

Secrets from the show...



Peeling broad beans Broad beans have an outer shell that should be removed. Once cooked, snip 1 corner with scissors and squeeze to remove bean from outer skin.



Wood ear mushrooms Crunchy and mild in flavour, these are best cooked over high heat to retain their texture. Always remove stems. Use in risottos and stir-fries.



Preparing eggplant Cutting 2cm-deep crosses into the top of each eggplant quarter will speed up roasting and allow the oil and spice mixture to penetrate and flavour the flesh.



Seasoning food Pepper loses its flavour rapidly once ground. Always grind whole peppercorns directly over food when cooking or seasoning.



Using lemongrass Peel and discard the tough outer layers. Thinly slice or finely chop to where the stalk colour changes from cream to pale-green.



Jalousie Cut slits into the folded edge of the pastry so the slits run down the centre of the jalousie when unfolded. This forms a decorative pattern and allows excess steam and moisture to escape.

Under the griller

Ready Steady Cook features some of Australia's fastest chefs – but are they as quick with a quiz? To find out, we asked them: 'What's the worst meal you've ever eaten?'



I once had to eat two sandwiches filled with raw prawns.
Janelle Bloom,
food editor,
Super Food Ideas



A dodgy chicken kebab that made me ill.
Matt Golinski,
chef-owner,
The Rolling Dolmade catering company



A salad with slimy cucumber and browned leaves.
Dominique Rizzo,
partner, Mondo Organics



A Japanese dish called natto – it was acrid, like lactic acid.
Alastair McLeod,
executive chef,
Bretts Wharf



Some vegetarian burritos which were totally cold and terrible.
Jacqui Gowan,
head chef,
Garfish



Seafood called 'violets'. They looked like stone, but were soft, with black skin. They were stinky!
Manu Feidel, executive chef,
Bilson's restaurant

Be a part of the show!

- * Join in the fun of *Ready Steady Cook*, Australia's best-loved cooking show! To be a contestant or part of the audience (Sydney only), call the RSC team on (02) 9438 3866 or email: readysteadycook@sstar.com.au
- * For more recipes from *Ready Steady Cook*, visit: www.readysteadycook.ten.com.au ■