



Let's talk! AUS: 1300 785 365  
NZ: 0800 366 338

cook up a great team!

Team Building Client Entertaining Christmas Parties Conferences

## From Leona Watson - Director of Cheeky.



**Sick of bad news? Me too. So here's a good news story. Contrary to media reports, companies haven't lost focus on staff morale & motivation.**

Clued-up CEOs know they can't afford low productivity in tough times, so we've been lucky enough (and even been inspired ourselves!), to re-energise and focus teams and conferences in Qld, NSW, Melbourne and the Yarra. And later this month we're off to Fiji - Bula!!! So it's not all doom and gloom, but we do know it's tough.

So to make it easier for you to re-invigorate your team and celebrate the end of FY09, we hope you like our latest 'Cheeky Booster Pack' and new lower cost options. Loads of fun AND your company will enjoy business and FBT benefits.

Our Executive Chef living in the freezing cold Dandenong Ranges just outside Melbourne, has included a delicious long, slow braise. With good friends, family, food and wine...the world will always be a warm place. Enjoy!

PS. If any of you are single, check out our [NEW Singles Cooking Classes](#) - they're a HIT!

## "PHEW"... you did it!

**Congratulate your team for getting through a tough year and get them set for the one ahead with our Cheeky End of Fin Year Special!**

**Book any corporate team building event\* before the end of June 2009 and you'll receive;**

- **A world class professional Chefs Toolbox knife for yourself valued at \$100!**
- **Champagne cocktail on arrival for everyone (Selected venues only).**
- **A FUN 'Cheeky Booster Pack' for every attendee!**



- 'Certified Cheeky Chef' stickers
- Voucher for a drink at a local establishment (Surry Hills & Melb tbc)
- Recipe for a next day rejuvenation drink
- A Hairy Lemon! To help you recharge.

\*Your event must be booked & deposit paid before end of June 2009 and event held before end of July 2009. This cannot be used in conjunction with any other offer.



## Tell us your 'Cheeky' Story & WIN!

We love a good Cheeky Story.

**You could WIN a fabulous Chefs Tool Box Frying Pan, valued at \$170!!**

To [ENTER](#) simply tell us in 50 words or less, your 'Cheekiest' story for the year so far.

**Had a really embarrassing moment?? Seen some misbehaviour at the company conference??? Funny client story?**



**We want to hear about it! (Now do be 'nice' and no names!).**

Remember to include your address and phone number so we can get in touch if you're the winner!! Email your story to [cookingclasses@cheekyfoodgroup.com](mailto:cookingclasses@cheekyfoodgroup.com). Entries Close Friday the 12th June 2009.



### Slow-Braised Lamb Shoulder

**Our Executive Chef Richard Chancellor knows how to keep warm whilst living in the Dandenong Ranges of Victoria!**

**Try this great slow braise recipe.**

**Preparation Time: 45 minutes**

**Cooking Time: 3 hours**

#### Ingredients

2 lamb shoulders, split by butcher into 3 pieces each, on the bone (total of 6 "roasts")  
2 cups dry white wine  
1 large onion, halved and sliced thinly  
1 lemon, thinly sliced into wheels  
1 garlic head, unpeeled, cut in half horizontally  
1 celery stalk, thinly sliced  
1 teaspoon white peppercorns, whole  
1 cinnamon stick  
2 bay leaves  
salt and white pepper  
2 tablespoons canola or peanut oil  
3 cups chicken stock  
¼ black olives, pitted and chopped

#### Method

1. In a large bowl, combine all the ingredients from the wine to the bay leaves, add lamb and marinate in the refrigerator for 24-48 hours.
2. Heat the oven to 150 degrees celcius - HIGH. Remove lamb from the marinade, cleaning off any pieces of vegetables or spices. Reserve marinade.
3. In an oven proof pan just large enough to accommodate all the lamb pieces, place the 2 tablespoons of canola or peanut oil and heat over a high flame.
4. Salt and pepper the lamb and place in the pan. Cook till brown both sides (2-3 minutes) & remove.
5. Pour the reserved marinade into the pan and stir to scrape up any brown bits on the bottom of the pan.
6. Add the lamb pieces and just enough chicken stock, to just cover lamb.
7. Cover with foil or a lid. Place the pan in the oven and gently bubble for 2 1/2 hrs.
8. Remove the lamb and check the tenderness: if it pulls away from the bone without much effort, the shoulder pieces are done. At this stage, place the pan aside to cool the pieces in their cooking liquid or place them back in the oven until they are tender.
9. Add olives and serve.



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