



INGHAM-NORTH QUEENSLAND  
22 & 23 AUGUST 2009

## MIRKO GRILLINI'S SHOWS

**As per everything that I do when associating food to entertainment, I will bring tradition, nutritional aspects, culture, comedy and fun to each show.**

**The aim is to give people the confidence of enjoying cooking and understand how simplicity can be the secret to good health and full flavors.**

### **Friday 21<sup>st</sup>**

DAY: At the Expo site - 2 hours with Home economic students. Discussions and demonstrations about Italian cuisine and lifestyle. Session will include travel and multicultural aspects of food. Hands on exercises to allow students to experience and get involved.

### **Saturday 22<sup>nd</sup>**

4 Cooking shows (30 to 40 Minutes each) with full participation of selected audience members. One of the shows will actually be a Gnocchi making competition in which Mirko will select 3 participants from the audience who will challenge each other in the best Gnocchi production.

In each show, participants will end by singing a song in a duet with Mirko, to proof that not only they can cook like an Italian.... But they can also sing like one.

### **Sunday 23<sup>rd</sup>**

Attend and oppress flesh" at Market Day. Set menu and supervise BBQ for tree planting morning.

-Children's activity...at stall in outdoor area...maybe pizza eating

-Judge the Nona's best recipe contest

-Waitress competition

-Announcement of Chefs cook off comp. (Dishes judged by Mirko-Pre-prepared by local chefs)