



Jamie's Ministry to kick start food revolution in Geelong

Home to healthy habits

DANNY LANNEN

MARK Valeno estimates a grass roots kitchen revolution is on the boil in Geelong.

The chief executive of health insurer GMHBA said yesterday that having celebrity chef Jamie Oliver's first Victorian Ministry of Food based in the city would bring power to transform the city's bottom line in health.

"It's about simple stuff people can do, pulling apart the myths that good food is not tasty, or takes too long to prepare," Mr Valeno said.

"We're hoping it's part of a grass roots movement.

"This is the Victorian base

here but it builds on local principles, with local trainers, local produce, local businesses and local people being involved.

"Anybody can do this and people will make good choices, people don't want to be unhealthy and people can make good choices if they've got the right information."

The Good Foundation has confirmed Geelong as its Victorian base, promising classes for more than 10,000 people a year, while a Ministry of Food Mobile Kitchen travels the state as part of the Baillieu Government's Victorian Healthy Eating Enterprise.

Oliver hopes to change the face of Australia's health for

the better.

Employees and volunteers will help power the ministry in Geelong, leading blocks of 10 90-minute classes aiming to transform people's kitchen confidence and health habits.

Foundation leaders were unable yesterday to outline plans for the ministry's site or opening date.

Mr Valeno said GMHBA had no hesitation in backing the ministry as a formal partner in Geelong.

"Let's dream big and work together as an entire community to reduce the health threats in our region and make real change," Mr Valeno said.

Ross Parke's The Good

Guys is also a major supporter.

"With the right sort of information and equipment anyone can cook well. This centre is such a great win for families in the Geelong area," Mr Parke said.

Ministry of Food Australia

chief executive Alicia Peardon said the support of the businesses was critical.

"Without businesses like them, we could not provide Jamie's program, which teaches basic cooking skills and practical solutions to diet-related disease," Ms Peardon said.

danny.lannen@geelongadvertiser.com.au





HEALTH HELPER:
Celebrity chef Jamie Oliver and, right, GMHBA general manager Jacqueline Armitage, the Good Guys' Ross Parke and GMHBA CEO Mark Valena.
Inset photo: PETER RISTEVSKI

Tasty treat

Jamie's sizzling beef with spring onions and black bean sauce.
Serves 2

Ingredients: Sea salt and black pepper, 130g long-grain rice, 1 x 200g rump steak, 1 red pepper, handful of baby corn, a thumb-sized piece of fresh ginger, 2 cloves of garlic, a fresh red chilli, 2 spring onions, a small bunch of coriander, a handful of snow peas, 1 tbs sesame oil, 1 tbs groundnut oil, 2 tbs of black bean sauce, 1 tbs soy sauce, 2 limes, 1 egg.

BRING a pan of salted water to the

boil, add rice and cook according to packet instructions. Drain rice, run under cold tap to cool, then allow to dry in the fridge.

TRIM excess fat from steak and slice meat into finger-sized strips. Halve and deseed pepper and cut it into thin strips. Trim and halve baby corn lengthways. Peel and finely slice ginger and garlic. Finely slice the chilli. Cut the ends off your spring onions and finely slice. Pick the coriander leaves and put to one side, and finely chop the coriander stalks.

IN a big bowl, put red pepper, baby corn, snow peas, ginger, garlic, chilli, spring onions,

coriander stalks and steak strips. Add the sesame oil and mix everything together.

PREHEAT a large frying pan on high heat. Once it's very hot, add half of the groundnut oil and swirl it around. Add all your chopped ingredients from the bowl. Give the pan a good shake to mix. Stir-fry for 2 minutes, taking care to keep everything moving so it doesn't burn. Add the black bean sauce, and stir in half the soy sauce and the juice of half a lime. Keep tossing. Taste and season with black pepper.

REMOVE the pan from the heat, transfer everything to a bowl and

cover with tin foil.

GIVE the pan a quick wipe with a ball of kitchen paper and put back on the heat. Add the rest of the groundnut oil and swirl it around. Crack in your egg and the remaining soy sauce – the egg will cook very quickly so keep stirring. Once it's scrambled, stir in chilled rice. Keep mixing for a few minutes until the rice is hot.

DIVIDE the rice between two bowls or plates. Spoon over the meat and black bean sauce and sprinkle over the coriander leaves.