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S-Class facelift: An ambient change

AMG: A sporting triple treat

Andrew Rogers: Global geoglyphs

Taste: Keeping wine in the family

Dream route: Norway's fjordland



Samantha Gowing:
"Raw food is more than a trend, it is an emerging cuisine."



RAW DELIGHTS

Gowings Food and Health Who says luxury isn't good for you? At Gwinganna Lifestyle Retreat in the Gold Coast hinterland, 'therapeutic chef' Samantha Gowing sees health-conscious locals and visitors increasingly opting to 'eat in' and relish her raw food classes rather than dine out every night. A former publican and hat-winning Melbourne restaurateur, Gowing left city life for

the stunning coastline and healing lifestyle of the Byron Bay area. She now inspires others to embrace natural foods in her work at Gwinganna, as well as in her own business, Gowings Food and Health, which hosts corporate wellness seminars, caters for private dinners and conducts

organic cooking classes in Byron Bay, at Mondo Organics restaurant in Brisbane, and The Green Grocer Cooking School in Melbourne. "Raw food is more than a trend, it is an emerging cuisine," she says. "Modern diets are high in processed food and saturated fats which acidify the body and can lead to disease, whereas raw diets are rich in alkalisating foods that benefit health." Gowings' guests can expect raw delicacies such as beetroot cured ocean trout with crunchy salad of seasonal shoots, nuts and seeds, or Japanese sea vegetable salad of wakame, hijiki and arame with shredded wombok and minted ginger 'misonalisse'.

