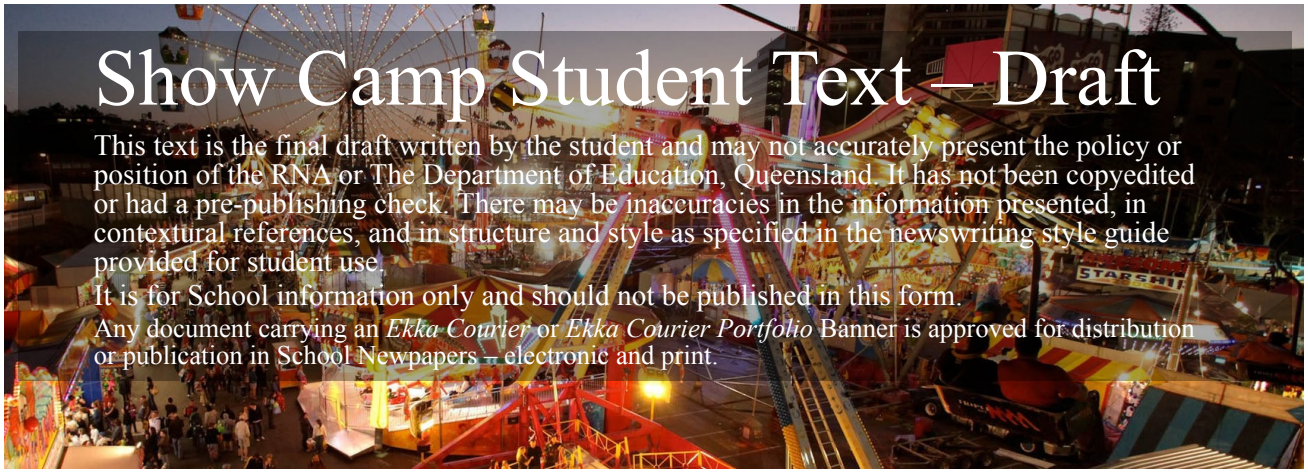
Thursday 14 August 2024



Show Camp Student Text – Draft

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A Cobia-King Demonstration!

By Ulysses

On Monday 11 August, visitors to the Woolworths Fresh Food Pavilion got an opportunity to see Chef Tracey feature cobias in her demonstration in the Royal Queensland Cooking Stage.



(Left to Right): Chef Tracey, Donna, Serena

“We are so pleased to have such wonderful people join us up on stage the whole week to share their passions and their products,” said Donna, the host of the show.

Not only was aquaculture and fishery discussed, but a cooking demonstration was presented, showcasing the key ingredient for the session - the cobia. The cobia is a type of fish, suitable for apprentice cooks, as it is extremely versatile. Chef Tracey, a chef from the Women's Recreational Fishing Network came to the event to cook the dish and tell the audience some tips of the trade.

“Cobia is the one fish that's impossible to destroy. So if you're worried about wasting money, buying expensive fish and then not being able to cook it right. It's the one fish that you can leave in the kitchen with the apprentice, who still don't know what they're doing and it's impossible to destroy it,” said Chef Tracey.

Chef Tracey mentioned that in regard to the flesh, it’s not like swordfish or tuna, which are both really meaty, but cobia is more like a barramundi.

In her cooking demonstration, she prepared the salad using iceberg lettuce, onions and strawberries and a strawberry dressing. The cobia was covered with breadcrumbs and macadamias on one side. This was done because when she was trying this recipe out first, she tried to do both sides, but when she flipped it, all the crust came off. All components were then put together onto one plate, and the dish was ready.

However, it wasn’t all about cooking, but also featured the fish itself. This was where Serena, from Rocky Point Aquaculture, brought a large, real-life cobia for everyone to see.

“So this is a seasonal fish, so the season finished quite a bit ago, but they've been living in their own palace with about about 3,000 of their other maids, being really nicely fed and being kept specially for the atmosphere,” said Serena.

The Brisbane Show Camp is a joint program of The Department of Education Queensland and The Royal National Agricultural and Industrial Association of Queensland.
The camp is conducted by the Brisbane Urban Environmental Education Centre.