



# BACK IN TIME FOR **DINNER**

**ABC + iVIEW**



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#BackInTimeAU





# PROGRAM DESCRIPTION

We've all heard it at some stage, or even said it ... *"back in my day things were better..."* or *"you don't know how lucky you've got it these days..."*

So, what if you could find out if those statements from your parents or grandparents were true? What if you and your family could go back into the past and 'live' those bygone days? Well, that's exactly what the Ferrone family has agreed to do.

This food-loving Australian family of five is throwing away their culinary comforts and kitchen appliances, smartphones and snapchat, and turning their back on its 21<sup>st</sup> Century lifestyle. The Ferrones are embarking on an extraordinary time-travelling adventure from 1950 to the future, to discover how the way we shopped, cooked and ate has shaped our modern day lives.

In 60 years, Australians have gone from food being influenced by our British heritage to having the world on our dinner plate. Along the way we've been introduced to dehydrated, frozen, microwaved, pre-packaged, and takeaway meals. And, our recipes have gone from being handed down through our mothers to, simply, being downloaded.

But how has this change in what we have eaten, along with innovations in the kitchen, transformed us as a nation?

To find out, the Ferrone family home has been turned into a time machine and each week, the family is transported to a different decade, as they take on the dietary habits, lifestyle, cooking fads and fashion of that era.

So, when the Ferrones first re-enter their home in 1950 it is totally unrecognisable. The open plan kitchen and dining room is gone. Now divided into two tiny rooms, the mod cons, appliances and marble bench tops have been ripped out. Instead, Laminex lives, the pantry is practically bare, and, there's no microwave, no fridge... not even a teabag!

And there are other challenges to face.

The Ferrones must adopt the gender specific roles of each decade. So, for a modern day family where mum works, and dad likes to cook, and the children spend most of their time on devices, they are truly tested throughout this journey as they experience the shifts in family and work life.

But the Ferrones are not entirely alone in their travels.

Host and social commentator, Annabel Crabb, is there to help navigate our family through each culinary evolution and give the important social and political context of each decade they experience. The changing roles of women, the waves of immigration, and the alarming rise of obesity, along with excessive food waste have all gone hand in hand with the way our food has evolved. And these issues play a vital role around the Ferrone dinner table.

Each decade (episode) Annabel presents to the family a manual detailing their position and responsibility in the family and society, and importantly a list of foods they can eat, and recipes from housewives, books, magazines and records of the time.

Along the way, the family will also meet remarkable people who have fascinating tales of living through the times or have played a part in our food revolution.

Among the surprise guests at the dinner table are Dawn Fraser, Stephanie Alexander, Peter Gilmore, Matt Moran, Deborah Hutton, Luke Mangan, Michelle Bridges, Adam Spencer, and the charming June Dally-Watkins.

With the visually compelling transformation of the house, the soundtrack of the decades, and extraordinary ABC archival material, *Back in Time for Dinner* is rich with the pleasure of recollection and nostalgia as well as the jaw dropping disbelief at how quite alien the world was *not so long ago!*

The Ferrones are ready and eager to step into their time machine but, they want to make it clear, there's one thing they're definitely not leaving behind in 2018 and that's their sense of humour!

# THE FERRONE FAMILY





# CAROL FERRONE

Born in the United Kingdom with Portuguese heritage, single child Carol moved to Australia with her parents at eight years of age. Carol witnessed the sacrifices of her hard working migrant parents, but quickly learnt what it was like to be a latch key kid and assume responsibility. That period of her life and the tenacity of her parents inspired Carol in her adulthood to start her own executive coaching business, a job she takes great pride in.

When she's not working, Carol loves partaking in spontaneous experiences with her family and believes this time travelling adventure is the ultimate in her crazy suggestions. Independence is everything for this working mother, so plunging back to a time where women were confined to the home with very little freedom, is a daunting reality for Carol. However, the chance for her to appreciate what women, like her mother, had to go through, is a "once on a lifetime opportunity".

She hopes the experiment will also be a fantastic challenge for her family and believes it will bring them closer together.

“ *I think it's very important. It will be a huge journey for my family, but I think now's the right time!* ”





# PETER FERRONE

Peter is a devoted family man. He describes himself as a “level headed sort of person”, and his wife Carol agrees, calling him the “calm one” in the family.

Yet Peter has agreed to cast all his sensibilities aside, let his house be continually renovated and blindly take his family into the unknown. But, like his wife, Peter believes “challenges are good”.

Peter has run a busy café in the past where he had to step in and become the chef, and now freelances as a business development consultant in the coffee industry. His experience makes him chief cook in the Ferrone household!

Peter believes food appreciation is passed on through generations and recalls cooking with his mum for many years. For Peter, food is love.

Peter’s parents both migrated from Italy to Australia in the early 1950’s. He remembers many of their stories and relishes the idea of living through his parents’ early days in Australia, as well as sharing the decades of his childhood and young adult life with his own three children.

However, handing over his chef’s apron to Carol for a number of decades is not going to be easy!

“ *You know, you can be told those stories by your parents and grandparents, but you never know a person’s life until you walk in their shoes.* ”



# JULIAN FERRONE

Eldest child, Julian, is 17 years old and is studying business with a major in marketing at university. He speaks Latin, and has a profound love of history.

Julian has strong opinions on a variety of topics, which he claims tends to “land him in hot water at home”. In saying that, Julian has a great relationship with his parents, but he hardly spends any time with his two sisters, who “just annoy (him) most of the time”.

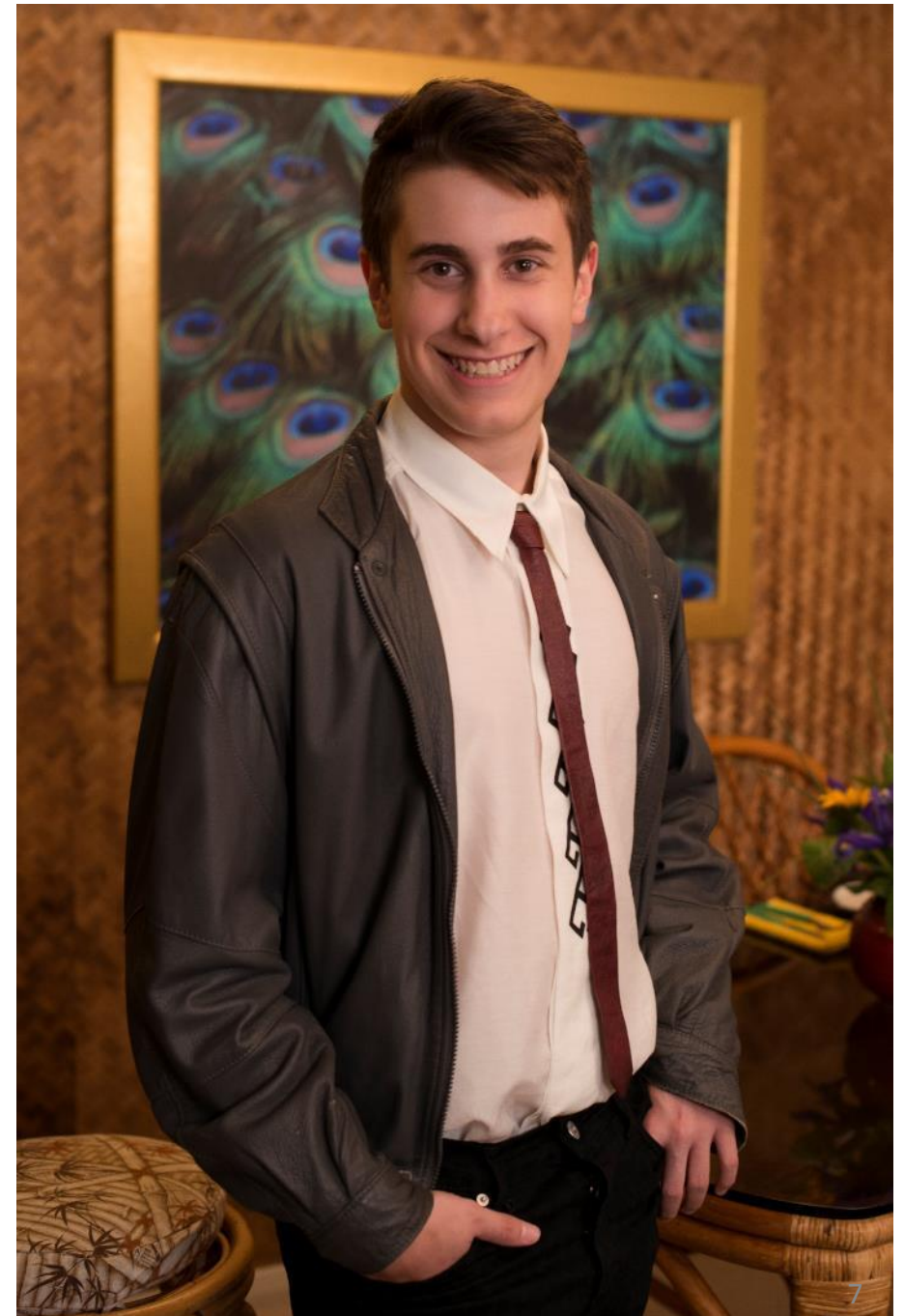
Technology plays a big part in Julian’s life. He uses it to communicate with friends, play games, and do research. Julian is constantly on the path of knowledge. A tech nerd, Julian won’t enjoy not having access to the internet, but the opportunity of experiencing history first hand and seeing the past develop into the present is overwhelmingly compelling.

“

*It's tapping into my love of history and I'm gonna jump into the deep end, as it were, and really immerse myself*

”

The worst part, as he contemplates the journey, is potentially spending more time with his sisters, but he’s open to the experiment perhaps changing how they interact with each other. The best part - the suits and the hats in the 50s and the fact he won’t have to do any housework!





# SIENNA FERRONE

14-year-old Sienna aspires to be like the 'Legally Blonde' character, Elle Woods, who is both beautiful and intelligent. Sienna is a diligent student, loves makeup, skin and hair care, and is never without her technical devices. Afternoons after school are homework and then straight onto the latest beauty video. So the idea of going back in time and experimenting with hair and fashion, particularly in the 50s and 60s is like heaven to her.

“

*But I have two vital questions.*

*A – are there hairdryers? and B – are there flat irons? Oh, and wait, C – can I get hot rollers?*

”

She describes her personality as being quite serious, but still enjoys a good laugh with family and friends.

True to her father's Italian roots, Sienna's favourite foods are homemade pizza and pasta, going as far to say she lives off the stuff! She makes a conscious effort to steer clear of sugar.

Rewinding the clock will see Sienna face a multitude of food challenges, including delving into the fast food and sugar laden 80s and 90s.

Sienna will also experience firsthand the boundaries that were placed on female education and employment only 50 years ago. And she'll also witness through her mother the struggles and concerted campaign women forged as they marched from the kitchen to the workplace.



# OLIVIA FERRONE

The youngest Ferrone, Olivia, is sassy, energetic and extremely passionate about art and dancing. 10-year-old Olivia throws herself wholeheartedly into any challenge and is the most adventurous member of the Ferrone family.

While she thinks it will be hard without having her iPad, Olivia can see real positives in joining her family in this experiment. Spending quality time with her siblings is foremost in her mind.

“

*I'm excited about... spending time with my family, and like, playing board games (with them) 'cause I don't really usually do it that much*

”

Olivia's adventurous nature comes to a halt however when trying new cuisines. Australian's diets have evolved drastically over the past 60 years and Olivia claims she will struggle trying all the new foods.

She's pretty keen on two things in her 2018 life. Mum and Dad's combined lasagne – which she says, “I don't think they would have it back then” and, lollies - for which she's got every finger and toe crossed that they do.





# EPISODE DESCRIPTIONS

## EPISODE 1 – THE 1950s

In an emotion packed opening episode, the Ferrone family set off on their time travelling experiment. Starting in the 1950s, their modern house is now unrecognisable and the bland British food they must eat is nothing like their global contemporary diets. Mum, Carol is exhausted by the amount of housework she must face. Dad, Peter is feeling isolated. And without their smart devices, the children are forced into spending time together.

## EPISODE 3 – THE 1970s

It's the decade of girl power as Carol belts out "I am Woman", the anthem of the women's movement. After two decades, Carol has a job. But it might come at a price. Sienna and Olivia who never come home alone after school in 2018, now find themselves in an empty house with a pantry full of sugary snacks. Dinner is now totally from the freezer. And the pie and beer unite when the Ferrone men are introduced to the world of the Ocker. And, of course, there's fondue.

## EPISODE 2 – THE 1960s

There is great change in Australia and the Ferrone household. The dinner table is the hub of conversation about the role of young women in work and education, and the conscription of young men for a tour of duty in Vietnam really concerns 17-year-old Julian. Housewives are now experimenting with exotic new dishes like... Chinese! Food is now processed... soup is no longer just an entrée, and potato comes in flakes, plus there's a Tupperware party! Technology stumps Sienna as she struggles to use a phone. And Peter meets Annabel for the 6 o'clock swill.

## EPISODE 4 – THE 1980s

In the decade of big shoulder pads, big hair, and a booming economy, Annabel takes Peter and Carol to meet chef Peter Gilmore to discover that we paid big bucks to eat small things on extra big plates. The family take on the diet wars of Atkins and Pritikin in a now completely open plan kitchen and dining area. And, the coming of the microwave means the Ferrones' social bond of sharing a home-cooked meal begins to disappear as do our waistlines...





# EPISODE DESCRIPTIONS

## EPISODE 5 – THE 1990s

As the last generation before constant internet connection, Julian and Sienna encounter for the first time the sound of the dial up tone piercing through Australian households.

The family's palate goes on a culinary tour as they experience the changing face of Australian cuisine with the 'new' flavours of Vietnamese foods, and the 'old' wisdom of indigenous cooking. And it's high fives all around with the arrival of the dishwasher.

## EPISODE 6 – THE 2000s

The decade begins on a high with Olympic star Liesel Jones arriving at the house for a beef slider. Olivia is excited to plant herbs after meeting the incredible Stephanie Alexander who believes choosing better eating options has to start with the kids. Peter has his hands full at the local café as coffee consumption goes crazy. Julian is in his element when he channels Heston Blumenthal and makes balsamic caviar. And, with food costs escalating, Carol is overwhelmed by her visit to Foodbank.

## EPISODE 7 – THE FUTURE

After travelling 60 years back in time, the Ferrones forge into the future and get a glimpse of what may likely be on our plates. The family eat bugs, vegan burgers, and a meal made entirely of gummies. The dinner table becomes a melting pot for discussion around food sustainability. The virtual world makes up most of the Ferrones leisure time, and technology helps Carol and Peter with all their domestic tasks. As their journey comes to an end, the family reflect on the impact the experiment has had on their lives. Was there a golden age of food and family?





# EPISODE 1 - SYNOPSIS

## THE 1950s

Tuesday 29 May at 8:30pm, ABC & iview

The experiment begins, and the clock is turned back almost 70 years to the 1950s! The Ferrones 2018 home has been meticulously transformed to represent the cramped, sectioned off style of the decade, and each member is dressed to the nines in classy post war attire.

Host and guide, Annabel Crabb, hands the Ferrones a manual, which contains real records of the foods average families consumed at the time. In the early half of the 50s, the diets of average Australians were heavily influenced by British ingredients and flavours. Butter was still rationed, and an ice box and gas stove were still the current technology. Meat and three veg was the order of the day, but offal, largely eaten during World War II, is still a favourite dinner time choice. Mealtimes for the Ferrones are now no longer an exciting experience but a caloric necessity, and we get the first glimpse into the impact this has on the family's dynamic.

Stringent gender roles mean Carol must give up her job and become a full-time housewife, a hard reality for a woman who values her independence. It becomes clear that the isolation of Carol's new life was not what she anticipated, and the mundane tasks push her to breaking point.

Husband, and devoted father Peter, is now the main breadwinner of the family. And while it might sound inviting to not lift a finger he, too, is on the edge.

The teenage subculture didn't exist in the 50s, so Julian and Sienna are expected to be clones of their parents. With no technological devices on hand, the pair is forced to spend time together, and with Olivia – who couldn't be more thrilled!

As the decade progresses, the nation's diet follows suit. New ingredients brought to Australia by immigrants start to fill the local greengrocer and cupboards of many homes. The first spaghetti bolognese recipe in the *Australian Women's Weekly* is given an enthusiastic welcome in the 1950s Ferrone household. And Carol is surprised to be buying her olive oil at a chemist.

The Ferrones meet some incredible guests along the way. Etiquette queen June Dally-Watkins drops in during the year Elizabeth II, the new monarch, toured Australia and is delighted by Carol's pineapple themed occasion. And history buff Julian is awestruck when swimming legend, Dawn Fraser, shares a meal with the family and recalls the 1956 Melbourne Olympic Games.







In 1954, married women represented  
6.5% of the workforce.

The Canberra Times, Tue 11 Sep 1956, More Married Women in Work-Force, p.2

Today, 60% of married women are  
employed.

ABS Labour Force, Australia, Jan 2018



## EPISODE 2 - SYNOPSIS

### THE 1960s

Tuesday 5 June 8:30pm, ABC & iview

In the second episode, the Ferrone family swing into the 60s. The home has been redesigned to feature clashing, vibrant colours, and a servery window in the kitchen is a welcome change for Carol, who felt extremely isolated the 1950s.

Immigration and convenience are two factors which heavily influence the foods the Ferrones consume. Housewives are experimenting with Chinese flavours and getting culinary hints and recipes from afternoon TV programs that teach women to be better housewives.

Supermarkets have revolutionised the grocery shopping experience, and the accessibility of the frozen chook helped increase consumption fivefold. Packet foods continue to grow in popularity but Carol worries that she's consistently serving her family fake "astronaut" food.

With massive social change occurring, particularly for young people, the dinner table is a hub of conversation. With many young girls leaving school early, Annabel gives Sienna the experience of saying goodbye to education to join the workforce. Discussion also turns to Australia's involvement in the Vietnam War with many young men being conscripted for a tour of duty.

Carol seriously questions the role society has assigned her, feeling there is more to life than raising children and taking care of the home.

But the social aspect and opportunity of making money from a Tupperware party brighten Carol's day as the redoubtable Margaret Pink – Tupperware's super saleswoman of the 60s arrives at the house. Meanwhile, Annabel meets Peter for a sneaky beer at the 6 o'clock swill, Peter is shocked to learn that women had to fight for the right to legally drink in a public bar.

Sienna is stumped with using the telephone, and can't believe people had conversations in front of others, and the introduction of decimal currency in 1966, sees Olivia make her first big purchase... lollies!

And with theatre and dinner shows becoming popular, Peter and Carol meet up with television personality Denise Drysdale, who tells of her time during the era and of her experiences performing for the troops in Vietnam.





## EPISODE 3 - SYNOPSIS

### THE 1970s

Tuesday 12 June 8:30pm ABC & iview

Flared pants, moustaches, and lots of orange... the Ferrone family plunges into the 1970s!

The kitchen and dining room have opened up and there's a breakfast bar. Convenience foods are still all the rage as everyone's lives become increasingly busier. SPAM is advertised as 'The Hearty Starter' and the Ferrones eat salad from a tin! The introduction of the deep freezer makes last minute cooking even easier and shopping for food a less frequent occasion.

In the early 70s, Carol is still bound to the home and is shocked when Annabel shows her a story from *This Day Tonight* about women needing to impress their husband's boss or pay the consequences of divorce.

But women's liberation is strong and huge numbers of women march out of the kitchen to the anthem 'I Am Woman' and into the workforce. Including Carol! But Carol questions whether it comes at a price.

Sienna and Olivia become 'latch-key children', a situation they have never experienced in their modern lives. Like many kids left without parental supervision in the 70s, the girls raid the cupboard after school for all things sweet, salty, and processed. These foods soon take a toll on their moods. As well as Mum's.

Peter and Julian meet former rugby union player, Peter Fitzsimons, over a meat pie and beer to discuss the hyper-masculine 'Ocker' stereotype that was prevalent in the 70s.

However, by the end of the decade, male stereotypes are slowly changing. There's a push for men to hone their cooking skills and so father and son step into the kitchen for the first time in nearly 30 years. As family chef in 2018, Peter couldn't be happier!

Farrah Fawcett hairstyles, and figuring out how to play a cassette, and unravel the chewed tape with a pencil, are all foreign experiences for the Ferrone teenagers. And it's one in all in as the family embraces disco fever at the very 70s recreational activity of roller skating!





Australia's population almost doubled between 1945 to 1975 from 7.5 million to 13 million.

In the 1970s alone, 960,000 new migrants arrived and their cuisines continue to influence our dinner plates.

Australian Government Department of Home Affairs



# EPISODE 4 - SYNOPSIS

## THE 1980s

Tuesday 19 June 8:30pm, ABC & iview

The Ferrones enter the 80s, a decade which favours excess and extravagance. The house flaunts all the latest appliances, including a modern TV, large stereo, and a huge microwave! The era of cooking everything in this magical box has arrived.

Annabel introduces Peter and Carol to chef Peter Gilmore and he shares memories of power lunches and nouvelle cuisine where business people would pay big bucks for small tiny pieces of food on big white plates.

The fitness frenzy takes over the nation, and the Ferrone is family feeling embarrassed in leg warmer is swept up in it, s and sweat bands.

But, despite an increase in fitness, Australia begins charting worrying obesity statistics. So to combat the trend, an array of diets are born, and the family takes part in a kitchen challenge, feuding over two of the most popular diets at the time, Atkin and Pritikin.

Interestingly at this same time, the medical profession is studying the enormous beneficial effects of the Mediterranean diet on Greeks living in Australia compared to mainstream Australia.

A proud Greek Australian, Peter Conistis, known as the pioneer of modern day Greek cooking, visits the other Peter to cook the classic Greek dish Moussaka.

When Black Monday hits the household in 87, Peter Ferrone reflects on the time when he was only a teenager. But now as a result of the experiment, he comes to understand the great impact the stock market crash had on men as they faced an uncertain future and unemployment.

Annabel takes fitness guru Michelle Bridges back to the 80s school canteen where fatty food and sugary drinks were on the menu.

Comedian and maths geek, Adam Spencer arrives with a Rubik's cube and calculator watch and battles Julian for the top score on his new Commodore 64. Cheaper than any other computer on the market, it signals the start of technology creeping into the house and dividing the family.

And the microwave lends a big hand to the segregation as individual frozen meals are heated up and eaten where and when each family member wants. The social bond of the family sitting down to a home-cooked meal has now disappeared.





# EPISODE 5 - SYNOPSIS

## THE 1990s

Tuesday 26 June 8:30pm, ABC & iview

In the fifth episode of **Back in Time for Dinner**, the Ferrone family is now in the 90s. The kitchen and living room have been renovated to reflect the modern and slick look of the decade. Unlike the 80s, there is no excess on display and everything is hidden. Including one very important integration. After 40 long years without one, the family finally gets a dishwasher!

Carol and Peter receive a mobile phone, with its game of snakes and rudimentary texting system. And Sienna and Julian battle for dial-up internet access. Though the noise drove many Aussie dogs crazy, it meant we had truly become global citizens. Food technology also developed throughout the decade and modified atmosphere packaging of fresh pastas, for example, became a popular way to keep food fresher for longer.

Increased immigration continues to change the social fabric of Australia. By the 1990s more immigrants were arriving from Asia than Europe, particularly from Vietnam. The family meets Michael Thai who owns a Vietnamese restaurant in Sydney's Cabramatta. The new flavours are enthusiastically welcomed by the Ferrone family, but it's the harrowing story of Michael's family's journey by boat to Australia that leaves the strongest impression.

The 1990s is also a huge decade for Aboriginal rights. The Mabo decision in 1992 and the release of the Stolen Generation report are momentous and unforgettable turning points in Australian history.

Indigenous food was also beginning to be recognised. The sale of kangaroo meat, initially only available in South Australia, became legal in other states in the 1990s. And Australians, conscious of the fact that our waistlines were getting larger, turned to the lean protein meat instead of fatty British lamb chops for our weekend barbie.


Indigenous chef Mark Olive joins the family and Annabel to cook some roo, sample some indigenous spices and discuss how Aussies have overwhelming adopted other cuisines into their kitchen but ignored their own backyard.

Model and TV presenter Deborah Hutton makes a classic 90s caesar salad with Sienna and reflects on a decade where young people would prefer to risk melanoma than not have a tan. Chef Luke Mangan whips up a feast of modern Australian food for Carol and Peter.

And the Y2K (the millennium bug) has the family questioning what's in store for the next century.







**In the 10 year period from 1985-1995 the prevalence of obesity among 7-15 year olds tripled.**

ABS 1995 National Nutrition Survey

## EPISODE 6 - SYNOPSIS

### THE 2000s

Tuesday 3 July 8:30pm , ABC & iview

The noughties are here! And the Ferrones walk back into a house that is very similar to their 2018 home. There's an outside dining area, and the family are pumped.

The new millennium has arrived with much fanfare and excitement. Sydney hosts the 'greatest Games ever' and champion swimmer Liesl Jones visits for a very noughties beef slider.

Sadly, this buoyant feeling doesn't last long as the decade will forever be remembered for the tragedies of 9/11 , the Bali bombings and Boxing Day tsunami. For the most part these issues do not make Australians angry, rather they encourage people to focus in on their own homes. So Peter, like many, finds items to re-purpose. And Sienna and Olivia bake the latest fad - cupcakes - to raise money for victims of the tragedies.

The millennium drought also has the nation and the Ferrones thinking about the environment and the resulting rise in food prices. And so, when Carol visits Foodbank, she is overwhelmed to hear the stories of people who struggle to afford to feed their kids.

Olivia is inspired to plant a herb garden after the legendary Stephanie Alexander visits with Annabel. Stephanie's food philosophy is to encourage children to have positive food habits through fun, hands-on learning, and hopes that these healthy food choices will flow to the wider family.

Julian is totally in his element when he gets to channel Heston Blumenthal and play with molecular gastronomy which was a big trend in restaurants in the 2000s. And Middle Eastern food is also on the Ferrone menu.

Book clubs are booming and professional working mothers, like Carol welcome the opportunity to have a moment away from the family and discuss the latest book – with a wine in hand (now with screw caps).

And as Carol reads her old fashioned book, Olivia is wondering when the iPad will arrive. Technology even in the 2000s isn't what she knows. For instance, why can't you swipe the back on the 2000 digital camera to see what photos you've just taken?!! Bring on The Future.





# EPISODE 7 - SYNOPSIS

## THE FUTURE

Tuesday 10 July 8:30pm, ABC & iview

After travelling 60 years back in time, the Ferrone family will now get a glimpse into the years to come. But what the future holds, nobody can definitively say! We can, however, be guided by research, statistics and projections, in order to understand what may likely be on our dinner plates in decades to come.

The family members enter their renovated home for the last time. Internet connection is paramount, and the house is full of devices. Even the cat is automated! Women still assume the lion's share of the housework, but Carol's new robotic vacuum cleaner helps cut down the manual labour. Virtual reality headsets have the kids wrapped up in their own simulated worlds.

Meal times are a concoction of surprises. Peter and Julian trick the girls with their vegan burgers, Annabel surprises the family with edible bugs, and Carol flinches at the thought of serving her family gummies for dinner. The girls take a trip to Western Sydney Uni's glasshouse to learn about food sustainability and Julian and Carol gear up for a backyard beekeeping lesson.

Annabel informs the family that to venture into the future, we need to understand our past, so she sends them to meet chef Matt Moran, who

incorporates local Indigenous ingredients in his dishes. Annabel then joins the Ferrones on a trip to the Royal Botanic Gardens to learn about Indigenous bush foods.

Food shopping incorporates technology but dips its hat to the 50s as Carol sees the re-emergence of local shops and produce.

Around 50 per cent of Australians claim to incorporate superfoods in their diet, so Carol and Peter head out to try the newest coffee... an algae latte. Facial recognition technology is used to take their order, and Carol questions the impact it will have on privacy in the future.

With obesity set to be still on the rise, fitness guru Commando steps in to help the Ferrones take control of their fitness and pave the way for healthy habits. Carol is shocked that Julian completes the final fitness challenge, and Olivia is happy to be playing with her family again.

The experiment comes to an end and Annabel joins the family for their final meal together. They reflect on the past seven weeks, which have been both emotional and life changing.



# WHAT'S FOR DINNER?

## EPISODE 1 – THE 1950s

- Tripe in White Sauce w/ Boiled Potatoes, Green Beans and Cabbage
- Leftover Meat Bake
- Spaghetti Bolognese
- Liver Sausage Pineapple
- Olympic Lobster, Noisettes of Lamb, and Passionfruit and Meringue pudding

## EPISODE 2 – THE 1960s

- Pattie specials with tinned Mushroom Soup
- Chinese Prawns with Celery and Almonds
- Chicken Maryland, Fried Bananas, and Corn Fritters
- Tuna-Tato Bake with Deb Instant Mashed Potato
- Angels on Horseback, Stuffed Eggs, and Cheese Straws

## EPISODE 3 – THE 1970s

- Banana Meatloaf w/ Tinned Salad
- TV Dinner: Frozen Quiche and Chips
- Veal with Almonds & Ice Cream A La Maison
- Cheese Fondue

## EPISODE 4 – THE 1980s

- Microwave Roast Turkey with Apple Stuffing
- Nouvelle Cuisine
- Atkin Diet Big Breakfast & Pritikin Diet Risotto
- Moussaka
- Thai Takeaway

## EPISODE 5 – THE 1990s

- Fresh Packet Ravioli Pasta w/ Bolognese Sauce
- Vietnamese Cuisine
- Modern Australian Cuisine
- Kangaroo & Salad
- Caesar Salad
- Bruschetta on Multi-Grain Bread

## EPISODE 6 – THE 2000s

- Beef Sliders w/ Potato Wedges
- Zucchini Rosti w/ Horseradish and Sour Cream
- Seared Beef w/ Parmesan and Rocket (Molecular Gastronomy)
- Hummus dip and falafel
- Croquembouche

## EPISODE 7 – THE FUTURE

- Roasted Mealworms, Crickets, Ants, and Insect Marshmallows
- Vegan Burgers w/ Vegetable Fries
- Steak and Three Vegetables (Meal Gummies)
- Peters Homemade Lasagne





# CREDITS

## Host

ANNABEL CRABB

## Executive Producer

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## Director

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EMMA WELLS

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SARAH LUCKEY

## Production Runners

JESS BIRCH

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## Standby Props

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## Set Dressers & Props Buyers

ANDREW CRICHTON

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## Set Builders

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## Art Department Assistant

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## Senior Post Production Supervisor

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COLOURSPACE POST

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# *Back in Time for* **DINNER**

