



Australian Good Food

October, 2011

Page: 146

Section: General News

Region: National

Type: Magazines Lifestyle

Size: 3,426.50 sq.cms.

Frequency: Monthly

Brief: HARDIE-OZ
Page 1 of 4



Pink has been Susie's favourite colour since she was child – and today, splashes of pink, including flowers, brighten her kitchen.



GOOD FOOD
MY KITCHEN

Light & bright

In classic white and stainless steel, dietitian Susie Burrell's kitchen is elegantly simple – as are her rules for happy and healthy living.

As a nutritionist and dietitian, Susie Burrell coaches others to eat well and exercise regularly. To keep herself on a healthy track, motivation can be found in the kitchen of her Sydney townhouse. On the fridge door are inspiring messages, and behind the cooktop are decorative letters spelling out a simple motto: strength. "Every day, it reminds me that I am stronger than any scenario presented," Susie says. "For me, there is nothing more important than your physical health, as it determines how you feel on a daily basis. To be at your best, you have to feel your best and that means eating well and moving your body."

A dietitian for a decade, Susie specialises in areas such as children's health, obesity and sports nutrition. These days, she's also kept busy with TV appearances, regularly offering nutrition advice on Channel Nine's *Mornings With Kerri-Anne* and *Today Tonight* on Channel Seven.

Susie also recently published her first book, *Losing the Last 5kg* (Hardie Grant, \$19.95), with an iPhone app now available for download. She has a new book, *Are Your Hormones Making You Fat?*, coming out in January.

GOOD FOOD
MY KITCHEN

“There’s nothing more important than your physical health, as it determines how you feel on a daily basis. ... That means eating well and moving your body.” **Susie**

If your kitchen were an animal, what would it be, and why?

A Burmese cat – elegant but also with some quirky personality traits.

What do you love about your kitchen?

It was brand new when I moved in six years ago, and had all the things on my wish list: Smeg appliances, a Caesarstone benchtop and an open, well-lit space. I love that I can work in the kitchen while entertaining.

How have you personalised your all-white kitchen?

I have photos and keepsakes around, such as sketches from Hawaii and postcards from friends, as well as hot pink flowers to make it warm and homely. It’s a nice place to sit and relax after a long day.

Has pink always been your favourite colour?

Always, since I was a little girl and had a sugar and spice-themed bedroom – it’s a bright and happy colour.

What items are always in your fridge and pantry?

Cheese, sparkling water, pâté, Dilmah extra-strong tea bags, Vegemite, protein powder, tomatoes and cucumbers – and I love a dense grain bread.

What’s your guilty pleasure?

I really love pastries, especially almond croissants, but I do try to limit having them to just once a week.

What’s your favourite meal of the day?

Breakfast. I love my egg on grain toast with a cup of tea each morning.

When you have friends over, do they always expect healthy food?

Of course! You will always find plenty of water and vegetables when I am entertaining.

Do you have a signature dish that you like to serve?

I usually cook lamb and roasted vegetables – that tends to be my fall-back meal.

What do you make when you need a fast and healthy dinner?

I usually make an omelette or have soup – I always keep homemade soup in the freezer.

What’s your best advice for anyone who wants to be healthier?

Eat more vegetables and remember that eating well and exercising is something we all need to do for the rest of our lives if we are to control our weight and stay as healthy as possible.

What are your favourite kitchen tools?

For my weekly batch of soup, I have a great Circulon jumbo pot. But when I need to make

a quick meal, I always reach for my Jamie Oliver non-stick frypan – it’s so easy to clean too. I also have an extra-sharp Wusthof Classic knife that’s fantastic for chopping vegetables.

The Russell Hobbs water kettle and toaster are musts for my morning cuppa and toast. And my Brita water jug is handy for filtered water throughout the day.

HOW TO DO IT WHITE

Plain as it might seem, a white kitchen can be a decorator’s dream. Here are some tips:

- Choose metal accessories to tie in with the appliances and fittings as Susie has done, then punch it up with items in a favourite colour (pink, in her case).
- To add warmth, pair cool white with wood. This kitchen’s timber floors, wine rack and bar stools make it feel more welcome.
- If you’re renovating and want a bolder look, consider a bright colour for the splashback, wall or even the appliances – they’ll look dramatic against a white backdrop.

GET THE LOOK

1 Canisters with stainless steel lids, from \$12.95, Howard’s Storage World. 2 Wire fruit basket, \$59.95, Avanti. 3 Solid aluminium letter (9cm high; available in A-Z), \$7.95, Lifestyle Ensemble. 4 Stainless steel oven (SA306X-8), \$1890, Smeg. 5 Replica Harry Bertola steel-frame side chair, \$119, Matt Blatt.





Clockwise from left:
 The dining area is just a couple of steps from the kitchen; Susie works at the bench; a handy wine rack; fresh greens in a pink colander; the makings of a healthy soup; Susie's first book.