



Thursday, 1 September, 2016

Simon Bryant to share his passion for pulses at Hart

Chef and author Simon Bryant will share his passion for pulses at the Hart Field Day on Tuesday, 20 September, with a cooking demonstration showing how to *Eat What You Grow* from 11am-midday, followed by a lunch time address.

Simon says he is looking forward to getting out to the grass roots, chatting with growers and sharing his love of cooking with pulses.

“The Hart Field Day session, *Eat What You Grow* is really impressive,” he says.

“I think a lot of growers still don’t know that they’re growing gold. Not just because it’s such a great cash crop, but the flavour is just amazing and we’re one of the best at growing it in the world.”

Simon, Tasting Australia director, former Hilton Adelaide executive chef, and co-star of the ABC’s *The Cook and The Chef* with Maggie Beer, says pulses are easy and versatile to use and can complement any dish, with even traditional recipes enhanced by adding pulses.

“For me, if I come home and haven’t planned my meal, lentils are my go to,” he says.

“I know we’re all busy and we don’t plan like our grandmothers used to, but it’s so easy to throw some lentils in to cook when it takes less than half an hour from go to whoa; or to get a bowl of chickpeas in the fridge overnight to soak, ready to cook the next day.

“Last year’s harvest is 25 minutes cook, absolutely maximum, and that’s possible by using local, fresh lentils – the newer they are, the better the flavour, the quicker they cook, and the better the nutritional value is.

“People think pulses and they think soups and stews, but there’s so much more to pulses, they’re not just a winter food.

“Summer salads, hummus, falafels, there’s so many things we can eat out of winter and they’re easy and portable.”

Simon is passionate about quality produce, and local, fresh ingredients, and has his ‘finger on the pulse’ in terms of markets, the seasonal outlook and being in contact with his grower suppliers.

With so many nutritional and rotational crop benefits, Simon says pulses are “almost too good to be true”.

“Prices are fantastic, and while that won’t last forever and they’ll come back to an equilibrium, it’s good to see the farmers having some wins, especially with things shaping up for a great harvest this year,” he says.

“Pulses are healthy, they’re good for the soil, pretty water wise, they’re a healthy protein with resistant starch, a good source of energy.

“And while I don’t really like the term super food, they really are one of the original super foods and they’re here to stay.”

Taste some of Simon’s food during his cooking demonstration and at the complimentary Pulse Revival Station in the refreshments tent at the conclusion of the field day.

For more information about the Hart Field Day, take a look at the website www.hartfieldsite.org.au