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Mullets Welcome

At Sydney Fish Market this October

To celebrate the Sydney International Food Festival in October, Sydney Fish Market will be hosting its very popular FREE *Get Fresh with Fish* seafood cooking demonstrations, every Wednesday at the newly refurbished Sydney Seafood School.

Developed by Sydney Fish Market, *Get Fresh with Fish* demonstrations have been running successfully for more than eight years, both in Sydney and regional NSW, showing locals how tasty and easy cooking with local seafood species can be. Each event includes a cooking demonstration and a visit from a local fisherman to chat through their experiences at sea.

Get Fresh with Fish during the Sydney International Food Festival will fill up fast so get in quickly and book a place for this FREE event ASAP!

The Sydney International Food Festival has designed a program which will highlight Sydney's amazing and diverse food culture. There will be a strong emphasis on community, growers and providers. Sydney Fish Market is delighted to be involved in this event and support the message that good food is available to everyone.

Join **Paul or Diego Bagnato**, local fishermen and **Brigid Treloar**, leading food consultant, cookbook author and Sydney Seafood School demonstrator, who will prepare some simple and delicious recipes. Brigid will take affordable, lesser known seafood species and turn them into enjoyable meals for the whole family while Paul and Diego keep the audience entertained with insider tips about local seafood, and stories of their adventures out at sea.

"With the addition of a local fisherman in the *Get Fresh with Fish* demonstrations the audience has the opportunity to learn first hand what is involved in finding the perfect catch" **Louise Nock**, Marketing & Communications Manager, Sydney Fish Market

WHAT: *Get Fresh with Fish* seafood education and cooking demonstration
(45 minutes plus tastings)

WHEN: 11am - 12 pm every Wednesday throughout October

WHERE: Sydney Seafood School, Sydney Fish Market, Bank Street, Pyrmont

COST: Entry to *Get Fresh with Fish* is **FREE** (however booking is essential)
to book please call 02 9004 1143

For a full program of events for Sydney International Food Festival at SFM visit www.sydneyfishmarket.com.au.

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FOR FURTHER INFORMATION PLEASE CONTACT:

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