

Media Release

Students challenged to plate-up our region



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June 2014

In another Southern Forests SEED Program exclusive, Australian Good Food and Travel Guide's (AGFG) 'Chef in residence' - Shawn Sheather - is in town for the Truffle Kerfuffle a few days early, especially to host a masterclass and cooking challenge for local students.

As a part of his Regional Future Chef Challenge, high school students from Kearnan College and Manjimup Senior High School watched a master class from Sheather, who cooked three dishes made up of local produce, and featuring the famous Manjimup Truffle as an ingredient. "The region is renowned for its produce, there is not much you can't get around here," said Sheather.

The students, aged from 15 to 17 years, then got busy in the kitchen, with less than sixty minutes to cook and plate-up their own versions of the three dishes demonstrated by Sheather.

Each team's dishes were taste-tested by a panel of judges which included Mr Sheather, Alana Starkie - WA Signature Dish regional finalist, and Sonia Porter – President of the Truffle Kerfuffle Committee. Kearnan College students Zoe Blechynden, Isabel Gibbs and Chloe Shipley won the challenge, standing out because of their perfectly cooked Marron, and precise seasoning techniques.

Overall, the judges were overwhelmed with how well each of the groups cooked, particularly when most of the students had never cooked with truffle or some of the other ingredients. "It is very encouraging to see how the students have changed and replicated the dishes - they've done themselves proud. They understand that by putting their region on a plate, they include a little piece of themselves in the dish," said Sheather.

Photos:

https://www.dropbox.com/sh/jqz53fh5p2wlma0/AABoiltf_223WbIHPJxuxq4la

Attached:

- Program and dishes demonstrated by Shawn.
- Quotes from Shawn Sheather, SEED Program Coordinator and guest judges.

More information on the Southern Forests SEED program:

<http://www.manjimup.wa.gov.au/SEED> and [Follow us on Facebook](#)

-ENDS-

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Media Release – quotes

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Quotes

Shawn Sheather

[Learn more about Shawn Sheather](#)

- “Think of your last step first in commercial cookery – what do you want your guests to see, and taste.”
- “If I had my way, I’d retired to a mushroom farm and grow shitake, enoki and oyster mushrooms, because they are really hard to get.”
- “Most dishes are easy to make, but also easy to ruin.”
- “I do the regional challenge because I enjoy interacting with students. I had the opportunity to work with some really inspiring people when I first started learning to cook, and I want to give that back and hopefully inspire some young people to get into the industry.”
- “The thing I like the most about Manjimup is the people. I also grew up in country New South Wales, and Manjimup feels a lot like home to me.”
- “I’m hoping to take the Future Chef Challenge to schools nationally next year, and today has been crucial for us in demonstrating that we’ve already taken it across the country from Coffs Harbour in NSW to Manjimup in WA. The SEED program, Truffle Kerfuffle and the schools involved have been instrumental in this process, and I hope when you hear about this challenge in future years, that you remember that.”

Stephanie Carstairs – Education Development Officer (Southern Forests SEED Program), Shire of Manjimup

- “It’s not every day that students get the chance to work with someone like Shawn to get to know another career option in the agriculture industry, as well as utilise and experience such a diverse range of our region’s fresh produce.”

Alana Starkie – Sally’s Lane WA and WA Signature Dish Regional Finalist

- “Participating in a cook-off is stressful, but the exciting part is working with the fresh produce. As soon as you start working with the produce, you become inspired by the aromas and the taste, and everything starts to fall into place.”

Sonia Porter – President of the Truffle Kerfuffle Committee

- “It has been such a good opportunity for students of this age to cook with premium produce from the Southern Forests region.”

Morning masterclass, demo and cooking cook-off with Shawn Sheather

9:00 am Students arrival Manjimup High

9:15 am Introduction.

Welcome, run down on what the students will be doing later.

Industry talk - Truffle kerfuffle rundown.

Industry – career talk.

How to structure a dish – customer expectations

9:45am Shawn to run through his dishes – what, why, how etc.

Do demonstration

Explain methods, flavour textures matching.

Start to finish time 60 minutes.

Dish one

“Scrambled eggs with fresh shaved truffles, on lightly toasted sourdough”

Dish two

“Local marron pan seared with vanilla oil, with fresh shaved truffle”

Dish three

“Tagliatelle with truffle and forest mushrooms”

The students will taste the dishes.

10:45am 15 minute break

11:00am Students return

Each dish needs to have an element completed by a student.

11:15am Cooking starts –

They get till 12:15 to plate up their dish.

Shawn will walk around and assist, hopefully some will be using some of the methods shown to create a dish of their own.

Two dishes’ are to be plated from each group - one for judging, the other for everyone to taste to enjoy other student creations.

12:25pm to 12:35 for judging and eating

12:40pm Feedback and award the winning group.

If the students want to hang around and talk then great. It’s up to the teachers.