



Georgia East
2024 GALLIOVA AWARDS
Digital Content Creator Entry Application



BUTTERFLIED CHICKEN WITH CITRUS & ROSEMARY

*"I absolutely love
Autumnal ingredients
like juicy citrus,
flavoursome squash and
fragrant alliums - all of
which inspired this
butterflied chicken with
orange & rosemary,
smoky grilled butternut
with balsamic glaze and
a whopper of a focaccia
topped with garlic,
shallots and spring
onion."*

[https://www.instagram.com/
reel/C7oBAb3KaaU/?hl=en](https://www.instagram.com/reel/C7oBAb3KaaU/?hl=en)



FARM BREAKFAST WITH HOMEMADE FISH PASTE

"Delicious with soft-boiled eggs or simply spread over hot buttery toast, my fish paste keeps happily in the fridge for up to two weeks - although mine never lasts very long as I crave it multiple times a day."

[https://
www.instagram.co
m/reel/C655-
UKKU5/?hl=en](https://www.instagram.com/reel/C655-UKKU5/?hl=en)



SCHNITZEL HOLSTEIN

"Schnitzel á la Holstein has its roots in 19th century Germany and was traditionally prepared using veal. This version makes use of South African favourite chicken breast fillet coated in breadcrumbs and shallow-fried to a golden crisp."

[https://
www.instagram.com/
reel/C-htzumKKle/?hl=en](https://www.instagram.com/reel/C-htzumKKle/?hl=en)



ROSÉ ROAST CHICKEN

"This is my Rosé Roast Chicken - a one pan, minimal effort but maximum flavour recipe that brings a little Mediterranean sunshine to this cold Cape winter. By all means one could make this dish using red or white wine instead but there is something about rosé's blushing hue that perks up my mood on a grey day."

https://www.instagram.com/p/C9H9rN8qnQ0/?hl=en&img_index=1



TAMAGO SANDO

"Not just your average egg mayonnaise, a Tamago Sando uses Kewpie mayo for a richer, creamier consistency. For an authentic Tamago Sando, only sweet milk bread should be used but this recipe substitutes it for a soft white loaf sliced thickly."

[https://
www.instagram.com/p/
C_Nah_BKsM8/?
hl=en&img_index=1](https://www.instagram.com/p/C_Nah_BKsM8/?hl=en&img_index=1)



MIDDLE EASTERN CHICKEN
WITH
ZA'ATAR, LEMON & DATES

"My spin on his recipe uses a whole bird instead of chicken pieces and I pop a few Medjool dates into the roasting dish halfway through cooking. The dates plump up even more in the roasting liquid and provide a sweetness that is delicious amongst the spices."

[https://
www.instagram.com/p/
C2K5BalqVWn/?
hl=en&img_index=1](https://www.instagram.com/p/C2K5BalqVWn/?hl=en&img_index=1)



BOLOGNESE SAUCE WITH HANDMADE PAPPARDELLE

"Containing just about everything but the kitchen sink, my favourite recipe for Bolognese sauce is a labour of love who's most important ingredient is time. I paired this classic pasta dish with handmade pappardelle and garlicky pangrattato over the top."

<https://www.instagram.com/reel/C-Z5QZsqTgT/?hl=en>



COWBOY CAMPFIRE BREAKFAST

"I'm hankering for more outdoor cooking, starting with one of my favourite meals - a full fried breakfast - enjoyed at any particular time of the day. Bacon, eggs, cherry tomatoes, big brown mushrooms, pork sausage for me and boerewors for David and the best part - tinned baked beans. Definitely showing my heritage here 🇬🇧."

[https://
www.instagram.com/p/
C73bydJKTsA/?
hl=en&img_index=1](https://www.instagram.com/p/C73bydJKTsA/?hl=en&img_index=1)



CHICKEN KARAAGE

"Karaage is Japanese Fried Chicken and it's the best of its kind you will ever taste."

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www.instagram.com/p/
C-pV1PbqMog/?
hl=en&img_index=1](https://www.instagram.com/p/C-pV1PbqMog/?hl=en&img_index=1)



CREAMY BAKED EGGS WITH SMOKED SNOEK

"A lunch of creamy baked eggs with smoked snoek 🐟 We certainly love our eggs, especially so when paired with something fishy."

[https://
www.instagram.co
m/reel/
Cy0UnLxKm2L/?
hl=en](https://www.instagram.com/reel/Cy0UnLxKm2L/?hl=en)



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