

A BITE TO EAT

with Alice



A woman with dark wavy hair and round glasses, wearing a blue long-sleeved shirt, is pouring a yellow liquid from a glass jar into a bowl. A man with short brown hair, wearing a dark blue patterned shirt over a white t-shirt, is smiling and looking down at the bowl. They are in a kitchen with shelves in the background holding various colorful jars and plants.

**Food and conversation are
the perfect partners in this
colourful new cooking show
that focuses on sustainability
and accessibility with
maximum fun**

Hosted by renowned cook, author, columnist, radio presenter and culinary correspondent Alice Zaslavsky, this delicious new series is set to become a foodie favourite – focusing on recipes that are simple and fresh, that are built around accessible and affordable ingredients, and that can be readily prepared at home.

Alice is joined by guests from all walks of life and skill levels (from comedians, athletes, musicians and celebrity chefs to public figures and household names), all with interesting stories to relate – and she kicks off each episode with a recipe inspired by her special guest.

The second recipe is whipped up from the favourite ingredients the guest has brought with them. As they chop and chat, Alice demonstrates how easy it is – raiding the fridge and using what's in the pantry – to get dinner on the table.

Finally, Alice faces a challenge to change the guest's mind about an ingredient they don't enjoy or are unsure how to cook, or to help them with a food-related issue.

Continuing the ABC's proud tradition of producing evergreen, quality cooking shows, *A Bite To Eat with Alice* is as much about nourishing ourselves with conversation and authentic connection as it is about food – and provides warm and inspiring viewing for every weeknight.

**HD 50 x 30'
Australian Broadcasting Corporation**

Media

‘Others might think it’s quite handy to have a weeknight cooking show packed with tips on preparing dishes that are economical in terms of time and money. As the host and her guests cook up dishes together utilising these contributions in their respective episodes, Zaslavsky shares a wealth of hacks and tips. As is crucial for any cooking show, the food looks yummy. *A Bite to Eat* is likely to make you hungry and inspire you to try new recipes’

– **The Sydney Morning Herald**

‘Cements Alice Zaslavsky as a world-class foodie superstar...an absolute delight’

– **The West Australian**

‘No matter your skill level, host Alice and her guest – who may not be able to cook toast – will inspire you to experiment in the kitchen’

– **Screenhub**

‘The result is a warm, insightful and funny – if a little chaotic – alternative to your regular food-preparation show’

– **TVWEEK**

‘This new nightly cooking show is the perfect vehicle for cook, author and radio presenter Alice Zaslavsky, marrying her top culinary skills with her effervescent personality and love of a laugh’

– **The Bulletin**



A photograph of two women in a kitchen. On the left, a woman with short blonde hair, wearing an orange patterned button-down shirt, is pouring liquid from a glass pitcher into a clear glass bottle. On the right, a woman with long dark hair and glasses is looking down at a bowl of food, using a metal strainer. The background shows a kitchen with hanging copper pots and a green tiled wall.

Social

It's funny, relatable, inspiring and so fab.

– **Xanthe Clay** – (Food Writer for *The Telegraph*)

I am loving this show! Alice is such a positive, fun and relatable person. Love the antics in the kitchen. Just what we need! Joy!

– **Jennifer Susan**

I wish I was living next door to Alice! She's a wonder in the kitchen

– **Richard01173388**

Magnificent debut high in energy and information. Congrats to all involved.

– **Drew Thomas**

Stephanie Alexander is making a veloute sauce on *A Bite to Eat with Alice*. Respect #MasterchefAU #DessertMastersAU

– **Mandy Cheevers**

A Bite To Eat With Alice on ABC had Michael from *Autism on the Spectrum* on and it was wonderful

– **Miss Otis Regrets**

Lots of fun, really enjoyed it

– **Paul Whittaker**

Episodes

Episode 1: Sammy J

- Early Bird Bircher
- Avocado and broad bean bessara with poached egg and crispy pita
- Pumpkin, sage and ricotta lasagne

Episode 2: Poh Ling Yeow

- Lamb shank and tarragon stew
- Glutinous rice balls with pandan and ginger syrup
- Matcha lamington cake

Episode 3: Colin Lane

- Sweet potato dhal
- Tempeh larb with chilli, toasted rice and herbs
- Yakitori chicken and pineapple skewers with chilli salt

Episode 4: Pia Miranda

- Anchovy and lemon butter
- Charred marinated artichokes with lemon
- Mushroom wet fry fettuccini

Episode 5: Josh Thomas

- Double cheese toastie
- Prawn head chilli oil
- Five spice salt and pepper tofu

Episode 6: Stephanie Alexander

- Stephanie's rabbit pie
- Leafy salad with seeded mustard vinaigrette
- Jam and Butter Bread Pudding

Episode 7: Anthony Callea

- Bubbly baked camembert
- Anthony Callea's Sicilian meatballs
- Crumbed asparagus with secret herbs and spices

Episode 8: Dilruk Jayasinha

- KFC — Keralan fried cauliflower
- One-pan cauli pilaf
- Thai coleslaw herb and beef skirt salad

Episode 9: Virginia Trioli

- FODMAP-friendly green borsch
- Tuna mornay
- Kale chips

Episode 10: Lizzy Hoo

- Cheat's garlic roti
- Lemongrass and makrut lime coconut jelly
- Red curry brekky baked beans

Episode 11: Kylie Kwong

- Amaretto almond cake
- No wrap prawn and spinach dumpling
- Uncle Jimmy's stir-fried hokkien noodles with chicken

Episode 12: Lehmo

- Standing rib roast with pan jus
- French mustard buttered leeks
- Tempura mushroom tacos with purple slaw

Episode 13: Archie Thompson

- Wattleseed tiramisu
- Green eggs and canned-ham fried rice
- Mid-week bolognese with spaghetti and zucchini noodles

Episode 14: Ella Hooper

- No sweat chicken pho
- Coriander tabouli with salted kale
- Corny tostada with chicken and avocado

Episode 15: Megan Burslem

- Cucumber whack salad with crispy shallots
- Bazarek ice cream sandwiches
- Steamed chicken drummies with sizzled spring onion oil

Episode 16: Michael Theo

- Rainbow ratatouille
- Banana cupcakes with whipped miso butter
- Hunter's chicken

Episodes

Episode 17: Donna Hay

- Scallop-stuffed zucchini flowers
- Donna's fettuccine with lemon pesto
- Cheerio cherry log

Episode 18: Lloyd Langford

- Khachapuri — Georgian cheese boats
- No-tears onion soup
- Beef and black bean stir-fry

Episode 19: Linda Bull

- Steamed artichoke with bitter lemon emulsion
- Coconut chicken laksa with prawn dumplings
- Coronation chicken satsivi

Episode 20: Marg Downey

- Lemon drop mocktail
- Oladiki hotcakes with passionfruit curd
- Tuna tapenade with croissant

Episode 21: Rachel Ward

- Vietnamese egg-net vegetable omelette
- Stockman's chuck steak pie
- Braised red cabbage with apple

Episode 22: Myf Warhurst

- Fuzzy basil cheese sticks
- Prawn and broccolini stir-fry
- Mini pav with fresh berries

Episode 23: Marion Grasby

- Lemongrass fish pops
- 15-minute creamy Korean chicken ramen
- Fennel and citrus salad with smoky spring onion dressing

Episode 24: Mark Humphries

- Box-grater broccoli pasta
- Bistro salad bouquet with anchovy aioli
- Blender beetroot brownie

Episode 25: Ross Wilson

- Onion tarte tartin
- Tempura flathead with sweet potato chips and spicy mayo
- Eggplant and tomato kasundi

Episode 26: Dave O'Neil

- Cheesy parmesan mash
- Upside-down roast chicken with lemony gravy
- Red vegetable romesco soup with garlicky toasts

Episode 27: Mark Olive

- Lemon myrtle scones with a finger lime glaze
- Kangaroo bolognese
- Roasted sweet potato with native pesto and karkalla salad

Episode 28: Lisa Millar

- Classic egg omelette with cheat's sweet chilli
- Salmon poke bowl with toasted sesame dressing
- Pumpkin honey rice pudding

Episode 29: John Safran

- Apple and honey fritters
- Matzah ball soup
- Roasted cauli harissa and yoghurt garlic sauce

Episode 30: Matilda Brown

- Lemon ricotta cake with lemon drizzle
- Pork and fennel sausage pasta
- Fennel and spiced chickpea agrodolce salad

Episode 31: Joel Creasey

- Parsley and garlic pampushki
- Onion and pea bhaji bites
- Corned beef with mash and mustard sauce

Episode 32: Poh Ling Yeow

- Easy seedy crackers
- Uni special crepes with ice cream and maple syrup
- Tomato omurice with a velvety egg omelette

Episode 33: Danielle Walker

- Feel-good nachos
- Corn, black bean and capsicum quesadilla
- Corn and prawn fritter sliders

Episodes

Episode 34: Benjamin Law

- Lau's family veg
- Four-ginger parsnip sticky date
- Cauli chicken rissoles

Episode 35: Astrid Jorgensen

- Cacio e pepe devilled eggs with crispy pancetta
- Cayenne sweet potato crisps
- Pea and bean tempeh stirfry

Episode 36: Dave Lawson

- Peanut chilli oil
- Pork and cabbage dimmies
- Cornflake florentine bark

Episode 37: Kylie Kwong

- Scallops with saltbush and mountain pepper butter
- Stir-fried mussels with black bean, chilli and native karkalla
- Coconut sago pudding with quandong jam

Episode 38: Susie Youseff

- Nutty road
- Zucchini involtini with rocket sauce
- Crispy, sprouty, leeky lentil salad

Episode 39: Heather Ewart

- Lemon delicious mug puddings
- Crispy fried snapper
- Green mango and ruby grapefruit salad

Episode 40: Andrea Lam

- Silken tofu with corn chowder dip
- Vietnamese cold noodle salad with chicken and mango
- Hot chiptatta

Episode 41: Marc Fennell

- Baked octopus with chorizo, potatoes and paprika
- Chilli baked almonds and olives
- Soy-infused mushroom noodles

Episode 42: Stephanie Alexander

- Lemon verbena cordial
- Roast potatoes with Jamaican jerk-cheese topping
- Porcupine sausage polpette with tomato soup

Episode 43: Lucy Durack

- Mini banoffee pies
- Cheeky lemony crab cakes
- Gnocchi alla romana with nine veg sugo

Episode 44: Miah Madden

- Pan confit tomato
- Pumpkin gnocchi with sage, brown butter and hazelnuts
- Apple hand pie

Episode 45: Jennifer Wong

- Rice paper crackers with furikake khmeli suneli
- Georgian kharcho rice soup with eggplant
- Lemon chicken

Episode 46: Zoë Coombs Marr

- Bubble and squeak potato fritters
- Butternut squash with bejewelled buckwheat stuffing
- Maple and ginger poached pears

Episode 47: Michael Theo

- Coconut fish on betel leaves
- Flat-chat chicken thighs and silverbeet
- Strawberry and lime cheesecake

Episode 48: Claire Hooper

- Spinach and cheese pan pies
- Puffy plum muffins
- Butter carrot curry

Episode 49: Saya Sakakibara

- Stone cold noodles with avocado and miso pesto
- Sour cherry and cottage cheese vareniki
- 70s brussels sprouts

Episode 50: Osher

- Roasted nuts and bolts
- Silken tofu chocolate cheesecake
- Eggplant rolls with walnut stuffing

Key Talent

ALICE ZASLAVSKY

Growing up at the crossroads of Europe and Asia in Tbilisi, Georgia, Alice Zaslavsky's family kitchen was always guided by what could be grown and how best to make use of available ingredients.

Emigrating to Australia expanded her culinary repertoire with a whole world of flavours and cuisines, but the principles of vegetable-forward and thrifty thinking remain at the heart of her cooking.

She has written four award-winning cookbooks: *Alice's Food A-Z*, designed to spark curiosity about food in children; *In Praise of Veg*, which encourages households to fall in love with vegetables; *Better Cooking*, aimed at building cooking confidence; and *Salad for Days*, which equips every cook with the tools to make friends with salad. It's clear that she is passionate about helping people develop their skills and appreciation for food.

A former middle school teacher, Alice brings an educational approach to her recipes, ensuring that home cooks always learn something new. She has also created *Phenomenom*, a free digital toolkit used by thousands of parents and teachers worldwide.

Today, she is known as the 'food guru' for Australia's national broadcaster, contributing to major publications, hosting live events, and leading conversations with global culinary and cultural figures.

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