or (07) 5453 2541.