

The Condobolin Argus

Circulating throughout the districts of: Albert, Bogan Gate, Burcher, Cobar, Condobolin, Derriwong, Euabalong, Fifield, Forbes, Ivanhoe, Lake Cargelligo, Mount Hope, Nymagee, Ootha, Parkes, Tottenham, Trundle, Tullamore, Tullibigeal, Tilpa, Ungarie and West Wyalong.

Phone: (02) 6895 2833 Fax: (02) 6895 2844 Website: www.condobolinargus.com.au Vol. 11 No. 1

Email: news@condobolinargus.com.au advertising@condobolinargus.com.au accounts@condobolinargus.com.au

'Black Olive' cooks in Condobolin



By Dominic Geiger

Celebrity Chef, Mark Olive aka 'The Black' Olive spent last Thursday teaching a group of enthusiastic Condobolin High School students how to cook using traditional Aboriginal bush foods.

While at the school, Mark also presented a \$2000 cheque from AUSTAR Television to deputy principal Robyn Walsh to support the school's new 'Food For Life' project.

The project aims to teach children how to cook healthy foods from the supermarket on a limited budget.

With the help of a number of food technology students, Mark spent most of his time at the school preparing a meal consisting of damper, various Australian bush herbs, emu sausages and fresh vegetables.

In his address to the school, Mark said he felt proud to be able to bring Aboriginal food to

schools and televisions across the nation.

"I've had such an amazing opportunity to be able to do this," he said.

"I want to encourage all you kids, whether you're black or white, just to get out there and follow your dreams."

While cooking, Mark spoke at length about the different health benefits of eating Australian native animals.

"I think a lot of people get very concerned when we talk about eating our coat of arms," he said.

"Skippy has a lot to answer for; Skippy is very tasty.

"Kangaroo meat is incredibly good for you because it's low in fat and an excellent source of iron."

Mark said if people found it difficult to access certain types of meats, most butchers would be able to order them from other places.

"Part of what today is about is encouraging kids to go in to stores and ask for these types

of food," he said.

"All the vegies we're using today came from a supermarket in Condo, though we brought the herbs and meat from my restaurant in Melbourne.

"Today I'm trying to break down the barrier between indigenous and non indigenous foods; I want to bring native foods back in to the mainstream."

While at the school, a year ten student, Adam Richards, approached Mark about doing an internship at Mark's Melbourne restaurant.

Adam's Mother, Janine Richards, said Adam was obsessed with pursuing a career as a chef.

"He was first in his class for food technology last year," she said.

"He has such a passion for cooking; he gave up a rugby game today to be here.

"Mark really inspires him, so today and the work experience will really help."



• Above: Condobolin High School student Adam Richards (right) will be doing an internship with Mark Olive (left) at his Melbourne restaurant.

• Right: Mark Olive shows students a thing or two in the kitchen. DG

cafe romo

80 Bathurst Street, Condobolin
P: 6895 4044

new. exciting. delicious. daily specials.

Stuffed Pumpkin. Pumpkin Soup.
Homemade Quiches. Homemade Pot Pies.

Pop into Romo's and warm up by our fireplace with a hot beverage and something from our new winter menu. Plus we're open Sundays for Breakfast!

