



SOURCE OF DELIGHT

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Bianca Johnston can't get enough of Rough Rice fermented hot sauce whipped up by fellow Tasmanian Adam James.

Before one bottle runs out, Johnston picks up another, usually at the Farmgate Market on a Sunday.

She strolls down from her North Hobart home and the hot sauce is then splashed on greens in a stir fry or even in a braised pot of chicken to liven it up.

The sous-chef at Tom McHugo's on Macquarie Street in Hobart even starts the day with a generous shaking of hot sauce on her greens-stuffed egg breakfast taco.

"I'm a bit obsessed with it," Johnston tells *TasWeekend*. "It's so good."

This month Johnston was named the Appetite for Excellence Young Chef for 2019.

When she's not cooking in the work kitchen, and the weather is good, chances are she's at the family's Dolphin Sands shack trying her hand at cooking over an open fire.

She eats out more than she eats in, and says Alcheme for breakfast or lunch never disappoints.

"The food is super nourishing and you never leave with that awful heavy feeling," Johnston says.

For evenings off she says she is a regular at Lucinda or Sonny wine bars, and likes to just snack on the food on offer.

But, funnily enough, on her days off she also regularly ends up back at work for dinner as a paying customer.

"The menu at Tom McHugo's is always changing and I love going in there and trying something I haven't cooked yet," she says.

"They are definitely not surprised to see me on a day off. A lot of hospitality people eat there, so there's always a familiar face."



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