



Australian Government  
Australian Trade Commission

Publication: The New Indian Express

Date: 18 November 2008

Page: 05

Edition: Bangalore

FOOD

## Treating food like a lady

Savour Australian delights from chef Sunny de Ocampo's kitchen at Le Jardin



CHEF Sunny de Ocampo was "born in the kitchen", so his mother likes to tell him, and whether you call it his fate or destiny his lifelong passion for cooking has led him to achieve extraordinary success. Lucky for us, he is here in Bangalore to treat people to some of the finest Australian cuisine.

From the November 12-23, chef Sunny will be cooking at Le Jardin at The Oberoi in Bangalore, where he will be presenting Australian seafood and wine for diners. The idea behind the project began with the Australian Trade Commission wanting to open India's doors to modern Australian cooking. Although less well-known than other international cuisines, Australia has an abundance of world-class produce — its seafood, meat, lamb, wines are all renowned.

The finest Australian produce has been sourced and flown across from Australia to Bangalore especially for this festival. Rock Lobsters, Crystal Snow Crabs, Tasmanian Salmon and Yellow-Tail King Fish are just some of the seafood delicacies on the menu. Each dish is delivered to marry flavours, textures and taste to create what he calls "a dance on the plate".

Chef Sunny believes that one should "treat your food like a lady; serenade it, give it love and care". And you can see the careful attention he gives to his sea-

food specials — the delicate fish is 'perfumed' with subtle flavours. He uses native aboriginal spices — Lemon Aspens, Quandong (desert peach) and Pepper Berry to give the menu that unique Australian twist.

Born in the Philippines, his family migrated to Australia when he was 15 years old and you can see the Asian influence in his cooking. In fact, this is how he describes modern Australian cuisine, "Australia is a young country, which is a melting pot of cultures. People from around the world migrate to the continent, bringing their own styles of cooking with them." Australian cuisine is therefore constantly evolving.

Chef Sunny is not only a creative talent, but a real entrepreneur. At only eight years old he enrolled in summer-holiday cooking classes. In his twenties he travelled the world, learning about different cuisines. He then worked his way up to become Head Chef for the Hilton Hotel in Perth. Success followed and he became presenter of the television show 'eatgoodlife'. Now he runs *Cravings Magazine* and *Cravings Food Club*. He also expects to publish his book next year — *Sunny Side Up*.

Spending eight days in Bangalore, Delhi and Mumbai, his journey is shaped by the idea of 'sharing'. As his mother said, "Happiness eternal is food shared", and it is a philosophy that is very much part of his trip to India.

Karen O'Connor  
@kornackie@hotmail.com