

# Press Release

Media : The Malaysian Women's Weekly  
 Date : March 2015  
 Page : 134  
 Published : Monthly  
 Language : English  
 Circulation : 30 366 (ABC)



## Passionate About Food

**Health Tools**  
 Up your nutritional intake with these



**Lighter Meals**  
 Enjoy healthier meals; TupperChef lets you cook with less water, so food retains up to 98 percent of its natural nutrients. Visit [www.tupperwarebrands.com.my](http://www.tupperwarebrands.com.my).



**Fresher Foods**  
 With intelligent sensors that keep food items fresh for longer, it's also energy efficient so you save electricity. The Panasonic Econavi Inverter (NR-F510GT-W) Refrigerator retails at RM6,499.



**Juice, Fast**  
 With its wide tube that can accommodate whole fruits, you can also extract more juice in less time with the Philips Avance Collection Juicer, RM799.

## Tips From The Master

George Calombaris, restaurateur and resident judge of *MasterChef Australia*, dishes out cooking know-how



Get your fix! Catch reruns of *MasterChef Australia*, on Lifetime Channel (Astro Channel 709).

### THE MAIN FLAVOUR PROVIDER?

Whatever technique you use, George says what makes or breaks a dish is as simple as the amount of salt. You can keep your steps as simple as possible and make tweaks to the flavour along the way just with sprinklings of salt.

### MAKE IT SO YOU WOULD EAT IT

If you wouldn't eat your own cooking, then it's not good enough to serve to others. So how would you ensure delicious dishes? George emphasises the importance of constantly experimenting and tasting your food to achieve its optimum flavour.

### BE PREPARED

According to George, preparation beforehand is key. Whether you're an amateur or professional, the amount of preparation will reflect in its outcome.

## DELICIOUS, HEALTHY FOOD DELIVERIES

### Eat Clean, Get Lean!

The Lean Canteen specialises in calorie-conscious, clean meals that are packed with flavour. For a minimum spend, they deliver to areas in the Klang Valley! Priced from RM13, visit [www.facebook.com/theleancanteen](http://www.facebook.com/theleancanteen).



### Hearty Meals

If "What are we having for lunch?" is the most dreaded question of your day - then bookmark Dah Makan's website. They are a gourmet lunchbox delivery service that offers a delicious healthy meal daily, and they deliver to your doorstep (cash on delivery, too). To view the menu or to find out more information, visit [www.dahmakan.com](http://www.dahmakan.com).



TEXT: CLARISSA KOR / EDITED BY NIKELINA ISMA / PHOTOS: COREIS