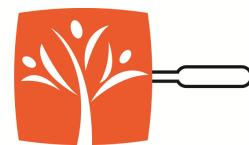


Master Cook teams rolling in

30th November, 2010



WIMMERA HEALTH CARE GROUP FOUNDATION'S
MasterCook
DO YOU HAVE
THE RECIPE FOR
SUCCESS?

The Wimmera Health Care Group Foundation's Master Cook is having an impact on the community, even before the competition has formally commenced.

In just the third week of recruitment, six teams have already registered, with another five almost ready to join. Master Cook teams so far are the Wimmera Health Care Group Foundation, Horsham Rural City Council, Wimmera Health Care Group, Shane and Andrea Cross Builders, Horsham Regional Art Gallery and Iris Financial Group.

Susan Surridge of Horsham Rural City Council has teamed up with her colleague Diana McDonald to enter Master Cook.

"Diana asked me to partner her, despite the fact that I am a terrible cook! We believe we complement each other because Diana is a really good cook and I love eating – especially meat dishes which Diana cannot eat because she is vegetarian," Susan said.

"We are already discussing potential recipes that will be quick and impressive. The 30 minute time limit will be tricky but it is all for a great cause," she said.

Husband and wife team Shane and Andrea Cross believe they have 'built the recipe for success' based on their successful building business.

"Shane and our three sons, Dalton, Dustin and Remy were all born at the Wimmera Base Hospital and I worked there for ten years," Andrea said.

"We decided to enter Master Cook so that we could give something back to the hospital that has served us so well as a family. By raising money for the Wimmera Health Care Group Foundation, we can make sure that our donation will still be around and being invested when our boys are grown up and have their own families," she said.

"The building industry often misses out on opportunities to be involved in charity fundraising events because they do not have retail products. I have distributed 13 fundraising tins to local businesses including retail outlets and businesses in the building trade. I have let them know that gold coins will fill the tin fastest and whichever business raises the most amount of money will win 2 dozen homemade sausage rolls made by local bricklayer and qualified pastry chef, Troy Fereday, who happens to be our nephew!" she said.

Teams of cooks will have 30 minutes to create their best dish, using only the ingredients and equipment provided. Cook-offs will be held at Horsham Plaza in the last two weeks of February. They will be competing to gain a place in the Master Cook finals, to be held at the Wimmera Machinery Field Days in March, in front of a guest celebrity chef.

Teams will be judged on their cooking skills, creativity and fundraising ability. All proceeds raised from entry fees, fundraising, cookbook sales and the Gala Dinner will go straight to the Wimmera Health Care Group Foundation. Fantastic Prizes are up for grabs in both the cook-offs and finals, with major prizes for the Winner and Runner-up.

Winners of the Wimmera Health Care Group Foundation Master Cook competition will be presented at a Gala Dinner on 3rd March, 2011 and all the recipes created during the competition will be compiled in a recipe book.

For more information on Master Cook, visit www.whcg.org.au or call Robyn Lardner on 0400769900.