



just
guff #7

Peter
g'day

Russell

g'day

Clarke!

In the 1980s Peter Russell-Clarke was host of an incredibly popular cooking show on the ABC called **"COME & GET IT"**. It only went for five-minutes but it aired six-nights a week. If you remember the bearded chef and his show then you'll likely also remember it's melodic theme tune, and that he usually opened each episode with his catch-phrase, *g'day*. The show ran for nine years and aired over 900 episodes.



Facial hair growing abilities aside...

Along with the success of his show, for many years Peter ran a prestigious Melbourne restaurant that had no name and no menu. He has cooked meals for politicians and royalty. For many years he was the spokesperson for the Australian Dairy Corporation, the Australian Egg Board, and Kraft Cheese. He has written and directed numerous commercials, and written and published dozens of cookbooks and a food encyclopedia. But his talents extend well beyond those food-related. He is also an accomplished artist and illustrator. Working as a self-employed commercial cartoonist prior to his TV fame, he also ran a successful advertising agency. His credits also include writing and illustrating for numerous magazines and publications, including being a political cartoonist for the *Melbourne Herald* and a feature writer for *The Age*. At 84 years of age, Peter now lives in country Victoria with his wife of almost 60 years, Jan. He continues to work as an artist and paints commissions for clients all over the world.

This is an illustration from one of his many cookbooks *'Peter Russell-Clarke's Egg Cook Book'* (1979). I purchased a copy of this book from an op-shop a couple of years back; it also has some fantastic food photography (see back page).



When I was a kid my mum collected bar codes from Kraft products in order to get a set of books written by Peter (published in collaboration with Kraft). One of the titles in the series is entirely dedicated to cheese cakes. Till this day my mum still makes all her cheesecakes from this book. As a spokesperson for the company, Peter was in many Kraft adverts. We ate a lot of their products in our house back then. I'm not sure we even knew any other cheeses existed besides those made by Kraft.

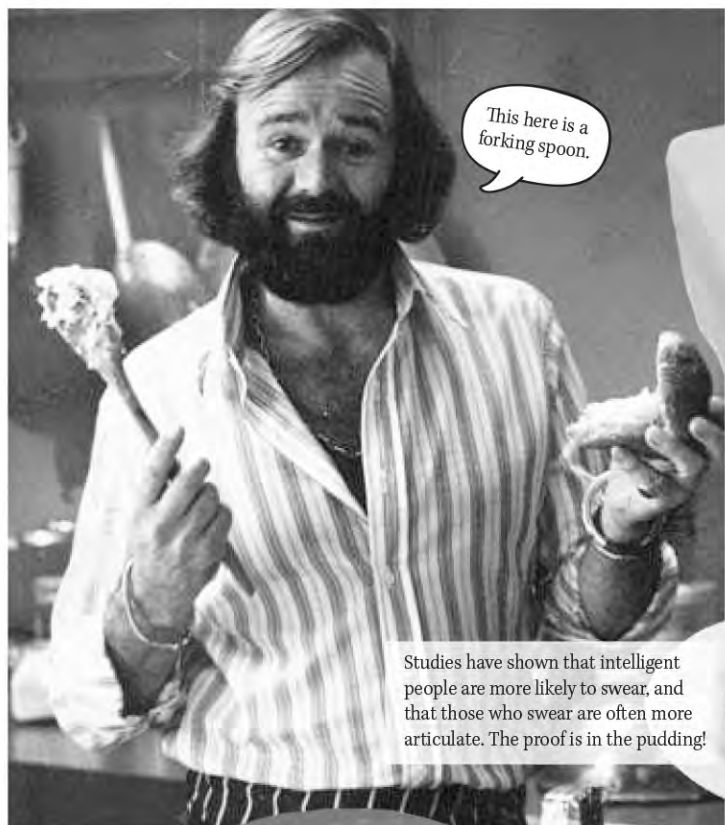


WHERE'S the CHEESE?



KRAFT
AUSTRALIA'S FAVOURITE TASTY.

Peter has always been a passionate advocate for healthy eating and fresh Australian produce. Back in 2008 a blooper reel from his TV show was released online revealing another passion; that of the English language. If you've never seen the video and you're interested in seeing Peter's creative and amusing use of expletives, it's easy to find online.



**Don't be silly.
I'm promoting
butter you
wanker.**¹



**I always have butter
in the fridge, because**

**margarine is
an abomination.**²



¹. Pete's response when offered \$1 million to promote margarine. ². Pete's opinion on marg.

**"Chewing the fat"
on yellow spreads**

Butter is made naturally by churning cream. It is basically concentrated dairy fat. Butter tastes delicious. For decades butter has been demonized for its high saturated fat content. Margarine on the other hand is a highly processed food product made from vegetable oils. Margarine is designed and coloured to imitate butter. These days the science is out on the "healthiest" option, but there is no comparison when it comes to taste. I whole-heartedly agree with Pete's stance on the topic... I will always choose to put butter on my crumpets. If margarine is the only option on the table then I will not be eating crumpets.

A photo of choc mousse from 'Peter Russell-Clarke's Egg Cook Book' (1979). I'm renaming it *miraculous levitating whipped cocoa cream with falling-from-glacé cherry*.



See ya
later!



All information was sourced from online articles which I am too lazy to list here. At the time of writing I did my best to ensure that all facts were 100% correct, but there are no guarantees on this.

**just
guff**

I have decided to remain relatively anonymous in my zine making (to allow for more creative freedom) but if you want to get in touch for more/other or possibly new editions of *just guff* you can email me at:

justguffpress@hotmail.com

just guff #7 © January 2020. Printed in Melbourne, Australia.