



# Sophie Zalokar

Sophie Zalokar is an accomplished Chef and Food Writer. Sophie was born and raised in the Barossa Valley in South Australia and trained as a Chef with renowned cook, TV food presenter / food manufacturer Maggie Beer at her and her husband Colin Beer's famed restaurant, The Pheasant Farm.

Sophie has featured in several of Maggie's books and in 2002, her first book 'PicNic - Outdoor Feasts in the Australian Landscape' was published and went on to be short listed for the Jacob's Creek World Food Media Awards and Vittoria Australian Food Media Awards.

In 2005 Sophie and her family moved from Fremantle to Pemberton in the Southern Forests region of Western Australia where they are currently developing a culinary tourism & accommodation business. Sophie has rare breed sheep & chickens, a heritage vegetable garden & fruit orchard; the produce from which she cooks for guest meals and manufacturers a small boutique range of preserves also using local produce.

She has been a member of Slow Food since 1995, was an Australian cooks delegate to the 2008 Terra Madre in Turin, Italy and is the founding leader of the recently formed Slow Food Southern Forests convivium.

Sophie's work as a chef, food writer / educator / consultant and produce judge is underpinned by her commitment to nurturing honest, flavorsome food created with a deep respect for the land, those who work the land, food heritage & culinary traditions.