

Tori Haschka

Our years of travel and eating, which culminated in my book *'A Suitcase and a Spatula'*, began with a list on the back of a boarding pass. It was drafted on my honeymoon with a fellow I had dubbed on my blog Eatori 'The Hungry One'. It was as much for his appetite for life as his capacity to consume.

To me, joy comes easily when I'm away. It's not about the spectacle of beaches, boulevards, and snow and cityscapes - though they certainly help. It's the energy that comes with experiencing something new. It's an immediacy which makes it hard to think of anything else. There's also the pleasure of anticipation. No matter how salty a day, having a trip on the horizon makes things easier to swallow.

And to me, there is no better way to really enjoy a place than through what you can find on a plate.

Over our years of adventure, I've learned a few things! If you see a queue for food, you might as well join it. Locals will be lining up for a reason. There are other lessons gleaned the hard way such as collecting e coli from a local well in Malacca; even though something has been washed, it doesn't always make it clean.

Just as it's hard to appreciate sweet without knowing sour, for many of us it takes some faltering health to really value the

good. After five of years dragging around a sputtering immune system, I'm lucky

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to have now clicked on to a way of eating which lets me make the most of every day. Certainly there are treats when we're off exploring foreign shores; from deep dish meatball pizza in Chicago and raspberry croissant puddings made in small kitchens in Paris - but most of the time these are balanced with a diet of slow carbohydrates. These are what my body responds to best (and after many requests from friends, it's one of the reasons why I released an eBook of 30 recipes that helped free me from the clutch of white carbohydrates for dinner every night).

Many of my favourite dishes are born from happy memories. From escapist lunches of garlic prawns with a pitcher of



sangria in Estoril, crowns of cucumber with salmon tartare (known as poke) from Maui - all the way to shepherd's pies made with kangaroo mince and white bean puree in the snowy Australian Alps.

Now we're back in Sydney and most of the list is ticked off. We're also eagerly awaiting the birth of our first baby (currently known as the stowaway). These days I'm finding nothing can transport me back to a place like a taste. More than a photo, a journal entry, or a pair of cufflinks as a souvenir, it is food that keeps those journeys alive. Once I've tucked my passport back into the cupboard, as long as I've got access to a kitchen I could be anywhere. It's on those nights that I find I'm happier than ever to be home.

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Group Publisher

Michael Henry

Managing Editor

Lindy Olsen

Art Director

Dallas Olsen

Assistant to the Editor

Lauren Moran, Annabel Rainsford

Australian Publisher

Muscle Up Media
5/1 Pirelli Street
Southport QLD 4215
Telephone 07 5528 4559
Facsimile 07 5302 0979

Email: admin@muscleupmedia.com.au

Advertising

Jane Eyre

Telephone: 02 9999 0234
Facsimile: 02 9999 3385
Mobile: 0400 993 633

Email: gjijane@fitmedia.com.au

Subscription and Reader Services

Australia and New Zealand
admin@cleaneating.com.au
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CONTRIBUTORS

Tori Haschka

Guest editor Tori Haschka has a passion for all things food. Growing up, her obsession with cooking, eating, travel and restaurants transformed her into the successful food and travel writer she is today. The Sydney-born foodie finds no greater joy than in creating recipes from the fresh produce that she surrounds herself with.

Today, Tori writes for London's Borough Markets, The Vine, The Huffington Post and the Co-op Magazine; and in April 2013, she added 'novelist' to her accolades. *A Suitcase and a Spatula* is her first book of travel adventures and recipes. It is her personal blog *eatori*, though, that first revealed exactly who she is and where her passions lie.

Although Tori's love of food has seen her complete her pursuit to dine at the top ten restaurants in the world, she can't pass up the comfort of a simple toasted ham and cheese sandwich or a large plate of pesto pasta salad.



Amy Rush

Amy Rush is an Accredited Practising Dietitian with a degree in Nutrition and Food Science, Honours in Dietetics. Amy has worked in a variety of dietetic areas, including private practice, corporate dietetics and community nutrition throughout Australia and overseas. Amy is owner and operator of *e-meal plans*, an online personalised meal plan writing service. Amy created *e-meal plans* after constant requests from patients seeking tailored meal plans. Amy recognised that if clients were going to adhere to a healthy meal plan, they required meal plans that suited their every need, their likes and dislikes and their busy schedule. *e-meal plans* delivers this completely personalised service via email contact with your own *e-meal plans* Accredited Practising Dietitian.



Dr Joanna McMillan

One of Australia's best-known nutrition and lifestyle experts, Joanna is a proud ambassador for Goodness Superfoods. She is also a regular on the Nine Network and the official nutritionist for popular breakfast show, TODAY. Joanna is an author of several books including the award-winning *Inner Health Outer Beauty* and the internationally published *The Low-GI Diet*. Originally from Scotland, Dr Joanna made Australia her home in Australia in 1999 where she gained her PhD in nutritional science from the University of Sydney. Her philosophy on diet is pretty simple – eat more fresh, wholesome foods and fewer processed, packaged foods.