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# EATS

with Melanie Hansche

## KEEPING IT *simple*

Kylie Kwong's new series is part cooking show, part travelogue

**K**ylie Kwong knows how to score herself a lunch invite. Even language isn't a barrier. While travelling through China filming the new television series



Kwong kwuisine

of *Kylie Kwong: Simply Magic*, the talented chef and fourth generation Australian got herself more invites than you can poke a chopstick at.

"My director said to me, 'Kylie Kwong, you are the only Chinese person I know who can manage to invite herself into everyone's home for lunch in China without speaking Chinese!'"

*Kylie Kwong: Simply Magic* originated from Kylie's brand new cook book, due to be released in February, titled *Simply Chinese Cooking* (Lantern Penguin), plus her love of travel and personal interest in China's culture.

"The show has a lovely mix of culture,

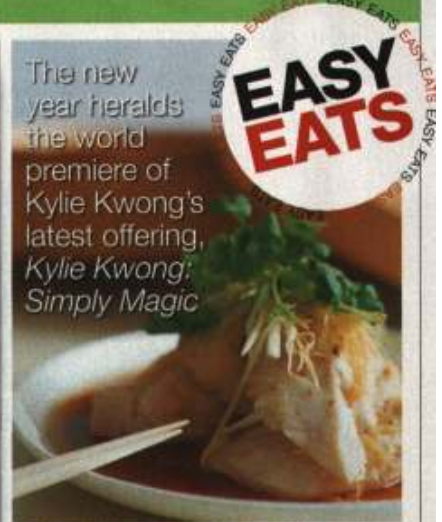
religion and art. It's beautiful and textured and makes for gritty TV. I hope viewers can smell the streets of China through the camera," Kylie says.

"The essence of the show is 'simple Chinese cooking' - you don't have to shop at Chinatown, the recipes are simpler and I'm trying to make it accessible to a wider audience. I want to tell the world how beautiful, fresh and healthy Chinese cooking really is ..."

"I didn't make anything on the show I didn't like eating myself," she adds. "What you see is what you get. I hope that inspires people to get into the kitchen and cook!"

★ **KYLIE KWONG: SIMPLY MAGIC** premieres January 10 at 7.30pm on The LifeStyle Channel (Ch. 4, D 106)

The new year heralds the world premiere of Kylie Kwong's latest offering, *Kylie Kwong: Simply Magic*



### Steamed Fish Fillets with Ginger and Spring Onions

**Ingredients**

- 4 x 100g firm white-fleshed fish fillets
- ½ cup water
- 2 tbsps shao hsing wine or dry sherry
- 2 tbsps ginger julienne
- 1 Chinese cabbage leaf
- ½ tsp white sugar
- 2 tpsps light soy sauce
- ¼ tsp sesame oil
- ½ cup scallion spring onion julienne
- 1½ tpsps peanut oil
- ½ cup cilantro coriander leaves
- pinch ground white pepper

**Method**

➤ Place fish in a shallow heatproof bowl that will fit inside a steamer basket. Pour water and wine or sherry over fish, then sprinkle with half the ginger. Place bowl inside steamer and position over a deep saucepan or wok of boiling water and steam, covered, for five to six minutes.

Cut Chinese cabbage leaf into four squares and slip inside steamer. Cover and steam for a further two to three minutes. The fish should be white; if it is still translucent, cook for another minute.

Remove cabbage from steamer and arrange on a serving plate. Using a spatula, carefully remove fish from steamer and place on top of hot cabbage. Pour any liquid left in the bowl over fish, sprinkle with sugar and drizzle with combined soy sauce and sesame oil, then sprinkle with remaining ginger and half the spring onion.

Heat peanut oil in a frying pan until moderately hot, then pour over fish. Sprinkle fish with remaining spring onion, coriander and pepper. Serve immediately. Serves 4-6.

★ **KYLIE KWONG: SIMPLY MAGIC** premieres January 10 at 7.30pm on The LifeStyle Channel (Ch. 4, D 106)

### WHAT'S COOKING?

**MOOD FOOD** IF YOU'RE ONE OF THOSE PEOPLE WHO FEELS INFINITELY OVERJOYED AFTER EATING A PIECE OF CHOCOLATE, YOU MUST WATCH THIS SPECIAL EPISODE OF EXPLORATIONS. FIND OUT HOW FOOD CAN CHANGE THE CHEMISTRY IN OUR BRAINS AND MAKE US FEEL HAPPY OR RELAXED. THE PROGRAMME ALSO EXPLORES WHETHER FOOD CAN BE ENGINEERED TO ENHANCE ITS MOOD-CHANGING POWER. NOW IS A GOOD TIME TO TEST WHETHER OYSTERS REALLY ARE AN APHRODISIAC ...

★ **EXPLORATIONS** premieres January 7 at 8pm on National Geographic Channel (Ch. 11, D 632)

## HOPS & GRAPES

Here's a new brew creating a buzz. **Bee Sting honey wheat beer is a first release**



Bee Sting beer buzz

for the newly-formed **Barossa Valley Brewing (BVB) company**. **BVB is the brainchild of former bankers who have traded in their careers to make beer. Brewed with barley, wheat and a touch of honey, it's a crisp beer with a hint of bitterness. We reckon it's a good match for Thai food and barbecued meats.**

## QUICK fix

We asked food planning expert **Sandi Richard** how to create healthy family dinners

- Know what you are eating for supper at the beginning of your day so you can adjust your eating before.
- Get kids to eat breakfast with washed cut fruit and smoothies.
- If you have small children, allow only one junk food type meal per week.
- Put a list on the fridge. Have all family members list the healthy foods they would like in their lunch.

★ **FIXING DINNER** prime time premiere January 9 at 7pm on Discovery Home & Health Channel (D 640)



The dinner fixer

NEXT ISSUE: ENJOY GREAT GRUB IN THE GREAT OUTDOORS