

# CLEANING UP A STORM

The *KBQ* and *Completehome.com.au* teams had the pleasure of cooking a delicious Lebanese feast at a cooking class hosted by *MasterChef* season one winner, Julie Goodwin, and the team from InSinkErator. After cooking comes the dreaded clean-up, but InSinkErator had us covered

Words Ben Nour Edited by Carla May Photography Sam Bruce



Contrary to what you might think, the *KBQ* and *Completehome.com.au* teams aren't especially experienced — or if we're being honest, talented — when it comes to cooking. So it was with great excitement that we accepted an invitation from InSinkErator to attend a cooking class at Julie's Place, run by *MasterChef* 2009 winner, Julie Goodwin.

After watching Julie demonstrate the day's menu, we were split into teams and placed at workbenches to complete our own cooking challenge. An hour and a half later, we sat down with Julie to feast on our hard work. Lebanese baba ghanouj, chicken tawouk, lamb kofta and fattoush — delicious!

One thing that quickly became apparent about Julie, aside from her mastery of cooking, was her reliance on InSinkErator's food waste disposal system, of which she owns three — one at home and two in her commercial kitchen (she has named them Igor and Ivan).

Upon further investigation, it wasn't hard to understand why Julie is such a fan of InSinkErator. The InSinkErator food waste disposal system is a truly impressive piece of kitchen tech. As anyone who works in the kitchen is aware, keeping it clean and tidy is a top priority — although unfortunately this is sometimes easier said than done, particularly when running a busy household.

InSinkErator food waste disposers provide a clean, convenient and environmentally responsible method of ridding the kitchen of food scraps. Installed

discreetly under the kitchen sink, food waste is finely ground before being sent via the sewage system to a wastewater treatment plant. Treatment plants are designed to treat organic waste, in contrast to landfill sites that are the least desirable way to dispose of organic waste. This means a win for the environment and a step forward for the modern Australian kitchen.

"It is really handy for those food scraps we can't give to our chooks or put on the compost heap. It reduces how much we are putting into our bins and landfill, and is especially great for seafood scraps so they don't make the bin smell," says Julie.

The Evolution series is InSinkErator's latest range showcasing the company's quietest and most powerful models yet, with the ability to grind nearly every type of food, such as small bones, meat, fish heads, peelings, eggshells, nuts and much more.

An InSinkErator food waste disposer eliminates the transfer of food scraps from bench to bin. No more emptying food waste bins and cleaning the residue food leaves behind. Instead, say hello to a more hygienic and pleasant kitchen environment where food waste is no longer decomposing in bins.

## FOR MORE INFORMATION

**InSinkErator**

**Website** [insinkerator.com.au](http://insinkerator.com.au)

**Julie's Place**

**Website** [juliesplace.com.au](http://juliesplace.com.au)

**Email** [cook@juliesplace.com.au](mailto:cook@juliesplace.com.au)



## INSINKERATOR AND THE ENVIRONMENT

Did you know that Australia is heavily dependent on landfill as one of its waste management strategies?

Estimates suggest each household produces close to 1.5 tonnes of waste each year and nearly half of that is organic. With the majority of non-recyclable waste going into landfill, this could have considerable impact on surrounding air, water and land quality. Additionally, a by-product of organic waste decomposition is a gas containing 50 per cent methane — a strong contributor to climate change\*.

With new technology comes hope for a sustainable future, and food waste disposers are leading the way. By using a food waste disposer, food waste is no longer bound for landfill, but is sent to wastewater treatment plants instead, where it has the potential to be turned into clean biogas (biomethane) and used for power and heating. Nutrient-rich digestate, a by-product of the methane conversion into biomethane, can also be used as a fertiliser.

While Australia is slowly adopting this new approach to renewable energy, food waste disposers, such as an InSinkErator, will play a pivotal role in a more sustainable waste-management solution.

**\*Sources courtesy of InSinkErator**

**ABS - Waste Disposed to Landfill (1370.0 - Measures of Australia's Progress, 2010), [abs.gov.au](http://abs.gov.au)**

**Anaerobic Digestion of Biowaste in Developing Countries, [eawag.ch/abteilung/sandec/](http://eawag.ch/abteilung/sandec/)**







## JULIE'S FATTOUSH

This is a traditional Middle Eastern salad that is vibrant, fresh and lovely, with the crunch of toasted Lebanese bread.

**Serves** 4-6 (as an accompaniment)

**Preparation time** 15 minutes

**Cooking time** 10 minutes

### Ingredients

- 1 round of Lebanese bread
- 2 teaspoons olive oil
- 1 teaspoon sumac
- Salt and pepper
- 2 Lebanese cucumbers, seeded and finely diced
- 1 punnet of very ripe cherry tomatoes, halved (or 3 ripe tomatoes seeded and chopped)
- ½ bunch radish, finely diced
- 1 green capsicum, seeded and finely diced
- 1 small red onion, finely diced
- ½ bunch mint, coarsely chopped
- ½ bunch parsley, coarsely chopped

### Dressing

Juice of 1 lemon

¼ cup extra-virgin olive oil

Salt and pepper (a pinch of each)

### Method

Preheat oven to 180°C (160°C for fan forced) and brush the Lebanese bread with oil evenly. Sprinkle with sumac, salt and pepper. Bake for 10 minutes or until crisp. Cool completely and crumble into pieces in your hands, then set aside.

Combine all the salad ingredients and place on a serving platter or in a bowl.

For the dressing, whisk the lemon juice and oil together and season with salt and pepper.

Just before serving, drizzle ¾ of the dressing over the salad and toss to mix well. Scatter over toasted bread and finish with remaining dressing. Serve immediately.

**Variation** Instead of baking, you can also deep-fry the Lebanese bread.

