



Marco Pierre White is about to put his reputation on the line with a select group of celebrity apprentices as he opens **Hell's Kitchen**, a professional restaurant with real customers and high expectations.

To the rest of the country they are celebrities, heroes in their respective fields. To Marco they are mounds of potential to be sculpted by his exacting standards. If they listen, if they trust his direction and judgment, they will survive **Hell's Kitchen** and emerge as better cooks and better people.

Marco takes his work and his craft very seriously, on and off the camera. He is very hands on. This is what has made him one of the world's great cooking maestros. He will not let his guests down, and if the celebrities earn his respect, he will defend them fiercely against the ill-informed, loose mannered complaints that may come from the restaurant floor.

Each night, when the restaurant doors open, Marco and his team go into battle together. Not everyone will survive.

The ten celebrity contestants will compete first in teams of two and then individually until only one remains. The winner of Hell's Kitchen will take home \$50,000 for their nominated charity.

Hell's Kitchen is an ITV Studios Australia production for Channel Seven.



Show Format

IT'S TEAM vs TEAM

KITCHEN SKILLS CHALLENGE

At the beginning of every week Marco will set the celebrities a kitchen challenge where they work to create a classic, everyday dish. Whoever is judged the best will win an advantage for that night's dinner service.

FIELD CHALLENGE

Mid-week sees Marco teach the celebrities a new skill on location. The celebrities must then work in their respective teams to complete a time trial relay challenge. The skill will relate to an item on the menu for the week, allowing the celebrities to take their expertise back to the kitchen.

The winning team from the challenge will again gain an advantage for that night's service.

SERVICE

The backbone of Hell's Kitchen, service is where celebrities are put through their paces.

Both teams cook the same menu with half the diners receiving food from the red team's kitchen and half from the blue.

Even though each celebrity is responsible for a certain dish, as a team they are creating an entire menu and a 'You're only as strong as your weakest link' mentality quickly sets in and teammates support (or hinder) each other to get the advantage.

Once their meal is finished diners are asked to comment on each course and a score out of 10. These scores are tallied to determine a winning and losing team. From there, Marco must choose the weakest performer from the losing team to face the Last Chance Cook Off and potential dismissal at the end of the week.

LAST CHANCE COOK OFF

Each week, the three celebrity cooks that Marco has nominated as the weakest performers will face the last chance cook off where one will be dismissed.

This challenge is designed for celebrities to recognise different flavours and ingredients. Marco presents the cooks with a dish he has prepared, which they'll then taste and recreate with no recipe.

Marco will then taste all three dishes and determine who will be dismissed from Hell's Kitchen.

Marco Pierre White

"The stars are there to shine. I'm just the ringleader."

Dubbed the Godfather of modern cooking, Marco Pierre White is one of the most celebrated chefs in the world. Landing his first job in a professional kitchen at 16, eight years later he became Head Chef and joint owner of Harveys in London with a kitchen staff that included a young Gordon Ramsay. By 33 he was the youngest chef to ever be awarded three Michelin stars.

Years of success followed and after having the most recognised names in cooking work under him including Heston Blumenthal, Curtis Stone and Mario Batali he famously retired from full time cooking in 1999.

For the duration of his career, Marco became renowned for his ruthless behaviour in the kitchen just as much as his world class cuisine.

Why Hell's Kitchen? What is it about this show that resonates with you so much?

Hell's Kitchen is without question the only show that gives the viewer a true insight into how a professional kitchen is run. You don't get anywhere more natural for me than in a professional kitchen.

What is it about Australia that keeps you coming back?

What's special about Australia is the people. They are wonderful, truly kind and honest. But secondly, they serve good food and really good coffee. I'll get on a plane for a really good coffee. I can't say that about many countries.

I also like the Australian food scene, walking down the beach. And I like just sitting on a corner drinking a coffee. I don't need to go to museums or sky diving, I was invited to sky diving the other day... I couldn't think of anything worse. I just like to relax with Australians.

What are you expecting from the celebrities?

To be very honest, I have zero expectation. Because if you step into that arena with expectations, then you'll be let down. You'll be let down and frustrated.

What's important is allowing people to be themselves. By them being themselves, not just myself, the viewing public will see who they are and what they are, because the kitchen exposes everybody for who they are. So just be yourself and by being that person you tell me who you are.

What advice would you give them?

Stay focused, stay disciplined, observe. That's it. If they do that, then their chance of survival is greater. And secondly, every day spent in the kitchen there is more knowledge. With that

What will be your leadership style and how will you manage these

chance of winning.

approach, they've got a

I always lead from the front, and it's up to them whether they wish to follow.

How do you go about setting the menus and challenges for the celebrity contestants?

It's about creating a menu which is possible, that the contestants can serve all the diners within a time frame and most importantly to a standard that I approve.



Candice Warner

Iron Woman and WAG

Beginning her professional career as an athlete at only 14, Candice was the youngest competitor in the IronWoman Series and in the 15 years since has gone on to win three World Championships and 60 state championship medals.

Now married to current Vice-Captain of the Australian Cricket team David Warner, the 32-year-old is also the proud mother of two girls; Ivy Mae and Indi Rae Warner.

Why have you decided to take part in Hell's Kitchen?

Mainly to become a better cook. To become a better cook will mean I will become a better mother, a better wife. My kids are always eating the same food: schnitzel and salad, steak and veggies, it's very basic. If I can learn a little more then I'll feel more capable in the kitchen.

The other reason is to just to achieve something again. [Since having children] I haven't set many goals and achieved much, so this is going to be a really big challenge.

What does your family think of you taking part?

They're really excited. My little girls don't understand much; they just know that

mummy isn't going to be home as much but David is so supportive and he'd love me to go as far as I can in the show. He is just excited to be able to support me in the way I have supported him.

Will your previous experience as an athlete help or hinder your experience in the kitchen?

I think the skills that I've learnt as an IronWoman and a mother are going to help me immensely. Being disciplined from working hard, team work and just never giving up. We're going to be completely out of our comfort zone and doing things we never thought possible so the fact that I don't give up, give everything a crack, I think will work in my favour.

Are you a competitive person?

I'm super competitive but I'm also fair. I love working as a team so I think I will enjoy that environment. But at the end of the day it is a competition, and although my skills aren't great, I want to improve and I want to win.

Any types of cuisine that could be your Achilles heel?

I don't like spicy food and I don't like curries. Until a few years ago I wouldn't eat, in fact I still don't eat, any food that wobbles. It makes me literally sick. For example, panna cotta, if it was in front of me right now I would turn around or I'd probably vomit.

A good dish is...?

Made by my mum, any dish that she makes is good.



David Oldfield

One Nation Co-Founder

One of the most infamous and outspoken names in Australian politics, David Oldfield is widely known as the co-founder and deputy leader of Pauline Hanson's One Nation party, founded in 1997.

Following a reported internal dispute, Oldfield was expelled from the party and after forming his own party, One Nation NSW, announced his resignation from Parliament in 2006.

He went on to host radio talkback programs on both Sydney's 2UE and 2GB in addition to appearing on Celebrity Survivor and First Contact, a documentary series on the indigenous community.

Oldfield lives on Sydney's northern beaches with his wife Lisa (star of The Real Housewives of Sydney) and sons Albert and Harry.

What was it about Hell's Kitchen that appealed to you?

There's a lot of reality shows I wouldn't necessarily do, but I'm comfortable in a kitchen. I like the survival element combined with cooking

What kind of cooking experience do you have?

I've cooked from a fairly early age but how good was it? That was the question.

I was a bachelor for most of my life, so I either cooked or starved. My cooking is wholesome, nourishing, home food, especially now I have two little sons, so I'm used to cooking good food in that sense.

Would you consider yourself a competitive person?

I never naturally see myself as competitive, but I think anybody who knows me would say I'm competitive. But I often don't see myself the way other people see me. But I think the truth is, I am. If I'm put into something, then I like to win. No one likes to lose, who likes a loser?

What does your wife, Lisa, think of you taking part?

Once this opportunity came up I went and spoke to her and she said I should do it straight away. She's supportive, absolutely. Lisa is probably a better cook than I am. Certainly with making more gourmet things, but I don't focus on that. She's also a mess, I clean up as I cook.

What kind of personalities won't you stand in the kitchen?

I don't like pompous people, I don't like people who have a dramatically greater idea of their consequence to the human race than they should, which is a natural thing amongst many celebrities. I don't like people who think they're somehow better because they're on TV, because generally they're not. In fact, often they're of very low intelligence.

A good dish is...

One that you love, no matter what anybody else thinks of it. Good taste is its own reward.

"No one likes to lose. Who likes a loser?"



Debra Lawrance

Actress

At 60-years-old, Debra Lawrance is not only an industry stalwart but the competition's oldest competitor.

Playing the iconic Pippa Ross on Home and Away for almost a decade, her most recent television role was on the critically lauded Please Like Me playing Josh Thomas' bipolar mother, Rose. The role won her a TV Week Logie Award for Most Outstanding Supporting Actress earlier this year.

Debra currently lives in regional Victoria with husband Dennis and children Grace and William.

Why have you decided to join Hell's Kitchen?

Marco Pierre White. Not to be mean about anybody else, the other major chefs of the world, but I just love who he is in terms of his approach to cooking and his theatricality, his commitment.

You seem to be one of the more experienced contenders on the show...

I've cooked forever. I've cooked with my family. We used to sit down when the kids were at school, six nights a week - Friday night is fish and chips night. Table set, flowers, candles and we sang a blessing. It was not so much formal but it was routine.

It's a huge part of my life without me noticing it. In the morning when I was cutting the kids' lunches I was already thinking about what we would have for dinner at night and where I'd go to get the ingredients.

It's one thing to cook at home but how do you think you'll fare in a professional kitchen?

Absolutely no idea which is also part of the challenge. What remains the same is that I want the people eating to have a fabulous experience because that's the reason I host dinner parties or cook for groups of people, I love watching them eat the food.

Also, the inability to cook at my own pace is a worry. If a piece of fish must be cooked for a certain amount of time and I've got five of them at once... I'm hoping it's something that I can learn quickly. At this stage, I have no idea how I'll go.

What skills as an actor, would you take into a show like this?

I'm quite a technical person as an actor, I like to hit my mark and be in focus and do all that stuff; stand and make sure my voice is heard in a theatre. It's a craft and it's a discipline, acting, and cooking is exactly the same.

Would people describe you as competitive?

If you ask my brothers and sisters and my children and my husband if I'm competitive, they'll go "Yeah!". So yes, I am. And I think that's a positive character trait.

A good dish is...

Made to delight every single sense, sight, sound, taste, touch, and smell. It should be a sensual experience.

"It's a craft and it's a discipline, acting, and cooking is exactly the same."



Gary 'Gaz' Beadle

TV Star - Geordie shore

Gaz Beadle will be familiar to television audiences from MTV's British reality juggernaut Geordie Shore. Featuring in every season since its inception in 2011, the show and its cast have become a cultural phenomenon.

The 29-year-old fast became the show's leading man and perennial playboy. However, Gaz is joining Hell's Kitchen to prove to everyone he is more than a one trick pony.

Why have you decided to join Hell's Kitchen?

I love a challenge; I love something that is a competition. [Hell's Kitchen is] not a popularity event, it's not like "I won because I've got more followers than you", I'm genuinely getting thrown in the deep end and have no clue what I'm doing... I've actually got to learn something! If you did your best and you didn't win then fair enough, but imagine if you did win. For cooking.

Would you describe yourself as a capable cook?

I can cook a fat steak with some asparagus and some garlic butter, put a bit of chilli it. I could make chilli prawns... so I can cook, the only thing I don't do is follow recipes. If they say 'you've got to put 20 grams of this in it' that will be a total new thing.

I'm not going to cook you a lobster, or some beef wellington, or some pastries. Or a cake.

How will you approach this competition?

If it was you and me tossing a coin right now, or playing golf I'll be very competitive. Always have been. I pick things up quite quick. I think that's what I've got going for me, I'm also a good people person, I can judge a situation. In Geordie Shore there are a lot of arguments, there's a lot of screaming, and a lot of pressure being in that situation, getting shouted at. I know who's in the right, who's in the wrong. I can take confrontation and it wouldn't affect me.

I don't even know who I'm against, I haven't got a clue.

Do you know much about Marco Pierre White? Have you met before?

Marco's English, I'm English. Hopefully that will help. I think I'd get on with him. I've met his son on a night out. Full of tattoos, youngin', loves a party. Think he's a young lad at heart. His son seems like that, so I'll think I'll get on with him.

You are a big fan of Australia...

For me it's the perfect way of life.

If it's hot here, which it is a lot of the time, it makes you healthier. You can go for a walk with the dogs, run, you've got the beach on the weekends, you can play golf at 7 o'clock at night because the

at night because the sun doesn't go down. If I lived on the Gold Coast or in Sydney for work, you're not far from an active lifestyle. I love the fact that you can just go get a boat and go out.

A good dish...

Is only as good as it tastes.

"I'm not going to cook you a lobster."



Issa Schultz

Supernerd - The Chase Australia

Better known as The Supernerd from The Chase Australia, Issa (pronounced EE-sa) Schultz will be the first to admit a professional kitchen is the furthest thing from his comfort zone.

Growing up in Cornwall, he moved to Brisbane as a teenager in 1995 where he still resides working in the IT department for a bank. Issa is an Arabic version of the name Jesus and was named after a man his parents met while working in Qatar in the 1970s.

What was it about this show and concept that appealed to you?

I'm wondering, 'what have I got myself into!?' Cooking is the far end of the spectrum for me, from quizzing and all the regular things I do. It's the complete opposite to most human beings, most people wouldn't be caught doing a quiz with such intensity and happily cook instead. I've got to give it a go to try something extreme!

What is your relationship with cooking?

If there was a relationship with cooking, then cooking would have dumped me long ago. I'm more a pop-stuff-in-the-microwave kind of guy. I can transfer frozen item to pan and then from pan to plate. The main reason being, growing

up I never really had that exposure. I was more interested in reading books. My parents were very kind, they just let me do what I wanted.

What are your expectations of Marco Pierre White?

I am very nervous about working with him but excited as well. Every time I see a photo or a video of him he looks not angry, but terrifying and almost psychopathic. So I'm nervous about being on the other end of him wielding a knife, stuff like that. One could say I'm talented in the question answering area, but he is a mountain of talent in the cooking area. I have a lot of respect for him as well.

What is your strategy going into this show?

This is a real competition, so I can't just coast through and see what happens. I don't want to be knocked out, I really hope I'm not knocked out first or second. The learning curve may be a bit steeper for me than the other contestants so I might have to try and pick things up quicker than usual to make sure I stay in the game.

What personality types do you think you will work well with?

I don't mind if someone's bossy if they know what they're talking about. I think

there is a difference between leadership and bossing people around, and being plain rude. If it's a rugby league player or something. I might be a bit shy standing up to them, but I will want to say 'look, there's a different way you can go about...you know you don't have to be so rude'. My favourite personalities will be ones that are warming and that will hopefully give me a hand as well. I mean I know it's a competition but I'm hoping maybe they'll impart some words of wisdom on occasion.

A good dish is...

Something that's simple, straightforward and tastes good. That's my philosophy.

"What have I got myself into!?"

Jess Fox

Olympic Champion

Born in France, Jess Fox is a three time ICF World Champion slalom canoeist. Representing Australia, the 23-year-old won an Olympic silver medal in London 2012 in the K1. Four years later in Rio 2016 Jess took home the bronze medal in the same event.

Fox currently lives in Western Sydney with her mother (serving as her coach) and father, also Olympic canoeists who represented France and Great Britain respectively. She is also studying Psychology and Communications.

Why Hell's Kitchen?

This is something that is so out of my comfort zone. It's going to be a massive learning experience, a massive challenge. That's what is exciting about it, to put myself in a completely different field and challenge myself that way under the guidance of someone like Marco Pierre White. It's an amazing opportunity and an amazing honour.

Where does your interest in cooking come from?

My Mamie (French grandmother) is my cooking inspiration. Although I hate her recipes sometimes because I'll ask her how to make something on Skype and she'll say 'Just put this, and this, and a

bit of this' and I'm like 'Ok what about garlic?' and she'll say 'yeah you put some garlic in'. I say to her, 'If you don't tell me, I won't put it in!'. Her cooking is amazing though and I would love to be able to cook like her.

I would say that I represent the 23-yearold student that still lives at home. I'm also at Uni, I'm training, so I don't have masses of time that I would spend in the kitchen. My meals are sort of quick, easy, fresh, healthy and fun.

How do your friends describe you?

I think they'd say I'm bubbly, positive, I can't sit still. I'm always doing something. I'm either in Europe competing or home doing media stuff or Uni... I'm always busy. I also get along with everyone.

Is there anything you have learnt from your career as an athlete that you think will help you in Hell's Kitchen?

I'm used to being in a competition environment. It is different because I'm normally racing to do my best on the course. I can't control what anybody else is doing, so it will be pretty similar in the kitchen. The start line of the Olympics is very stressful but again, I know that I have prepared well for that moment. This will be different as I don't know what to expect from the challenges. I just try to stay Zen. I think mentally I've had a lot of practice in a competition environment so hopefully that can translate.

A good dish is...

One that you enjoy making, that's full of fresh healthy goodness and that brings people together.

"I'm normally racing to do my best on the course.

Lincoln Lewis

Actor

One of the most recognisable faces on Australian television, Lincoln is best known for playing Geoff Campbell on Home and Away from 2007 to 2010.

After graduating from Summer Bay, Lincoln was a series regular in teen drama SLiDE, Underbelly: Razor, a contestant on Dancing with the Stars, mini-series Gallipoli and House Husbands. His big screen credits include Tomorrow When The War Began.

The 29-year-old Brisbane born actor is the son of former rugby league captain Wally Lewis and took home a TV Week Logie Award for Best New Male Talent in 2008.

What do you hope to get out of Hell's Kitchen?

I can finally get to learn how to cook a decent dish for a change. I don't have a great deal of experience in the kitchen. just cook things that are very basic, very easy, nothing glamourous. I hope this will teach me some skills to cook for a bunch of people and have it look and taste good.

I don't even have any disaster stories in the kitchen because everything I cook is so simple!

What do you know about Marco Pierre White? Are you intimidated by him?

I know very little about Marco, only the public knowledge that he is the only guy to make Gordon Ramsay cry, and he's a three Michelin star chef and very publicly gave them back, and that he's widely regarded as the best chef of our time.

Anything else I've tried not to find out about him because I want to go in there and take him as is. If I go in there learning about the legend that he is, then I will feel intimidated. I don't want to go in there with all that knowledge, I just want to take it as is.

What will be your strategy working in a professional kitchen?

Hell's Kitchen will obviously be a completely new world for me but a good way to approach this is to look at Marco as our director. When I'm on set as an actor, I must make sure I know what's going on and what I must do but the director has the vision. When he is up there running the pass, he is the boss.

On an acting job, I want to make sure I am spending extra time with everyone to learn and do the job best I know how.

A good dish is...

Made by Mum.





Pettifleur Berenger

Real Housewife

First coming to our attention on the second season of The Real Housewives of Melbourne, Pettifleur is a successful property developer, company director and self-published author.

Born in Sri Lanka she first made her way to Australia working as a travel agent and saving enough money for a one-way ticket to Melbourne. Her mantra is to work hard, have confidence in yourself and "kick butt from the ground up".

Outspoken and not one to shy away from confrontation, the 52-year-old is set to bring some glamour and bite to Hell's Kitchen.

What made you decide to take part in Hell's Kitchen Australia?

About six years ago, I lost my love for cooking, and I think Marco is THE MAN who would be able to give me that passion that I need to start again.

I loved cooking and entertaining for people. I would cook anything that makes people lick their fingers. However, I found myself doing so much of it, that I just eventually got to a point where I thought 'I can't do this anymore'. I thought all that time in the kitchen is not worth it because at the end of the day I

am sitting there totally exhausted from all the clean-up and the preparation, serving up, everything.

I also wanted to do this for my kids. I don't want them to look back and think 'my mum couldn't cook'.

What are you expecting from Marco Pierre White?

Firstly, I am going to be pretty star struck by his presence. Just being in the room with him, listening to his amazing accent and the fact that he is a God when it comes to cooking. It's a privilege and an honour to be in the same room sharing a kitchen with him. I'm pretty damn excited.

Are you worried about your competition from the other celebrities?

I'm not worried about anything really. I work very well in a team and very respectful to people but if they are disrespectful to me of course I'm going to get my back up. There's two ways I could react, either not give a damn, say 'it's not worth my energy' or I would stand my ground and tell them exactly how I feel. You know, wear big girl or big boy panties and fess up to what needs to be said.

You are no stranger to reality television; is there anything you have learnt that will serve you well in Hell's Kitchen?

The one thing I know about reality TV, is that you just don't pretend to be something that you're not... That's how I see it, if you have to kick someone in the backside then do it.

A good dish is....

Made with a lot of love. Hopefully salted too!

"I think Marco is THE MAN."



Sam Frost

TV personality

One of the most recognisable faces in the country today, Sam Frost first rose to fame as the recipient of the final rose in 2014's The Bachelor. The romance was famously short-lived and the following year she became Australia's first Bachelorette, winning the hearts of the country in the process.

With her television career now firmly back in the spotlight, the 28-year-old has most recently finished up a national radio show alongside industry stalwart Rove McManus.

Will your experience on other reality shows help or hinder your chances on Hell's Kitchen?

I'm comfortable being myself in front of cameras so I think that's an advantage. I'm so used to being able to block all that out, just be myself and focus on what's going on at that moment. I think other people might crack under that.

How capable are you in the kitchen?

I'm an awful cook, I'm very anxious in kitchens, I don't even know how to chop anything and I burn even the simplest things. This will be great to challenge myself. Imagine like the worst cook in the kitchen, times it by ten and that's me. And I don't want to be like that! I want to be a bit confident in the kitchen

and at least able to put together a simple thing like a salad.

The other day I cooked my brother a toasted sandwich and I burnt the cheese. Then I pulled it out and burnt my hands and dropped it on the ground. It fell apart and I was like 'Oh my God I can't believe I'm doing Hell's Kitchen!'

What do you know about Marco Pierre White?

I have seen his stuff and he seems a bit hardcore. I think maybe deep down he's probably a teddy bear but I think you've got to crack the shell. It will be, it is, an honour to work in his kitchen, so it will be interesting.

How would your friends describe you?

As a massive dork, easily. I'm also very clumsy.

Do you think you'll be competitive?

I'm probably more competitive with myself. I'm constantly trying to set myself a challenge and then I'll compete with myself to try and achieve it. I'm pretty good in team environments. I'm a bit of a team player as long as, you know, they're not extremely difficult.

A good dish is...

One that isn't burnt.



Willie Mason

NRL Legend

One of Rugby League's most controversial characters and no stranger to a headline, Willie Mason has played over 300 matches for the Canterbury Bankstown Bulldogs, Sydney Roosters, North Queensland Cowboys, Newcastle Knights and the Manly Warringah Sea Eagles.

In addition to representing NSW in State of Origin, the New Zealand born front row prop was part of the 2004 premiership winning team and recipient of the Clive Churchill Medal as man of the match.

This show is an interesting move for you. What made you want to give Hell's Kitchen a go?

When I retired I never wanted to do any reality show, I was a bit against it. What I realised is I was actually against the other reality shows because I do like cooking and I was really into the international versions of Hell's Kitchen. When this came up I was 100 per cent in. No brainer.

How accomplished of a cook are you? Do you cook at home?

Just basic things. Really, really basic. I have been eating the same sort of thing for 20 years and it has always been

carbs and protein. It was always about playing (rugby) and training. I would just eat for fuel. For my body, not for flavour.

What kind of personalities and people do you think you will work well with?

Someone like me really. People who are here to learn but not take things that seriously, because we're not professional chefs. I think you've got to get that through your head. We're here to learn off Marco and enjoy the challenge.

If you're going to have an individual who just wants to do their own thing and not work in a team, you're not going to get along with everyone. But if you're a team player, want to have fun and learn along the way... I want to work with one of those people.

Are there any skills as a professional athlete that will help you do well in this competition?

I've been pretty good at gelling people together through my leadership. Because I don't know how old these people are and their backgrounds, it's a totally different environment. I've also got to be careful how I word it, because I'm prone to using profanities and how you should speak to people is obviously

different in this environment. In any sporting event if you get told what to do it's often not in the nicest fashion. It's sink or swim in my sort of environment. But in Hell's Kitchen, it's totally different, I don't think it's what you say, it's how you say it. A good dish is...

Well seasoned.

"When this came up I was 100 per cent in No brainer."



