

## **ABC local radio foodie round-up**

Every week on ABC Local Radio you can tune in to hear about what's happening in your local foodie scene – whether it's recipes, produce reports or restaurant reviews. Visit:

<http://abc.net.au/radio/localradio> to find a station near you.

Here are a few highlights from around the country:

## **Australian Capital Territory**

### **666 ABC Canberra**

Tune into Louise Maher each Friday after the 4pm news when she chats with a different local chef and discovers their favourite recipe and how they go about creating their masterpiece in the kitchen. The recipe can then be found on the 666 website at <http://abc.net.au/canberra> Following the local chefs segment, Louise also chats with Sue Dodd from the Sydney Markets about seasonal fruit and vegies.

Tune into Mornings with Alex Sloan from 9am every second Friday as Dietician Caroline Salisbury gives the latest updates on food facts and nutrition research, with tips on how to incorporate this information into your busy life. Caroline has loads of sensible advice and nutritious recipes, which are not only good for your body but also a delight to eat.

## **New South Wales**

### **702 ABC Sydney**

Each fortnight Thursday at 5.20pm, Bill Granger gives Drive host Richard Glover a lesson in how to create the ultimate version of a standard dish. At the end of each session, he also gamely attempts Bill's Pantry Challenge, with a listener presenting him with the eclectic contents of their fridge and pantry, with Bill creating a recipe on the spot to match the at-hand ingredients.

Also on 702 ABC Sydney, join Simon Marnie at 8.30am Saturdays for the Chef's Challenge.

Leading restaurant providores explain what is fresh, seasonal and therefore cheap in the worlds of fruit & vegies, seafood and meat and listen as a leading Sydney chef provides a menu inspired by those ingredients. And on Sunday Simon talks food followed by 30 minutes of informative talkback with regular guests such as Joanna Savill and Ian "Herbie" Hemphill.

Regular spots on this segment also include To Market, Sydney Food and Kitchen Basics and at 11am on Sundays approximately every four weeks catch "The Chef & the Providore", where a top Sydney chef and one of our regular providores comes into the studio and answers questions from the audience

### **ABC Central West and ABC Western Plains**

Each fortnight on Thursdays, join Robyn Alderton at 10:20am. Robyn has been relaying interesting snippets on food and nutrition to listeners on ABC Local Radio for over a decade. With a rural background as the offspring of a fourth generation farmer in the Central West, she's had contact with food and its production most of her life. Once she completed training in cookery, she branched out into the academic study of food and its impact on our life. Robyn has a great interest in sourcing great food from producers who have a passion for their product, discovering what interesting things we can do with lots of different food commodities and then listening to others discuss the impact of food in their lives.

### **92.5 ABC Central Coast**

Every second Thursday at 11.45am, Daytime Shift host Scott Levi and a special guest chefs hold a live cooking "outside broadcast" at the 92.5 ABC Central Coast Erina Fair studios. Brian Lizotte the rock 'n' roll Chef from Lizotte's Restaurant tantalises our tastebuds with free taste testers always welcome. If you can't make it to the studio you can go to the website at <http://abc.net.au/centralcoast> and check out Brian's recipes.

### **97.3 ABC Illawarra**

Lorenzo Pagnan is one of the Illawarra & South Coast's most accomplished chefs, with his cooking style handed-down from his Italian mother. In one of our most popular segments, Lorenzo lets you in

on many of the secrets of a professional kitchen including how to source and choose produce and get the best quality at the best time. He presents recipes that fit our coastal and highlands lifestyle and to suit all levels of home cooks. 9.30 Wednesdays fortnightly. You can also find John's recipes on <http://abc.net.au/illawarra>

### **ABC New England North West**

Tuesday is fresh food day on ABC New England North West. Anna Moulder kicks off the morning with a chat to Inverell Greengrocer Peter Morris with all the news on what is in season and value for money at the markets. Then join Kelly Fuller on the morning show and expect a taste sensation, Sally Clifton from Pronto Catering and Michelin chef Ben Davies rotate the spotlight whipping up delicious dishes live in the studio from 9.30am.

### **ABC South East NSW**

Wednesday's at 10:45am our morning program chats to the head chef at Moruya TAFE College Roger Bailey. Roger has been talking food and passing on recipes with us for close to 20 years. All his recipes are available on our website: [http:// abc.net.au/southeastnsw/](http://abc.net.au/southeastnsw/)

## **Northern Territory**

### **105.7 ABC Darwin**

Join ABC Darwin's Mornings presenter Leon Compton on Fridays from 9.30am for a chat with Steve Sunk, the Territory culinary teacher also known as the 'Walkabout Chef'. Wherever Steve may be, from Milingimpi to Maningrida or Darwin to Dundee, he'll share fantastic bush recipes such as bush tomato scones and kangaroo curry. Using his extensive food knowledge, the 'Walkabout Chef' is happy to answer any kitchen queries from listeners.

## **Queensland**

### **612 ABC Brisbane**

Fresh Queensland produce and the best new products from around the south-east corner are the focus of Drive presenter Kelly Higgins-Devine's chats with food consultant Suzanne Quintner, every Wednesday at 3:30pm. Each week, Suzanne brings in a magnificent dish for Kelly to try, with recipes you can find at <http://abc.net.au/brisbane/tag/?topic=recipes>

And Mornings presenter Madonna King is joined each Tuesday at 10.45am by a team of chefs who promise to whip up some sumptuous dishes. Brisbane foodie Alison Alexander, hailing from Brisbane Masterclass, also includes easy-to-prepare dishes from across the globe. Join Madonna King, weekday mornings from 8.30-11.00am.

### **ABC Wide Bay**

At 9.45am every Friday, Chef de Cuisine of Wide Bay TAFE, David Scherer takes presenter David Dowsett through a range of recipes, including stir-fries, main meals, baked goods and sweet treats. Each recipe is explained as it's cooked and details are available on the station's website at <http://abc.net.au/widebay>

### **ABC Southern Queensland**

Chef Rebecca Robb appears on the mornings program once a month at 9.30am to take listeners' calls. Rebecca also shares a recipe, which can be found on the station's website at <http://abc.net.au/southqld>

### **630 ABC North Queensland**

Mornings presenter Paula Tapiolas features recipes each Monday morning between 8.30-11am, with regular cook Lyn Battle. Lyn describes herself as Sweers Island's "chief cook and bottle washer" but that's just being modest. The fact is, the fishing lodge would fall apart without her unfailing enthusiasm for, and love of, this remote part of Queensland.

Also on 630 ABC North Queensland, Nicole Dyer features the Symply Too Good segment with

Annette Sym, a Queensland based cook who has staged a quiet revolution in low-fat cooking. No dish is safe from Annette's low-fat touch from Wicked Chocolate Cake to (believe it or not) Butter Chicken. Annette also shares inspiring healthy living tips with listeners. Tune in Monday afternoons between 4-6pm.

### **ABC Western Queensland**

Every Monday morning at 9.50 join Nicole Bond and Dierdre Williams in the Country kitchen as Dierdre whips up another western culinary delight.

### **ABC North West Queensland**

Regular guest chef, Lyn Battle from Sweets Island Resort can be heard on Saturday Breakfast at 7.15am, hosted by Bruce Underwood. For more recipe details and photos visit the website at <http://abc.net.au/northwest>

## **South Australia**

### **891 ABC Adelaide**

On 891 ABC Adelaide, listeners are treated to a smorgasbord of food ideas featuring local produce – from recipes and tips for beginners through to creative ideas for gourmet cooks. On Monday Evenings at 7.45pm Peter Goers is joined by Heather Rogers, for Quick and Easy where Heather provides no-fuss, low-cost recipe suggestions for listeners. Every Wednesday between 4-6pm, Grant Cameron chats with Simon Bryant from ABC TV's The Cook and The Chef. On Friday Afternoons from 1pm, Carole Whitelock features foodies including Cath Kerry, Ian Parmenter, Rosa Matto, Allie Reynolds and Peter Milosevic, and on Weekends, Ashley Walsh hosts Stephanie Vasileff, the Sunday Chef, providing creative weekend cooking ideas.

### **ABC Southeast SA**

On the Mornings program every alternate Wednesday, Stan Thomson features interviews with local chefs, food producers and food enthusiasts on The Limestone Coast Food Program. Where possible recipes are posted at <http://abc.net.au/southeastsa>

### **ABC Eyre Peninsula**

Join Lisa Leong on ABC Eyre Peninsula Breakfast every Thursday at 7.35am for Tastebud Tantaliser. Lisa gets the tastiest treats from local cooks, visiting celebrity chefs, foodies, vigneron and — for those who can't go past Nanna's cooking — from grandmothers.

### **ABC Riverland SA**

Tune into ABC Riverland SA each Tuesday at 9.30am for Producer to Plate for a behind-the scenes look at local produce from the Riverland and Mallee. From oranges to olives, get an insight into how your meals go from harvest to the dinner table.

## **Tasmania**

### **936 ABC Hobart:**

Join Christopher Lawrence for Kitchen Fundamentals on Mondays at 2.40pm with experts from Hobart's Drysdale Institute including chefs Paul Lennard, Kirsten Bacon and Anne Ripper. Robin Black from Hobart's Drysdale Institute can be heard every second Wednesday at 5.20 with a recipe that you make easily for dinner that night. You'll have most of the ingredients either already in the cupboard or can pick them up at the corner store on the way home.

### **936 ABC Hobart and ABC Northern Tasmania**

8.30am-midday weekdays well-known Hobart chef, Karen Goodwin-Roberts, talks to Tim Cox about recipes and takes listeners questions once a month. Judith Sweet, food writer for the Hobart Mercury and convenor of Tasmanian Slow Food joins Annie Warburton every second Thursday at 8.00pm.

Sue Dyson and Roger McShane of the Tasmanian Food Lovers' Guide join Chris Wisbey every Sunday, with food reviews and updates from around Tasmania, and sometimes the world, at 11.45am.

## Victoria

### 774 ABC Melbourne

Weekdays 3pm -6pm, join Lindy Burns each week as she chats with renowned Melbourne chefs, who share their cooking secrets from all corners of the globe. From fine dining to cooking on a budget our experts impart their knowledge gleaned from years in the industry on how to cook, where to buy and what to serve your culinary creations with.

Each Saturday morning at 6.30am, Hilary Harper explores topics related to food, cooking and eating in her weekly food half hour. Hilary looks into food related issues such as "ethical shopping", food allergies, healthy eating for kids, men learning how to cook, food additives, and local eating - plus seafood and fruit and vegetable market reports.

### 97.7 FM Shepparton

Join Matt Dowling every second Thursday at 6.20am when he talks to local fruit producer Jim Aumann. You'll find out what's happening in the world of fruit and veg with Jim also selecting his pick of fresh produce.

### ABC Victoria,

Wednesdays at 5.45pm Kathy Bedford talks to The Food Coach, Judy Davie (fortnightly). Sort the bad carbohydrates from the good, the fatty proteins from the lean and learn how to nourish your body. Judy Davie, author of *The Food Coach*, guides you to a life of healthy eating. All finished with a recipe.

### ABC Central Victoria

Dave Lennon speaks with local chef Rob Scott every Monday at 10am, talking food and other assorted chatter. The segment can be heard on 91.1FM ABC Central Victoria, 594AM ABC Western Victoria & ABC Mildura-Swan Hill – 102.1FM Swan Hill, 104.3FM Mildura.

## Western Australia

### 720 ABC Perth

Tune in to Breakfast with Eoin Cameron for Foodies on Wednesdays at 6.45am. Regular guests Maggie Beer, Ian Parmenter, Marg Johnson and Kate Lamont will tempt you with a delicious recipe. As you make your way home each Wednesday at 5.30pm, make sure you don't miss top Perth chef Russell Blaikie as he plans your dinner for you on the Drive Show with Russell Woolf.

Every fortnight on a Wednesday cook Christine Simpson joins the Afternoons program and on Thursdays find out what produce is at its best and pick up some tips from Alessia Spedding (fruit and vegies), Lois Lynch (fish) and the flamboyant Vince Garreffa (meat).

Want fast and easy recipes? Well join James Lush at 8.30am each Saturday as one of Perth's top chefs give you five ingredients for a meal you can cook in five minutes.

### ABC Statewide Regional Afternoons

Join Glynn Greensmith every Wednesday at 2.40pm for the Cold Esky Challenge when we look at WA local produce from paddock to plate, from conception to consumption! ABC Rural reporters focus on one food item that's local to their region, find out what it is, how it's grown & how it contributes to WA's food bowl – THEN we take that item to a local chef, cook or baker & they help us make a delicious recipe out of it. Increase your knowledge of what's on our supermarket shelves and understand what it means to buy local.

Every second Thursday at 3.40pm enjoy an Extreme Recipe Makeover with Simon Bryant from The Cook & The Chef. We've raided our grandma's kitchen cookbooks and Simon takes a classic old-school recipe and gives it a delicious modern edge.