

# Holidays on a plate

Discover and savour cuisines from all over the globe without leaving the country, thanks to these great cooking classes, tours and festivals

Maria's spirited approach rubs off on her students.



If you love the food and feel of Tuscany, you'll love Sioban's cooking weekends.

**I**n these hard economic times, you may have to hold off on your dream to picnic under the Tuscan sun or tour the Greek Islands. But don't despair – you can still taste the world's flavours with these culinary escapes.

## Greece is the word

Any fan of Greek dishes should spend a morning of indulgence at a Greekalicious cooking class. Maria Benardis' passion for Greek culture and cuisine is contagious. She introduces you to many cuisines of the Greek isles, where food plays a central role in life. Her opinions on how food should be prepared are resolute and she has a particular fondness for the dishes of her home town of Psara.

Each class is themed, but you'll learn to make a delicious array of food, such as a salad of Crete (Maria stresses there's no such thing as Greek salad – there are many styles of salads from Greece), stuffed lamb baked in vine leaves, or honeyed kataifi pastry nests for dessert. Be sure to arrive hungry!

Maria has a book in the works and will be hosting culinary tours of Greece, but in the meantime sign up for a memorable class held at Sydney's Bondi Junction.

**TO GO:** Call (02) 9331 0734 or visit [www.greekalicious.com.au](http://www.greekalicious.com.au).

**FOOD FESTIVALS** In Brisbane, Melbourne, Perth and Sydney, you can unleash your inner foodie and experience a world of new taste sensations by checking out the Good Food & Wine Show. Visit the website for dates and special guests and events. Visit [www.goodfoodshow.com.au](http://www.goodfoodshow.com.au).