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Summer Newsletter 2009 - 2010

Dear [firstname,fallback=Subscriber]

December heralds summertime, the festive season, the end of the year....and with that another New Year! It is a busy time with much shopping, cooking, entertaining....and this year it is the end of the decade.

On the Ridge was established during this decade. We have enjoyed meeting so many interesting and wonderful people who have attended classes. There is always much chatter about recent food and dining experiences, shared by the group whilst learning and preparing our dishes, then enjoyed at lunch on the balcony, and often late into the afternoon.



Foodie tips shared include Magaly's best places to buy saffron, Don quietly mentioned where to purchase his delicious Schinkentec hams, how to cook them and store them, (read the blog for more about succulent Schinkentec ham at <http://www.ontheridge.com.au/blog> and Lorraine and Julie sung the praises of our local macadamia nut oil from Nutworks.



During this decade there have been interesting food developments, such as the growth of molecular gastronomy with Ferran Adria at El Bulli in Spain and Heston Blumenthal, at The Fat Duck in Bray, Berkshire. It has interesting methods of creating dishes and mixing food in ways never before contemplated. Read Matt Preston's a fabulous article on molecular gastronomy "The new frontier" published in the Melbourne Age April 29, 2008, which is on the On the Ridge Blog www.ontheridge.com.au/blog

Sunshine Coast School Kitchen Garden Projects have grown during this last decade. It has been exciting to see the many school kitchen garden projects that have sprung up around the Sunshine Coast and throughout Australia, encouraging children to grow their own vegetables and then learn how to cook with their wonderful fresh produce. The Noosa Slow Food convivia financially supports some on the Sunshine Coast. Our local Chevallum State School has just won a grant from the Stephanie Alexander Kitchen Garden Foundation for their school garden and kitchen project... The school vision is 'to entwine the children with the gardens, to deepen their understanding of the nature of life and to encourage them to discover the delights of food through the wonder of gardening'. For more information check out the On the Ridge Blog www.ontheridge.com.au/blog

From Paddock to Plate, is the new local cookbook featuring the produce from the Sunshine Coast and recipes from Noosa restaurants - On the Ridge is featured with its delicious, healthy and nutritious banana cake. The book contains some marvellous recipes, many great ideas and is beautifully illustrated – an excellent Christmas present. It is available from bookshops and from On the Ridge. Email if you would like a copy sent to you.

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On the Ridge Gift Certificates are always a good idea for that special present - the recipient may then enjoy your gift all year round, every time they cook at home. The gift certificates are available via the website www.ontheridge.com.au/content/view/52/65 and also via email to info@ontheridge.com.au. There is still plenty of time to have them sent or emailed.

The program for classes in 2010 is now on the [website](#) and also at the bottom of this newsletter.

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Cooking in France at La Combe - for those wanting to treat themselves to a very special cooking event, join us in France next June at La Combe en Perigord, in the heart of the Dordogne, 'the cradle of gastronomy', and world-renowned for its extraordinary prehistoric cave paintings, spectacular medieval castles and villages. The eight-day program includes three or four "hands-on" cooking classes, presented by Tonya, visits to farmers' markets and artisans producing regional specialties. The program includes all meals and wines, in notable restaurants and at La Combe, so you are able to enjoy the best this culinary paradise has to offer. Read

www.ontheridge.com.au/content/view/99/82 for more information or email info@ontheridge.com.au

Cooking at On the Ridge is made special by all you marvellous participants in the classes. We love presenting these cooking classes and sharing our knowledge, giving the joy and pleasure gained from learning to cook with the best ingredients available here on our Sunshine Coast. The lunches at the end of class encourage all that is good about conviviality and food – the discussion about the dishes, the joy of cooking, friendships formed and the celebrating of our delicious creations. These classes thrive on your enthusiasm and excitement.

And also a big thank you to our wonderful Kitchen Stewards, without whose help the classes would not happen so smoothly and pleasantly – they are a vital and integral part of the team here – so a very big thank you to Annie, Jenny, Lorraine, Helen and Heather.

Best wishes for the very happy festive season and for a marvellous, happy and successful new year.

From Tonya Jennings

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2010 program of classes

These dates are also available on the [website >>>click here](#)

March Thursday 4th – Coastal Catch – Seafood Delight

March Saturday 6th - A French Odyssey - Journey through France

April Thursday 8th - Coastal Catch - Seafood Delight

April Saturday 10th - Italianicious - Cooking with Passion

April Sunday 11th - Mediterranean - Touch of Spice

April Saturday 24th - Italianicious - Cooking with Passion

April 30th May 1st, 2nd - Noosa Food and Wine Celebration

May Saturday 29th – A French Odyssey – Journey through France

May Sunday 30th – Mediterranean - Touch of Spice

June Saturday 12th - A French Odyssey – Journey through France

On the Ridge On Tour in France – Cooking at La Combe en Perigord

Monday 25th June – Monday 5th July – On the Ridge On Tour to France – La Combe en Périgord culinary tour - food, wine, markets, cooking classes for the week at the beautiful French provincial La Combe en Périgord, just outside Les Eyzies in Perigord, SW France.

La Combe en Périgord - <http://www.lacombe-perigord.com>

[Enquiries to On the Ridge Cooking School.](#)