



A Kingfish Showdown for NSW's Top Apprentice Chef's

The 8 finalists in the apprentice competition for the **2009 Seafood Excellence Awards** will today participate in a **Seafood Showdown** at the Sydney Seafood School where they will have the opportunity to create their own seafood masterpiece. Working in some of NSW's top restaurants finalists include apprentice chefs from Garfish, Universal, Lucio's and Sean's Kitchen, all in the running for the Inspired by Seafood award.

As part of the 2009 Seafood Excellence Awards, apprentice chefs and TAFE Commercial Cookery students from across NSW were invited to participate in a unique and exciting opportunity where they were challenged to create a new recipe using Kingfish. This is to open up these prestigious industry awards not only to the market leaders but also the stars of tomorrow. The brief allowed nominees to showcase their skills in preparing seafood and matching tastes, flavours and textures in dishes created for a judging panel of their industry peers.

Nominations were judged by Astral chef **Sean Connelly**, Sydney Seafood School Manager **Roberta Muir**, and Delicious Magazine Food Editor **Valli Little**. The judges will witness all finalists prepare their dish, noting their preparation techniques and how each finalist reacts under pressure. Judges will also quiz the finalists and ask questions about their recipe, technique, preparation and their chosen dish. The winner of the **Inspired by Seafood Award** will be announced on the 14th March at the Seafood Excellence Awards.

Sydney Fish Market's Seafood Excellence Awards, will honour the outstanding achievements of the Australian seafood industry and reflect the values that have built the Sydney Fish Market reputation. On Saturday 14th March, 2009, Star City Grand Ballroom will play host to this much anticipated event. Tickets are available at www.seafoodexcellenceawards.com.au

The chefs and their dishes competing for the **Inspired by Seafood award** include:

Kevin Lin - Garfish Crow's Nest

Insert details of recipe

Drew Norris - Ocean Restaurant

Insert details of recipe

Jamie Blows – Rocksalt

Insert details of recipe

Ben Uttley - Fins Restaurant

Insert details of recipe

Annie Watt - Universal Restaurant

Insert details of recipe

Chris Ranzenbacher - Crowne Plaza Newcastle

Insert details of recipe

Damian Trinco - Sean's Kitchen

Insert details of recipe

Michael Flood - Lucio's Italian Restaurant

Insert details of recipe

The Seafood Showdown will take place in the Sydney Seafood School Monday, 23 February from 10am. Media are welcome to attend with prior arrangement. Please contact 6dc below:

For further media information or images please contact:

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