



Title: *Devouring Melbourne: uncovering a delicious city*
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Clementine's

Fugazza

Padre Coffee

So you'd like to know Melbourne?

Melbourne is a great food city and it's getting better by the day. Moreover, food, drink and coffee is such an integral part of Melbourne's culture that to experience Melbourne fully and wholly, food needs to be a part of that. Unfortunately, some of Melbourne's great food can seem inaccessible. Melbourne has a reputation for hiding its treasures down alleyways and up stairwells behind unassuming doors. For those not in the know it's often a case of

- 'There's so much choice, where do I start?'
- 'I don't know where the good ones are!'
- 'I need someone in the know to help me explore!'

Luckily, *Devouring Melbourne* is here to help! I have been obsessed with scouring Melbourne for the best food, wine and coffee stories for the last 15 years.

I've sat on a lot of milkcrates in alleyways and climbed a lot of rickety stairwells to discover Melbourne's food treasures - the creators of these spaces. I find the story behind the food.

I own *Walk Melbourne Tours*. We share Melbourne's laneway stories while we share food. *Devouring Melbourne* is based on these walks. Seeing Melbourne with us is different because our walks showcase what Melbourne does like nowhere else - coffee, dumplings, sweet treats and rooftops bars all woven within Melbourne's famous laneways.



The book has three parts:

- **Melbourne's stories, as told through food and drink,**
- **Interviews with Melbourne's Food Treasures**
- **6 self-guided food walks through Melbourne - based on Walk Melbourne Tours.**

Food

Chinese immigration & dumplings

I will tell the story of how the Chinese have helped shape Melbourne since the arrival of the old miners in the 1850's. How their entrepreneurial spirit continues today through their contribution to Melbourne's food culture - moving beyond suburban lemon chicken to a complex and highly regional cuisine.

I talk through the venues we visit on our dumpling walk , the various types of dumplings (and sauces) we try and how they represent the diversity in Chinese Melbourne.

European immigration, sugar & sweet things

Colonial Australian history is dominated by the British, a wealth of other European immigration and settlement has heavily influenced Melbourne. One of the legacies these cultures have brought are the arts of chocolate, sweets and cakes, which live on today.

I talk through a range of specialty chocolate and sweet venues and their delicious crafts and wares.

Melbourne's Ghost Markets

Melbourne has a long and loving relationship with markets that helped shape the city. Many are gone, but present day markets, including Queen Victoria Market, are the throbbing heart of Melbourne's food community.

Drink

Italian immigration and coffee

The Golden Age of Italian immigration to Melbourne was in the 1950's. It's now impossible to extract the Italian influence from Melbourne's flavour. One of the most important contributions of Italians to Melbourne has been espresso.

We explore not just Italian style espresso but the world of specialty coffee. This dominates Melbourne's high quality coffee scene today. This section will provide an overview of Melbourne's specialty coffee scene.

The ultimate secret - the elusive rooftop bar

The rooftop bar typifies the Melbourne treasure. Often with minimal signage, it's the sign of those in-the-know. Views are amazing, sitting halfway between the street and the stars. We talk through the stories of some of Melbourne's most loved rooftop bars and



most importantly how to find them!

Wine & sommeliers

With a city obsessed with food... wine is not far behind. Sommeliers, or wine waiters, are highly skilled professionals with immense knowledge for their subject. I talk through some of the best wine bars in town and offer tips from some great sommeliers for how best to enjoy wine over Melbourne's ever changing seasons.

Guided Walks

The food discovery walks of Walk Melbourne Tours are laid out, step-by-step for the intrepid reader who wants to get into the thick of it!

Each walk guides you through

- the walk: where to turn, what to look at, where to be amazed and astounded.
- the stops: what to order, how much to order, things to look at and things to do at the venues. Any special instructions on how to eat/drink and generally appreciate the goods on offer.

The guided walks align with the content in the chapters:

- Dumplings
- Coffee (CBD)
- Chocolate
- Rooftop Bars
- Wine
- The Melbourne Experience

Devouring Melbourne: the stories behind Melbourne's food treasures is your guide book with heart. It delves beyond your average guide book to the stories behind our food treasures. For those that want some cultural history and urban adventure with their lunch, it's here. And for those that just want to know where to get the best latte..... that's here too. One thing is for sure - *Devouring Melbourne* will leave you excited about exploring this great city!



About the author

Monique Bayer is the owner and creative direction behind Walk Melbourne Tours - we share Melbourne's stories while we share food. She has had the pleasure of showing a vast array of locals and visitors alike through Melbourne on small group guided walks.

Monique is passionate about food, wine & coffee and has been exploring them in Melbourne for the last 15 years. For years, she has been considered the foodie expert among her networks, fielding regular phone calls asking where to go for that great second date / client lunch / mother-in-law's birthday. During this time she has often been asked 'so when are you writing the book?'

The answer is now.

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