## South Western Lifesty e Thursday, October 26, 2023



Teresa Cutter's new cook

budget-friendly recipes

nspired by her life in the

weekend.

"It was wonderful going back to the Catholic college, my whole collection of books is in their library, it was great to see that at the reunion," Cutter said.

During her time at home she reflected on how her career blossomed from humble beginnings as an apprentice in Bunbury, which she said gave her an edge above other apprentices.

"When I started my

apprenticeship at the Lord Forrest . . . I got the best training out of Bunbury because it was a small

"You had to do everything every single day, and as a young apprentice you got to work in fine dining, the buffet, room service, so by the time you're a second-year you can practically run a kitchen.

"It was weird when I got up to Perth as I was meeting all these other second-year apprentices that were in a system in a much bigger kitchen or a hotel that were still just on to chopping vegetables . . . they didn't learn to cook at all."

Now based in Sydney, she still takes time to visit and aims to reflect her upbringing in the South West as best she can, with recipes that incorporate and are inspired by the beauty of the South

She regularly looks to local estates and grocers for produce and inspiration, and loves the Bunbury

"Cullen Wines sponsored a few cases for the book launch in Sydney, they're originally from Bunbury, they've got beautiful values with their organics and bio-dynamics, it's just gorgeous," she said.

"I've been shopping at the farmers market practically every day, it's an amazing place, I wish we had something like that in Sydney, I'd go there every day."

Cutter is looking to start her next project soon but plans on having some down time over the Christmas break with family.

