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WHAT'S ON THE MENU? FIVE MINUTES WITH CELEBRITY CHEF DEREK LAU
What are some of the secrets to making a memorable get-together for family and friends?

Derek says it's all about the food and the environment — the vibe! “When family and friends come over, they want to enjoy themselves, so making sure you're in control on the day is important, for both the cooking and the cleaning,” he advises.

“You'll want a good selection of drinks, something that caters to both adults and children, because not everyone drinks alcohol. Make sure it's all chilled down (nobody likes a warm drink), and also make sure you've got lots of ice on hand,” he adds.

“Whenever I'm cooking or planning a get-together, I'll also find out what people like to eat, so make sure you know those dietaries,” he says. “Finally, have fun. If you don't, then your guests may have a memorable experience for the wrong reasons! Besides, it's family and friends that are coming over so there's absolutely no need to stress. If something doesn't work out, they'll understand.”

It can be stressful entertaining — what are some ways to diminish the stress factor?

“I always plan ahead. Set yourself a menu first, then a shopping list, and make sure you do your shopping a few days before. You don't want to be stuck without an ingredient at the last minute,” he notes.

“Start your prep (if you can) one to two days prior to reduce stress. You can always do a few things in advance. For example, you can make a mac and cheese the night prior but finish it in the oven on the day of entertaining,” he says. “Or you could sous vide your steak

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