



Grains &
Legumes
Nutrition
Council

Cultivating Good Health



MEDIA RELEASE

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The Australian Signature Pulse Dish Recipe Competition Opens 13 April 2015

Calling all amateur and professional cooks: The 2015 Australian Signature Pulse Dish Recipe Competition is your chance to win international exposure, \$1,000 cash, an all-expenses-paid trip to Melbourne for the award ceremony and a video of your winning recipe being professionally made, styled and photographed.

The Australian Steering Committee celebrating the International Year of Pulses (IYOP) has announced that a national pulse recipe competition to find an Australian Signature Pulse Dish will open between 13 April 2015 and 28 May 2015. In December 2013, the United Nations declared 2016 the International Year of Pulses. The global pulse industry is working on a range of programs and activities to help celebrate the international year, including assembling Signature Dishes from different countries around the world to showcase the versatility and flavour of pulses.

The Australian Signature Pulse Dish Recipe Competition will be an online competition open to all Australian adults, including amateur and professional cooks.

According to Georgie Aley, Managing Director of the Grains & Legumes Nutrition Council (GLNC) and Chair of the Australian Steering Committee, pulses are a healthy, delicious, whole food grown by farmers around Australia and are a central part of the cuisine of many countries internationally.

“The Grains & Legumes Nutrition Council recommends Australians eat legumes at least 2–3 times a week to reduce their risk of chronic disease such as heart disease and diabetes. However, too few Australians know about these versatile, healthy foods that taste great,” said Ms Aley.

“We are on a mission to get all Australians cooking with pulses. To enter the competition, you simply need to create an original, unpublished recipe that features pulses as its star ingredient.”

The winning recipe will be named Australia’s signature dish and will be showcased on the national stage as part of the 2015 Australian Grains Industry Conference, before progressing to the global stage along with other national signature dishes from around the world.

The expert judging panel for the 2015 Australian Signature Pulse Dish Recipe Competition includes renowned chef and International Year of Pulses Australian Advocate Simon Bryant, renowned chef of le Petit Gateau Patisserie Pierrick Boyer, Food Director at *taste.com.au magazine* Michelle Southan, and dietitian and *Scoop Nutrition* blogger Emma Stirling.

According to Simon Bryant, competition judge and International Year of Pulses Australian Advocate, the competition is on the hunt to find Australia’s hero pulse dish, to celebrate Australia’s diverse national cuisine and to highlight the innovative capacity of pulses as an ingredient.

“Each recipe will be judged on visual appeal, creativity, accessibility for home chefs, and of course, taste,” Mr Bryant said.

“Prizes will go to winners of the professional chef, everyday food lovers, people’s choice, and healthy recipe categories. Finalists in each category will also have their recipes professionally prepared, styled and photographed.”

The Australian Steering Committee celebrating the International Year of Pulses, established in 2014, represents groups from across the pulse industry, from growers and researchers to processors and manufacturers. The Steering Committee is supported by Pulse Australia and the Grains & Legumes Nutrition Council.

For information about the competition visit www.glnc.org.au/recipecomp.

For more information about the health benefits of pulses and legumes as well as ideas for recipes visit www.glnc.org.au and follow GLNC on [Facebook](#) and [Twitter](#).

For more information about the International Year of Pulses visit <http://www.fao.org/pulses-2016/en/>

For more information about the Global Pulse Confederation's work visit www.iyop.net

For more information on the pulse industry in Australia, visit www.pulseaus.com.au.

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