



Not the Usual Suspects.
Not the Usual Rules!



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Real Food Real People

Aprons on. Get set. Go!

The most watched primetime event in 2014, My Kitchen Rules returns in 2015 with a new batch of home cooks ready to do battle in Australia's most popular and hotly-contested cooking competition.

But this time around, a secret ingredient has been added to the My Kitchen Rules recipe.

It's a twist that will change the rules and raise the stakes, pushing each team to boiling point.

But one thing will be on the menu for sure: more instant restaurants than ever before with a surprise guest ringing the MKR doorbell!

Each team will take turns to transform an ordinary home into an instant restaurant for one pressure cooker night. They'll plate up a three-course menu designed to impress the judges and their fellow contestants.

Manu Feildel and Pete Evans return to host and judge this ultimate home cooking showdown. The judges table will see the return of guest judges Colin Fassnidge, Guy Grossi, Karen Martini and Liz Egan.

This year's contenders are:

GROUP 1

Queensland: Jac & Shaz (Mt Isa Cousins)

Western Australia: Kat & Andre (Feisty Foodies)

New South Wales: Robert & Lynzey
(Texan Dad and Daughter)

Victoria: Ash & Camilla (Socialites)

South Australia: Annie & Lloyd
(High School Sweethearts)

Australian Capital Territory: Gina & Anna
(Competitive Canberrans)

GROUP 2

New South Wales: Carol & Adam (Recently Married)

Western Australia: Eva & Debra (Workmates)

South Australia: Vicky & Celine (Mum and Daughter)

Queensland: Sheri & Emilie (Best Friends)

Victoria: Matt & Rob (Oyster Farmers)

Victoria: Rose & Josh (Mother and Son)

The top-rating Seven production has built a huge following since it premiered in 2010. It has grown year-on-year and when Adelaide mums Bree and Jess won the title in 2014, an audience of over 2.7 million was watching.

Again this year, the top two teams will battle it out in the grand final where they will present their ultimate dining menu to a full restaurant. With \$250,000 in prize money on offer, it's the ultimate battle to decide whose kitchen rules!

My Kitchen Rules launches after the Australian Open tennis in 2015.

Keep up to date with all the My Kitchen Rules news on the show's official website

www.mykitchenrules.com.au



Jac & Shaz

Queensland



Jac and Shaz might be from the smallest town of all the contestants, but they have some of the biggest personalities.

"You'll often hear Shaz before you see her," says cousin Jac, who owns the local fashion boutique.

Adds court house employee Shaz: "I don't think we're typical mumsy mums you know. We like to party. We're the party mums."

Between them they've left six kids, two husbands, two dogs, a cat, a pig and a goldfish at home in the mining town of Mt Isa to travel the country and be wined and dined.

Despite the isolation of their home town, Jac, 42 and Shaz, 43, have been creative in getting around any disadvantages they might have compared to the bigger city folk.

They have just two fine dining restaurants in town, so a lot of their inspiration comes from cooking shows, including My Kitchen Rules.

"We love the show," admits Jac. "If I'm watching the show I often want to try the recipes the next night. I'll think, 'Let's give that a go.'"

With their shopping limited to the supermarkets, Shaz says they steer clear of super exotic ingredients.

"What it means is we've learnt not to go down that super fancy modern or crazy path. There's no point, you're not going to get that stuff."

But that doesn't mean they don't cross a lot of cultures in the kitchen, with everything from Italian to Lebanese, Indian and Thai on the menu at their homes.

"We'll cook anything really; we're pretty eclectic," says Shaz.

Despite their close friendship, they admit most of their time in the kitchen is spent alone at home and they have little experience cooking together.

"If we were having a sleepover we'd cook stuff when we were kids," explains Shaz. "But as family women we're in our own homes cooking and bringing food to gatherings."

"Our families know we're good cooks. If there's something on and everyone takes a plate they know Jac and Shaz's food is going to stand out."

But they already instinctively know who will do what when they team up for their instant restaurant.

"I'm bossy," admits Shaz. "I'm the boss, but that doesn't make me the head chef. It just makes me bossy."

"I don't mind, I need directions sometimes," says Jac. "We just have fun together and I love how Shaz does all the talking because I'm not a great talker. We complement each other well."

They believe their first two courses will be best, with neither really having a sweet tooth. Although Shaz does dabble in desserts because "they look pretty".

One thing they should nail is presentation. Shaz admits to being a perfectionist, while Jac says: "We both take pride in whatever we do."

Annie & Lloyd

South Australia



Annie might wear the pants – or more likely slacks - in this relationship, but Lloyd is most definitely in charge in the kitchen.

"It's a good compromise," says medical student Lloyd.

Adelaide high school sweethearts, Annie and Lloyd, both 23, play to their strengths when it comes to cooking – which for Lloyd is flavour and technique and for Annie is presentation and organisation.

For fashion retailer Annie, everyone and everything should always look its best.

"I definitely have a very specific cutesy style and I mostly stick to wearing the colour pink. I only wear dresses and skirts. Occasionally I'll wear slacks but the more ladylike the better," she explains. "I think everyone should always try to look their best."

It was Lloyd's impeccable styling which first grabbed her attention at a Sweet 16 birthday party and the pair have been inseparable ever since.

But this pair aren't your average 23 year olds.

"Homebody is the perfect word to describe us," says Lloyd. "I get a bigger kick out of being the host than the guest. Usually when you invite people over to your house you want to give them a good experience, but really, selfishly, I'm kind of interested in doing it for me."

Lloyd says he has been at ease in the kitchen since he was a teenager.

"I think I had teenage growing pains... I actually needed four to five meals a day. I wasn't going to put that pressure on mum so I started doing stuff for myself. And eventually I started cooking stuff for Annie as well cause that's the popular way to woo a woman, bake her a cake and bring it over."

Annie was so impressed with his handmade sushi and pasta, that she booked in some lessons in the kitchen with her beau.

"We both love to come home and cook a beautiful meal and be creative. It's got to be fun; it can't just be your boring old dish," says Annie.

"We love salmon and potatoes. Lloyd's the salmon and I'm the potatoes. Lloyd's long and lean and I'm a little potato on the side. That's our signature dish. And a really great goey brownie just because it's naughty. So healthy and naughty."

They see their biggest strength in the competition as their relationship.

Says Lloyd: "You know we do have two different minds, but I can almost have a conversation in my head without Annie needing to say anything because I know what she would say to anything I would say. So I can like work it out without needing to have that verbal exchange and I think that speeds things up."

And critiquing isn't something they'll find daunting either.

"We love saying that we're Sherlock and Watson," explains Annie, "because we love looking at all the details and thinking how and why. We're very inquisitive like that."

Kat & Andre

Western Australia



They call themselves 'The Kat and Andre Show' because there's never a dull moment when this couple are around.

"We love entertaining at home, that's what we love doing. And we love cooking for our friends," says Kat.

"Kat is very funny, she makes me laugh all the time," adds Andre.

Having dabbled in stand-up comedy, Kat exudes confidence and charisma and is up for giving anything a go once.

Except, perhaps, offal.

"I'm not really cool with offal. Like I can't even eat pate. It freaks me out and I know it's really uncool to say that because everyone's like, 'Pate is fancy' but it's just like it's eww."

She will, however, close her eyes and try it for the sake of the competition.

While they might be having fun most of the time, when things do go awry expect some fireworks.

"We are pretty volatile people," says Kat.

"We tend to be quite reactionary. But we sort things out really quickly afterwards. We've never worked together before so we're learning a lot about each other."

One of the things that can divide Kat and Andre is their differing attitudes to cleaning the kitchen and organisation.

"Andre is super organised and I'm super not organised," says Kat.

He adds: "I like to clean as I go and not just in the kitchen, but in general."

Clean Andre has even banished Kat's clothing into a separate room in their house, where she keeps it in a 'floordrobe'.

"It's like my wardrobe has just thrown up. He calls it my cess pit. I wish I could organise myself," she confesses.

So they leave the organisation in the kitchen up to Andre. As a former sales manager turned car salesman he's good at devising plans, whereas Kat has the food knowledge.

"Kat's skill set is definitely better in the kitchen than mine for sure. She knows flavours and techniques and many bigger words than I do," admits Andre.

Mad into their fishing, seafood is their speciality. But they delve into modern Australian, Italian and Asian cuisines along the way.

"I'd say our signature dish is our butterflied lamb with crispy potatoes - just simple things like that," says Andre.

Making homemade pasta is a favourite pastime, as is jarring olives from their olive tree.

"We love the idea of getting into pickling things and that kind of stuff. We haven't got there yet but all that kind of stuff interests us," says Kat, who also loves fossicking for old jam jars at school fetes.

But their biggest love is their two-year-old staffy Max.

"We love travelling, we love going on adventures and we love hanging out with our dog - she is like our favourite thing," says Kat.



GROUP 1

Ash & Camilla

Victoria



She's eaten at the world-famous La Tour d'Argent, lived in Paris and had a French beau. In fact, Camilla's now ex French boyfriend is how she found her best friend Ash.

And they immediately bonded over their love of European cooking and enjoying the social high life.

"We started cooking together since day dot," says Ash, which was nearly two years ago.

Since then they've gone on to host an annual Feaster, a massive feast for family and friends over Easter, and numerous dinner parties throughout the year. So they thought, how hard could MKR be?

Says Ash, 28: "I think I'm one to seek out adventure, seek out challenges, and I thought this would be great. And I know Camilla loves cooking as much as I do and I think we work well together."

While French influences will definitely come through in their cooking, they will also be highlighting Mediterranean flavours.

Ash cites her sticky date pudding as the most moorish dish she could prepare for anyone, while outing Camilla as being "obsessed with potatoes".

"Like potatoes and steak. She's literally obsessed with it. And béarnaise sauce."

Camilla, 23, admits to being lazy when it comes to making desserts because they just don't interest her.

"I actually have no patience, like just day to day, zero patience," admits Ash. "And dessert requires patience and somehow I can find patience for dessert."

Ash, an events manager, and Camilla, a law student, are both used to being meticulously organised. There is a list for everything. But even without a detailed plan, these girls back their abilities in the kitchen.

Says Camilla: "I think we're good at improvising. Good at pulling things together with what's in the fridge."

But watch out when it comes time to deciding who's in charge.

"We switch head chef depending on the dish," explains Camilla. "Because if one of us is head chef the whole time it's just not going to work."

Adds Ash: "We're both pretty head strong so we both like sharing the boss title."

With a love of fine foods, they tend to sweat it off on the tennis court or on the dance floor practicing their favourite Latin moves. Or pounding the shopping strips to stay up-to-date with the latest fashion.

"But eating is probably our biggest hobby," says Camilla.



Robert & Lynzey

New South Wales



Robert and Lynzey are about to inject some Texan flavour into the My Kitchen Rules instant restaurants.

Native Texan Robert, who has called Australia home for 23 years, would much prefer to catch or hunt his own dinner himself.

"I spent most of my life as a cowboy in Texas. It's a great life and my dad used to say, 'Anything you can't do off the back of a horse is not worth doing,'" he says.

While horses are not part of his everyday life in the Blue Mountains nowadays, he has been sure to pass down his love of traditional Texan foods to his four children, including his cooking buddy, daughter Lynzey, 23.

"I think the first thing dad taught me to cook was white gravy," recalls occupational therapy student Lynzey.

Adds Robert: "I was always, 'Hey come in here and let me show you how to do this.' Because I cook stuff that nobody here knows how to cook. I was thinking you know they need to learn how to do this because they like to eat this kind of stuff."

In fact the whole family is quite happy in the kitchen, except perhaps for Lynzey's twin brother Matthew. But having recently moved out of home, Robert has ensured he is capable of cooking a good steak on his own.

"We cook a lot of steak and seafood," says Lynzey. "I like to

make some different sauces and I always try to make something nice for dessert. But I typically try to keep things on the healthy side. Most of the time. And every now and then I'll make something decadent. I have made healthy desserts in the past but they haven't been as popular as the unhealthy ones."

A fitness buff, she can be found in the gym five days a week. Dad is generally there too.

"I also like working out outdoors," she says. "I like setting goals like trying to beat how many pull ups I can do, learning how to do handstands and stuff that just keeps me interested in it."

A recently retired visual arts teacher, Robert is a wildlife artist who creates in painting and drawing.

"It takes a lot of concentration and focus to do artwork. I think my creativity extends out into my food because I know a lot about colour and composition," he adds.

But Robert says Lynzey is their head chef. "As far as general cooking knowledge, she already knows a whole lot more than me. I've got certain areas that I can do really well and there's a lot of things I can do really fast. If she just tells me what to do I can help her quite a bit."

Robert says they'll be the diligent team, working hard to get results in the kitchen.

"We're both real determined. We're both real hard headed. And we can focus real good on what we need to do," he says.

Gina & Anna

Australian Capital Territory



Super competitive Anna is here for one reason – to start her ascent on the restaurant market in Canberra.

“We have big plans for the food industry,” she says. “Restaurants. Plural. I want an empire.”

The determined 25-year-old says her relationship with mum Gina, 48, is what will see them through to the finish line.

“We’ve worked together our whole lives. Nothing really gets to us. We don’t fight. When things are stressful we don’t turn on each other. We always work really well as a team.”

She says her mum is the reason she loves cooking. “I’ve always watched her cook and she’s really evolved as a cook which is pretty impressive.”

Adds Gina: “I’m happiest when I’m in the kitchen. It relaxes me. On Sundays I love cooking up a storm. Unless my pavlova doesn’t rise high enough and I throw it out and start again. It stresses me out if I can’t do it again because I won’t serve it if it’s not right.”

Not only do they work together in Gina’s school uniform business, but they share interests such as skiing and snowboarding, watching kids movies and shopping. “We do nearly everything together,” says Gina proudly. “We’ve got a great relationship.”

Gina goes to boot camp nearly every day to get her day kick-started, while Anna loves martial arts.

“I’m normally very active and I like to fight as much as I can or I do it by myself with bags. It relaxes me and gets out quite a bit of aggression as well. Very therapeutic. I’m a pretty highly-strung person. She’s more level headed than I am. Which is why we make a good team because she calms me down. Levels me out.”

In the kitchen, they are a well-oiled machine and say there is no need for a head chef.

“She knows what she needs to do and I know mine,” says Gina. “You always learn when you cook. And if you’ve made a mistake you do it again and do it differently and see how you go.”

They say Canberra is a dark horse when it comes to food. “It’s getting better and better; so many good restaurants popping up all the time,” says Anna.

They like to eat out regularly seeking inspiration for their cooking, which crosses many cuisines from modern Greek to Asian. “It’s always at good places. We don’t just eat out for the sake of eating out. We go out to try something new. And get a bit of knowledge as well,” says Anna.

But often Gina prefers to cook at home rather than going out.

“Because sometimes when you go out, you order it and you get disappointed and it’s like, ‘I could’ve done better.’ And my husband and my son would say, ‘We’re spoilt because we’re getting restaurant quality every night’ so they become a little bit critical sometimes and are like, ‘You know girls you could’ve done better.’”

All that eating out has given Anna a refined palette and there’s three foods she won’t touch.

“I hate beetroot, brussell sprouts and vegemite. They are the three most disgusting inventions on this planet,” she says, admitting she’s banned boyfriend of four years Alan, who enjoys the Aussie favourite, from bringing it into their house.

Sheri & Emilie

Queensland



Soul sisters Sheri and Emilie met as teenagers and say their friendship became super strong after they bonded over their childhoods.

Explains Sheri: "We have a really similar upbringing - we both lived with our grandparents and grew up with single mums."

As a result, their grannies Mary and Irene taught them a lot about cooking and food.

"Our grannies definitely taught us everything we know about baking," says Sheri.

"And patience and not giving up on mistakes in the kitchen," adds Emilie, who is mum to two-year-old William.

With work, relationships and family sometimes putting kilometres between their friendship, the girls spend a lot of time on the phone, skype and email.

"So we really haven't had much time in the kitchen together," admits Sheri. "We've always been so close but from a distance so to be together and be able to do this is awesome because we don't get to spend this much time together normally."

Sheri, 22, and Emilie, 24, admit their biggest weakness in the kitchen is Emilie's hearing impairment. She has been deaf since birth, but with the help of a hearing aid has 80 percent hearing in her right ear and she can lip read perfectly.

"I'm lucky to have one ear that's working so that gets me through life," she says admitting the extra noise in the kitchen can be difficult at times.

A lot of their time in the kitchen is split with Sheri on savoury and Emilie on sweet. Their style of cooking is hearty and homely. Sheri says: "It's big, hearty dude food. But gourmet."

Emilie adds: "We like food that fills your belly. I'm not big on eating a drop of sauce and a little pile of meat on your plate. I want to go back for more. I don't want all that cooking for five hours and all I got was that little piece of meat. I love food that fills you up."

And they're adventurous eaters too. Disability support worker Sheri, who has done a lot of travelling, admits:

"Travelling opens your eyes to different cultures and the way they eat, not just the food but the whole experience of eating together."

"I remember like the first time I tried haggis and blood sausage and all those Scottish dishes which everyone is like, 'Eww that's gross' but I'm really passionate if you're going to kill an animal don't waste it. So I use head to toe cooking."

Emilie, who ran her first triathlon last (2014) year, is very competitive.

Both are artistic with Sheri into painting, writing and lapidary with her granddad, while Emilie is a photographer who loves knitting and creative writing.

"We get told that we're old at heart," says Emilie.

Eva & Debra

Western Australia



Since Eva and Debra started working together three years ago, literally sitting side by side every day in the marketing department of an energy company, they have been obsessing over what to eat for lunch.

"We clicked because of food," says Debra. "We like the same type of food and that's how we clicked."

Adds Eva: "We deliberate about where we're going to go for lunch every day. It's always Asian. And Asian food because we both love Asian food and we both have quite strong heritage and culture from India, Singapore and Malaysia."

Eva, 32, moved to Perth 12 years ago from Singapore to attend university. She craves the curries of her childhood and credits her mum with helping her to recreate them in the kitchen.

"My mum will never ever give me the recipes. She'll be like, 'Stand in the kitchen, watch me cook it' and that's how I've learnt. It's by look, it's by feel, smell, taste," she says.

"I definitely prefer to cook off the cuff but that's when you have experience and knowledge which I'm still learning."

Now living with partner of three years, Andy, she has increased his tolerance to high levels of chilli through her cooking.

Similarly, Debra, 26, says she cooks through taste rather than following a recipe and her culinary mentor is her dad Mervyn.

"Dad doesn't have a recipe really, it's all in his head. But it's not like you measure things, it's all by taste. Especially with Asian cooking, you've got to balance the flavours."

The girls see their only disadvantage as their lack of time together in the kitchen.

Says Eva: "On our own we do a lot of cooking. But together it's a little bit different."

Give them a wok and a mortar and pestle and some fresh ingredients such as garlic, ginger, chili and spices and they'll be comfortable in the kitchen. Both love eating savoury foods, while Eva also has a sweet tooth. Interestingly though, Debra is more at ease creating desserts.

"I've got a real sweet tooth. I will crave for something sweet after every single meal," Eva confesses.

"To be honest we're probably more of a savoury cook," Debra says. "I've just dabbled more in desserts. When I was young I used to bake a lot, but now when you're older you don't really have that time to bake. Who's going to eat a whole cake really!"

In addition to working together, they also share a lot of other interests including travel and dance.

Deb, 26, who lives with her boyfriend of five years Alex, is a semi professional dancer and dance teacher, performing on the weekends and around her day job. Eva likes to go camping, travel and has recently started taking some dance classes herself too.

"I think we feed off each other's vibe very easily. There's never a dull moment. There's always laughs, always joking around," says Debra.

Carol & Adam

New South Wales



They met on a blind date set up by a friend of Carol's who Adam coached in tennis, but neither went along willingly.

"We'd both been married before so we kind of resisted and were made to go on this date. But here we are now," explains Carol.

The newlyweds have a large blended family with seven children between them and their own 'child' together, beagle puppy Oscar, just eight months old. Carol's two boys Mitch, 19, and James, 18 live with them while Adam's tribe of Annabel, 15, Charlotte, 13, Sophie, 11, Grace, 9, and Lachlan, 8, visit as often as they can.

Their favourite pastime is to compete, against anyone, including each other.

"As a former tennis player, I'm highly competitive," confesses Adam, 45. "It doesn't matter really what it is, be it a board game, a game of tennis, anything to do with going against Carol. That's how I am. And Carol is just as competitive."

Carol, 47, admits she likes to challenge herself. She works in events management and is also a fitness instructor in her spare time.

"Adam's much better at cardio but I'm better at strength stuff," she admits.

At the age of 22, after seven years living away at the Institute of Sport and in hotel rooms while being a professional tennis player, Adam had very little in the way of cooking skills.

"I came off the tour and didn't really have any skills so my grandmother signed me up to a cooking course," he recalls.

Despite the course being at the famed Le Cordon Bleu culinary school, Adam says it didn't set him up to make gastronomic masterpieces.

"It was basically the basics of boiling an egg through to cooking toast. So it wasn't like the 3-hatted chef was telling me how to make duck a l'orange. It was very basic but it was actually handy."

Carol's evolution in the kitchen started at the feet of her mother who taught her many traditional Japanese dishes.

"I love desserts; that's what I mostly cook. And my mum didn't really like desserts so whenever she had dinner parties it got to the stage where I would just do the dessert for her," she explains.

Together their cooking style is full of fresh seasonal produce, seafood, Asian influences and plenty of spice.

"We like to go out to dinner and see something on the menu and bring it home and actually make that."

"And we put our own play on that. And that's what we like challenging ourselves with. We like that little puzzle and it's another competitive thing," says Adam.

Dividing the work in the kitchen, Carol takes the lead on a lot of the prep work although Adam would like to hasten up her knife skills. They'll both work on the entrees, while Adam will serve up the main and Carol will whip up the dessert.

But when things go wrong, these guys deal with pressure in very different ways.

Adam tends to shut up, literally. "I want to talk, but I go very quiet and I just focus. And that's just primarily due to the fact that the sport I used to play everything is internalised."

Whereas Carol is ready with a contingency plan. "It's not to say that I don't react. But we have children too so you know when stuff goes wrong it's easier than a little kid having a tantrum that you've got to deal with then and there. So you just figure it out and move on."

Matt & Rob

Victoria



Best mates Matt and Rob have experienced a lot in life together. From mischievous school boys to high school peers, university pals, flatmates and now business partners, their bond is more like family.

They both have sisters so see their friendship as the brother they never had. "But we probably get along better than brothers," says Matt. "I reckon brothers probably would get on each other's nerves more."

These young marine biologists, both 31, from Melbourne made a leap of faith three years ago and invested in an oyster farm in Coffs Harbour.

Rob admits it was a very big decision buying a business together. "It was a bit of a life changer really that one," he says. "It's coming along well. We're going in the direction we want to. We're still in the building phase but we think we've got the farm almost at full capacity now."

That equates to between 50,000 and 60,000 oysters in the water. And while initially they were selling their oysters wholesale to fish markets and restaurants, they are hoping to diversify in the future.

Explains Matt: "We want to try out a number of different recipes and see what's popular and what works and hopefully from there we can get into a permanent spot - an oyster bar is the dream."

Matt has been seeing girlfriend Mel for just over a year and they are now in a long-distance relationship while the boys focus on the farm.

Rob, on the other hand, says he enjoys his bachelor ways. Nicknamed Thor, Rob has a striking resemblance to his cousin who played the famous character, former Home and Away actor Chris Hemsworth. It could be in part thanks to his sculpted body courtesy of his daily sessions in the gym.

But his greatest love is fly fishing. "I spend basically all

my free time on weekends fly fishing," says Rob. "I like to trek around the ocean, estuaries and rivers up in the mountains. I like everything that it involves: kayaks, boats, rafts, hiking."

Matt has his sights set on becoming a surfer after making the move to the coast. "I like water sports. I like a lot of board sports so I like wake boarding, I love snow boarding, and trying to learn how to surf now is the next one. I have my wet suit and my surfboard and I just need to get out there and practice," he says.

Matt says their strength in the competition is their attention to detail thanks to their scientific backgrounds. "I tend to be pretty good at following procedures and recipes, going back to all the lab work I've done," he says.

They say the divide in the kitchen is much the same as in their business.

"It will be like our business and our working relationship where there isn't necessarily a boss. I think we both have different strengths and weaknesses so we try to play to those. If somebody is good at something we let them take lead and run with it," says Matt.

Rob says like many males, desserts will be their Achilles heel in the competition.

A generally health conscious eater, he says he never cooks desserts. In fact, he rarely even eats them.

"I steer clear of dessert. I can't remember the last time I ordered a dessert when I went out. I don't really ever do it," he admits.

But their definite advantage is their ability to cook seafood and their love of the barbecue for grilling.

"I guess being marine biologists we've always been around the water and involved in aquaculture which is our living now. We also enjoy fishing and diving so we often have seafood that we catch," says Matt.



Rose & Josh

Victoria



With age comes experience and wisdom, but don't let My Kitchen Rules' youngest competitor ever hear you say his age is a disadvantage.

Josh, 19, a commerce student, has been waiting for years to meet the age requirement to apply to be on the show with his mum Rose, 48.

"I don't see it as a disadvantage. I mean some might but they'll just underestimate me," says a confident Josh. "Mum will bring her traditional cooking and those techniques and I think I'll bring innovation because of my age. You know I've grown up with new cooking and new ways to find recipes and I think that will help me a lot too. And what I'll lack in experience, I'll make up in effort and desire."

Rose, an education support teacher, migrated from Uruguay when she was nine-years-old.

Life was difficult transitioning into a new culture, with different traditions and even new foods.

"You know even buying bread was different because we had never seen sliced bread," recalls Rose. "I remember kids teasing us when we went to school because we had salami and the smells that came from it. It didn't take long before we started fitting in though."

She recalls that Josh, the youngest of her two children with husband Carlos, has always enjoyed cooking.

"Growing up he was always like my little helper. But then as he got older he started cooking his own meals and we always cook together now," she says.

Adds Josh: "We are always the ones that cook at home. Dad and my sister can't cook because they

don't know how to because we've always just enjoyed cooking together so they never had to learn."

Rose is known for her mustard and lemon sauce to accompany roasted meats, while Josh's white chocolate and berry crumble is always in demand at family gatherings.

"We do cook quite a bit of South American and Spanish food," says Josh. "It's probably our favourite. We do venture to other cuisines but that's what we do most of."

Josh, a Carlton and Melbourne Victory supporter, has had an adventurous palette from an early age and Rose says he's always eaten everything.

"At three he was eating prawns. And then we regretted introducing prawns to him because we'd go out to restaurants and he'd order prawns when all the other kids were ordering chicken nuggets," she recalls.

The roles will be reversed when they're under the pump with Rose readily admitting she's not one to cope well with pressure.

"I handle pressure pretty well," says Josh. "I manage to keep a cool head in most situations. Mum tends to have her heart on her sleeve and let the emotions get the better of her."

Josh admits to being the odd one out among his mates when it comes to his love of cooking. But he's found a comrade in girlfriend of two years Melissa, who shares his love of creating desserts.

But ultimately his mum is his perfect teammate in the kitchen for MKR. Together, they will make history as My Kitchen Rules first mother and son team.

"For a mother and son we do quite a bit together," he says. "We're very close and I wouldn't want to be here with anyone else other than mum."

Vicky & Celine

South Australia



My Kitchen Rules has its first celebrity team.

"We're a big deal in Adelaide. There's not a lot of people who don't know us," says Celine. "We would say we're celebrities."

Celine has entered the competition with her mother Vicky, who is here to share the recipes perfected by her 77-year-old dad Anthony, who was the head chef at The Greek restaurant in Adelaide for a long time.

Retired now, Celine says her Papa still cooks every day. "He cooks for everyone even if we don't go there. He'll ring up and say, 'Darling I have cooked. You need to come and eat please.'"

It's Vicky's dream to write a cookbook featuring many of her dad's creations, while crafting more of her own along with Celine to add to the collection.

Despite their Greek heritage, Vicky and Celine venture into a lot of different cuisines in addition to Greek, inspired by chefs such as Curtis Stone, Jamie Oliver and Nigella Lawson.

While Celine loves Italian flavours, Vicky is also keen on exploring some more exotic cooking combinations.

"We've just gotten into Persian and Moroccan food too. We like anything that's a little bit different. And we love eating Thai food. I don't cook as much of it; I'd rather go out and eat it," says Vicky.

Celine, 20, applied for the show without telling Vicky, 49. "I did it because mum and I always cook. That's what brings us together. In the kitchen we cook together and it's a passionate thing in our whole family."

Leaving older daughter Yvonne at home, Vicky says she would've loved to have both her daughters by her side for MKR.

"It would've been good if we could've bought all three of us because she could've done the desserts," she says.

"And cleaned up after us because I make a lot of mess," adds Celine.

While sweets aren't their specialty, Celine and Vicky say they more than make up for it with their savoury dishes.

"Even if the dish isn't pretty you're going to overlook that because it has the flavour," says Vicky. "There's no point in it looking pretty if it's not going to taste good. So we're about flavour above everything else."

And if Celine doesn't get a tasty dish served up to her in return, she won't be shy about letting you know.

"If the food I'm eating isn't good or to what I expect, I don't mind sending it back," she confesses. "We have our opinions. I think that's the whole point, to learn from each other and to do that you have to be honest."

In addition to cooking, Vicky loves forestry and works part-time in a flower market and Celine is a competitive soccer player studying a police course at Tafe.

Proudly, they think their relationship is their strength in the competition.

"We're funny," says Vicky. "Extremely funny. Celine is the entertainer. She's a comedienne. And we work really well together. She's positive. She gets things done. She's very thorough."

They might fight a bit in the kitchen, but at the end of the day Celine admits you can't really break up with your mum.

Adds Vicky: "Even if we do kill each other we know how to move on from it quickly. So there's no grudges. So I think it is an advantage being mother and daughter."





Pete Evans

Co-host/Judge

My Kitchen Rules co-host and judge Pete Evans believes the key to success for contestants is simple food, done well.

"I think some teams tend to lose focus when faced with the pressure of the competition. They think they must impress at all costs.

"But I want to see dishes they have grown up with. Recipes that have been passed down through the family or shared by friends," says Pete. "Sometimes these are simple dishes, but when the cooking comes from the heart, they are by far the best."

Pete is a man of many talents. In addition to co-hosting *My Kitchen Rules* since 2009, he is a respected chef, health coach, entrepreneur, author and father.

Born in Melbourne and raised on the Gold Coast, Pete's passion for cooking was discovered early on.

"My cooking life really kicked off when I ditched going to university and became an apprentice chef so I could surf all day and then cooked all night. Not that that really ever eventuated . . ."

Pete has opened and consulted on eight award-winning restaurants over the last 25 years as a chef and loves catering large events where the pressure is definitely on.

The keen fisherman and seafood devotee has a raft of cooking shows under his belt both locally and internationally. He even cooked for royalty, having

prepared dinner for Princess Mary and members of the Danish Royalty. He has also cooked for Elton John, Martha Stewart and U2.

An accomplished author, Pete released his 10th cookbook recently titled "Family Food" which has spent quite some time at the Number 1 position on the food and lifestyle charts.

He is a regular contributor to magazine titles *Gourmet Traveller*, *Wellbeing* as well as writing for *Good Food* and *The West Australian Newspapers*.

In recent years, Pete's love of fresh, healthy and organic food along with his passion for nutrition and wellbeing have influenced his recipes and cooking style. Now a health coach with qualifications gained from New York's internationally recognised, Institute of Integrative Nutrition, there's no stopping Pete revolutionising the way we eat.

Pete's latest project, *The Paleo Way*, is a healthy eating and wellness program. It consists of an online health program, a soon-to-be released television program and a series of national speaking tours.

Pete is also an ambassador for the Australian Organic Schools Garden project as well as a mentor at *Regenis Youth*.



Manu Feildel

Co-host/Judge

Judge and co-host Manu Feildel is back for his sixth season of *My Kitchen Rules* and this time he's hoping there will be plenty of sauce!

Throughout the years he has been judging the competition, Manu says it's still the one thing that makes him see red. "Each year I see teams plate up these magnificent dishes and you know they have put their heart and soul into it. They have created beautiful flavours and textures, but there's no sauce to complement it."

"It may seem like a simple thing, but it can be crucial when it comes to scoring: the difference between a seven and a 10," he says. "It's like forgetting to add seasoning to a dish. It's heartbreaking to see someone eliminated for not adding salt or pepper to a dish."

Manu says the Season Six menus are heavily influenced by the lifestyle and heritage of the contestants, from fishing enthusiasts who worship seafood to Texan natives who pay homage to their Southern roots.

"You can tell when something is made with love and passion; it will flow through every element on the plate from the look, touch, smell and taste of the dish."

Manu is no stranger to innovative cooking himself. After completing a chef apprenticeship at his father's bistro, he was bitten by the travel bug and packed his apron and headed to London.

Although he spoke no English, he began work at The Café Royal before rising through the ranks at restaurants such as Les Associes, Café des Amis du Vin and Livebait.

In 1999, Manu flew to Melbourne where he worked at Toofey's for a short while before heading to Sydney.

After six months working alongside fellow *My Kitchen Rules* judge Pete Evans at his Hugos restaurant, Manu opened the kitchen at Hugos Lounge in Kings Cross.

Manu ran the kitchen for 18 months before he moved to Restaurant VII. During his reign, the restaurant's exciting fusion of French and Japanese cuisine earned a coveted Two Chef's Hats from The Sydney Morning Herald Good Food Guide.

In 2004, acclaimed Australian chef Tony Bilson approached Manu to open his new venture Bilson's at the Radisson Hotel. In its second year, the restaurant was awarded Two Chef Hats and Three Chef Hats the following year.

More success followed with the opening in March 2009 of his own restaurant - L'étoile in Paddington, Sydney. Specialising in classic French bistro food, it too was recognised with a Chef Hat.

In 2011, Manu released his first cookbook, *Manu's French Kitchen*. He won *Dancing with the Stars* on Channel Seven and was crowned Chef of the Year at GQ's annual Men of the Year Awards.

He released his second book, *Manu's French Bistro* in 2012 followed by his third book, *French for Everyone* in 2014.



Colin Fassnidge

Judge

Dublin born chef and restaurateur Colin Fassnidge returns to *My Kitchen Rules* in 2015 for his third year as a guest judge on the top-rating program.

Last season, the outspoken judge put contestants through their paces on MKR's formidable Food Truck, a challenge that had its fair share of tears and drama.

Colin says the Food Truck was a classic example of how contestants need to be resilient and adapt to the pressure of the challenge at hand, a skill he hopes this season's contestants will master.

"There's no point being the best cook if you can't handle the pace and stress of service," says Colin. "When things go wrong, the best teams are the ones that quickly assess the situation, find alternatives and move on. There's nothing worse than not being able to plate up a course."

Known for his nose to tail cooking philosophy, the cheeky and outspoken Irishman firmly believes the secret to cooking a great dish is planning and "having bit of love for the food."

"When you're in the kitchen, you have to be three steps ahead of yourself. You need a plan and you need to stick to it."

Colin, who counts pork, potato, lemon and peas among his favourite ingredients to cook with, says he was drawn to cooking as a career at the age of 12 after seeing esteemed French chef Raymond Blanc on a television program.

"I love that cooking is an expression of you. You can do what you want. It's hard work, but it doesn't really feel

like a job," says Colin, who believes that passion and a willingness to learn are the markers of a good cook.

The eldest of three siblings, Colin recalls a Sunday roast being the first meal he ever cooked and says his passion for food was supported by his mother Colette and father Tony, who, he says, are "both good cooks".

"Food was huge in our family. Mum and Dad loved cooking. We always sat down and had dinner together as a family."

The 41 year-old father of two began his career at Oxford's Le Manoir aux Quat'Saisons in 1994 where he completed his apprenticeship under his idol, Raymond Blanc.

Colin stayed in London for five years before heading to Australia after deciding to combine his love of travel with work.

Arriving in Australia in 1999, Colin worked at some of Sydney's most acclaimed restaurants including Banc and est. While working at est, Colin met his wife Jane, who hails from Northern Ireland.

Colin has been Executive Chef of The Four in Hand Dining Room since October of 2005. Since starting at The Four in Hand, his unique style has seen it transform from a small dining room in a pub to a 'foodie' destination.

In May 2011, Colin opened 4Fourteen. The Surry Hills hot spot was awarded the coveted Chef Hat just four months after its doors opened.

Crowned GQ Magazine's Chef of the Year in 2013, Colin released his first cookbook *Four Kitchens* in 2014.



Guy Grossi

Judge

Leading Australian chef, presenter and media personality Guy Grossi is back at the MKR judges' table eagerly awaiting the new dishes, and personalities, the show is serving up in 2015.

On what he wants to see from this year's contestants, Guy says: "I am hoping to see contestants use cooking techniques that enable the produce to show its best and purest flavour and using ingredients that compliment each other, not to add things just for the sake of complexity.

"Over complicating things does not impress a guest and confuses the authenticity of the produce and the dish. They just need to stay calm and stay focused and let the food speak for itself."

Guy is the owner and head chef of Grossi Restaurants, including esteemed Australian restaurants Grossi Florentino, Mirka, Merchant Osteria Veneta, the new Ombra Salumi bar and Bangkok's Grossi Trattoria.

He began his career at an early age, learning under the watchful eye of his father, Pietro, a renowned chef himself. A champion of presenting Italian cooking in Australia, Guy was awarded the prestigious L'insegna Del Ristorante Italiano by the president of Italy in 1996.

Guy is frequently sought out to present his love and expertise in Italian cooking across many media platforms including international and national television and radio.

As well as being a guest judge on Channel Seven's My Kitchen Rules, he appeared alongside Neil Perry and Guillaume Brahimi on Iron Chef and with Maeve O'Mara as co-host of SBS' Italian Food Safari.

Guy is also a dedicated philanthropist and has fostered strong relationships with numerous charities such as HEAT (Hospitality, Education and Training), which he is patron; Starlight Children's Foundation and Ovarian Cancer Research Foundation.

He is the author of three cookbooks; his latest title, Love Italy, was released in 2013.

Guy lives in Melbourne with his wife Melissa and their two children, Carlo and Loredana.



Karen Martini

Judge

Karen Martini returns to the MKR judge's table with guidance and firm but encouraging feedback.

"To survive, I'd suggest the teams take on board any advice or critiques the judges give out. One of the problems that always arise under pressure is time so having a well thought out plan and an accurate time schedule will help keep them on track."

Karen believes over complicating menus can also cause added stress for the teams. "Forget the trends – concentrate on getting a cohesive and well-executed plate. Concentrate on things you do well and perfect them."

Karen is an all-rounder herself too: she is an award-winning chef, restaurateur, author and television presenter. Her food message is drawn from her professional cooking career, her Tunisian-Italian heritage, and from the challenges of feeding nutritious and stimulating food to her young family.

Karen was the founding chef at the critically acclaimed Melbourne Wine Room and Sydney's Icebergs Dining Room and Bar. As executive chef of both restaurants she

held Two Chef Hats in Sydney and Melbourne, and won, with Icebergs, the 2004 Best New Restaurant Award from the Sydney Morning Herald. After 15 years at The Melbourne Wine Room, Karen and her partner, Michael Sapountsis sold in 2011 to pursue new projects. Karen and Michael still own and run St Kilda's much-loved pizzeria, Mr Wolf which they launched in 2004.

Karen was the food editor for The Age's Sunday Life Magazine for six years. She has contributed several articles to The Australian, and is the current food editor for The Age's Epicure lift out.

Karen is also the author of four cookbooks: *Everyday*, *Feasting*, *Cooking at Home* and *Where the Heart Is*. She also shares recipes and tips through her App as well as regularly publishing recipes, opinions, videos and news at karenmartini.com

For the last nine years, Karen has been the resident chef on Australia's longest-running lifestyle television series, *Better Homes and Gardens*.



Liz Egan

Judge

Planning is the most important element according to Liz Egan, who returns to the MKR judging panel for her fifth season.

"Plan, plan and plan. Have a worklist, complete with delegation of duties in place. Where possible, in the sudden death and finals, cook and take notes as you cook, as often as possible. Every year, the teams over complicate their dishes. They have a dish they've been doing for years and for some reason they feel they need to change it up and make it more contemporary."

With more than 20 years experience in the industry, Liz believes it's very important to picture the dish you are planning to cook, imagine its taste, and then balance textures and flavours. This balance is really the best way to sum up what she looks for in her home meals, her Becco menu, and is what she'll be looking for from the MKR teams.

Liz grew up on Wantirna Estate vineyard in the Yarra Valley, surrounded by wine and food. Her mother is Italian and a wonderful cook, and Liz quickly learnt that

the best way to ensure she got to taste everything her mother cooked at family dinner parties was to help in the kitchen.

After working in commercial kitchens almost by accident, Liz then moved on to form a catering company which ended up as Onions, a highly regarded restaurant in Melbourne's east. Onions was successfully developed into a Two Chef Hat venue and that recognition still counts as her proudest career moment.

Liz appears regularly in culinary publications such as Vogue Entertaining, Gourmet Traveller, Delicious magazine, Taste in the Herald Sun and Epicure in The Age. She was executive chef and co-owner of Becco in Melbourne until 2011. She recently launched her own website lizegan.com.au as well as a new project with her two daughters, Bella and Lily, who are both at university studying nutrition.

Contact

For further information please contact Seven Publicity:

SYDNEY / ALISON BOOTH	T 02 8777 7270	E abooth@seven.com.au
MELBOURNE / JO FINNEY	T 03 9697 7767	E jfinney@seven.com.au
BRISBANE / DEBBIE TURNER	T 07 3368 7281	E dturner@seven.com.au
ADELAIDE / LIBBY RAYNER	T 08 8342 7297	E lrayner@seven.com.au
PERTH / HELEN GANSKA	T 08 9344 0692	E hganska@seven.com.au

