

# VENZIN

FOOD CULTURE & TRAVEL

*Bowyo*

THE THAI CHEF  
TESTING BRISBANE'S  
TASTEBUDS

#02

**FREE COPY**

ARTIST PROFILE

KITCHEN DESIGN

RECIPES

COOKING SCHOOL

DISCOVER DUBLIN





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# EDITOR’S LETTER

Collaborating with local businesses, artists, builders and lifestyle brands, the second edition highlights an eclectic group of people who are proud to call Brisbane home. Our food culture and travel stories reveal the budding Martha Street precinct, Thai cooking classes, world-famous festivals and more.

Our feature story is on executive chef, Bowyo. Read about her upbringing in Thailand and how she come to be one of Brisbane’s accomplished fusion cuisine chefs on page 10. Discover Dublin in the feature travel story on page 40. Gretel tells tales of her five-month stay in the lively city.

With tips on planning the perfect party, designing your dream kitchen, and recipes to cook in your kitchen, there’s something for everyone. Thank you to all who picked up a copy of our first edition. It’s the wonderful feedback from our first publication which has encouraged us to continue creating a magazine for the Brisbane community to enjoy.

Candice

# TEAM



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# ABOUT

Venzin Magazine is a complimentary publication created for the Brisbane community’s enjoyment.

For advertising, editorial, general feedback and enquiries, please contact the editor via email - Candice@venzingroup.com.au.

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## THE VENZIN GROUP





# BRISBANE



art @candicedarryl

Join our community and connect with us online ♡

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 @VENZINMAGAZINE  
#VENZINMAG

Share and Win!

Enter our Instagram competition for your chance to win a \$100 Venzin Group voucher to use at any of our venues!

How to enter:

- Follow us on Instagram @venzinmagazine
- Upload a photo of our magazine in your world and use the hashtag #venzinmag.

Winners drawn monthly!

Win!

\$100  
VENZIN  
GROUP  
VOUCHER  
#VENZINMAG



# MAGAZINE LAUNCH PARTY

IT WAS A GLAMOUROUS  
GRAZING AFFAIR IN PAWPAW'S  
GARDEN ROOM, AS WE  
CELEBRATED THE DEBUT  
EDITION OF #VENZINMAG  
IN DECEMBER 2016.



snaps MICHAEL







# PAWPAW ASIAN KITCHEN

THERE'S A  
COMMON SAYING  
IN HOSPITALITY  
THAT IT'S BETTER  
TO DO ONE THING  
WELL THAN LOTS OF  
THINGS POORLY.



Well, with our newest venture we wanted to give our superstar chefs a new challenge – “Break the rules and showcase the best of the South Asian region in one kitchen – ‘Pawpaw Asian Kitchen’”.

At the Venzin Group we are very lucky to have staff from all corners of Asia. We’re thrilled they have stepped up to the wok to bring our customers culinary delights from many corners of the most flavoursome continent. You want pho noodle soup? We’ve got it. Green curry? Yep! Sweet potato fries?! Yes, we have that too.

Having dishes from Thailand, Vietnam, Indonesia and China all on the one table might seem like an odd pairing, but the locals in Tingalpa have been very welcoming to our concept. We like to think that we are contributing to an Aussie food culture that doesn’t stick to the rules, by drawing on all of the flavours at our disposal. After all, our business was started almost fifteen years ago by a Swiss man selling Thai curry pastes at a suburban farmers market!

Tasty fact - Massaman Curry is one of the most popular dishes at all of our restaurants, but did you know that its roots are not in Thailand? Some theories suggest the dish originated in Persia (modern day Iran) while others believe it was a Thai interpretation of an Indian dish that hit the right spot! Either way, its ingredients such as cardamom, cinnamon, cloves and star anise are uncommon flavours found in Thai cooking.

6/1534 Wynnum Rd, Tingalpa • 3890 1257  
Open Mon – Fri for lunch 11:30am – 2:30pm  
Open 7 nights from 5:00pm – late  
@pawpawasiankitchen



BULIMBA  
COMING  
SOON!

pawpaw  
ASIAN KITCHEN

words DANNY  
snaps CANDICE

- 1. Venue interior
- 2. Tofu green curry
- 3. Roti canai
- 4. Steamed dim sims



# EXECUTIVE CHEF BOWYO

KHANITTHA MUANGSONG SPENT HER CHILDHOOD ON A DAIRY FARM 250 KILOMETRES SOUTHEAST OF BANGKOK IN A SMALL TOWN NAMED CHANTHABURI.

Khanittha, nicknamed 'Bowyo' by her mother, grew up surrounded by family who loved cooking, using fresh and wholesome produce. At age 12, Bowyo moved to Bangkok to commence her high school studies. Her family sold the farm soon after.

Bowyo's mother, Duangdee, moved to France, encouraged by friends to become a chef. Duangdee worked in a Thai restaurant, but also learnt about French cuisine during her time in Europe. Both of Bowyo's parents live in Thailand today.

When she turned eighteen and completed her year 12 studies, her Australian-based Aunt, Kittiya Tanyongthong, already had plans for the young chef-to-be.

"My aunt and cousin suggested I study cookery, because they had the restaurant Thai Terrace in Milton and wanted me to work in the kitchen!" Bowyo laughs, and continues to describe the moment she stepped foot into Australia. "I arrived in Brisbane at eleven o'clock in the morning. By four o'clock in the afternoon I was working in my aunt's kitchen."

With no previous kitchen experience, Bowyo has always had a gift for learning quickly, equipped with the belief that if she concentrates enough, she can acquire any skill.

The first year in Australia was as Bowyo describes, 'crazy'. "Not only was I kitchen hand and boning chicken wings (at the restaurant), I had to learn entrée, stir-fry, then butchery. My first year of study at TAFE didn't even involve cookery, I was only learning English!" she reveals.

Bowyo studied commercial cookery in her second year, hospitality in the third, followed by a six-month patisserie course.

When Aunt Kittiya's other restaurant in West End was sadly destroyed in the 2011 floods, Bowyo wanted to continue working locally. She joined the kitchen at Jo-Jo's in the Queen Street Mall, which was where she learnt about American food culture, plating up hearty breakfasts and pastas.

While studying Asian cookery with a western teacher at TAFE, the ambitious chef identified clear differences between what she had grown up eating, and what she was studying. This inspired Bowyo to experiment with fusion cuisine.







In 2013, a friend introduced her to Raymund Venzin, owner of the restaurant Mons Ban Sabai Thai in Camp Hill. Venzin was seeking a Thai chef for the venue. “Raymund gave me a one day trial at Mons. I was given the job and offered sponsorship that very same day!” Bowyo gushes.

It wasn’t long before Venzin’s daughter Giorgina, general manager of the Venzin Group, tempted Bowyo with a new challenge: to redesign the Pawpaw dinner menu, encapsulating her Thai heritage and western training. The result was an Asian-Western fusion to be reckoned with.

With positive customer feedback and sales growing exponentially, Giorgina offered Bowyo the position of head chef at Pawpaw, going on to then recreate the entire Pawpaw menu.

Bowyo modifies some of the spicier Thai recipes to be more palatable for westerners, yet continues to encompass the aromatic and flavoursome qualities of traditional Thai dishes. She also uses her mother’s original chilli-less green curry paste recipe, removing the shrimp paste to cater for vegans.

“I watch my mother cook whenever I visit home and I think to myself, I might try that,” Bowyo tells. “When I taste my mother or grandmother’s cooking, I know exactly what’s in it, so then I go back (to Australia) and make it my own way.”

The 29-year-old reveals that there are many recipes exclusive to the Venzin Group, the Roti Canai being one of them.

“We wanted to make a dinner special one night, so I took inspiration from a Malaysian curry (also named Roti Canai),” Bowyo explains. “We combined the rendang and red curries and a few other ingredients we had in the kitchen.” The ‘special’ is now fixed on menus across the Venzin Group’s Thai restaurants. The Lamb Rendang is another recipe parallel to no other.

“There’s always room for improvement,” the executive chef of Venzin Group acknowledges. “When I go home at the end of the day, I think about what I have done, and what I can do to make it better.”



“WHEN I GO HOME AT THE END OF THE DAY, I THINK ABOUT WHAT I HAVE DONE, AND WHAT I CAN DO TO MAKE IT BETTER.”

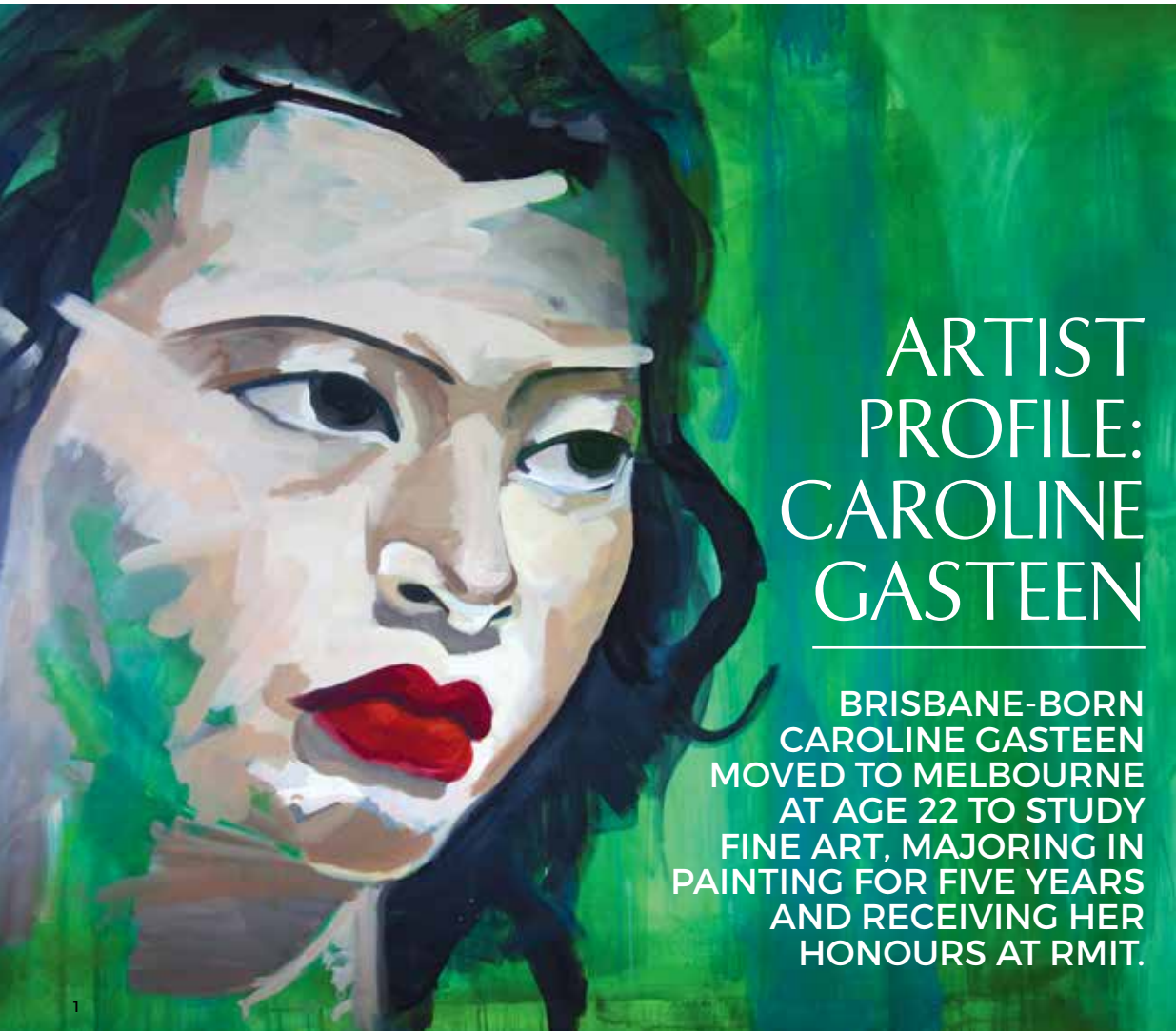
Comparable to Pawpaw’s new menu, Bowyo’s hand-picked team improved by leaps and bounds. “Our team is great at problem solving. There’s excellent communication between the kitchen and front of house.” Bowyo continues to express, “I am proud to work with a talented group of people.”

Preferring to keep busy, she also enjoys teaching at the Pawpaw Thai Cooking School classes, as well as creating glamorous grazing platters and cakes for events.

“I love it, I’m always doing something different,” Bowyo smiles. When she’s not at work, the industrious chef enjoys relaxing at home with her fiancé, Kritcharut, and annual trips to Thailand to visit her family.

words CANDICE  
snaps TAHLIA  
1. Bowyo plating up  
falafel burger  
2. Young Bowyo  
competing in the mini  
marathon in Thailand  
3. Bowyo  
4. Blueberry pancakes  
5. Lamb Rendang  
6. Chilli caramel  
pork waffles





# ARTIST PROFILE: CAROLINE GASTEEN

BRISBANE-BORN  
CAROLINE GASTEEN  
MOVED TO MELBOURNE  
AT AGE 22 TO STUDY  
FINE ART, MAJORING IN  
PAINTING FOR FIVE YEARS  
AND RECEIVING HER  
HONOURS AT RMIT.



When Caroline graduated from art school, other graduates were surprised by her desire to move back to Brisbane, insisting it was career suicide.

“There is a prevailing idea about what sort of place Brisbane is, especially in terms of arts and culture,” Caroline states. She believes that one’s skills as an artist has nothing to do with where they live.

“I hated that creative people were leaving Brisbane,” she says, also admitting that she’d rather be part of a smaller artistic community, than to be another fish in a big (Melbourne) sea.

Colour obsession was the catalyst of Caroline’s love for art, initially working with colour and sculpture by cooking hard rock candy. While living in Melbourne, the artist even opened a café.

“This was about being creative with funds and building.”

There has always been a creative element laced within each of her career moves. In Brisbane until just recently, Caroline worked on technical art installation at the museum. During her time at the museum, Caroline was surrounded by taxidermists, which encouraged her to practice Taxidermy herself.

“Some people find it odd, but it’s purely sculptural art,” Caroline informs.

The 30-year-old has featured her taxidermy at the World Science Festival two years running.

“People would say to me, ‘I could never do this, I love animals’,” Caroline says. “I’d reply saying that taxidermists bring animals back to life, it’s like doing them a service. Taxidermists love animals, in fact I used to want to become a vet!”

Although she’s pursued many arts, Caroline truly enjoys painting, particularly abstract art. She speaks highly of the Golden Acrylic paints, but also uses oil and other mediums depending on her projects. Caroline has painted CD covers for Ben Salter, Dom Miller and Nite Fields, and large-scale Asian-inspired murals for the Venzin Group.

“I love having parameters, (I think to myself) ‘this is the space, respond to it!’ That’s what the murals are, whereas when you’re working on your own stuff, you think, ‘what am I going to do? I could do anything!’”

She confesses, “Art is a lifestyle. As soon as you start monetising art it becomes a pressure on your love for it as a pastime. I like the output, where I can work on commercial projects, but also have my personal work.”

Caroline’s advice for young people in the arts community is as follows; “If you have a paint brush in your hand and someone’s paying you, be open to what people ask for and what they need. I think in art, as an artistic person, there’s a focus on integrity and consistency. I believe in this, however in the real world you need to be flexible, which is completely artistic!”

words CANDICE  
snaps CANDICE &  
CAROLINE

1. Pawpaw Asian  
Kitchen mural  
2. Taxidermy platypus  
and environment  
3. CD cover art  
4 & 5. Caroline Gasteen  
with her murals



# DESIGN YOUR DREAM KITCHEN

FORT INTERIOR'S  
JORDAN FERRIS  
CHATTED WITH  
THE VENZIN  
MAGAZINE TEAM  
TO GIVE US SOME  
HANDY ADVICE ON  
KITCHEN DESIGN.



After all, it is where we like to spend most of our time! Did you know that the Hamptons Style originates from Traditional Style; the name given to the exquisite, large American homes predominately located in the Hamptons, northeast of New York?

Traditional big profile features, crisp white and blue paints and splashbacks combined with sophisticated modern greys and eloquent detailing encapsulates an updated version of the timeless and quintessential Hamptons Style.

As well as the popular Hamptons Style, other trends including the Industrial and Scandinavian styles are well and truly coming back into Australian homes. With so many design concepts out there, how do you narrow it down when it comes to building or renovating your kitchen?

“If you try to incorporate too many ideas into one space it can become quite cluttered,” Jordan explains. “It’s best to stick with one or two big features and then keep everything else minimalistic. I always love when clients have vision boards. Teared pages from home magazines, sections of stone benchtops and other bits and pieces can really assist with the planning process.”

With a fantastic reputation from parent company, Fort Constructions (Jordan’s father has been building homes since 1992), Jordan branched out to begin Fort Interiors; a design and construction business specialising in internal renovations, particularly kitchen and bathroom. The Fort family has 40 years of experience in building high-end homes across Queensland, particularly Brisbane, Gold Coast and the Sunshine Coast.

The team behind Fort are not just designers, but qualified builders, meaning they can provide all standard builder warranties and insurances.



words CANDICE  
snaps KITCHEN  
IMAGES SUPPLIED  
BY FORT INTERIOR  
1. Jordan Ferris

“It’s quite common these days for people to watch home renovation television shows and want to do the renovation themselves,” Jordan reveals. “However it’s in the client’s best interests to have the entire project executed by professionals to avoid any complications with warranties and insurances.” Fort Interiors offers a six-and-a-half-year warranty.

Regular and valuable communication with clients throughout the entire process is crucial to ensure the finished product exceeds expectations. Productive interaction along with budget-conscious pricing is what sets Fort Interiors apart from the rest. Jordan offers free consultations and has also given our readers an exclusive offer; “when you sign-off on a quote and mention Venzin Magazine we will give you a discount.” Cheers, Fort!

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Web: [www.fortinteriors.com.au](http://www.fortinteriors.com.au)  
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**TAG US & WIN!**  
(SEE PAGE 5)  

  
**#VENZINMAG**



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@cristhorpe



@polabur



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@thetravellercouple



@mooolly

# RECIPES

FROM VENZIN KITCHENS  
TO YOURS





# Sweet Potato Pad Thai

GLUTEN FREE  
SERVES 2

## SAUCE

### INGREDIENTS

½ whole sliced red onion  
2tbsp spoon crushed garlic  
2-3tbs vegetable oil  
450g palm sugar  
350g tamarind sauce  
100ml gluten free soy sauce  
400g salted soya bean, blended  
pinch of salt if needed

## METHOD

- Sauté red onion, garlic and vegetable oil until golden brown.
- Add palm sugar and leave to melt.
- Add remainder of the ingredients and mix together.
- Leave to boil on low heat for 5-10 minutes until sauce thickens. Set aside.

## NOODLES

### INGREDIENTS

80g thinly sliced chicken (optional/  
substitute for tofu if vegetarian)  
20g hard tofu, diced  
1 whole egg  
50ml pad Thai sauce (as per sauce recipe)  
180g sweet potato noodles, cooked until  
al dente  
20g garlic chive  
1 handful of beansprouts  
¼ cup vegetable oil (less if preferred)  
2tbs crushed roasted peanut

## METHOD

- Heat the wok with oil and cook meat until 70% cooked.
- Add egg and stir (you want to see the egg separate into pieces).
- Add noodles and tofu, stir for one minute then add pad Thai sauce. Continue to cook until the noodles have soaked up the sauce.
- Add garlic chive and beansprouts and stir for one minute.
- Serve with crushed peanuts and a wedge of lime (a side of chilli is recommended/optional).



@pawpawcafe



# Pink Pitaya Panna Cotta

SERVES 8

## INGREDIENTS

1tbs gelatine powder  
2tbs cold water  
2¼ cups thickened cream  
¾ cup milk  
1/3 cup caster sugar  
1½tsp vanilla paste  
125g frozen pink pitaya  
(also known as pink dragon fruit)

## METHOD

- In a very small saucepan sprinkle gelatine over water and let stand for one minute to soften.
- Heat gelatine mixture over low heat until gelatine is dissolved, then remove saucepan from heat.
- In a large saucepan bring cream, milk and sugar to a boil over moderately high heat, stirring continuously.
- Remove saucepan from heat and stir in gelatine mixture, vanilla and pink pitaya.
- Divide cream mixture among eight plastic ramekins and let cool to room temperature.
- Chill ramekins, covered for at least four hours or overnight.
- Serving suggestion: serve panna cotta on top of seasonal mixed fruits and granola.

@piggybackcafe

# Vitality Bowl

VEGETARIAN & GLUTEN FREE  
SERVES 2

## BEETROOT HUMMUS INGREDIENTS

250g chickpeas  
1tbs olive oil  
40ml lime juice  
2tbs confit garlic paste  
4tbs tahini  
1 cup beetroot, roasted  
¼ tbs salt  
Pinch of white ground pepper

## METHOD

- Combine ingredients in a blender and process until it becomes a fine paste.

## SESAME DRESSING INGREDIENTS

50ml rice vinegar  
25ml vegetable oil  
60ml gluten free soy sauce  
50ml toasted white sesame seeds  
Optional: 25ml maple syrup

## METHOD

- Mix ingredients in a smoothie blender until well combined.

## SALAD INGREDIENTS

1 cup quinoa, cooked  
½ cup red rice, cooked  
1 cup raw kale, sliced  
3 pieces pumpkin, chopped into wedges  
½ cup beetroot hummus  
3tbs sesame dressing  
¼ avocado  
¼ cup slivered almonds, toasted

## METHOD

- Roast pumpkin in an oven on 180°C for 25 mins, depending on the size of wedges cut.
- Place beetroot hummus on bottom of serving bowl.
- In a separate bowl, mix red rice, quinoa, sesame dressing and kale. Place in the serving bowl.
- Top with roasted pumpkin, avocado and toasted slivered almonds.

@pawpawcafe



# Pork Belly Confit with Buttered Brown Rice, Bean Sprout and Coconut Salad, and Turmeric Sauce

SERVES 4

## PORK BELLY CONFIT INGREDIENTS

1kg pork belly (skin on)  
1.5l canola oil  
3 cloves garlic  
4cm cinnamon stick  
1tbs black peppercorn  
2 bay leaves  
1tsp cloves  
4 pieces star anise

## METHOD

- Preheat oven to 110°C.
- Place the pork into a 7cm deep, 25 x 35cm baking tray. Add oil and all spices.
- Cover with foil and bake for about 7 hours or until very tender.
- Take pork out of oven and cool in the oil for 1 hour, then drain the pork.
- Place pork rind-side down, on a lined tray. Top with paper and another tray with heavy weight such as 2-3 tinned vegetable cans to compress the pork. Chill overnight.
- Cut the pork into serving size pieces.
- Heat oil in a frypan and sear the pork skin for 2 minutes, and roast for about 10-15 minutes.

## BUTTERED BROWN RICE INGREDIENTS

1 cup brown rice  
1 pandan leaf  
2 ½ cups water  
1tbs butter  
1 stalk spring onion, sliced  
Salt and pepper

## METHOD

- Cook brown rice with pandan leaf and the water. Set aside.
- In large skillet, melt butter over medium heat. Add spring onion and cook about 2 minutes, stirring occasionally, until spring onion begins to soften.
- Add cooked rice to skillet, stirring to combine, then add fried shallot. Season with salt and pepper.



## TURMERIC SAUCE INGREDIENTS

3 cloves garlic  
5 small French shallots  
3 pieces candlenut  
3tsp coriander seed  
½tsp cumin powder  
½tsp ground nutmeg  
4cm ginger  
2tsp turmeric powder  
3 kaffir lime leaves  
1 stalk lemongrass  
1 cup coconut cream  
1 ½ cups water  
2tbs canola oil  
Salt and pepper

## METHOD

- Blend all the spices (except kaffir lime and lemongrass) with 1 cup of water until smooth. Add more water if needed.
- Heat oil in a saucepan, add the turmeric paste, and cook over medium heat for 3 minutes.
- Add lemongrass and kaffir lime leaves, continue cooking for about 5 minutes. Keep stirring.
- Add ½ cup of water and 1 cup of coconut cream, simmer until the sauce is thick. Season with salt and pepper.

## BEAN SPROUT AND COCONUT SALAD INGREDIENTS

100g bean sprouts  
50g green beans, diced  
100g red cabbage, julienne cut  
150g fresh or dry grated coconut  
2tbs fried shallot  
1tbs coconut oil  
5tbs turmeric sauce

## METHOD

- Heat the turmeric sauce in a fry pan, adding the grated coconut, mixing well for 2 minutes, then set aside.
- Cook all the vegetables in fry pan, set aside to cool.
- Combine the vegetables with the spiced grated coconut, fried shallot, coconut oil, salt and pepper.



# Panang King Prawn Curry

SERVES 2

## INGREDIENTS

200g king prawns, shell-less  
3 cups coconut cream  
1tbs red curry paste  
1tbs vegetable oil  
¼ tsp cumin  
¼ tsp coriander  
¼ tsp red paprika powder  
2 tbs fish sauce (to taste)  
25g palm sugar (to taste)  
2 tbs crunchy peanut butter  
3 kafir lime leaves, sliced  
1 tbs roasted peanuts, crushed

## METHOD

- Heat vegetable oil in a saucepan. Add red curry paste and gently cook on low heat for one minute (or until you can smell the aroma).
- Add cumin, coriander and red paprika powder, keep stirring for two minutes.
- Add coconut cream, palm sugar and fish sauce, bringing to a boil (add a small amount of water if the coconut cream is too thick).
- Once the curry sauce has come to a boil, add king prawns and cook them in the curry (approx. five minutes)
- Add peanut butter, stirring for one minute to melt the peanut butter into the curry.
- Remove from heat and add kafir lime leaves and crushed peanuts.

@monsthaibrisbane

# Isan Crying Tiger

GLUTEN FREE  
SERVES 1

## INGREDIENTS

200g wagyu, sliced  
3tbs lime juice  
1½tbs fish sauce  
1/3tbs sugar  
1tbs toasted rice power  
1 cup mixed herbs, chopped coriander, chopped shallot, sliced red onion, mint  
Chilli flakes optional

## METHOD

- Grill wagyu (personal preference, but medium rare suggested). Once cooked, remove wagyu from pan and slice into pieces.
- The make dressing: place lime juice, fish sauce and sugar in a bowl and mix well.
- Add wagyu, toasted rice powder and all fresh herbs into dressing and mix gently, as you don't want to over mix the herbs with hot meat.

## TIP: HOW TO MAKE TOASTED RICE POWDER

- Heat a frying pan or wok on medium heat.
- Add the white sticky rice (not rinsed) to the hot pan and dry roast for about 15 minutes, until the rice is golden brown colour, then remove from heat and set aside.
- To grind the sticky rice into powder, you can either do it by hand using a mortar and pestle, or you can grind it in a food processor or blender until you have a coarse powder.
- Best used immediately.

@pawpawasiankitchen  
@pawpawcafe  
@monsthaibrisbane



THAI  
COOKING  
SCHOOL

IT CAN BE DAUNTING  
EXPERIMENTING WITH  
GLOBAL CUISINE,  
ESPECIALLY WHEN  
YOU'RE WANTING TO  
IMPRESS GUESTS.  
PAWPAW IS  
ENCOURAGING ALL  
TO EMBARK ON  
A THAI CULINARY  
ADVENTURE!



Venzin Group's head chef Bowyo hosts Thai cooking classes at Pawpaw Café, teaching students the skills to cook delectable traditional and healthy Thai food. Holding intimate group classes offers attendees the opportunity to ask questions and interact with Bowyo, the assistant chefs, and other participants.

The classes typically fall on a Sunday afternoon, a perfect way to wind down after the weekend. It's a relaxing, fun few hours of cooking and giggles with likeminded people, with perhaps a wine (or two, because cooking and wine = the ultimate therapeutic session), followed by a sit-down meal that students can be proud to say they cooked themselves.

When I attended a class recently, the group made a green papaya salad, a green curry paste to be used in the following dish (my favourite), a delicious wagyu green curry with lychee and green apple, and lastly, Pad Thai. Some of the class attendees were vegan or vegetarian, but Pawpaw catered to their dietary requirements. All recipes were also gluten and dairy free.



“IT'S A RELAXING, FUN FEW  
HOURS OF COOKING  
AND GIGGLES WITH  
LIKEMINDED PEOPLE ...”

Using a mortar and pestle for the first time, I found (when I got the technique right) that the ingredients became incredibly fragrant. While preparing the Green Papaya Salad, we made a fresh lime and fish sauce dressing to add, grounding everything together until the dressing was completely absorbed in the shaved papaya.

Imagine the wonderful aroma as you add the following ingredients into a fry pan: green curry paste, turmeric, coconut cream, palm sugar and fish sauce. I can confirm, it is simply divine. As mentioned earlier, the Wagyu Green Curry was my favourite dish of the afternoon; I love fruit in savoury dishes, especially curries, and this recipe was no exception. The lychee and crunchy green apple balance the spices and tender wagyu flavour. Such a treat to the tastebuds.

Pad Thai was fun to make, as I found the method wasn't as intricate as I had imagined (meaning I could chat more). The sauce contained ingredients that I was unfamiliar with, such as soya bean and tamarind sauce. Now, I cannot wait to use them in my own kitchen.

Needless to say, you'll certainly learn a few tricks of the Thai trade. With a take-home goodie bag to help continue the Thai cooking journey, the Pawpaw Thai Cooking School is a great way to spice things up at home.

I have even made it easier for you. Send me an email at [Candice@venzingroup.com.au](mailto:Candice@venzingroup.com.au), mention this story, and I'll give you a discount when you book a class. Private group classes are also available.

Pawpaw Thai Cooking School  
Located at Pawpaw Café, 898 Stanley Street East, Woolloongabba  
[@pawpawcafe](https://www.pawpawcafe.com.au)  
Email [Candice@venzingroup.com.au](mailto:Candice@venzingroup.com.au) to enquire

words CANDICE  
snaps CANDICE

1. Bowyo  
2. Wagyu green curry  
3-5. Students in class







# GET SET

FOR YOUR

# celebration

## LOCATION, LOCATION

Indoors or outdoors? At home, a park or another venue? It's always tough choosing a party location. You can find monthly and seasonal climate outlooks on the Bureau of Meteorology website, when considering an outdoor event. If you're more inclined to stay indoors during the colder months, write up a food and drinks list with an estimate total cost. There are venues that only require a minimum spend on catering, and this can often equate to what you had budgeted, plus it takes away the hassle of cleaning your house the next day! Pawpaw Café hosts birthday, baby and bridal showers, corporate events and more! [www.pawpawcafe.com.au](http://www.pawpawcafe.com.au) @pawpawcafe

## THEME

It's fun to have a theme for an event. This can be for event space styling only, or it can flow through to the dress code as well. Harper Arrow create magical spaces that impress guests. With treasures collected from around the world, Demi and Emily style spaces to suit any occasion. Whether it be a Moroccan theme, showcasing vibrant colours and textures with hand-crafted pieces, or Bohemian Style with romantic hues and rustic elements; Harper Arrow will ensure your event looks beautiful, and photogenic! [www.harperarrow.com.au](http://www.harperarrow.com.au) @harperarrow

## TUNES TIP

Create a playlist for your soiree on Spotify. When connected to wifi, you can 'download' the playlist. This means you can play the tracks offline, ensuring that if you lose internet connection during the event, your music will continue to play!



## DRINKS

Depending on your budget you might opt for the standard beer and wine drinks list for your party. If you're keen to mix things up a bit, literally speaking, DIY Mimosa Bars are becoming very popular. A mimosa is a cocktail with equal parts champagne (prosecco to lower costs) and citrus (more commonly orange juice) or pineapple juice. Place the bottles of sparkling in ice buckets and have cute glass jugs of juice sit beside. You can glamourise the Mimosa Bar easily with cute decorations.



## OUTFIT

Don't leave it until the last minute to find an outfit – the belle of the ball (to-be) shouldn't be frantically foraging the shops on a Thursday night! Mura Boutique is a Brisbane-based (hello, quick delivery) online store offering customers an extensive clothing collection that reflects up-to-date fashion trends. Mura also stock accessories, shoes and more. [www.muraboutique.com.au](http://www.muraboutique.com.au) @mura\_boutique



## BALLOONS

Jumbo confetti balloons, foil numbers, letters and more. Jane at Baby and Birthday Balloons offers a wide variety of classy, popular style balloons – plus she delivers! [www.babyandbirthdayballoons.com.au](http://www.babyandbirthdayballoons.com.au) @babyandbirthdayballoons



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words CANDICE  
art RACHEL





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MARTHA STREET PRECINCT

A FOODIE HAVEN FOR MANY, A LOCAL FAVOURITE FOR ALL; CAMP HILL'S MARTHA STREET PRECINCT IS BIGGER AND BETTER THAN EVER BEFORE.



“IT’S NO SECRET THAT THE MARTHA STREET PRECINCT IS QUICKLY BECOMING MORE THAN A LOCAL FAVOURITE. IT’S BECOMING A POPULAR BRISBANE DESTINATION.”

Nestled in the heart of suburban Camp Hill, Martha Street is made up of six foodie enthused eateries, as well as five fashion and beauty boutiques.

Ideal for the locals, Martha Street is a morning delight, an afternoon treat and an evening pleasure.

Martha Street marks the birthplace of the Venzin Group empire.

12 years ago, Raymond Venzin opened his very first eating establishment, Mons Ban Sabai Thai. Renowned for its award-winning traditional Thai dishes, the restaurant quickly became a local favourite and has won ‘Best Thai QLD’ multiple times, and is currently a finalist for ‘Best Thai QLD 2017’.

A few years later, Picnic Café opened next door to Mons Ban Sabai. Filled with colourful and delicious dishes, Picnic Café welcomes the local bustle of Camp Hill.

Owner of The Bread Basket, Trung Phan describes Martha Street as, “an old school local feel.” Continuing on a proud tradition, The Bread Basket has been providing locals with fresh baked goods for almost 18 years.



Both, In A Pickle and Blackbird Espresso boast a hospitable and welcoming atmosphere. Café and catering company In A Pickle has called Martha Street home for 14 years.

If the name doesn’t give it away, coffee nook, Blackbird Espresso is known for their freshly brewed coffee.

Martha Street Kitchen is a pizzeria, restaurant and bar. MSK is the latest edition to the Martha Street precinct.

Filled with delicious Italian-inspired dishes, Martha Street Kitchen embodies a casual eating style.

Bringing a home-style cooking to Camp Hill, Martha Street Kitchen is completed with custom-built benches and stools, exposed brick and a touch of foliage.

Owners, Patrick Laws (27) and Jennie Byrnes (22), wanted to create an eatery and bar for the locals.

“I guess what inspired Martha Street Kitchen was the area, we gave the area something it was lacking.”

Martha Street Kitchen is for the dinner enthusiasts, the Friday night wine aficionados and the Sunday morning risers. MSK is quickly becoming a local gem.

Not only is Martha Street known for its excellent eateries, it’s also a mecca for fashion and beauty.

When it comes to beauty, Fluid and Oli Skin is the local go-to. For the men, John’s Barber Shop offers quality haircuts and shaves.

As for fashion, women’s boutique, Style Fast provides the latest trends and brands. Jewellery store, Sonar Jewellery is known for their exquisite handcrafted pieces.

Continuing to develop, Martha Street will soon be welcoming well-known burger joint, Ze Pickle.

It’s no secret that the Martha Street precinct is quickly becoming more than a local favourite. It’s becoming a popular Brisbane destination.

words PENELOPE  
snaps CANDICE

1. Picnic Café  
2. Mussel linguine. Image via Martha Street Kitchen  
3. View of Martha Street  
4. Blackbird Espresso  
5. Pine Mushroom Pizza. Image via Martha Street Kitchen



# Q&A

## MINDSHIFT FOUNDER & CEO

ELIZABETH VENZIN

1. TELL US ABOUT MINDSHIFT....

The MindShift Foundation is a registered Australian charity focussed on preventative mental health. There are lots of fantastic organisations in Australia that help people with mental health issues, but our mission is all about prevention. We do this by raising awareness through campaigns and events, and offering people online resources about topics such as depression, self-esteem and anxiety, all to help people become aware of these issues and in doing so help prevent mental health issues.

2. WHAT MAKES YOU SO PASSIONATE ABOUT SELF-WORTH AND THE MINDSHIFT ORGANISATION?

I've been in the corporate market all my life and have had some fantastic jobs, but when I reached fifty years of age I thought the next thing I do has to make a significant positive difference.

Before I established MindShift I spoke to a colleague of mine, Dr Lars Madsen, who is now the Psychologist for MindShift and I asked him – “If people want to go somewhere to learn about preventative health where do they go?” Lars told me there are a lot of articles scattered online but hard to find evidence based resources all in one place. I also spoke with friends and found so many were suffering from a self-worth issues. It was out of these discussions and after much research that MindShift was born.

I hope to make The MindShift Foundation one of Australian leading charities as I believe what we do really helps make a positive difference to people's lives.



3. ANY CAMPAIGNS OR EVENTS COMING UP?

We have a well needed campaign coming up with Tonic Health Media. When you walk into a medical practice beginning in July, you'll find our brochure on display - 'MindShift to a Better Place'.

When a person visits their doctor they usually have many issues on their mind and also feel embarrassed to talk about their own emotional health. With the help of this brochure we hope to make it easier to talk to your Doctor about your own wellbeing and in doing so help prevent the onset of more serious mental health conditions such as depression. The brochure also has a link to our website on 'how to prepare to talk to your doctor' which helps us mentally prepare to ask our Doctor for help.

Pawpaw café will be hosting an event to raise funds for MindShift campaigns in the coming months, so follow @pawpawcafe to keep an eye out!

You can keep up to date with all upcoming events by joining our online newsletter. Email [events@mindshift.org.au](mailto:events@mindshift.org.au) to join our community!

4. WHAT CAN READERS DO IF THEY WOULD LIKE TO COLLABORATE WITH MINDSHIFT?

We have a program called 'MindShift to a Better Place' in schools. You can go to your own school as a MindShift School Ambassador and share with students the self-worth issues you had growing up and how you overcame them. MindShift organises these talks so email us to find out more.

Corporate sponsorship is also a fantastic way to work with us. We have also received start-up grants from the Allan English Foundation (Silver Chef), Brisbane City Council and Wesley Mission Brisbane.

5. ANY RECOMMENDATIONS OF GOOD READS FOR PEOPLE WHO WOULD LIKE TO LEARN MORE ABOUT PREVENTING MENTAL HEALTH ISSUES?

MindShift has made it easy by including a resources page featuring an extensive list of evidence-based resources on preventative mental health issues, from body image, relationship problems, to depression, plus a link called suggested reading which has a list of handpicked books offering great reading on these topics. We are also looking to add short biographies of how people have overcome their own mental health issues so would like to hear from anyone who would like to share their story.

[www.mindshift.org.au](http://www.mindshift.org.au)

# TRAVEL

DISCOVER DUBLIN,  
OVERSEAS FESTIVALS AND MORE







DISCOVER  
DUBLIN

I BEGAN MY  
FIVE-MONTH STAY IN  
DUBLIN ON A RAINY  
DAY IN JANUARY  
THAT PEAKED AT A  
FROSTY 6°C.

I was apprehensive, however a city with fairy lights in its trees and bunting along its streets for no reason other than because it looks beautiful, is promising from the start. Delve deeper, and Dublin utterly out-does itself. As the capital city of the Republic of Ireland, Dublin is historic, fun, friendly, and lively.

To an Australian, the feeble Irish sun feels very mild. But when the sun shines in Dublin it falls on a city where buskers happily vie for attention on Grafton Street, where daffodils bloom in their thousands in spring, where bicycles veer fearlessly around cars, and where live Irish jig music streams out of pubs late into the night. Cobblestoned streets in the Temple Bar precinct are home to cosy pubs for tourists and locals alike. The friendly locals may not realise what a magical place they live in, but they know how to be welcoming and how to have a good time.

The river Liffey runs through the city centre and is a major geographical reference for Dubliners: are you heading “north of the Liffey” or “south of the Liffey”? Venture immediately north of the Liffey for shopping on O’Connell Street, and admire the “Stiffy by the Liffey” (the aptly named Spire of Dublin). Explore further north to find Phoenix Park – the largest metropolitan park in the Northern Hemisphere, also home to a herd of relatively tame deer who happily live there of their own accord.

“THE FRIENDLY LOCALS  
MAY NOT REALISE WHAT  
A MAGICAL PLACE THEY  
LIVE IN, BUT THEY KNOW  
HOW TO BE WELCOMING  
AND HOW TO HAVE  
A GOOD TIME.”



The oldest and busiest part of town is south of the Liffey. Trinity College, immediately south of the river, attracts crowds of visitors to admire its architectural beauty and to visit the College’s historic Book of Kells, whilst locals come here to earn degrees. The Temple Bar area is a must-see and while you’re there a pint of Guinness is a must-have. To learn about the beloved Irish Guinness and receive an expert lesson on how best to enjoy it, head to the Guinness factory in Dublin’s south. Even for those who struggle with the bitter stout, the view of the city from the top of the factory is one worth seeing.

A short stroll from Temple Bar will bring you to the gates to St Stephen’s Green, a stunning haven in the middle of the city. The Green’s main gate impressively frames the little paradise within. On a sunny day in Spring it’s alive with daffodils, children feeding the ducks, and scooters rushing through its tangled paths.

The Irish Celtic language is still used extensively, particularly by the older generations. It’s still written on most city sign-posts, bus timetables and the like. The only Irish words a traveller will need to know are the ones that are frequently mixed with English: craic (“crack”, meaning “fun”) and slainte (“slun-che”, meaning “cheers” usually with a pint of Guinness in one’s hand). “Slainte, and may tonight bring endless craic!”

It’s easy to sing the praises of Dublin, and easy to recommend this beautiful city to any traveller. It’s much more difficult to stop saying “craic”, and harder again to leave such a vibrant place behind.



words GRETEL  
snaps VIA  
VISITDUBLIN.COM  
& IRELAND.COM

Introductory Travel image:  
The Temple Bar  
1. Trinity College entrance  
Image by Stephen Bergin  
2. Spire of Dublin  
3. Gretel and friend in  
Phoenix Park. Image by  
Gretel Whiteman  
4. Grafton Street  
5. River Liffey



# DUBLIN



art @candicedarryl







# La Tomatina

SPAIN

Paint the town red at the La Tomatina festival. Originating in 1945, the world-famous food fight has been held on the last Wednesday of August each year since. Taking place in the town of Buñol, Spain, La Tomatina is known as the world's biggest food fight. Splattered throughout the streets, tens of thousands of tourists and locals throw tones of ripe tomatoes at each other. Smeared in red, participants are seen sliding and bathing amongst the tomatoes. Made up of many Instagram-worthy snaps, it's safe to say La Tomatina is a fiesta worth not missing.

Date: Wednesday, 30 August

words PENELOPE

images by La Tomatina de Buñol



# The Yacht Week

EUROPE

Don't let the name fool you. The Yacht Week is a Summer long party in several picturesque destinations around the world. Set sail with friends and explore the islands by day. When the sun drops below the horizon, you'll be dancing each night away. Being a widely known festival, you'll experience new cultures and meet people from around the globe. Destinations include Croatia, Greece, Italy, Montenegro, Spain and the Caribbean. Read about my upcoming escapade at Yacht Week Croatia in the next edition of Venzin Magazine.

words CANDICE

website [www.theyachtweek.com](http://www.theyachtweek.com)



# Oktoberfest

GERMANY

Oktoberfest is a German folk festival held annually in Munich, Bavaria. It began in 1810, originally a wedding celebration for Bavarian Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen. Citizens joined the two to celebrate the royal wedding. The celebration transformed over time and has now become one of the world's largest festivals. The event runs from mid-late September through to the first week of October each year and attracts millions of people from around the world to take part in the traditional festivities, watch spectacular parades and drink copious amounts of German beer.

words CANDICE

website [www.oktoberfest.de/en](http://www.oktoberfest.de/en)



# Bali Kite Festival

INDONESIA

Being the windiest months of the year, July – September is when surf's up in Bali, but so too are kites. Providing some extra colour to Bali's almost always-perfect blue skies for 38 years now is the Bali Kites Festival. Expect to see kites of all shapes, and sizes even larger than 10 metres flying high to win prizes for 'best design', 'longest flight' and more. Keep your eyes on both the sky and local event guides as kite festivals take place at over 20 locations across the island.

words DANNY



# Loy Krathong Full Moon Festival

THAILAND

Thailand's hedonistic beach resorts such as Koh Phangan are already notorious for their full moon festivities, but elsewhere in Thailand the lunar cycle is celebrated in a more spectacular fashion. Chiang Mai is perhaps the most romantic place to witness the event when locals float candle lit devices called 'krathongs' through rivers and canals in the evening. Releasing these pretty krathongs into waterways is believed to pardon Thais of their sins with the water washing away their problems. This year Loy Krathong will be celebrated on November 2.

words DANNY



# Expat. Roasters

AUSTRALIANS OPEN SPECIALTY COFFEE BREW BAR IN BALI

Barista Shae Macnamara (Australian Coffee and Good Spirits Champion 2016) and Australian entrepreneur Adam McAsey have opened a specialty coffee brew bar in Seminyak, Bali.

Expat. Roasters is positioned next door to popular café, Sisterfields. Expat. Roasters specialise in high quality specialty coffee, working closely with local Balinese farmers and producers to source the finest local products to compliment their collection of beans from across the world. Their house blend 'Nomad' is a combination of three Indonesian coffees. Not only are the duo introducing a new brewing culture to the island, equipping the brew bar with some of the most innovative machines on the market, but Shae explained when first opening the bar that he and Adam's emphasis is on collaborating within the industry and educating coffee lovers.

words CANDICE

website [www.expatroasters.com](http://www.expatroasters.com)

images by AKI and [www.seacircus-bali.com](http://www.seacircus-bali.com)



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