

CONTEMPORARY ISLAND CUISINE TRAINING

1.0 Background

A mechanism to reduce the leakage of the tourism dollar is through the strengthening of tourism links with other sectors such as agriculture and aquaculture. The tourism industry demands large amounts of goods and produce that can be supplied by local producers. Challenges exist in yield, seasonality and quality. However, action is required to ensure that local goods and produce are appreciated, valued and utilized by local chefs and communities. A food revolution needs to take place and this requires a change of mindset, a focus on locally grown and produced food as well as innovative ways to substitute locally available produce in local and international menus.

2.0 Strengthening linkages between tourism, agriculture and aquaculture

There is great potential in strengthening the links between the three large sectors of tourism, agriculture and aquaculture to maximise economic benefits to the local economy. This training will assist in addressing issues of sustainable tourism by expanding the backward economic linkages (farmers, producers, chefs, hotels) through training of local chefs and promoting the use of locally grown produce on their menus and beverage lists. As demand increases, farmers are encouraged to plant and supply Fiji's tourism industry with local produce and thus generate local income for their livelihood and communities.

3.0 Target Group:

Northern region: Chefs, cooks and/or owners/managers of local operators, especially if they have the responsibility and authority to change or make menus. Tourism MSMEs that offer food operate village tours, small catering groups, etc are also included.

4.0 Number of participants:

25 participants (number limited to kitchen facility at host hotel)

5.0 Venue:

Daku Resort, Savusavu

6.0 Dates:

2 – 6 March 2020

7.0 Course Duration:

5 full days including, lectures and practical

9.0 Trainer:

Mr. Colin Chung assisted by Mr. Greg Cornwall

10. Programme:

The five day program is as follows;

Day	Course
1	<p>Introduction of trainees and the course; its expectations and goals; the contemporary island cuisine philosophy and concepts, slide show presentation, discussion of local produce usage and techniques. (8-10 am)</p> <p>Morning tea (10:00 – 10:30am)</p> <p>Discussion, demonstration, production of SUBSTITUTES FOR POTATOES (10:30am-1:00pm)</p> <p>Island Fries & Chips, garlic honey aioli Hashed Local Root Vegetables Mashed Combos (pumpkin & kumala) Dalo & Moca Hashcakes Dalo or Pumpkin Gnocchi</p> <p>Lunch Break (1:00-1:45pm)</p> <p>Discussion, demonstration, production of APPETISERS, CANAPES, ENTREES, SALSAS, DIPS, AIOLIS (2:00-5:00pm)</p> <p>Local Clam Fritters, lime coriander aioli I Ahi Sashimi & Tataki, Wasabi soy dip & ponzu dressing Hawaiian Ahi Poke, Ahi Chilli Cakes Bhaji veges, tamarind chutney</p>
2	<p>Discussion, demonstration, production of LOCAL VEGETARIAN & VEGAN. (8:00am-1:00pm)</p> <p>Pulled Jackfruit, Pork Jackfruit & Bora Tex/Mex Chilli Vegetarian Bolognese Uto wafers, carmelised onions, feta</p> <p>Morning Tea (10:00-10:30am)</p> <p>Island Nachos of Yellow Dalo Chips, Vegetarian Chilli & Cheese Jackfruit and Eggplant Moussaka Gluten-free Vegetarian Lasagna</p> <p>Lunch Break (1:00-1:45pm)</p> <p>Discussion, demonstration, production of SALADS & DRESSINGS. (2:00-</p>

	<p>5:00pm)</p> <p>Pumpkin and Moca, chilli lime coconut cream Kumala or Uto, Bean and Egg, homemade mayo Oriental Noodle Salad, chilli hoisin dressing Local 5-bean salad , typical marinade Favourite locals: ota, Hop, ura, jicama, baby c/nut noodles, w/melon</p>
3	<p>Discussion, demonstration, production of <i>MAINS. (8:00am-1:00pm)</i></p> <p>Tender Local Beef Steaks, tenderise & marinade Braised Beef Short-Ribs, Roasted Root Veges, Bora, Pumpkin, Moca stir-fry Poached Ginger Chicken, fresh ginger & spring onion sauce Chinatown Crispy Roast Pork, Asian Slaw, Taro and Bele Hashcakes</p> <p>Morning Tea (10:00-10:30am)</p> <p>Roasted Chicken Roulade w/eggplant curry, chicken suruwa, tamarind rice Plump Pork Loin Chops, Pineapple & local nut farci Local Shellfish, Moca, Eggplant & Tomatoes with Fresh Pasta Local fish cooking techniques, crispy skin snapper, pan-simmered</p> <p>Lunch Break (1:00-1:45pm)</p> <p>Discussion, demonstration, production of COMTEMPORARY ISLAND DESSERTS (2:00-5:00pm)</p> <p>Haupia Coconut Custard Tarts, Coconut Curd Crumble, Sour sop Chiffon Squares, Mango Cheese Cake, Banana Cake</p>
4	<p>Discussion, demonstration, production of <i>SNACKS & LUNCHES. (8:00-1:00pm)</i></p> <p>Smoking Fish in kitchen & Smoked Fish Pate Crisp Chicken Paddles in Pineapple Boats Pork and/or Seafood Dumplings, chilli sweet soy dip Oriental Fishcakes, chilli garlic aioli Home-made crispy Pizzas, tomato basil sauce Pastry Cases filled with vegetarian chilli, Beef Luau & thicken coconut cream</p> <p>Lunch Break (1:00-1:45pm)</p> <p>Continuation of SNACKS & LUNCH production (2:00-5:00pm)</p> <p>Use and production of Japanese panko crumbs for fish, chicken and pork Vegetarian burgers Quesadillas, tacos, burritos - filled & grilled Rotis</p>

	Sliders, 3 mini-bread rolls filled with pulled pork, chicken, fish or vegetation
5	<p>Discussion, demonstration, production BREAKFAST MENU (8:00-10:00am)</p> <p>Egg cookery: proper industry standards for scramble, poached, sunny side up, over easy, over hard, coddled, omelets Specialties: pancakes, American versus crepes; pancake sandwiches, island hash, and with coddled eggs, breakfast wraps, breakfast pizzas, bennies, egg & bacon butties.</p> <p>Morning Tea (10:00-10:30am)</p> <p>Discuss, plan, production of menu for Graduation Reception (Drinks and Nibbles) (10:30-5:00pm)</p> <p>Lunch Break (1:00-1:45pm)</p> <p>Graduation, speeches, certificates, reception (6:00pm)</p>

11.0 Accommodation

Participants who wish to be accommodated at the training venue will need to cover their own accommodation expenses at Daku Resort or the nearby properties.

Please see accommodation options/ rates and inclusions below:

Accommodation (Local Rates)

Daku Resort will advise

12.0 MEALS

The following meals will be provided during the training:

1. Morning tea
2. Lunch
3. Afternoon tea
4. Dinner – This will be provided only to the participants (and trainers/facilitators) who will be accommodated at the venue during the course of the training.