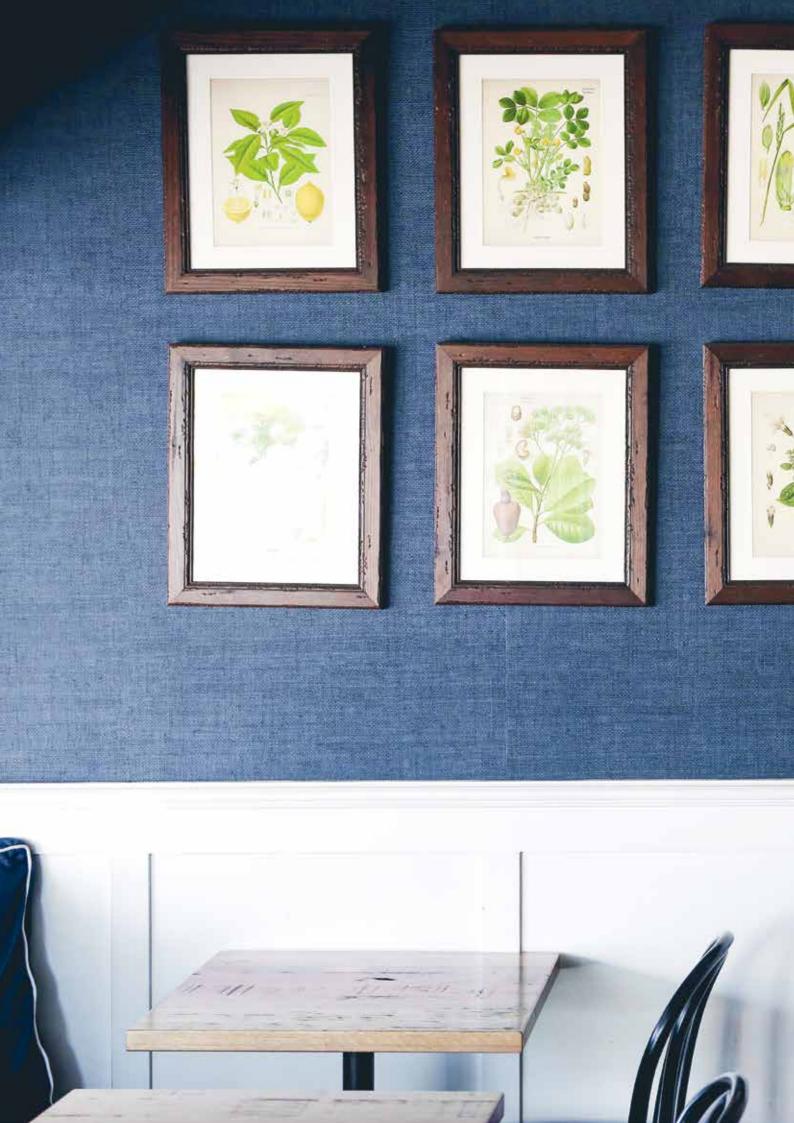
# FOOD CULTURE & TRAVEL

### #04 FREE COPY

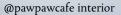
OUR BEST ASIAN CUISINE RECIPES EVENTS CALENDAR FUNCTIONS + CATERING A TASTE FOR RUSSIA





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# Edutor's Letter

If the cover of this magazine hasn't sent you salivating, keep flipping the pages and by the end of this edition, I have no doubt you'll be dreaming of food!

Our chefs have been hard at work, creating and updating menus across the Venzin Group. Since the cuisine is as picture-perfect as it is flavoursome, we've included it into a feature spread. This is dedicated to our best Asian dishes and where you can enjoy them for dinner (page 10).

We've added three types of curries into the recipes section, as we are now selling our green, yellow and red curry pastes in-store. Let this magazine be your little black book for mastering that curry dish! Additionally, since no dinner party should go without drinks or dessert, we've included two of the most popular cocktails from Pawpaw, plus some sweet treats, so you can further impress your guests.

Our nutritionist, Kara, reveals the health benefits of common ingredients used in Thai cooking on page 28. Even more of a reason to spice up your life!

Want to know why Pawpaw would pop up in Russia? Go to page 40 to find out. Journalist and muso, Danny Venzin, tells us about his interesting experience selling curries in Moscow.

From myself and the team at Venzin Group, thank you for picking up a copy of our fourth magazine. Try not to drool over the pages – you might want to keep the recipes and vouchers for later!

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.



This magazine is printed on PEFC Certified paper from sustainably managed forest and controlled sources, as recognised in Australia through the Australian Forestry Standard.

### COVER

New Dinner & Cocktails Menu at Pawpaw Cafe

Food: Ong San Choy Bow, Wagyu Green Curry & Chiang Mai Pineapple Fried Rice

Cocktails: Thai Basil Martinis

Location: Pawpaw, Woolloongabba @pawpawcafe

Photography: Emotivelightphoto

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Brisbane



Join our community and Share and Win! connect with us online ~

### O @VENZINGROUP **#VENZINMAG**

Access our blog, events, menus and more, all from the one spot! www.linktr.ee/pawpawcafe

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

How to enter:

- 1. Follow us on Instagram @venzingroup
- 2. Upload a photo of Venzin Magazine in your world, tagging @venzingroup and using the hashtag #venzinmag.

Winners drawn monthly!

Win!

\$100 VENZIN GROUP VOUCHER

**#VENZINMAG** 







In February, we opened our highly anticipated Rocklea café, Sundays! Southside residents are loving the new addition to their local hub. The bright space, now complete with outdoor dining, boasts the same irresistible menu as its brother and sister venues.

Pawpaw Café Woolloongabba launched its new menu in April - and what a hit it has been! Our flavourful boneless chicken wings, wonton tacos and vindaloo curry, just to name a few, have been overwhelmingly popular. The Asian Kitchens have also adopted a select few of the dishes, bringing broader Asian Fusion variety to the Tingalpa and Balmoral locations.

We invited some of Brisbane's favourite personalities to Pawpaw to sample the new dishes at the official menu launch party. The delicious Ink Gin cocktails and always entertaining open-air photo booth kickedoff the party. Beautiful styling by Caity Maddison brought those balmy Bali vibes to our amazing function space.

On the weekends you may have noticed that Pawpaw Woolloongabba gets quite busy. This has presented us with an exciting opportunity to host a select number of Brisbane brands at our new monthly market days! We hope to see you there and if you'd like to join us with your own market stall please also let us know.





Held on the last Sunday of each month, we will dedicate our function space and back car park to showcase local clothing, fresh fruit and vegetables, as well as some hand crafted items from our local artisans. From 8am until 11am, visitors can wander the stalls and enjoy the ambience, before or after a delicious meal.

Over in Jindalee, Piggy Back Café has launched its brand new Italian themed dinner menu. On June 13 westside locals enjoyed free tasters of the menu, along with drinks, music and family activities to celebrate the launch.

Giorgina Venzin and fiancé Chris Hollingsworth are already working on their newest venture: The Bloom Room - which proudly opens its doors in Birkdale in August 2018. Inspired by London cafes, The Bloom Room will be a change in theme to any of the Venzin Group's existing venues. Envision a crisp white space, with delicate florals and greenery from floor to ceiling! The outside space will boast European-style seating and beautiful arbores, adorned with delicate living greenery. The Bloom Room is very much a passion project for the Venzin team and we are very excited to share it with the community!

Finally, we are happy to announce the launch of our own open-air photobooth! After overwhelming interest at recent events, we wanted to be able to offer an affordable option for our in-house clients and corporate friends. SilverScreen Photobooths will offer packages at a discounted rate for Venzin Group events and are extending an exclusive discount to readers on page 47.

To keep up to date with all the happenings within the Venzin Group, we invite you to sign up to our Venzin Blog. Details on how to subscribe are on page 5.



#### words MADDISON YOUNG

 Waffle-style corn fritter from the new day menu at @pawpawcafe 2. Katherine (@kbsugarfree) and Bridget (@brisbanefoodtheory) at the menu launch party 3. Venzin Creative team: Candice Groves, Maddison Young and Giorgina Venzin

### FOOD CULTURE

# OUR BEST ASIAN CUISINE

AND WHERE YOU CAN ENJOY IT FOR DINNER



### HOLY BASIL STIR-FRY

Garlic, chilli, onion, capsicum, green bean, mushroom & Thai basil with minced chicken, tofu, Wagyu beef or prawn

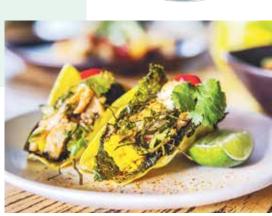
> *pawpaw* woolloongabba

BAO SLIDERS House-made steamed buns with Korean barbecue pork, lettuce, sesame & kimchi mayo

BAN SABAITHAI BAN SABAITHAI BAN SABAITHAI BAN SABAITHAI PRAWN CURRY

GF

With peanuts & kaffir lime leaves





*рашраш* woolloongabba BBQ PRAWNS GF

Thai 'Pla Goong' style salad with grilled prawns, banana blossom, grapefruit, pomelo, lemon grass, herbs, fried shallot, chilli jam & lime

*pawpaw* woolloongabba

### BONELESS WINGS

Fried boneless chicken wings stuffed with chicken mince, vermicelli, coriander, pepper & paprika yoghurt



WONTON TACOS

I)

pawpaw

WOOLLOONGABBA

Choice of grilled tuna or shredded coconut chicken. With chilli mayo, lime, laab spices, kaffir lime leaves, herbs, turmeric rice & seaweed sheet in baked crispy wonton



**TOM KHA SOUP** GF VO Chicken & coconut milk with lemongrass & mushroom



#### CRISPY BARRAMUNDI

Fried whole boneless barramundi with your choice of: Holy Basil GFO - Garlic, chilli, green peppercorn, onion, capsicum & green beans, topped with crispy basil or Sam Rod GF - Spicy, sweet & sour, topped with crispy basil



С рашраш woolloongabba kao-style sala

Mons Ban sabai thai

#### VO VGO GFO Lao-style salad with mint, red onion, coriander, laab spices & lime dressing. With fried silken tofu, chicken mince or duck

V = VEGETARIAN

VG = VEGAN

GF = GLUTEN-FREE O = OPTION



#### Pawpawy Asian Kitchen BALMORAL & TINGALPA

Open 7 nights from 5pm 'til late

### mons

BAN SABAI THAI Open 7 nights from 5:30pm 'til late



*pawpaw* woolloongabba

Open Wed-Sun from 5:30pm 'til late

More venue details on page 16

*pawpaw* woolloongabba

BALMORAL & TINGALPA



GREEN



ISAN CRYING TIGER

Laos style char grilled wagyu beef, Asian herbs,

laab spices, dressing,

chilli & lime

GF



### 

BALMORAL & TINGALPA

BAN SABAI THAI

### STEAMED BAO

House-made steamed buns with beef cheek in massaman sauce, lettuce & fried shallot, or roasted pork belly, apple & ginger relish, cucumber & mayo



Pork & prawn dumplings in wonton pastry with soy, shitake mushroom, black vinegar, fried shallot,

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coriander, sesame & chilli oil

paupau

BALMORAL & TINGALPA

Nons

BAN SABAI THAI

### FOOD CULTURE



pawpaw WOOLLOONGABBA

**OUR BESTASIAN CUISINE** 

PINEAPPLE CHIANG MAI FRIED RICE GF VO VGO

Curry powder, chilli paste, coconut cream, brown rice, pineapple & fried shallot. With chicken, tofu or prawn

#### BBQ PORK OR TOFU VERMICELLI paupau VO BALMORAL & TINGALPA

With Vermicelli noodle, peanuts, spring roll, fresh vegetables, fresh mint & sweet fish sauce

Ø pawpaw WOOLLOONGABBA pawpaw ASIAN KITCHEN BALMORAL & TINGALPA mons

### MASSAMAN CURRY

BAN SABAI THAI

GF (SIGNATURE DISH)

12-hour slow-cooked beef cheek with cinnamon, kipfler potatoes, fried shallot & peanuts



pawpaw WOOLLOONGABBA SWEET PUMPKIN STIR-FRY VO VGO GFO Roasted pumpkin stir-fry with egg, chicken, broccoli & Thai basil



pawpaw ASIAN KITCHEN BALMORAL & TINGALPA ons M BAN SABAI THAI

PAD SEE EW VO Chicken or prawn with

flat rice noodles, egg & kailan in dark soy sauce & pepper



pawpaw WOOLLOONGABBA

paupaup Asian kitchen BALMORAL & TINGALPA

#### **ROTI CANAI CURRY** V VGO GFO (SIGNATURE DISH)

Yellow curry sauce with roasted pumpkin, sweet potato, eggplant, fried shallot, roti bread & paprika yoghurt



no BAN SABAI THAI YUM EGGPLANT V GF

Grilled eggplant, lemongrass, fresh herbs, lime & sweet chilli jam

( pawpaw WOOLLOONGABBA pawpaw BALMORAL & TINGALPA

M ons

BAN SABAI THAI

GF VO VGO Rice noodles, tofu, egg, bean sprouts & ground peanuts. With chicken or prawn

PAD THAI

#### 1/2 | THAI FISH CAKES

BAN SABAI THA

### THAI FISH CAKES

House-made with red curry paste & kaffir lime leaves





PAUYPAUY Asian kitchen BALMORAL & TINGALPA CRISPY FISH TACOS Soft shell tacos with crumbed barramundi, Asian slaw, sambal & mayo

BAN SABAI THAI

mons

PAMPAAN ASIAN KITCHEN BALMORAL & TINGALPA

#### PHO NOODLE SOUP GF

With Vietnamese style thin sliced beef, rice noodles, bean sprout & Asian herbs



рашраш woolloongabba рашраш вацмока вацмока «Tingalpa

> MON BAN SABAI THAI

### CASHEW STIR-FRY

VO VGO GFO Capsicum, broccoli, onion, snow pea, chilli jam & cashew

nuts. With

or prawn

chicken, tofu

FO

PAD PRIK KHING GF Crispy soft-shell crab or fish fillet in sweet & spicy curry

sauce with vegetable

V = VEGETARIAN

- VG = VEGAN
- GF = GLUTEN-FREE O = OPTION
- 0 = 0010

### DINNER OPENING HOURS

#### *PAUPAUP* ASIAN KITCHEN BALMORAL & TINGALPA

& TINGALPA Open 7 nights

from 5pm 'til late

### mons

BAN SABAI THAI Open 7 nights from 5:30pm 'til late



*рашраш* woolloongabba

Open Wed-Sun from 5:30pm 'til late

More venue details on page 16



BALMORAL & TINGALPA MONY

BAN SABAI THAI

THAI FRIED RICE VO VGO GFO Chicken or prawn fried rice with egg, tomato & kailan

BAN SABAI THAI

### TOM YUM SOUP GF VO Chicken or prawn

Chicken or prawn with lemongrass & mushroom Mons BAN SABAI THAI

### TAMARIND FISH

Crispy fish fillet topped with tamarind sauce & fried shallot

### FOOD CULTURE



**GARLIC & PEPPER** GFO

> Chicken or crispy soft-shell crab in garlic & pepper sauce on broccoli bed





1 pawpaw WOOLLOONGABBA ONG SAN CHOY BOW GF

DIY san choy bow with Northern Thailand sweet & sour chicken mince, garlic, tomato, coriander & chilli. Served with sesame rice crackers & lettuce cups

pawpaw WOOLLOONGABBA pawpaw Asian kitchen BALMORAL & TINGALPA mons

LAMB CURRY PUFFS Indian-style curry lamb, potato, curry powder & turmeric with

BAN SABAI THA

puffs with pulled crispy pastry & paprika yoghurt



Ø) pawpaw WOOLLOONGABBA

### mons

mons

BAN SABAI THA

### DIY PANCAKE

Peking duck with hoisin & fresh vegetables, fried silken tofu with coconut sambal peanut sauce & fresh vegetables

PAD NAM PRIK POW GFO BAN SABAI THAI Mixed seafood or fish fillet in sweet basil sauce



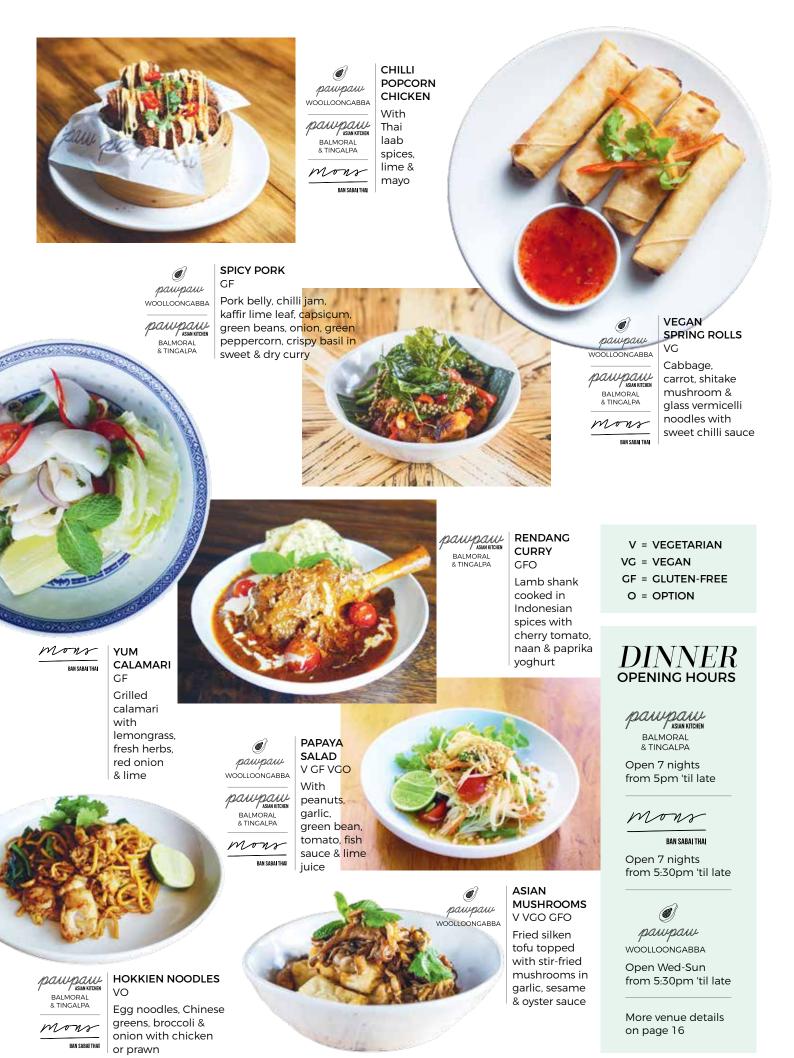
mons PEANUT STIR-FRY BAN SABAI THAI GF VO

Chicken & vegetables in a peanut

#### **GREEN CURRY** GF VGO

sauce

With choice of tofu, chicken, wagyu beef or prawns. With green peppercorns, shoots, capsicum & Thai basil



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### FOOD CULTURE



WOOLLOONGABBA

Open for dinner Wednesday to Sunday 5:30pm 'til late 898 Stanley Street East, Woolloongabba (07) 3891 5100 @pawpawcafe

ASIAN KITCHEN BALMORAL

Open for dinner 7 nights 5pm 'til late 2/216 Riding Road Balmoral (07) 3899 1691 @pawpawasiankitchen

ASIAN KITCHEN

TINGALPA

Open for dinner 7 nights 5pm 'til late 1534 Wynnum Road Tingalpa (07) 3890 1257 @pawpawasiankitchen

BAN SABAI THAI

Open for dinner 7 nights 5:30pm 'til late 12 Martha Street Camp Hill (07) 3843 5366 @monsthaibrisbane

### MENUS AVAILABLE AT WWW.PAWPAWCAFE.COM.AU

Takeaway is available to order from the 'Pawpaw' app. Download from the App Store and on Google Play.

## RECIPES

FROM CURRIES TO COCKTAILS AND DESSERT FOR THE SWEET TOOTH

VENZIN

AROY-

VENZIN | 17 | RECIPES

### Thai Yellow Curry with Chicken

### GLUTEN-FREE AND DAIRY-FREE SERVES 1-2

#### INGREDIENTS

200g chicken thigh, sliced
2 tbsp yellow curry paste
(Pawpaw curry paste available to purchase in-store! See page 28 for details)
150g white potato, cubed, boiled
200g coconut cream
2 tbsp vegetable oil
3 tbsp gluten free soy sauce, or to taste
10g palm sugar, or to taste
Pinch of salt, or to taste
Pinch of coriander powder
1/2 tsp turmeric powder
2 kaffir lime leaves
1 tbsp fried shallot

#### METHOD

- Heat vegetable oil in a saucepan, then add yellow curry paste and gently cook on a low heat for one minute.
- Add chicken, cumin and coriander powder, stirring for another minute.
- Add coconut cream, palm sugar, salt, gluten free soy sauce and kaffir lime leaves. Bring to a boil. Tip: add a small amount of water if coconut cream is too thick.
- Once the curry sauce has come to a boil, turn the heat down to simmer and add cooked potato, cooking for a further 4 minutes until the chicken is cooked through.
- Place into the serving bowl and top with fried shallot.

@pawpawcafe @pawpawasiankitchen

### Island Duck Curry

DAIRY-FREE, GLUTEN-FREE OPTION SERVES 1-2

### INGREDIENTS

150g sliced roasted duck (*Gluten-free option*: use GF BBQ duck or another meat substitute) 2 tbsp red curry paste (Pawpaw curry paste available to purchase in-store! See page 28 for details) 200g coconut cream 2 tbsp vegetable oil Pinch of cumin powder Pinch of coriander powder  $\frac{1}{2}$  tsp red paprika powder 2 tbsp fish sauce, or to taste 10g palm sugar, or to taste  $\frac{1}{2}$  cup mixed lychee  $\frac{1}{2}$  cup diced pineapple  $\frac{1}{2}$  cup diced red capsicum 10 Thai basil leaves

### METHOD

- Heat vegetable oil in a saucepan, then add red curry paste and gently cook on a low heat for one minute. Then add all spices and keep stirring for one minute.
- Add coconut cream, palm sugar and fish sauce to the saucepan and bring to a boil. Tip: add a small amount of water if coconut cream is too thick.
- Add roasted duck and cook for a further 3 minutes.
- Once the curry sauce has come to a boil, turn the heat down to simmer. Add the lychees, pineapple and capsicum and cook for 5 minutes until all vegetables are cooked through. Then add Thai basil leaves and serve immediately.

@monsthaibrisbane @pawpawasiankitchen

### Thai Green Curry with Prawn

GLUTEN-FREE AND DAIRY-FREE SERVES 1-2

### INGREDIENTS

150g raw prawns
2 tbsp green curry paste
(Pawpaw curry paste available to purchase in-store! See page 28 for details)
200g coconut cream
2 tbsp vegetable oil
Pinch of cumin powder
Pinch of coriander powder
1 tsp turmeric powder
2 tbsp fish sauce, or to taste
10g palm sugar, or to taste
2 cups eggplant, cut into cubes
10 Thai basil leaves

- Heat vegetable oil in a saucepan, then add green curry paste and gently cook on a low heat for one minute.
- Add all spices and keep stirring for one minute.
- Add coconut cream, palm sugar and fish sauce. Bring to a boil. Tip: add a small amount of water if coconut cream is too thick.
- Add prawns and cook for two minutes. Turn down the heat to a simmer and add eggplant. Cook for 5 minutes until the eggplant is cooked well, then add Thai basil leaves and serve immediately.



### Cashew Nut and Basil Pesto

GLUTEN-FREE, VEGAN AND REFINED SUGAR-FREE MAKES 225G / 8 SERVES

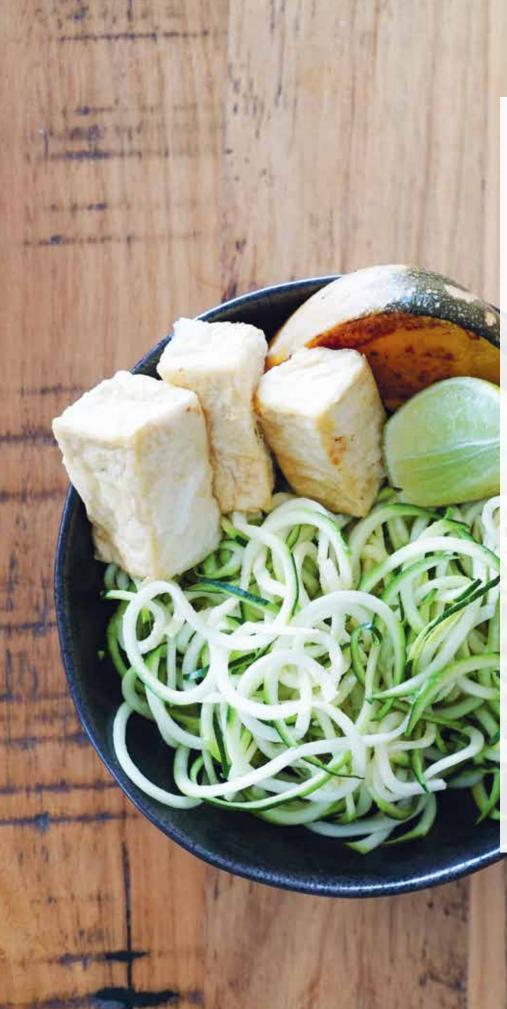
### INGREDIENTS

60g raw cashews <sup>1</sup>/<sub>2</sub> bunch or 2 cups of basil leaves <sup>1</sup>/<sub>4</sub> bunch or 1 cup parsley leaves 1 clove garlic, peeled 1/3 tbsp salt <sup>1</sup>/<sub>4</sub> tsp pepper 1/3 cup olive oil 2/3 tbsp lime juice or lemon juice

#### METHOD

- Soak the raw cashews in cold water for at least 2 hours, then drain.
- Place all ingredients into a food processor and blend until it becomes a smooth paste.
- Transfer to a bowl. Depending on your taste preference, you may want to season with more salt, pepper or lime juice.

Note: Pesto will last in the fridge for 4 days, or freeze for up to 3 months



### Zucchini Pasta

### GLUTEN-FREE AND VEGAN SERVES 1

### INGREDIENTS

- 150g zucchini
- 80g pumpkin
- 3 pieces silken tofu
- 1 tbsp rice flour
- $\frac{1}{2}$  avocado
- 2 tbsp boiled edamame beans (remove pods)
- 1 tbsp roasted almond, slivered
- 3 tbsp pure olive oil
- 3 tbsp cashew basil pesto (*recipe on page 22*)

- Cut the pumpkin into the thin wedges (skin on) and roast in the oven, drizzled with olive oil and sprinkled with cumin powder (optional) on baking paper. Bake pumpkin for 15-25mins at 180 degrees Celsius until cooked though. Remove from oven and set aside.
- Coat the tofu with rice flour, then gently heat the olive oil in a fry pan and cook the tofu on each side until slightly golden. Remove from heat and set aside.
- Shave the zucchini using a vegetable spiraliser (if you don't have a spiraliser, julienne peelers can be found at most homewares and department stores. Place in a bowl.
- Cut the avocado into cubes and add into the bowl.
- Add boiled edamame beans in to the bowl.
- Add pesto to the bowl and gently mix together. Finally, add the roasted pumpkin, cooked tofu and roasted slivered almonds on top.

### Pumpkin and White Chocolate Muffins

### GLUTEN-FREE AND DAIRY-FREE MAKES 8

### INGREDIENTS

200g gluten free self-raising flour 240g almond meal 250g caster sugar 2 whole eggs 400ml almond milk 250ml pure olive oil 1kg roasted pumpkin, cut into 1cm cubes 2 cups white chocolate buttons

- Preheat oven to 165 degrees Celsius.
- Place all ingredients into a large bowl, except pumpkin and white chocolate buttons. Using a wooden spoon, fold gently, as you don't want to overmix the muffin mixture.
- Add roasted pumpkin cubes and white chocolate buttons into the bowl and gently fold in.
- Pour mixture into non-stick or greased muffin moulds (fill 2/3 each mould) and bake on 165 degrees Celsius for 30-45mins.
- Remove from oven and allow to cool before serving.



@thebloomroomcafe

### Chocolate Brownie

### GLUTEN-FREE SERVES 12

### INGREDIENTS

125g unsalted butter, chopped
125g dark chocolate, chopped
3 eggs, lightly whisked
310g caster sugar
100g almond meal
20g gluten-free self-raising flour
30g cocoa powder
1/2 tsp vanilla bean paste

20cm (base measurement) square cake tin

- Preheat fan-forced oven to 180 degrees Celsius. Grease a 20cm square cake tin and line with baking paper.
- Place butter and chocolate into a heatproof bowl and hold over a saucepan of simmering water (don't let the bowl touch the water). Stir with a metal spoon until melted, then remove from heat.
- Quickly stir in egg, sugar, almond meal, flour, cocoa powder and vanilla until just combined (do not over whisk).
- Pour into prepared cake tin. Bake in the oven for approximately 30 minutes. You can test if the brownie is ready by inserting a skewer into the centre. When you remove the skewer, it should have moist crumbs clinging to it.
- Set aside to cool completely.
- Cut into 12 slices and serve. Serving suggestion: serve warm brownie with vanilla ice cream.

### Thai Basil Martini

### MAKES 1 MARTINI

### INGREDIENTS

15-20 Thai basil leaves 60ml vodka 45ml lemon juice 45ml sugar syrup

### METHOD

- In a cocktail shaker, muddle Thai basil leaves and lemon juice together.
- Add sugar syrup, vodka and a scoop/handful of ice.
- Shake vigorously for 30 seconds.
- Double-strain into a martini glass.
- Garnish with one Thai basil leaf and serve.

@pawpawcafe snap @emotivelightphoto

### Lavender Butterfly Cocktail

### MAKES 1 COCKTAIL

### INGREDIENTS

45ml Ink Gin (www.inkgin.com) 15ml St. Germain Liqueur 15ml Lavender syrup (recipe below) 10ml lime juice Tonic

### METHOD

- Add Ink Gin, St. Germain, Lavender Syrup and Lime juice into a cocktail glass filled with ice. Watch the beautifully changing colours of the Ink Gin as you add each ingredient to the glass!
- Top up glass with tonic
- Garnish with fresh lavender, fruit or flowers.

### TO MAKE THE LAVENDER SYRUP

- Add 1 cup of water, 1 cup of caster sugar and 1 tablespoon of lavender flowers to a small sauce pan and simmer gently for about half an hour, or until it tastes of lavender.
- Allow to cool, then strain out the flowers.
- Can be stored in the fridge for up to 3 weeks.

@pawpawcafe snap @mykefrombrisbane

pawpaw

### THAI CURRY PASTES



VENZIN HOUSE-MADE THAI CURRY PASTES ARE AVAILABLE TO PURCHASE AT PAWPAW, MONS BAN SABAI THAI AND PAWPAW ASIAN KITCHEN BALMORAL AND TINGALPA

**GREEN CURRY PASTE** Dairy, gluten and sugar free Vegan product

**RED CURRY PASTE** Dairy, gluten and sugar free

YELLOW CURRY PASTE Dairy and gluten free Vegan product No artificial colours or flavours and no preservatives.

Green, yellow and red curry pastes available

Use the curry recipes in this edition to start your Thai culinary journey!

For enquiries, email Giorgina@venzingroup.com.au

www.pawpawcafe.com.au

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### HEALTH BENEFITS OF THAI COOKING INGREDIENTS

### by nutritionist Kara Mackrell

Thai cuisine is not only bursting with flavour, but the ingredients used and the ways in which they are prepared have many health benefits! Herbs and spices are immune boosting, anti-inflammatory and full of vitamins and minerals.

Spices are medicinal and have been used for thousands of years in Ayurvedic and Chinese medicine. They are amazing for your health and transform food into highly nutritious meals. One of my top tips to a healthy pantry is to fill it with delicious organic herbs and spices, as they can be used in so many different combinations to create healthy and flavoursome meals.

Here are some of my favourite natural healing foods used in Thai cooking:



### CORIANDER

High in dietary fibre and packed with vitamin C, vitamin K, thiamine, and niacin, coriander helps to balance hormones and promote skin elasticity. Coriander can be used to soothe inflammatory skin conditions such as acne; boil the leaves, dip a cotton ball in the liquid and pat it on trouble areas, let it sit for 10 minutes and rinse.



### **FRESH CHILLI**

Research looks into the benefits of chilli for pain relief and lowering inflammation. The spiciness actually helps with digestion and calms the stomach. It also supports metabolism and may be beneficial for weight loss.



### GARLIC

The active component of garlic 'allicin' has been shown to help lower blood pressure and reduce LDL cholesterol. Also a potent antioxidant, garlic aids in digestion and has anti-inflammatory properties.



### COCONUT MILK

Coconut milk is one of the most delicious, nutritious, and nourishing ingredients in Thai food. The benefits of coconut milk are similar to those of coconut oil and include lowering LDL cholesterol while promoting HDL cholesterol, giving the immune system a boost, aiding in weight loss, and supporting skin and hair health. When buying coconut milk be sure to read labels and find one with minimal sugars and additives.



### TURMERIC

Curcumin is the active component of turmeric root and studies have shown the numerous benefits including pain management, reducing inflammation and protecting cells against free radical damage.

I like to add one teaspoon of organic ground turmeric to smoothies or enjoy a turmeric latte on almond or coconut milk.



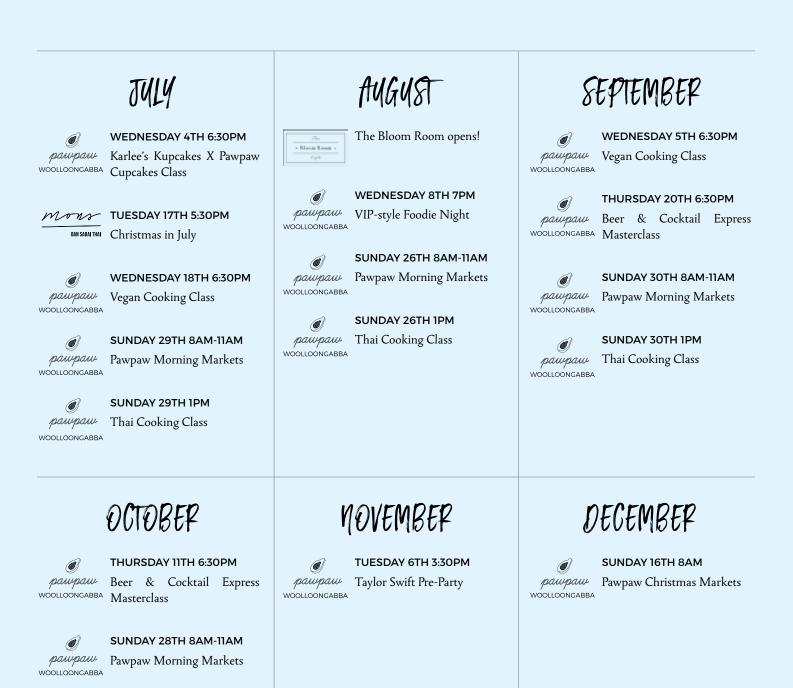
#### GALANGAL (THAI GINGER)

Aids with digestion due to its stimulatory effect on bile acid and can be used to help treat the common cold because of its potent immune boosting properties.

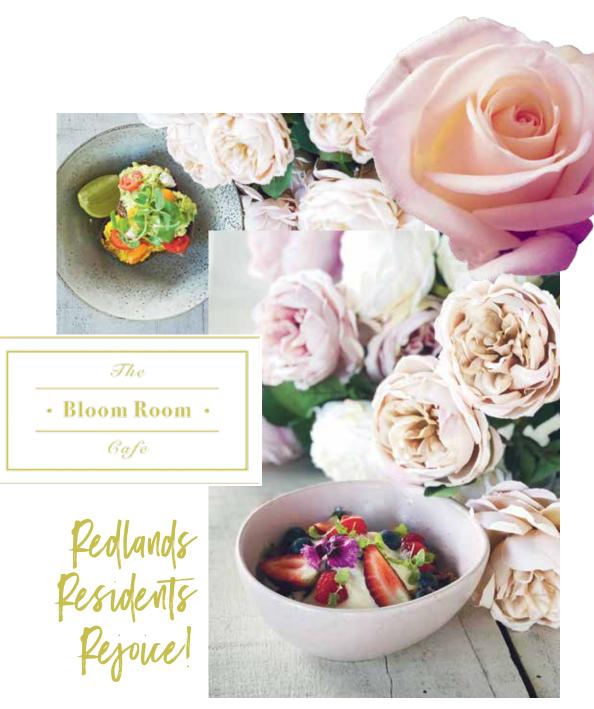
Galangal also helps to lower LDL cholesterol and balance blood sugar levels.

# What's On

### CHECK OUT WHAT'S HAPPENING ACROSS THE GROUP OVER THE NEXT SIX MONTHS!



We're always adding more fun events to the calendar, so to find out more information and to enquire about upcoming events, head to www.pawpawcafe.com.au events page. To be the first to hear about events, news and exciting offers, including competitions and discounts, we invite you to subscribe to our blog and e-newsletter via www.linktr.ee/pawpawcafe



THE HIGHLY ANTICIPATED OPENING OF A NEW VENZIN CAFÉ IS COMING TO FRUITION IN BIRKDALE, BEING THE NINTH NEW CAFÉ VENTURE FOR GIORGINA VENZIN. Taking inspiration from the European cafés visited on their travels, Giorgina and her fiancé Chris Hollingsworth are excited to share a new theme for their first café in Brisbane's Bayside.

Soft palettes of blue and white splashed across the walls, adorned with floral arrangements and greenery extending to the ceiling, will make you feel like you're sitting curb side at a London parlour.

The menu, created by chef Alfie, is full of worldly flavours, so you can expect a wide variety of delicious cuisine to be served up in the gorgeous space.

The Bloom Room will be open 7 days for breakfast and lunch for both dine-in and takeaway. Private functions will also available, providing bayside locals with a beautiful venue space and many catering options, offering both The Bloom Room menu as well as Pawpaw's famous Asian buffets.

The Bloom Room - Opening August 2018 2/190 Birkdale Road, Birkdale QLD @thebloomroomcafe #thebloomroomcafe www.facebook.com/TheBloomRoomCafe















Celebrate WITH US!

THE VENZIN GROUP KNOWS HOW TO

party











VENZIN | 32 | FUNCTIONS











Pawpaw Woolloongabba, Mons Ban Sabai Thai Camp Hill and Pawpaw Asian Kitchen Balmoral regularly play host to Brisbane locals celebrating their most special occasions. Renowned for their amazing vibe and variety of catering options, the venues are ideal for birthdays, baby and bridal showers, engagements and weddings, as well as corporate functions.

No room hire fee, simply a minimum spend on food and drinks, including glamorous platters, delicious Asian cuisine, drink packages and more.

From August 2018, The Bloom Room in Birkdale will offer another venue space for locals residing in the eastern suburbs of Brisbane.

Email candice@venzingroup.com.au for further information.











VENZIN | 33 | FUNCTIONS

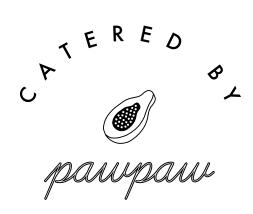












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VENZIN | 34 | CATERING



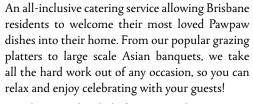












Watch as our head chef Bowyo makes magic in your very own kitchen, whilst our team styles a glamorous platter or buffet, adding a 'wow' factor to your event space. Drop-off and pick-up options are also available.

Email candice@venzingroup.com.au for more information.









### FOOD CULTURE









### SUNDAYS CAFE

**S** outhsiders have warmly welcomed Sundays café in Rocklea. True to Venzin Group style, Sundays serves up beautifully plated dishes in a bright, petite venue, complete with outdoor dining to accommodate customers. With quick and easy dine-in and takeaway service, as well as external catering, Sundays has become a one-stop shop for commuters and locals alike.

Having a large commercial kitchen allows customers to experience Venzin-style catering from work or home. Our full-service packages take the stress out of any event, so you can enjoy time with your guests!

To enquire about catering to your event contact Candice at candice@venzingroup.com.au

Sundays Café | 59 Brooke St, Rocklea 07 3275 3517

@sundayscafe\_ #sundayscafe

## PIGGY BACK

Home of Instagram-worthy rainbow coffee and brunch, this "Little Piggy" has added another notch to its belt!

Piggy Back café launched its dinner menu mid-June, following a sell-out community event. The new menu showcases Italian inspired cuisine.

Bring the whole family down to try the creamy gnocchi, scrumptious spaghetti and equally impressive kids menu on Friday and Saturday nights from 5pm at the Jindalee venue.

The colourful and delicious day menu is still the same, with the award-winning baristas brewing our specialty coffee 7 days a week.

Piggy Back | 86 Carragundi Rd, Jindalee

07 3279 0960

@piggybackcafe #piggybackcafe









## THE YIROS SHOP

#### IF YOU WERE ALREADY A FAN OF THE FLAVOURSOME GREEK YIROS FROM THE YIROS SHOP, PREPARE YOUR TASTE BUDS!

The family-owned restaurant has recently launched an exciting new menu showcasing a myriad of traditional Greek dishes, taking us on a tasty journey to the Mitrossolis family's native country.

The new menu embraces home-style Greek favourites. Soutzoukakia is a dish featuring baked meatballs in a tomato-based sauce and is served with rice. Order the 'Pastitsio' and you'll enjoy a moreish baked pasta dish, topped with ground beef and béchamel sauce. Lemon potatoes are also among the newest additions.

In 2015, James Mitrossolis and his son Nick simply wanted to bring Greek yiros to Brisbane, as they noticed there was a gap in the city's food scene. Nick explains that people were originally confused by yiros.

"Not many people knew what a yiros was when we opened our first shop on James Street in Fortitude Valley. It took some time for people to realise it wasn't a kebab."







"Yiros are filled with pork, chicken or lamb, tzatziki, onions, tomatoes and chips wrapped in grilled pita bread," Nick tells. "They are cooked fresh to order and are served takeaway-style."

If you've ever visited Greece, perhaps you've enjoyed a locally-made yiros, washed down with a Mythos beer?

James has worked in the food industry since he was young. His son Nick confesses that he and his father were always professionals at eating Greek food.

"When we used to have family gatherings every fortnight, my grandmothers would always make double the quantity of food for the number of people there!"

"Greeks don't like to waste food and as the growing boy, I was forced to eat enough food for four people! All Greeks can relate to this," Nick jokes.

The Mitrossolis family are excited to broaden Brisbane's palate, as they continue to work on innovative ways to showcase their beloved heritage cuisine.

words CANDICE sponsored by THE YIROS SHOP

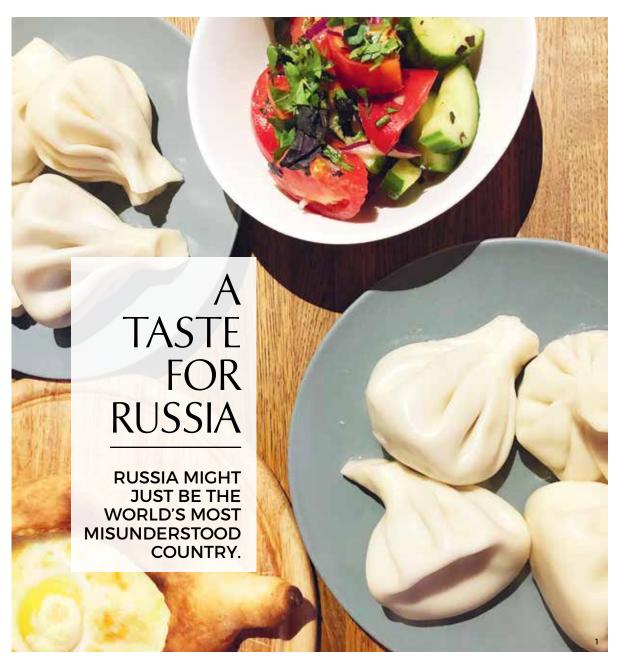
THE YIROS SHOP | AVAILABLE FOR DINE-IN AND TAKEAWAY (UBEREATS, DELIVEROO & FOODORA) | 5 LOCATIONS ACROSS BRISBANE · FORTITUDE VALLEY · CANNON HILL · SOUTH BRISBANE · NEWMARKET · CAPALABA ·

FOR OPENING HOURS AND CONTACTS VISIT WWW.THEYIROSSHOP.COM.AU

@theyirosshop #theyirosshop

## TRAVEL







Decades of Hollywood movies have helped build our misperception, but dive within and you'll find there's much more to the country than concrete apartment blocks and oppressive weather.

One thing the Venzin Magazine wanted to find out about was Russia's food, so we asked Giorgina's brother and Russian travel enthusiast Danny Venzin to share some of his recent travel experiences.

Danny begins his story by confirming whether it is true or not that good quality fresh food is hard to come by like in Soviet Union days.

"I was lucky enough to find this out when I visited the country last year and held a Pawpaw pop-up store. To gather ingredients for the pop-up, I spent days caught in traffic jams, travelling across a city of almost 20 million to Asian markets in far-flung corners of the city. Russians are only now catching on to the concept of supermarkets, however economic sanctions have crippled import markets.

We Australians take for granted a well-stocked Asian supermarket, but in Russia this is far from the case. What are developed though, are country specific markets especially for countries with ties to





ex-Soviet allies. For example, Sadovod is a sprawling Vietnamese market on the Moscow outskirts where you'll have no problem finding ingredients for pho and rice paper rolls.

On the menu for the Pawpaw pop-up were Thai curries. With help from my assistant chef Sasha, a Russian girl who had spent some time cooking with us at Pawpaw, we showcased Pawpaw favourites such as Massaman Curry and Red Curry. We made everything from scratch, under head Pawpaw chef Bowyo's strict instructions! The results were... interesting.

"This is the best curry I've ever tasted," some would say. Others would question us, "Are you crazy? Why are you putting potatoes in a curry?"

In Russia, potatoes are seen as common peasant food, while Thai food is seen as exotic. Sure, everybody loves potatoes, but the two colliding in the one dish was very strange for Russians. Consequently, our bestselling Massaman Curry was a little too foreign for Russians.

Russians preferred the Red Curry because so many of them had never tasted lychees or pineapples in what locals classified as a 'soup'.

Now that Russians have tasted the goods, will there be a Thai food explosion in Russia? Not anytime soon I believe, as the cost of ingredients is far too prohibitive in Russia. Australians take for granted items like coconut milk and we can even grow basil out the front of our restaurants. In Russia these ingredients cost almost twice what they do in Brisbane.

We had to make too many sacrifices for the Pawpaw pop-up and resort to using ingredients like dried lemongrass and basil because they didn't grow fresh anywhere near the area.

If you're planning a trip to this part of the world, this doesn't mean you'll go anywhere near hungry. I suggest trying cuisine from local and neighbouring countries, especially the Caucasus region. Right now, Georgian cuisine is gaining huge popularity.

Georgia used to be a part of the Soviet Union and Stalin referred to it as the Soviet Union's 'bread basket'. Its climate is closer to a Mediterranean and year-round you'll find delicious spicy dishes from the region. Dumplings called 'khinkali' are its most iconic and Georgian wines are a match for anything you'll find elsewhere in the world."



words CANDICE GROVES and DANNY VENZIN snaps DANNY VENZIN

1. Georgian cuisine including khinkali dumplings 2. FIFA World Cup 3. Sasha and Danny at the Pawpaw pop-up in Moscow 4. Danny and Qantas Pilot Captain, Trent Conwell, at the FIFA World Cup 5. Saint Basil's Cathedral (also travel intro image) 6. Chanakhi (Georgian lamb stew) 7. Typical post-Soviet architecture 8. Former KGB building on the banks of Moscow river

"IN RUSSIA, POTATOES ARE SEEN AS COMMON PEASANT FOOD, WHILE THAI FOOD IS SEEN AS EXOTIC."

fussia NORWAY SWEDEN FINLAND Magadan Norilsk Yakutsk St Petersburg Moscow UKRAINE RUSSIA Perm Khabarovsk Krasnoyarsk TURKEY JAPAN GEORGIA KAZAKHSTAN ő MONGOLIA SOUTH KOREA IRAN CHINA









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by Candice Groves

#### IF THERE'S NEW FOOD TO TASTE AND GUARANTEED SUNSHINE, ARMS NEEDN'T BE TWISTED; THE PAWPAW GIRLS ARE UP FOR THE ADVENTURE (AND FOOD COMA)!

Earlier this year, Pawpaw owner Giorgina, head chef Bowyo, manager Marina and I visited Bali in pursuit of inspiration for our current menu. We were ready to taste the flavours of Bali, paying attention to the Indonesian, Thai, Indian and Western flavour fusions.

Exploring Seminyak to Changgu, we ladies frequented quite an impressive number of restaurants and cafes in a short four days. These visits were between our daily massages, Blow Bar hair appointments, and relaxing poolside at UPaasha hotel.

Having Bowyo with us was an educative and entertaining experience, as she voiced her opinions whilst dissecting each dish, explaining what she believed did and did not work! We enjoyed fine dining at a few of highly acclaimed chef Will Meyrick's restaurants, including our favourite, Sarong. A menu bursting with Indonesian and Indian flavours left us reminiscing certain dishes well after the evening.

You may remember seeing Street Boi in the last edition of VMAG – we visited here too! If you love steamed bao and burgers, this is a must-visit. Our taste buds were in guilty pleasure heaven!

Food comas aside, we were keen for a little exploring. Travel company Island Time Bali sent us on a day trip to the island of Nusa Lembongan. A short 30-minute drive from Bali and a speedy boat transfer, had us arriving at the picturesque island in no time.

We snorkelled the turquoise waters, diving down into the marine world, swimming alongside colourful and friendly fish. We scooted on bikes across the island, stopping at 'hidden gems' along the way. Lunch was at 'The Sand' in Nusa Ceningan and consisted of traditional Indonesian meals and thirst-quenching coconuts, topped off with dreamy tropical views, as we gazed out to the sea.

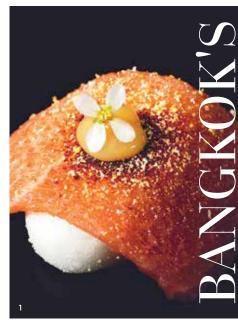
You can fit a lot of adventure, relax-time and food into a short holiday in Bali. So, when are we going back, Boss?

snaps CANDICE GROVES

Giorgina, Bowyo, Candice & Marina swinging around Lembongan
 Dumplings from Sarong
 Marina, Giorgina, Candice, Bowyo & Sasha at Ku De Ta for sunset cocktails
 Sunset view from Ku De Ta Beach Lounge



VENZIN | 44 | TRAVEL



## **BEST RESTAURANT?**











words DANNY VENZIN with ALEXANDRA SOKOLOVA snaps via GAGGAN PR 1. Sushi 2. Free-range lamb chops 3. Interior 4. Mushroom roll 5. Chef Gaggan Anand 6. Beetroot rose

#### WHEN TRAVELLING TO BANGKOK, MOST PEOPLE THINK OF CREAMY THAI CURRIES, GRILLED FISH ON THE STREET SIDE OR A LATE-NIGHT PAD THAI TO WASH DOWN ONE TOO MANY CHANG OR SINGHA BEERS.

It's a surprise to many that according to Michelin ratings, the city's best restaurant doesn't even serve that much Thai food.

The restaurant we are talking about is Gaggan and it was recently rated the best restaurant in Asia for the fourth time. If you want a table you'll need to book in advance, months in advance!

Here at Venzin Group we have a nice little connection to Gaggan.

Our service staff member, Nut, worked there before coming to Australia, and one of our visiting chefs, Alexandra, also recently took up a position in the kitchen there.

So what makes Gaggan so special? Is it only the fact that a meal there consists of 25 courses? We'll let Alexandra explain.

"At Gaggan, food is treated like art. People come to taste things that aren't only delicious but are also loaded with flavours that people have never tasted before," she says.

"Just like at Venzin Group, the staff there are selected because they love to cook. Nobody is there just to work and because of our passion for what we do, we work 12-hour days, six days a week. The team comes from all over. Everyone is combining their backgrounds and personal experiences into something special using local ingredients. Guess it's traditional dishes presented in revolutionary ways," Alexandra concludes.

If this sounds like something you'd like to experience, just remember to try and book a table before you book that last-minute sale fare to Bangkok!

#### VOUCHERS

Vouchers



Open Air Photo Booth!

SilverScreen Photobooths is excited to announce their new modern open air photo booth! Perfect for any occasion, your guests can snap photos, boomerangs & GIFs with professional lighting and software! Customised branding available, making it the perfect souvenir from any event!

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VENZIN | 47 | PROMOTIONS

# ORDER TAKEAWAY VIA THE 'PAWPAW' APP



**BAN SABAI THAI** 

aw



\* Limited to one use per customer account. Cannot be used in conjunction with any other offer. Download the Pawpaw app via the App Store and Google Play.