



Media Release

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Flavour Forecast 2016 Recipe Challenge Stunning, creative cooking from Australian Home Economics students

Throughout 2016, home economics students across the country have been demonstrating their creative flair as they took on the 2016 Recipe Challenge developed by McCormick Foods and the Home Economics Institute of Australia Inc. Entries flooded in from as far afield as Darwin to Kalgoorlie to Kingscliffe, from schools large and small. The judges were stunned with the creativity, cooking skills and explanations of what the young students created.

While the criteria was tough, the Year 9/10 students revelled in the challenge and showed just what they could do when confronted with designing dishes with ingredients such as matcha green tea, linseed and incorporating culinary techniques such as pickling and smoking in drinks.

Now in its fourth year, the Challenge presented Year 9 and Year 10 home economics students with the opportunity to explore the McCormick® Flavour Forecast® 2016 Report in detail. The report is developed by home economists, sensory scientists, chefs and food experts from across the world and is a combination of emerging trends and flavours that offer a taste of what's next on the global menu. The challenge was for students, individually, or in teams, to develop three original recipes that support the McCormick® Flavour Forecast® 2016.

“While our signature Flavour Forecast report is a global initiative, Australia is proud to be taking the trends and flavours into the classrooms of the next generation of foodies.”, says Karen Marshall, Marketing Director, McCormick Foods Australia. “We have been inspired and impressed to see how the students have adapted the 2016 flavours to create their own original dishes.” Using a given set of ingredients, plus added ingredients of their choice, students were to design, cook and present three dishes that reflected the Flavour Forecast themes. They were also required to address the added constraints related to budget and health.

The students’ written responses revealed that many of them had never heard of some of the ingredients, let alone tasted them. Totally fearless, students experimented with ideas and flavour combinations that produced amazing meals.

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Convenor of the HEIA Education Standing Committee, Dr Janet Reynolds agreed, “The entries were outstanding. Students really excelled and exceeded all expectations for their age group. Some stunning thinking and creativity went into their entries. It was inspirational to see how young Year 9/10 home economics and food technology students used curriculum design processes to come up with innovative use of the set ingredients. It was clear that students used active reflection and evaluation at each stage of the process and acted on these to amend their recipe and presentation to come up with stunning results. For each team to do this for three different recipes was amazing.”

And finally, it is time for revealing the top talent amongst Australia’s Year 9/10 students—that is, the top entries in each of five state/territory groupings, and the overall winner. HEIA and McCormick are pleased to announce the national winner is:

Murrayville Community College, VIC

Students from the Victorian school took out the main prize with the following recipes:

Ancestral Flavours: Kangaroo Pouches.

Description: A tender pan seared kangaroo steak, seasoned with bush spices and pink lakes salt, enhanced with the sweetness of a quandong and mango sauce. Contrasted by a crisp apple and sharp red onion slaw and all tucked neatly into a beautifully light mini spelt pita bread and served on a bed of peppery rocket. Partnered perfectly with a side dip of sumac dusted yoghurt.



Blends with Benefits: Herb and chia chicken fillets with hassle back sweet potato and roasted beetroot

Description: Enjoy the subtle flavours of fresh herbs and the benefits of chia seeds in a delicate crumb coating on a lightly pan-fried tender chicken fillet. Served with roast sweet potato, beetroot and onion on a bed of salad greens and quinoa. A lemon and mint dressing is served on the side.



Culinary Infused Sips: Red Romance

Description: A spiced warm drink based on cranberry and pomegranate juice with the flavours of apple rhubarb and beetroot. Perfect for a cold winters night.



The other state/territory winners were:

- **South Australia/Northern Territory:** Darwin High School, NT
- **New South Wales/ACT:** Sutherland Shire Christian School, New South Wales
- **Queensland:** St Peters Lutheran College, Queensland
- **Western Australia:** Mercedes College, Western Australia

The national prize for the winning school is a \$2,000 voucher from chefshat.com.au to stock up the school kitchen and a HEIA school membership. In addition, the winning school from each state/territory division receives an amazing Tupperware pack for the Home Economics room and a supply of McCormick herbs and spices.

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