

BEN'S MENU - SEASON 3 – EPISODE SYNOPSIS

EP1

Ben Milbourne moves his kitchen outside into the beautiful Tasmanian sunshine and whips up some light and fluffy *Ricotta Pancakes* to share with the family. He then heads back into the kitchen to bake cute, creamy *Chicken & Mushroom Pot Pies* and a simple, decadent *Chocolate Mousse*.

EP2

Ben starts his menu with a simple Spanish-style *Prawns With Olive Salsa*, before travelling to the Clover Hill vineyards in Lebrina, where he meets his good friend, Adam Torpy for a rich *3 Cheese Risoni*. Back home in his kitchen, Ben creates a mega *Catch Up Cookie*, perfect for sharing with friends on the weekend.

EP3

Ben sets up the barbecue in his backyard for some smoky *Pork & Apple Koftas* cooked over charcoals. Continuing the snack theme, Ben then serves some simple *Pork Hot Dogs* with fresh slaw before taking his time cooking a *Char-Grilled Curried Leg of Lamb*. Finally, Ben puts the left overs to good use and slow-cooks a *Lamb Olive & Fennel Braise*.

EP4

Swapping his kitchen for a beautiful spot out in his backyard, Ben serves a fresh and colourful *Taco Bowl*, before heading back inside to make a fast *Chicken & Turkey Bolognese* perfect for lunch. He then prepares some *Caramelised Brussels Sprouts* tossed in an Asian-inspired dressing.

EP5

Ben goes back to basics to cook one of his favourite dishes; *Salt & Pepper Abalone*, before demonstrating his ever-popular *Roast Chicken With Gravy* and a tangy *Passionfruit Curd*.

EP6

Ben starts his day with a spicy breakfast of *Scrambled Eggs* before heading east to visit the cooking workshop, Hundred Acres at Ghost Rock, where he cooks a *simple Forest Mushrooms With Chicken Pasta*. Back home again, Ben uses some beautiful, fresh produce to make a vegetarian *Cauliflower & Chickpea Soup*.

EP7

At home in his kitchen Ben, starts his menu with a hot and spicy *Inferno Pizza*, followed by a fresh *Prawn & Avocado Salad* before checking out the view at Avalon Coastal Retreat and experimenting with local flavours to make a *Mongwong Grapefruit Ceviche*.

EP8

At home in his kitchen Ben assembles some well-seasoned *Pulled Pork Burgers* before a special friend Teresa, from Bessemer pops in to share her sweet *Pikelet* recipe. Continuing the breakfast theme, finishes his menu by dishing up a decadent *French Toast With Salted Caramel*.

EP9

At home in his kitchen Ben, grills some simple *Rosemary Lamb Kebabs* and makes a delicious, fresh *Nacho Tart* for lunch before travelling to Hobart to stay at The Last Villa, where he catches up with his brother Grant for a gourmet *Pork Belly With Fennel* dish.

EP10

At home in his kitchen, Ben starts his menu with a side of well-seasoned *Roast Vegetables* before good friend and host of 'A Taste Of Travel', Scott McRae drops in for a hearty *Lamb Pot Pie* before travelling to New Zealand on a luxurious adventure. (RPT BMS02 Ep10).

EP11

Ben starts his menu with a deconstructed Mexican entrée *Chicken Burrito Bowl* before deep-frying some crispy *KEEN'S Butter Fried Fish* on location at Avalon Coastal Retreat. Back home again Ben bakes a rich *Chocolate Pound Cake* perfect for afternoon tea.

EP12

Ben heads back to school to share his recipes for making a range internationally flavoured burgers with the students of St Brendan-Shaw College. He invites the students participate in making their *own Indian Lamb, Italian, Japanese and American-Cheese Burgers*.

EP13

Ben takes his kitchen on the road and stays at the award winning Ocean Retreat in Falmouth, where he takes a local catch and gives pointers on how to *Break Down A Fish*. Ben then prepares the fillets of locally sourced fish into 2 different delicious *Crispy Skin Stripy Trumpeter* and *Baked Stripy Trumpeter* recipes. Back home in his kitchen Ben treats his sweet tooth with chewy *Choc Current Cookies*.

EP14

Ben catches up with Jessie Spiby, a season 7 Masterchef finalist, to learn her top tips on fermenting homemade *Pickles*. Ben then prepares a classic Italian *Pappardelle Bolognese* before sharing his secret to making some *Hidden Veggie Sausage Rolls* that the kids will love.

EP15

Ben finds a sunny spot outside in his garden is inspired to serve a fresh and seasonal *Pork Belly & Snapper ceviche*. Scott McRae, good friend and host of 'A Taste Of Travel' then pops in to try Ben's *Grand Pacific Mussels* dish before embarking on a tour of the majestic New Zealand (RPT BMS02 Ep25).

EP16

Ben starts his menu with a classic Italian flavours to make a simple *Tomato Bocconcini Tart*, before venturing east to the Clover Hill vineyards to visit his good friend Adam Torpy and cook a delightful *Wild Mushroom Spaghettoni*. Back home in his kitchen once more, Ben finishes his menu with a rustic *Pear Pecan Crumble*.

EP17

Taking his show on the road, Ben visits Willie Smith's Apple Shed in the Huon Valley to discover their tips for making a classic *Apple Pie*. Back home in his own kitchen, Ben tosses together an effortless *Crab & Lemon Spaghetti* before one of his special friends from Bessemer surprises him by cooking a *Pizza* on the stove.

EP18

At home in his kitchen, Ben creates an Italian-Indian fusion with his *Curried Meatballs With Baked Eggs*. He then shares his recipe and a quick history lesson on the origins of spicy *Empanadas*; before relaxing at the Avalon Coastal Retreat with a quick and simple entrée of *Oysters With Italian Sausage Vinaigrette*.

EP19

Ben invites special guest Olivia Wells, the Blue Ribbon Foundation ambassador and former Miss World Australia into his kitchen to learn a couple of her delicious, fresh and healthy recipes. Olivia creates 2 great recipes, sharing her *Mexican Fiesta & Chicken Quinoa Salad*.

EP20

At home in his kitchen, Ben bakes a rustic *Steak & Mushroom Pie* to share, and a small one to enjoy himself. His good friend Scott McRae then pops in for a visit and a slice of fresh *Passionfruit & Pineapple Pavlova* before setting off on a 5-star adventure of New Zealand (RPT BMS02 Ep60).

EP21

Ben learns the secret recipe for *Bessemer's Sticky Date Pudding* from a special friend before improving a university-diet staple into *Fancy Mac & Cheese*. Ben finishes his menu with a caramelised, *Deconstructed Banoffee Pie* that would impress any guest.

EP22

Ben sets his kitchen up outside in his orchard to enjoy the Autumn sunshine while cooking a classic *Chicken Curry*. Back inside once more Ben presents a café-style *Open Chicken Sandwich* before travelling to Avalon City Retreat where he creates an exotic combination with *Simple Tortellini*.

EP23

At home in his kitchen Ben is inspired to make a delicious, pastry-rolled *Chicken Wellington* before assembling a sweet and savoury *KEEN'S Chicken Salad*. Ben takes his kitchen on the road to Clover Hill vineyards where he catches up with his good friend Adam Torpy and then serves him a creamy *Mushroom Gnocchetti*.

EP24

Ben begin his menu with an *Authentic Carbonara* from whole basic ingredients before roasting a premade *Scotch Delight*, delivered by his local butcher in a previous episode. He then finishes with a creamy *Salted Caramel* sauce, perfect for drizzling on cakes or ice cream.

EP25

At home in his kitchen, Ben creates a menu full of weekend brunch inspiration, with a spicy tomato *Shakshuka*, a decadent *Trout & Cream Cheese* and a hearty *Tomato Minestrone*.

EP26

Ben sets up his kitchen outside in his backyard, where he lights up a fire pit to make some *Campfire Patatas Bravas*. Ben's special friend from Bessemer then pops over to share their recipe for spicy *Chelsea Rolls* baked on the stove and Ben creates a themed *Fraise Royale Risotto*.

EP27

Ben makes the most of some fine Tasmanian weather to prepare a *Fresh Kingfish Salad* al fresco in his picturesque backyard before heading back into this kitchen to put together a fresh *Tortellini & Roast Vegetables* and then a deconstructed *Creamy Chicken Pie* with fancy pastry shapes.

EP28

Ben is joined by Scotty Bramich, a butcher from O'Hallorans Spreyton Butchery, in his kitchen for a quick lesson on proper *Knife Care* and then they transform budget cuts of meat into *Lamb Flaps*, a rolled *Roast Lamb Belly* and a sticky *Cola Ribs* recipes.

EP29

Ben enjoys some beautiful Tasmanian sunshine in his backyard while he transforms the catch of the day into a stunning *Swordfish Burger*. Back inside once more Ben simplifies a traditional Mexican recipe into a simple *Chicken Mole* and gets creative with a *Gourmet Pear Tart*.

EP30

At home in his kitchen Ben rustles up a gourmet *Brussels Sprouts* dish before travelling to Sheffield and surprising his audience at the Family Support House with a fancy steak and veggie combination *Mystery*

Box. Back home again, Ben is inspired to make a seasonal, vibrant *Wine-Poached Pear* dessert in his backyard while the Autumn sun is shining.

EP31

At home in his kitchen Ben serves a fast *Arrabbiata Mussels* entrée before slow cooking the traditional French-inspired *Coq Au Vin*. Ben then stops by Hubert & Dan in Longford for a lesson on making *Eclairs* with hand-made choux pastry.

EP32

Ben invites his local butcher, Scotty Bramich from O'Hallorans Spreyton Butchery, into his kitchen for a master class *Schnitzels*. He then treats Scotty to a café-style *Open Schnitzel Sandwich* and fresh *Chicken Caesar Salad*.

EP33

At home in his kitchen Ben bakes a simple, crowd pleasing *Brie & Rosemary Tart* before Jessie Spiby shows him how to make her take on the light, vibrant *Vietnamese Hainanese Chicken*. Ben then finishes his menu with a choc and hazelnut *Self-Saucing Pudding*.

EP34

Ben starts the day with a healthy *Vegetable Hash*, perfect for a weekend breakfast before his special friend from Bessemer pops into make an incredible *Apricot Loaf* on the stovetop. Ben then updates a classic recipe into *Chicken Stroganoff*, sure to be a new family favourite.

EP35

At home in his kitchen Ben shares his secret *Pickled Red Onion* recipe and then uses it as a garnish for a tangy *Potato Salad With Celery Pickle*. He then bakes a simple, but tasty gourmet *Mushroom Tarte Tatin*.

EP36

Ben ducks into one of his favourite cafés in Launceston, Thirty Three Cups for some *gourmet Zucchini Fritters* for breakfast. Back home in his kitchen once more, Ben combines classic flavours to make a fast *Olive & Tomato Fettuccine*, before his special friend from Bessemer makes an *Onion Tart* on the stove.

EP37

Ben prepare the perfect menu for the weekend, starting with a *Spiced Lamb With Hummus dish*, followed by a savoury *Bacon French Toast breakfast-in-bed* dish. Jessie Spiby, a season 7 Masterchef finalist, then joins Ben in the kitchen and makes sweet *Banana Cheesecake Ice Cream* cones.

EP38

Ben goes back to school, visiting the local Brooks High School, where he serves up some lessons on how to stretch 1 recipe into 2 dishes. Ben invites the students to participate as he makes a *Taco Bowl + Sausage Roll* combination, followed by *Sliders + Meatball Bake*. Back home again, Ben demonstrates some practical and delicious science in the kitchen as he experiments with making *Honeycomb* from scratch.

EP39

At home in his kitchen Ben roasts a crispy *Lamb Noisette* basted in a citrus-infused oil. Taking his kitchen on the road, Ben sets up at the Avalon Coastal Retreat, where he serves a light *Striped Trumpeter With Risoni Salad* for dinner. Inspired by his trip to the coast, Ben prepares *Oysters 3 Ways*.

EP40

Ben sets up his barbecue outside and flame-grills some spicy *Peri-Peri Chicken Skewers* before heading back into the kitchen to make some delicious *Fried Chicken With Blue Cheese*. On location at Four Mile Creek, Ben visit the White Sands Resort and sets up an outdoor kitchen to make a sticky *Strawberry Rhubarb Balsamic Galette*.

EP41

At home in his kitchen Ben bakes up a storm beginning with a cheesy *Cauliflower Pasta Bake*, before preparing a simple *English Beef Wellington* and then finishing his menu with a light and syrupy *Blueberry Drizzle Cake*.

EP42

At home in his kitchen Ben bakes some simple, tasty *KEEN'S Pasties* snacks, before visiting the Clover Hill vineyard in Lebrina to cook his good friend Adam Torpy the classic Italian pasta, *Cacio E Pepe*. Back home again, Ben designs a beautifully simple *Sesame-Crusted Salmon* dish, perfect for romantic date nights.

EP43

Ben shares his simple Spanish-inspired *Prawns With Salsa*, and then whips up a fast and tasty *Lemon & Prawn Oil Tagliatelle*. Ben's old university friend, Simon makes Ben his signature pumpkin *Quiche* recipe.

EP44

Ben begins with a classic Italian *Rigatoni All'amatriciana* pasta entrée before his special friend from Bessemer pops in to demonstrate an their incredible *Beer Bread*, baked on the stovetop. Ben then prepares on simple *Chicken & Cheese Toastie* snack recipe.

EP45

Ben ventures outside into the Tasmanian sunshine to prepare a light *Pickled Beetroot With Raw Snapper* entrée perfect for summer entertaining. Back inside the kitchen again, Ben slow cooks a *Ragu* and then caramelises some *Candied Bananas*.

EP46

Ben creates a gourmet *Pork Belly With Charred Sprouts* dish at Peppermint Ridge before inviting a special friend from Bessemer over to prepare a rich, crusted *Paella*. Ben is then inspired to reinvent an old pub favourite Ben a classic into *Chicken Parmigiana Soup*.

EP47

Ben experiments with one of Bessemer's signature pans to make some cute *Salmon & Ricotta Quiches*, before travelling to Wineglass Bay and enjoying the beautiful scenery with a location-inspired *Freycinet Fruit Salad*. Back home again, Ben rolls some giant *Cheese-Stuffed Meatballs* to go with his spaghetti and tomato sauce.

EP48

Ben is inspired by the beautiful Clover Hill vineyards to create a stunning *Prawns With Salsa Verde* summer entrée. Back home in his kitchen, Ben bakes a creamy English Polenta Cake and gets artistic with his kitchen equipment to present a beautiful Scotch-Brite Salmon dish.

EP49

Ben invites a special friend from Bessemer into the kitchen to learn the secrets to making a 10 minute *Pasta Al Presto*. Then after taking a short trip to Launceston, Ben pops into Geronimo's to try their *Almond Milk Panna Cotta* before heading back home to bake a *Quick Rhubarb Tart*.

EP50

Ben prepares his delicious *KEEN'S American Beans* for breakfast before lunching on a *Chicken & Chipolata Carbonara* fusion and assembling some groovy *Popcorn Prawn Sliders* for dinner.

EP51

Ben begins in his home kitchen with a hearty *Tomato Soup* before travelling to Thirty-Three Cups in Ulverstone, to visit head chef Skye and try their *Confit Pork Belly & Dukkah Rolled Eggs*.

EP52

Ben is impressed when his special friend bakes a *Bessemer Lamb Rack Roast* on the stovetop. Ben then finishes his menu with a tender *Pork Cheek Cocido* and fancy *Smashed Pav*.

EP53

At home in his kitchen, Ben prepares a quick entrée, of *Mussel Pappardelle* before visiting Skye at Thirty-Three Cups in Ulverstone for a quick breakfast of their *Seeded Granola*. Ben finishes the day on location at Avalon Coastal Retreat where he whips up a classic *Strawberries & Cream* dessert.

EP54

Ben invites Masterchef finalist Jessie Spiby into his kitchen to make some *Duck Rice Paper Rolls* before serving two quick and easy snack recipes, *Salmon Frittata* and *Baked Brie With Walnuts [rpt recipe]*.

EP55

Ben improves on a classic recipe by using one of his favourite ingredients to create *Beer Mac & Cheese*. He then travels to The Last Villa in Hobart where he catches up with his brother, Grant who makes their family's special *Truffle* recipe.

EP56

Ben starts with a quick and cheesy *Breakfast Sandwich* before heading out to Pumphouse Point, near Cradle Mountain for some aptly named *Cold Weather Nachos*. Back home in his warm kitchen, Ben prepares a *Pearl Barley Salad*, also perfect for wintery weather.

EP57

Ben creates a fresh *Mussel Ditaloni* dish followed by a hearty *Chicken With Mexican Rice* dinner recipe. Ben then visits Hubert & Dan in Launceston to sample their creamy *Orange Lamingtons*.

EP58

Ben makes a fruity *Banana Bread* and then a classic *Aussie Burger* at home before roasting a light and fresh *Fennel & Lemon Roasted Salmon* dish perfect for a weeknight dinner.

EP59

Ben visits the cooking workshop Hundred Acres at Ghost Rock, and uses their fresh seasonal produce to make a *Goats' Cheese & Tomato Frittata*. Jessie Spiby, a season 7 Masterchef finalist, then shows Ben her quick *Prawn Sliders* before Ben makes 2 different types of *European Salad Dressings*.

EP60

Ben makes some small *Pumpkin, Pesto & Ricotta Fritters* in a frypan, then travels to Geronimo in Launceston to compare *Beef Cheek* recipes with head chef Sam Pinkard. Back in the home kitchen Ben bakes a warm *Rhubarb & Ginger Skillet Pie*.

EP61

Ben hosts a friend from Bessemer and is amazed by their simple, stovetop *Chicken Curry* recipe. He then braises a versatile pork recipe and uses the slow-cooked meat to makes both *Pulled Pork Sliders* and *Pulled Pork Cannelloni* to inspire weekly meal planners.

EP62

Ben makes a fresh *Mussels Sambal* in his home kitchen before paying a visit to the Red Feather Inn for a quick lesson in *making Ricotta Agnolotti Pasta* by hand. Back home again Ben whips up a decadent

Tiramisu.

EP63

Ben shares his family's favourite *Prawn Saganaki* recipe, before visiting Willie Smith's Apple Shed in the Huon Valley to try their apple cider vinegar *Pickled Beetroot Salad*. Back home again, Ben is joined by a friend from Chef's Toolbox to make a delicious *Risoni Risotto*.

EP64

Ben begins with a healthy, Mexican *Huevos Rancheros* dish for breakfast; before Blue Ribbon Ambassador Olivia Wells drops in to make her healthy *Chocolate Zoats* before Ben bakes his a traditional *Roast Chicken With Gravy*.

EP65

Ben finds a scenic spot at the Sullivan's Cove Apartments to cook his *Roasted Grapes & Ricotta* in Hobart. Back home again Ben bakes a quick *Chorizo, Zucchini & Boccocini Tart*. Outside, in the backyard Ben lights up his fire pit to make some *Campfire Patatas Bravas [rpt recipe]* and then heads back into the kitchen to slow-cook *Braised Beef Brisket*.

EP66

In his home's kitchen, Ben invites Scotty Bramich, his local butcher from O'Halloran's Spreyton Butchery, to demonstrate how to make a *Schnitzel* from scratch before making a fast *Fusilli Chilli* pasta. Then out on location at Peppermint Ridge, Woodbridge Ben uses up leftover bread and tomatoes to make the classic Spanish recipe, *Tomaquet*.

EP67

At home in his kitchen, Ben fries *Beef Schnitzel* fingers, then whips up a fast *Baba Ghanoush Rigatoni* pasta recipe before revealing his secrets for making tangy *Asian Salad Dressings* at home.

EP68

Ben's special friend, Lexie Brock from Bessemer pops in to bake a delicious *Healthy Vegetable Tart* on the stovetop. Ben then travels to Pumphouse Point in mid-land Tasmania and makes a suitably hearty *Braised Brisket Sub* for a cold winter's day, before heading back home to make a warming *Steak & Mushroom Pie*.

EP69

At home in his kitchen, Ben prepares a quick lunch with a spicy *Prawns With Orecchiette* recipe. He then hits the road to check out the menu at Geronimo's in Launceston for a fresh *Heirloom Tomato Salad* before finishing the day back in his kitchen with a simple, creamy Chinese-inspired *Custard Tart*.

EP70

Ben sets up his kitchen on location at the picturesque Avalon Coastal Retreat where he thriftily uses leftovers to make a delicious *Scallop Pie*. Back home in his kitchen, Ben cooks *Mushroom Arancini Balls* for his mate Simon, before experimenting with a classic Australian recipe to create *White Chocolate & Raspberry Friends*. Ben then takes the show on the road to visit LT at Fresh On Launceston, where he tries their ever-popular *Vegetarian Burrito Bowl (rpt seg)*.

EP71

Ben starts his menu with a *Spiced Bread & Butter Pudding*, followed by a slow cooked *Sticky Braised Beef Cheeks*. Ben then travels down to Hobart, where he discovers a new Mexican restaurant, Pancho Villa, where he treats himself to a fusion of Mexican and desserts *Ice Cream Tasting Plate*.

EP72

At home in his kitchen, Ben blends together a creamy Roasted Cauliflower Soup before setting up charcoals in the garden and cooking Beef Skewers over the open flames. Ben then heads to one of his favourite cafes in Ulverstone, Thirty Three Cups where head chef Skye whips up a beautiful *Date & Caramel Cheesecake* in jars.

EP73

Ben is joined by his special friend from Bessemer, Lexie Brock, who impresses him with a nifty Mini Quiche recipe, cooked on the stove. Then, after travelling down to the Red Feather Inn cooking school in Launceston, Ben takes a master class on marinating produce in their signature Brine. Down on the East Coast, Ben sets up on the picturesque Wineglass Bay in the Freycinet National Park to cook a simple, delicious Steak with Mediterranean Salad with Dana from the Tasmanian Walking Company.

EP74

Ben starts his menu with a simple Spicy Salami Penne, before his mate Scott Braimch from O'Hallorans' Spreyton butchery stop by for a master class on Trussing. Ben travels to the Kentish Family Support House in Sheffield to create a Mystery Box dish with the help from some local friends.

EP75

Ben visits Pancho Villa in Hobart for some fresh Guacamole before heading home to bake a Pesto and Pancetta Pizza at home. Then on location at Ocean's Retreat in Falmouth, Ben Pan Sears Flathead from the local catch before experimenting with the flavours of a classic breakfast Pancake with Roasted Grapes.

EP76

Ben starts with a Creamy Pesto Mussels entrée before cooking a traditional Balinese Beef Curry recipe. Ben then moves his kitchen out into his backyard where prepares a fresh King Fish Sashimi with Macadamia Gazpacho in the beautiful Tasmanian sunshine. Ben finishes his menu with a Choc and Red Wine Cake perfect for Valentines Day.

EP77

At home in his kitchen, Ben creates a spicy Prawn Chorizo Pappardelle before taking his kitchen on the road preparing a fresh, Spanish Panzanella Potato Salad at The Last Villa in Hobart. Back home again, Ben uses breakfast favourite to make a decadent Banana and Hazelnut French Toastie.

EP78

Cooking out on location at the Avalon Coastal Retreat in the Rocky Hills on the South East of Tasmania, Ben bakes a simple Open Asparagus Tart. He then returns home to whip up a quick Mixed Mushroom & Tomato Pasta before his friend from Bessemer, Lexie Brock pops into impress with her simple Sponge Cake.

EP79

At home in his kitchen, Ben starts prepping for the holidays with a delicious Mustard Glazed Ham, perfect for Christmas, accompanied with a spiced Smashed Pumpkin with Maple Pecans side and a rich Chocolate Peanut Butter Self Saucing Pudding dessert.

EP80

Cooking on location at Wineglass Bay in the Freycinet National Park, Ben flame grills some Marinated Pork Ribs. Then after a quick relocation up the coast to the White Sands Resort near Four Mile Creek Ben bakes a simple, summer Strawberry Rhubarb and Balsamic Galette before visiting Willie Smith's Organic Cidery to sample their signature Mushrooms Braised In Cider. Ben finishes the day back in his kitchen with an adults-only Beer Mac & Cheese (rpt).

EP81

Outside in his stunning backyard, Ben sets up his kitchen to make some Chorizo Pinwheels, perfect for school holidays. Teresa Micalizzi, a friend from Bessemer shows Ben her family favourite, Chicken Involtini Wrapped in Prosciutto before Ben heads off to the Sullivan's Cove Apartments in Hobart, where he cooks Chicken, Tarragon and Mushroom Fusilli on the balcony, overlooking the stunning waterfront. Back home again and with a craving for something sweet, Ben whips up a fast and simple Cheats' Banana Bread.

EP82

Taking his kitchen on the road, Ben visits the stunning Avalon Coastal Retreat where he uses local produce to make a delicious Mussels In KEEN'S Curry Broth. He then stops by Hundred Acres cooking school in Ghost Rock Vineyards for a tour of their kitchen and to compare notes on their Beef Tartare With Heirloom Salad. Then back at home in his kitchen Ben enjoys some baking with an Italian Tomato Bocconchini Tart followed by a Spiced Apple Cake perfect for afternoon tea.

EP83

At home in his kitchen, Ben starts with a Mexican inspired Prawns With Black Beans, Chipotle & Chorizo entrée before venturing outside into his backyard for some al fresco cooking a gourmet Pancake With Brulee Figs & Goats Cheese. After a quick visit to the Red Feather Inn in Hadspen for a lesson in on homemade Ricotta, Ben travels down the coast to Falmouth's Oceans Retreat where he makes an easy entrée of Oysters with Pickled Ginger & Rhubarb.

EP84

Ben visits a cooking school at the Ghost Rock Vineyard called Hundred Acres for a lesson on their Buffalo Mozzarella Salad. Ben then catches up with his chef friend, Darryl Zeitzen at Pancho Villa in Hobart and tries their King Prawns and Fish with Gazpacho. On the way home Ben tries some fresh Apple Caramel sauce made by Andrew Smith at Willie Smith's Apple Shed. Feeling inspired and back home in his kitchen, Ben makes a batch of Pickled Red Onions to store in the pantry for future recipes.

EP85

At home in his kitchen Ben makes a simple Pesto Pasta before heading off on a road trip down South to see Sam Pinkard at Geronimo Aperitivo Bar & Restaurant in Launceston to learn their signature Brassica & Beetroot Salad recipe. At Oceans Retreat on the coast near Falmouth Ben makes a tasty traveller's treat KEEN'S Mustard Maple Snack Mix before relaxing with a simple breakfast of Turkish Eggs at Peppermint Ridge in Woodbridge.

EP86

At home in his kitchen and inspired from recent travels, Ben cooks a creamy Pumpkin Soup with Cheese Tortellini before taking a trip down the coast to Rocky Hills where he prepares Mussels with Cider Veloute at the Avalon Coastal Retreat. Ben ends his trip down at Oceans Retreat in Falmouth where he makes a Lamb Lollipops with Anchovy before returning back home to relax with a simple, rich Tiramisu (*rpt recipe*).

EP87

Ben cooks a savoury Puttanesca & Beans recipe on location at Peppermint Ridge in Woodbridge before travelling up to Avalon Coastal Retreat near Rocky Hills, to prepare a fast Chilli Oysters Kilpatrick entrée. Continuing up the coast to Wineglass Bay Ben makes an Raspberry & Muesli Parfait to share before finishing his menu at home in his backyard with a fusion ANZAC Crobbler.

EP88

Ben starts his menu with simple Apple Galettes before enjoying the scenery at the Avalon Coastal Retreat, where Ben prepares a spicy KEEN'S Fish Curry on the balcony. Back home once again, Ben cooks a

delicious Almond Honey Banana Porridge breakfast recipe in the backyard before baking Chorizo-Stuffed Sticky Lamb Belly for dinner in his new Bessemer cooking equipment.

EP89

At home in his kitchen Ben makes a Creamy Mussels With White Wine & Penne pasta before learning his friend, Darryl Zeitzen's secret Candied Suckling Pig recipe from Pancho Villa in Hobart. Then at the Avalon Coastal Retreat in Rocky Hills Ben roasts some Orange Vanilla Pecans & Chilli Lime Peanuts to share before finishing his menu with a fresh Cinnamon, Honey & Lime Risotto.

EP90

Ben begins his menu cooking over coals on his backyard fire pit, where he slow cooks a Duck Ragu before travelling to Hobart to catch up with his chef friend, Darryl Zeitzen at Pancho Villa where he their King Prawns and Fish with Gazpacho. Finally Ben surprises the guests of the QANTAS Lounge at Melbourne airport with some freshly prepared canapés.