

# Food

## COOK LIKE A SPANIARD

Want to learn how to cook Spanish food? Contact Cheeky Food Group for their range of Spanish and Tapas classes. Visit [cheekyfoodgroup.com](http://cheekyfoodgroup.com) or call 1300 785 365.



## MAEVE DOES FRANCE

Keep an eye out for Maeve O'Meara's *French Food Safari* on SBS this winter. Maeve teams up with renowned chef Guillaume Brahimi to visit France's top kitchens and track down world renowned butter, cheese, chocolate, charcuterie, truffles and wine! Thursdays at 7.30pm from 23 June 2011 on SBS.

## PERFECT YOUR PAELLA

Paella is an integral part of Spanish cuisine and to make it you ideally need a paella pan. Chef Inox has two new paella pans, both with a Teflon platinum non-stick interior. Available in David Jones and leading homewares stores nationally. For more details visit [chefinox.com.au](http://chefinox.com.au) or call (02) 8665 4688.



Check out [www.selectormagazine.com.au/food](http://www.selectormagazine.com.au/food) for more food news

## SPANISH INGREDIENTS

If you want to try all of the recipes in this issue of *Selector* you may need to get some ingredients that aren't stocked on supermarket shelves. Melbourne's Savour Spain imports a range of authentic, high quality products including spices, rice, beverages, preserved goods, confectionery and cookware. Their products are available for purchase online or at their warehouse in Coburg North. For more details visit [savourspain.com.au](http://savourspain.com.au) or call (03) 9350 6181.



## DISPELLING OILS MYTHS

The Australian Olive Association (AOA) has released a report that dispels the myth that heating extra virgin olive oil in a pot will cause health issues. Not true. The AOA says it is absolutely fine to fry with extra virgin olive oil in any type of pot or pan. In addition, the AOA also debunks the myth that extra virgin olive oil cannot be used with certain pots or frypans. For more information, visit [australianextravirgin.com.au](http://australianextravirgin.com.au)



## THE BIZARRE WORLD OF FOOD

Chefs like Ferran Adria and Heston Blumenthal are pushing ideas into the future. But what about these new innovations? Japan comes a jelly drink that is designed to be served a cola drink with Mont Blanc flavour (French pudding with chestnuts and whipped cream), while in the USA there flavoured tortilla chips. Flavours include blueberry and st

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