



Summer Newsletter 2008

A sunny summer hello to you

'O spirit of the Summertime!
Bring back the friendship of the sun;
The gilded evenings, calm and late,
When merry children homeward run,
And peeping stars bid lovers wait'.
William Allingham (1824 -1889) *Summertime*

The Festive Season each year comes around just that little bit quicker than the last. Our **Festive Celebrations** cooking classes were enthusiastically received by the participants with many interesting treats appearing on the menus. One of those was the egg caviar tart - a colourful hors d'oeuvre that has been a favourite of mine for many years. Another special summer entrée - **Tomatoes stuffed with Prawns and Horseradish Chantilly**, is currently featured on the website [>>>click here](#). The ducken ballotine, a boned duck filled with a boned chicken with festive farces, tastes delicious, looks colourful and very attractive and is so versatile - it may be served hot or cold, prepared and then frozen until required; then simply roasted in the oven or barbeque. There were many happy participants going home with interesting, prepare-ahead dishes for the big day.



Summertime

On the Sunshine Coast our summer is a mixture of glorious sunshine, winds, rain, storms and then the 'beautiful one day, perfect the next' kind of day....those that we really enjoy.

Summer, for me, is a celebration with friends and family coming together; plus a time to wind down and re-energise. In our summer cooking classes we cook food that is light, healthy, and simple to prepare, so we may savour time to relax, rather than be in the kitchen all day. In summer, meal preparation seems easier, we feel more casual and informal; entertaining is more flexible with lots of eating and cooking out of doors, barbecuing, stir-frying and sautéing. It's a good idea to stock up the pantry and fridge with fresh, local produce so it is easy to make that delicious meal just when it suits.

On the Ridge Gift Certificates make a lovely Christmas gift. They entitle the recipient to a full day, hands-on cooking class, with lunch and wine. Gift Certificates may be purchased via the website [>>>click here](#), by emailing tonya@ontheridge.com.au or calling Tonya on 0412838323. The recipient can select any class throughout the year, enjoy the cooking and food experience, plus might then treat you to a delicious lunch or dinner to share their learning and pleasure.

A Slice of the Hinterland – Summertime – Cuisine Heureuse – happy joyful cooking. These classes feature outdoor, casual barbeque cooking. As a result of some very popular private barbeque classes held this year, they are being offered in 2009 on a regular basis as **A Slice of the Hinterland - Barbequing with Friends**. Some dishes we cooked were prawn kebabs with sesame seeds, scallops in the shell with lemon butter and dukkah, Greek roast lamb – boned, butterflied and served with cumin yoghurt, barbequed bananas with chocolate and walnuts, wok-fired summer fruits in brandy sauce and caramelised fruit skewers...along with On the Ridge vanilla ice-cream.



On the Ridge Guest Chefs in Gladstone's Community Project – 'For the Sight of Others' - Sunday 14th

December 2009. Tonya and Cathy travelled to Gladstone as guest chefs for the Gladstone Community Project - 'For the Sight of Others'. This project supports the Fred Hollows Foundation where the aim is to raise \$250,000 in 12 months - equivalent to 10,000 eye restoring operations. Gabi Hollows, a founding director of The Foundation, launched the project in Gladstone earlier this year. The full day, hands-on cooking class for 24 men and women was a huge success; the enthusiastic participants loved cooking the Mediterranean – Touch of Spice menu. One of the projects aims is to engage the community in a variety of events as part of the Foundation's fundraising program.

Culinary tours to France - 2008, 2009 and 2010. On the Ridge chefs went On Tour in France in September with ten days spent with the **Picnics in Provence** Melbourne-based tour group. It was an amazing experience, with the days spent marketing and shopping for fresh local produce, presenting our cooking classes, wining, dining, plus shopping for cookware, clothes, linen and gifts. I know France well, but had not been to some of those 'secret places' Nikki from 'Picnics' shared with us - the visits to the wineries, the picnic in the vineyard, the river walk, the cooking classes with the local, very talented chef Johannes Sailer in his restaurant kitchen and the lunch we ate afterwards under the plane trees, with the filtered sun shining through - so relaxing and a divine meal. We conducted cooking classes with the group and it was lovely to share our dishes all with enthusiastic like-minded 'foodies'. The experience with 'Picnics' was very special - the beautiful villa we stayed in and some of the best dining experiences I have had in France. Join me and Picnics in Provence in September 2009, when I will again be presenting cooking classes for the Picnics in Provence culinary tour. Please register your interest by emailing and I will you inform you about this tour – tonya@ontheridge.com.au.



2010 – Monday 28th June – Monday 5th July. La Combe en Périgord, South West France. Tonya and her chef colleague Cathy will be the guest chefs at La Combe en Perigord – Australian Wendely Harvey's cooking school in the Périgord Noir, south west France. www.lacombe-perigord.com. This will be a wonderful experience cooking and enjoying south west France with Wendely and Robert, who have lived at Les Eyzies and operated their cooking school there for the past twelve years. Check the La Combe website www.lacombe-perigord.com for full details of the week's activities. Please register your interest by emailing and I will inform you about this tour – tonya@ontheridge.com.au.



A big thank you to the On the Ridge team

How fortunate I am to have the assistance of the very efficient, energetic and capable Heather, Helen, Annie, Jenny, Lorraine and another Jenny. Their tremendous effort and hard work during the classes is most appreciated by the groups and most would like to take them home! Also many thanks to my friend and colleague Cathy Miller for her assistance in our recipe development and recipe database management. We receive many emails from happy cooks who enjoy making the recipes from our cookbook – **A Slice of the Hinterland – Cuisine of the Sun – Cookery of the Sunshine Coast and its Hinterland.** [>>>click here.](#)

2009 program of classes

The dates and descriptions for classes in 2009, appear at the end of this newsletter. They are also listed on the website [>>>click here](#)

With best wishes for a happy, healthy and safe festive season and a successful, prosperous 2009

Happy Cooking – cheers
Tonya Jennings

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Current Cooking Classes available at On the Ridge 2009 >>>[for class details](#)

January Saturday 24th - A Slice of the Hinterland - Barbequing with Friends
January Sunday 25th - Coastal Catch - Seafood Delight

February Saturday 7th - A French Odyssey - Journey through France
February Sunday 8th - A Slice of the Hinterland - Valentine's Day

February Sunday 22nd - Coastal Catch - Seafood Delight

March Sunday 7th - Italianicious - Cooking with Passion
March Sunday 8th - A Slice of the Hinterland - Autumn Leaves

March Saturday 21st - A French Odyssey - Journey through France
March Sunday 22nd - A Slice of the Hinterland - Barbequing with Friends

March Sunday 30th - A French Odyssey - Journey through France

April Saturday 4th - A Slice of the Hinterland - Cuisine of the Sun
April Sunday 5th - Mediterranean - Touch of Spice

April Saturday 18th - Coastal Catch - Seafood Delight
April Sunday 19th - Italianicious - Cooking with Passion

April Saturday 25th - A Slice of the Hinterland - Barbequing with Friends
April Sunday 26th - A French Odyssey - Journey through France

May Saturday 9th - Mediterranean - Touch of Spice
May Sunday 10th - Coastal Catch - Seafood Delight

May Saturday 23rd - Everyday Easy
May Sunday 24th - Italianicious - Cooking with Passion

June Saturday 6th - A French Odyssey - Journey through France
June Sunday 7th - Slice of the Hinterland - Barbequing with Friends

June Saturday 20th - A Slice of the Hinterland - Barbequing with Friends
June Sunday 21st - Mediterranean - Touch of Spice

July Saturday 4th - Coastal Catch - Seafood delights
June Sunday 5th - Italianicious - Cooking with Passion

July Saturday 18th - Slice of the Hinterland - Cuisine of the Sun
July Sunday 19th - Mediterranean - Touch of Spice

August Saturday 1st - A Slice of the Hinterland - Cuisine of the Sun
August Sunday 2nd - Italianicious - Cooking with Passion

August Saturday 15th - A French Odyssey - Journey through France
August Sunday 16th - A Slice of the Hinterland - Cuisine of the Sun - Outdoors with the Barbeque

August Saturday 29th - Mediterranean - Touch of Spice
August Sunday 30th - Coastal Catch - Seafood Delight

September – On the Ridge On Tour in France – Picnics in Provence – culinary tour - contact us for details

October Saturday 3rd - A French Odyssey - Journey through France
October Sunday 4th - A Slice of the Hinterland - Barbequing with Friends



October Saturday 17th - A Slice of the Hinterland - Cuisine of the Sun
October Sunday 18th - Mediterranean - Touch of Spice

October Saturday 31st Coastal Catch - Seafood Delight

November Sunday 1st - Italianicious - Cooking with Passion

November Saturday 14th - Festive Celebrations

November Sunday 15th - A Slice of the Hinterland - Cuisine of the Sun - Summertime

November Saturday 21st - Coastal Catch - Seafood delight
November Sunday 22nd - A Slice of the Hinterland - Barbequing with Friends

December Saturday 5th - Festive Celebrations

December Sunday 6th - A Slice of the Hinterland - Cuisine of the Sun - Summertime

Descriptions of the classes at On the Ridge Cooking School

A Slice of the Hinterland - Cuisine of the Sun

Local providores' seasonal produce from within 60kms of On the Ridge at Kureelpa is showcased. In this 'foodies' paradise, you are treated via our innovative modern Australian cuisine to the best the region has to offer.

Coastal Catch - Seafood Delights

Learn how to select good quality fresh fish and enjoy the delights of preparing and cooking our local seafood by grilling on the barbeque, steaming, poaching and baking. Fish is so easy to prepare and quick to cook; it makes a great healthy 'fast food' choice with a fresh salad.

Italianicious - Cooking with Passion

The basics of Italian gastronomy are freshness, simplicity and lack of pretension with robust dishes packed with flavour. Italians enjoy their cooking and eating is a festive, fun affair accompanied by music and laughter, their food features good quality olive oil, fantastic cheeses, home-made pastas and gnocchi, tomatoes, olives, garlic, basil, rosemary, sage and lemons. Italianicious presents a range of dishes, some contemporary, some old and traditional, requiring various culinary skills, such as pasta making, which is a joy and fun to make, most satisfying and delicious to eat. Capture the passion of Italy.

Mediterranean - Touch of Spice

Cook dishes from the Mediterranean regions of Southern Spain and France, Italy, Greece, Turkey and the Middle East, where people are passionate about the food they produce and eat. There is such a variety of dishes made from sun-ripened fruit and vegetables, fresh herbs, seafood and meat, much like we produce here on the Sunshine Coast. Savour the sunny flavours of Spain with Andalusian gazpacho; enjoy the French romance of Provençal prawns and the exotic spices of Morocco in spiced lentil, chick peas and pumpkin tagine.

A French Odyssey - Journey through France

In France cooking is a pleasure, the French cook because they want to eat well and they love the process. Discover this pleasure by taking a culinary journey through France with classic dishes like blanquette de veau, coq au vin and crème brûlée, regional favourites and la cuisine nouvelle, the cuisine of today with fresher, lighter, healthier, contemporary dishes. Enjoy the tastes, textures and aromas of simple and sophisticated French fare.


A Slice of the Hinterland – Barbequing with friends

The barbeque is a versatile fun way to cook. We barbeque overlooking the valley and the coast, using local providores' seasonal produce from within 60kms of On the Ridge at Kureelpa. Barbequing with Friends focuses on outdoor cooking and casual entertaining, with whole snapper wrapped in banana leaves, vegetables, wok fired fruit salad, and many other delicious barbequed treats.

A Slice of the Hinterland - Savour the Season – Autumn Leaves

With autumn we still experience sunny warm days, but with a cooler touch and a sharp finish to follow in the evenings. As we move through each month within each season the cooking techniques change. In early autumn, there are the lighter crisp salads of Witlof, pears, watercress, grapes and walnuts whilst later we have the more wintry stews and casseroles adorning our tables. We cook earthy field mushroom and leek egg baked pots, stuffed aubergines, ripe purple figs wrapped in prosciutto, crayfish, sautéed chicken with spinach and almonds, slow-roasted pork with broccoli and apple mint jelly, pear tart tatins and slow poached quinces.

A Slice of the Hinterland - Savour the Season - Winter Warmers



Cosy dinners in front of the fire warm the heart. Winter is the time for the intense, robust flavours of hearty soups, slow-cooked casseroles, tagines, roasts and baked pies and tarts with desserts of hot soufflés, baked and poached fruits and puddings. Slow cooking, of soups, casseroles, tagines, is easy, delicious and uses more affordable ingredients. Winter foods nourish the body, satisfy the soul and fill us with a tangible serenity – love, warmth, comfort.

A Slice of the Hinterland - Savour the season – Spring is in the Air

Enjoy a variety of fresh and tantalizing springtime flavours, a refreshing change from winter. Feast on tender asparagus, tiny sweet tasting peas, new potatoes, local seafood, pale pink lamb and tender veal. We may cook lettuce and snow peas soup, delight in barbequed spring lamb, artichoke and butter lettuce salad with baby green beans and cress, savour spring strawberries and bake citrus cake, marinate oranges and make home-made chocolate ice cream.

A Slice of the Hinterland - Savour the Season – Summertime – Cuisine Heureuse

Joyful cooking 'cuisine heureuse' perfect for our lazy summer days and holidays. Meal preparation seems easier in summer, we feel more relaxed, more informal and entertaining is more flexible with lots of eating and cooking out of doors, barbecuing, stir-frying and sautéing. We enjoy dishes of chilled refreshing soups, crisp salads, fish and berry and stone fruits.

Festive Celebrations

It is good to celebrate special occasions with your family and friends. Whilst during the Australian summer we present dishes for casual, al fresco and summer dining, we also celebrate the festive season. You learn simple ways to create the traditional festive dinner of roasts, ham, boned and stuffed turkeys, oysters and prawns. The Christmas trappings such as Christmas puddings and cakes, mince pies, shortbread, summer pudding, berries and sauces are also part of your experience in this program.