



One of a kind

The Peasants' Feast Restaurant, Newtown, Sydney

By SALLY VYNER

Robert Warlow is the owner-founder of Sydney's only organic restaurant. As a specialist medical practitioner in allergy and immunology, he found there was a desperate need for a restaurant to offer fresh, wholesome, chemical-free meals.

"In my practice, most of my patients suffer from illnesses that are directly caused by the foods they eat," Dr Warlow said.

He said that the vast majority of processed foods in supermarkets and the dishes served in restaurants and fast food outlets contain considerable amounts of added chemicals, bad fats, sugar and salt. We would agree with him that these foods are usually over-refined, overcooked and/or fried, and the amounts of sugar and salt make them addictively tasty.

The sad fact is that this processing and addition of chemicals, salt, sugar, etc. can be the cause of many illnesses including diabetes, heart disease, strokes, high blood pressure and obesity. Further, the artificial colours, flavours and preservatives that are added to enhance palatability, attractiveness, sales and extend shelf life, can be the cause of allergic rashes, abdominal pain, diarrhoea and asthma.

Dr Warlow, with his medical research background, is passionate in his belief that you truly are what you eat.

"What you put in your mouth determines whether you stay healthy or become ill, and how long you live. You can't change your genes but you can change your eating habits to avoid diseases," he said.

Dr Warlow decided to do something about it. He established a healthy food service that did not previously exist in Australia, namely a restaurant called The Peasants' Feast.

The Peasants' Feast has become a haven for lovers of vegetarian and vegan meals as well as seafood, poultry and meat dishes – with all of the fat painstakingly trimmed away!

The meals are freshly prepared using raw ingredients, without artificial additives, antibiotics, hormone supplements, pesticides, and other synthetically derived chemicals.

Organic produce and industrial-grade filtered water are used in the preparation, along with cold-pressed organic olive oil, flaxseed oil and butter. Dishes are cooked at lower temperatures and the roasted food is cooked long and slow. No burning is allowed! Cooking with care and devotion to produce a healthy dish is the goal.

The old-world country style and superbly tasting meals have brought huge success. The completely organic dishes are delicious because of the exquisite, natural flavours.

The recent addition of Green Treats, the take-away option, has been enthusiastically received. Some of the options for customers include potato moussaka with eggplant; pumpkin with olive tapenade; mesclun salad with vine ripened tomatoes and chicken and cheese; mixed bean salad with garlic and flaxseed oil dressing, and biodynamic broccoli with tahini dressing. These very inexpensive treats all taste simply superb.

Dr Warlow is to be congratulated. He has established a unique restaurant that provides healthy organic meals. Mission accomplished!

Contact: The Peasants' Feast Restaurant is at 121a King Street, Newtown; phone/fax: (02) 9516 5998; web: < www.peasantsfeast.com.au >.