



## The Newsletter of the Metropolitan Wine and Food Society of Sydney Inc.

*Published quarterly for the information of the members and friends of the Metropolitan Wine and Food Society of Sydney Inc.*

**Vol 2 No 3 — January and February 2015**

*Happy New Year  
May you have a year filled with  
Good Food, Good Wine and  
Good Friends*



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Metropolitan Wine and Food Society of Sydney Inc  
Registered No. Y13780.23  
Founded: 22 July 1977  
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Secretary: Ian Smalls 0419 612 118

# SOCIETY PROGRAMME FUNCTIONS AND MEETINGS

## January 2015

**Sunday 4 @  
5.00pm**

Wednesday 14 @  
10.30am

## February 2015

## March 2015

## April 2015

Friday 17—Sunday 19

Monday 20, Tuesday  
21

## May 2015

**Sunday 24**

**Informal Picnic— Elkington Park-  
Balmain—BYO food and wine**

Committee Meeting @ the home of Ian  
and Carolyn Smalls

*To be advised*

*To be advised*

*Federation Victor Gibson Weekend (see  
page ....), Adelaide*

*Members attending the Victor Gibson  
Weekend plan day trips out of Adelaide*

**Annual General Meeting and Lunch**  
Venue TBA

## *January: Informal Picnic Dinner Sunday 4 January 2015 @ 5.00pm*

The Society does not  
hold an official  
function in January —  
however, join your  
Society friends to  
celebrate the new  
year at an informal  
and relaxed evening  
picnic dinner in  
Elkington Park, Glassop Street Balmain at  
5.00pm.

Bring your chairs, (tables), food and wine to  
share.



*Photo from website for Elkington Park*

[http://www.leichhardt.nsw.gov.au/  
Recreation/Parks-and-Playgrounds/Parks-  
in-Balmain/Elkington-Park](http://www.leichhardt.nsw.gov.au/Recreation/Parks-and-Playgrounds/Parks-in-Balmain/Elkington-Park)

## **Office Bearers and Committee 2014-2015**

President and FWFS A Councillor:

Penny Cameron

Vice President Wine Master: Ian Arnold

Vice President Food Master: Lorraine Plues

Secretary: Ian Smalls

Treasurer: Carole Yeomans

Wine Scribe: Jim Rolls

Food Scribe: Diane Rolls

Committee Member—Wine: David Cameron

Committee Member—Food: Carolyn Smalls

Federation of Wine and Food Societies of Australia

Councillor: Ian Arnold

Public Officer: Lorraine Plues

Honorary Auditor: Steve Wimmer

## *Advance Notice: May 2015*



## *The Society Annual*

*General Meeting, followed  
by lunch, will be held on  
Sunday 24 May 2015.*

More information in the next newsletter!



Please submit your contributions for the next  
*MWFSS Newsletter* to the Editor, Peggy Sanders,  
by **Friday 20 February 2015**. All contributions and  
photographs, will be gratefully received. Items will  
be published over the name of the contributor, and  
references should be cited and acknowledged.

It would also be appreciated if those who take photographs  
of our functions forward some to the Editor following the  
function.

**psanders@ozemail.com.au 0413 481 854**



## *Words from the President*

The Spring Luncheon was a great success, and thanks are due to Jim and Diane and the members of the Food Committee, headed by Carolyn Smalls. It was held on a beautiful sunny day at the very welcoming home of Jim and Diane Rolls. We came through their pretty garden to a beautifully prepared room with spring flowers on every table and around the room. As Diane Rolls is the Food Scribe, may I say that I thoroughly enjoyed her parmesan crisps? As usual, the wines were a happy marriage with the food, and our thanks go to Trevor Gibson. Of course this sort of party does not occur without a great deal of effort, and we recognised the considerable skills of our cooks and sommeliers, some of whom wear dual hats: Trevor, Carolyn, Ian, Kerrie, Diane, Leonie,

Terry and Ian Arnold in absentia. We welcomed Trish and Paul Riley who came as guests on that occasion.

Having been to Nithik's Kitchen in August, where people who normally prefer mild tastes bravely tried the curry. Duly encouraged we then visited The Malaya, where we enjoyed a Good Food Month offering. Please read the notes on both these events written by the Scribes, and consider the time and effort that goes into these offerings.

We had a very good time at Aqua for our Christmas Lunch. I would like to thank Wine Master Ian Arnold and Food Master Lorraine Plues for all their good work. The wine was well matched, the restaurant well chosen, and the table looked extremely festive with Lorraine's crackers which contained rather better Dad jokes. Once again, Jim and Diane Rolls, Wine and Food Scribe respectively, give us the details of an excellent lunch. We were delighted to have our new members, Trish and Paul Riley, present and also to be joined for the occasion by three guests.

We did, however, miss our longstanding members Monty and Marie Smith who were both experiencing a few health issues — we wished them well in their recovery and look forward to them joining us again very soon. On behalf of the Society I have sent them a floral arrangement.

Which leads me to another important event - Ian Arnold is the President of the Federation of Wine and Food Societies, Peggy Sanders is the Secretary, and the Victor Gibson Weekend will be on 18 and 19 April 2015, in Adelaide. A small contingent is on its way to enjoy the great food and wine of South Australia. Please consider joining us. (See page 11 for more details.)



*Peggy and Ian at the AGM 2013*

There is also delightful news to be shared — Ian Arnold and Peggy Sanders will be married in February 2015, and I'm sure everyone will join me in congratulating them and wishing them every joy. We are very lucky to have such great contributors in our Society.

I am grateful to Lucinda Warren who has been putting in a lot of work on our behalf to develop a new website for the Society. Between the Society website and the Society Newsletter we should be able to keep members well informed, and have plenty to share with guests and potential members about our Society and its functions.

I now wish you all a very happy New Year, and look forward to seeing you at Society functions throughout the year.

***Penny Cameron***



***Metropolitan Wine and Food Society of Sydney Spring Luncheon  
Sunday 14 September, 2014 @ noon at the home of Jim and Diane Rolls  
Menu and Attendees***

***Menu and Wine***

Caramelized Onion Tarts with Feta and Olive Paste *prepared by Trevor Gibson*

Lacy Parmesan Crisps *prepared by Diane Rolls*

***NV Champagne Pol Roger Cuvée de Reserve***

Prawns with Avocado cream, Apple Slaw, Seaweed with Salmon Roe, Blood Orange Granita *prepared by Carolyn Smalls; Seafood Providore David Cameron*

***Chardonnays 2005 Tyrells Vat 47 and 2010 Mountadam***

Mustard and Herb Crusted Rack of Lamb with Rocket *prepared by Carolyn and Ian Smalls*

Scallop Potatoes Roasted with Thyme and Onions, Vine Roasted Tomatoes and Green Beans *prepared by Leonie and Terry Newman.*

***Shiraz 2000 Tyrells Vat 9 and 2001 Marsh Estate Private Bin***

Cherry and Pear Strudel with Cream/ Ice Cream *prepared by Kerrie Sims*

***Sauternes 2009 Raymond Lafon***

Tea and Coffee

***Members and Guests***

Peter and Brenda Bacon  
David and Penny Cameron  
Trevor and Jenny Gibson  
Del Hann  
John and Jenny Higginson  
Ross and Jill Higginson  
Sylvia Kidziak  
Murray Mills  
Terry and Leonie Newman  
Keith and Margaret Peel  
Trish and Paul Riley  
Jim and Diane Rolls  
Kerrie Sims  
Ian and Carolyn Smalls  
Carole and David Yeomans

***Penny Cameron, President  
Trevor Gibson A/Wine Master***



## *Spring Luncheon Sunday 14 September, 2014*

### *Food Report*

Sunday 14 September was a beautiful spring day for the Spring Luncheon at our home. Camellias and azaleas were in flower in the garden and were used to decorate the house and tables. Twenty six people attended and it was lovely to welcome Trish and Paul Riley as visitors and great to see two country members, Ross and Jill Higginson. Carolyn wrote *"Once again the Rolls provided their home where 26 members and guests fitted in easily to enjoy the Society's traditional Spring Lunch."*



We started off with Trevor Gibson's caramelised onion tarts with feta and olive paste and Dee's Lacy Parmesan Crisps with pepitas.

Carolyn Smalls prepared a most unusual entrée. Prawns with avocado cream, delicious apple slaw, seaweed with salmon roe, and blood orange granita. This was a most attractive, colourful, light and delicious entrée.



Our main course prepared by Carolyn and Ian Smalls was spring rack of lamb with a mustard and herb crust garnished with rocket. This was accompanied by scallop potatoes, green beans and vine roasted tomatoes prepared by Leonie and Terry Newman.

Dessert was Kerrie Sims' cherry and pear strudel with cream and ice-cream. The strudel of delicious fruit filling wrapped in a beautiful light filo pastry was a lovely ending to our spring luncheon.

A special thanks to thank all the chefs and especially Carolyn, who organised the menu and prepared a major part of the meal.



Lots of helpers made this lunch a great success too. They moved furniture, delivered tables and chairs and printed the menu. So thank you very much for all those who helped.



**Dee Rolls, Food Scribe**



## *Spring Luncheon Sunday 14 September, 2014*

### *Wine Report*

24 members of the Society and 2 guests attended Spring Luncheon at our home. The luncheon got off to a great start with French Champagne and ended with a French Sauternes.

#### Pre-Lunch

*Pol Roger NV Cuvée de Réserve, Champagne.* Clean, fresh with subtle but not “breadly” yeast. Fresh acid and lingering fruit. A very good wine to be enjoyed as an aperitif. 12.5% alcohol.

#### Entrees

*2010 Mount Adam Chardonnay from Eden Valley.* Pale golden Chardonnay colour. Generous fruit and subtle oak. Exhibited some malolactic fermentation. Good clean acid evident. Full on the palate lingering on the back. A typical dry climate Australian Chardonnay. 14% alcohol.

*2005 Tyrell's Vat 47 Chardonnay.* Golden hue and displaying a generosity of fruit that displayed a lovely aged development. An elegant wine with delicate acid on the palate. A well balanced wine and close to its peak. Was some slight bottle variation with 1 bottle a bit dead while the other bottles were more lively? The Vat 47 is one of the few Australian Chardonnays that cellars well. Alcohol 12.5%.

#### Mains

*2000 Tyrell's Vat 9 Hunter Valley Shiraz.* This wine is made in the lighter and softer style with nothing standing out on the palate. A wine drinking well from a good Hunter year. Alcohol 13%.

*2001 Marsh Estate Private Bin Hunter Valley Shiraz.* Full on the nose and generous fruit. Drinking younger and a completely different style of wine to the Tyrell's Vat 9. 12% Alcohol.

Both these wines displayed the earthy nose typical of most Hunter Valley red wines.

#### Dessert

*2009 Raymond Lafon Sauterne.* Great fruit with a long lingering but dry finish. An elegant sweet but not cloying wine from a classic year in France. Sheer bliss and probably the wine of the afternoon!

**Jim Rolls, Wine Scribe**



## Christmas Lunch @ Aqua Dining

### Sunday 7 December, 2014 – Food Report



Our Christmas lunch this year was held at Aqua Dining Restaurant with 28 attendees. I always feel excited when I enter this restaurant because we have such a wonderful view of the harbour, the bridge and the opera house, and it's right above North Sydney Swimming Pool.



While we sipped champagne we were served an amuse bouche of crème fraîche with olive and tomato in little dishes. This was a pleasant surprise.

#### Entrees

The parmesan praline consisted of 2 small golf ball sized balls with a crunchy casing filled with melted parmesan. On eating an explosion of delicious cheesy flavour resulted. At the side were strips of port jelly and pear as a garnish. I had the prawns with the green pea puree which were excellent.

#### Main Course

The kingfish, excellent flavour, steamed I think with a topping of green peas with and a slightly crunchy skin. The lamb neck consisted of 3 pieces of meat served with fried asparagus (*although the menu indicated 'fried artichoke' we were advised that it had been changed*) and sweet garlic puree. Some people said it was a little dry, or felt it was not as good as it should be. However I found it quite tender and juicy but the fish was the better option. This course was served with potatoes and a green salad.

#### Dessert

The chocolate cake was the most popular. The rice pudding dessert was made up of a thin rectangle of rice and a crispy biscuit topping of berry jam and caramelised pistachio. This fell to pieces when you tried to eat it. This dessert was not so popular and I thought it was far too small to serve as a dessert.

Tea and coffee was served with petit fours of biscuits with currents, and caramel squares.



The two best dishes were the parmesan balls as an entree and the kingfish for a main.

I like the ambiance. It's a great place to meet up with friends at Christmas and amazing to sit down and enjoy the view of our harbour, our bridge and our opera house.

**Dee Rolls, Food Scribe**



## *Christmas Lunch @ Aqua Dining*

### *Sunday 7 December, 2014 – Wine Report*

25 members of the Society and 3 guests attended the Christmas luncheon at Aqua Dining, Milson's Point. The luncheon got off to a great start with French Champagne and ended with a French Desert Wine.

#### Pre-Dinner

**Billecart-Salmon NV Champagne.** Fine bead and mousse. Subtle bready yeast. Fresh acid and lingering fruit. Typical example of a good French Champagne and was enjoyed by all.

#### Entrees

King Prawns, green pea puree and prosciutto  
Parmesan praline, compressed pear, port jelly

**2011 Wehlener Sonnenuhr Riesling Kabinett (Mosel) Dr Loosen.** Pale lemon colour. Wonderful generous and lingering fruit on the palate. Fresh acid. Exhibited some spritzig. The fruity flavours went particularly well with the parmesan praline. A great example of a German Moselle and considered by many to be the wine of the day.

**2007 Villa Maria Sauvignon Blanc (Marlborough).** Pale golden colour. Grassy herbaceous nose. Displayed unmistakable New Zealand Sauvignon Blanc characteristics. Dry fruit. Wine exhibited some harshness, and was very short on the back palate. Would have been drinking better 3 years ago. Went quite well with the prawn dish.

#### Mains

Kingfish, green pea, brown butter, buttermilk  
Lamb neck, fried asparagus, sweet garlic puree

**2007 Savigny-Les-Beaune 1er Cru-Les Peuillets (Chardonnay).** Pale golden colour. Good subtle fruit. Full on the palate. Fresh lingering acid. Very well balanced and an elegant wine. Displayed the characteristics of a French White Burgundy (Chardonnay).

**2004 Wynne's Coonawarra Cabernet Sauvignon.** Full on the nose, displaying fantastic fruit. Excellent length on the palate. Drinking close to its' peak. A good example of an Australian Cabernet and was a typical "House Style" wine.

#### Dessert

Warm chocolate cake, mint ice-cream.  
Coconut and lemon rice pudding, berry jam, caramelised pistachio

**2005 Chateau Haura (Cérons) Sauterne.** 80% Semillon, 20% Sauvignon Blanc. Beautifully balanced with lingering fruit. Outstanding length on the palate. Not overly sweet and was a good dessert wine. Overall the wines were excellent with the Villa Maria Sauvignon Blanc a slight disappointment.

**Jim Rolls, Wine Scribe**







## Mid-Week Dinner Wednesday 15 October 2014 The Malaya, 39 Lime Street, Sydney

Seventeen people (including 2 guests) enjoyed a delightful dinner with excellent service and wonderful views to Darling Harbour.

All dishes were very popular. Initially it appeared that the beef curry was the stand-out favourite, as, by the time it reached the writer's end of the table only an empty serving dish containing remnants of sauce could be seen. However, it was later learned that one full dish of this was found abandoned somewhere on the table and didn't travel the full distance. So, perhaps this is a comment on the service which otherwise seemed excellent.



### ENTREES

**Popiah:** Thin pastry skins filled with sliced chicken, king prawns, shallots, vermicelli and beansprouts, served with a sweet soy chilli sauce and ground fresh nuts.

**Otak Otak:** White fish fillet minced with chilli and spices, wrapped in a banana leaf and barbequed.

**Ayam Perchik:** Marinated pieces of chicken thigh fillet, skewered, barbequed and served with a nonya style curry sauce made from lemongrass, coconut milk, fresh chilli and bay leaves.



Otak Otak

### MAIN

**Kapitan King Prawns:** Lightly battered king prawns served with a Penang style curry sauce made with fresh chilli and coconut milk.

**Malaya Curry Beef:** A medium hot beef curry with ginger, coriander and coconut milk.



**Mee Goreng:** Traditional Malaysian stir-fried hokkien noodles cooked with potato, egg, chicken, prawn, peas, tomato and chilli.

**Chilli Kung Kong:** Chinese water spinach stir-fried with garlic, fresh chilli and shrimp.

This meal at the Malaya was lively, delicious and appreciated by all.

**Leonie Newman**



Photographs from The Malaya Website — not necessarily of the dishes on our menu:

<http://www.themalaya.com.au/about-the-malaya.html>



## Down Memory Lane

Murray Fletcher provided this photograph of the 10th Anniversary President's Dinner in 1987 which was held in the Grainger Room at Rothbury Estate - the Society made it a weekend away in the Hunter over 26—28 June. Most of those in the photograph were identified by name, however there were a few 'unknown'.

Publication in the last edition of the *Newsletter* brought the following responses:

*Hi All*

*Looking through the wonderful newsletter done by Peggy I came across the photo from Murray Fletcher taken in 1987 and noticed how wonderful everyone looks. Top row second from the right (unknown) is **Wallace Weaving**.*

*I was the accountant for Rank Electronics back then and Wallace was the MD of one of the divisions which I think was called Basic 4. What a small world. His son is the actor Hugo Weaving.*

*Regards, **Carole Yeomans**.*

*Also from **Kerry Rogers** (then Stevenson) - Loved the photo — couldn't find Eric, although he was definitely there!*

**Editor's Note:** It seems that there were indeed others at the weekend in the Hunter, in fact Trevor Gibson took the photo, however this particular photograph was confined to those who were members at that time.

This is the a column '**Down Memory Lane**' which we hope will provide the opportunity for members to reminisce - recollecting some past people, events and activities of the MWFSS. These pieces may well be of interest to newer members and could also serve to add to the MWFSS archival records of the previous 37 years.

If you have some old photos, and can send me a scanned copy with an item that would be good. **Editor**



## Travels in New Zealand



While in New Zealand Ian and I dined at the hippopotamus restaurant, Level 3, 90 Cable Street, Wellington.

Executive Chef is Laurent Loudeac and Maciej Zimny is the Restaurant Manager/ Head Sommelier.

We had the five plats degustation menu and we would highly recommend a visit to this fine dining establishment.



**Peggy Sanders**

<http://www.hippopotamus.co.nz/>





## Federation News:

### **Victor Gibson Weekend 2015 Autumn in Adelaide Saturday 18 and Sunday 19 April 2015**



The 22nd FWFS Victor Gibson Weekend will be held in Adelaide Saturday 18 and Sunday 19 April 2015. The weekend is being hosted jointly by The Bacchus Club and the South Australian Wine and Food Society.

Mr Peter Wall AM is the Victor Gibson Orator.

The Registration Form has been distributed to all members of the Society. It is also available from the MWFSS Secretary, Ian Smalls; or the Federation Secretary; or from the FWFS Inc. website:

<http://www.wineandfood.org.au/Functions/2015%20Victor%20Gibson%20Brochure.pdf>

Also see President Penny's comments about the Victor Gibson Weekend on Page 3.

**Peggy Sanders, Federation Secretary**

## Visits

Peggy and I have attended the Anniversary Dinner for the **40th Anniversary of the South Australian Wine and Food Society** on 13 September, 2014, thus meaning that we disappointingly had to forego the MWFSS Spring Luncheon.

This visit to Adelaide also provides us with an opportunity to meet with the organising committee for the Victor Gibson Weekend 2015 which is being jointly organised by the SAWFS and The Bacchus Club. Their planning is well on track and I am sure that we can look forward to them hosting a wonderful weekend on behalf of the Federation. I am pleased with the support I am receiving for the VG Weekend with several of the MWFSS Members planning to attend.

On Saturday 4 October, 2014 we attended the **Stanley Harris Dinner, Wellington New Zealand** at the Wellesley Boutique Hotel (*in a heritage building*), Wellington NZ, marking the final formal function of the Federation of Wine and Food Societies of New Zealand. Although it is sad to see the demise of the Federation in New Zealand this Dinner was a happy celebration of the friendships formed through the Societies and the Federation — and indeed the cross-Tasman friendships that have been forged through attending each others functions over many years.

It was good for Peggy and me to be accompanied by other members of the Australian Federation Committee, Barbara and Jim Tomkins and John and Neridah Peirce, as well as several members of the Sydney Ladies and NSW Wine and Food Societies. I am sure that the NZ organisers, who were very warm hosts, appreciated very much the attendance and interest of the Australian contingent.



*Continued on page 12*

## *Federation News cont.*

Hopefully the ties of friendship will keep New Zealanders coming to our Federation events, and members of our Societies attending events of the individual NZ Societies.

In November 2014 I attended the Funeral of **Richard Davis**, who died on 6 November 2014.

Richard was a member of the NSW Wine and Food Society, and a member of the Organising Committee for the Victor Gibson Weekend in 2011, run jointly by the Metropolitan and the NSW Wine and Food Societies.



At the Stanley Harris Dinner in Wellington I was pleased to catch up with, and be seated with, Ken and Beverley Sheldrick, both pictured on the previous page, long term supporters of the Federation both in New Zealand and in Australia. They attended many functions over many years and were instrumental in the cross-Tasman relationship between the Federations.

Sadly **Beverley Sheldrick** passed away at home in Cambridge, NZ on Sunday 21 December 2014.

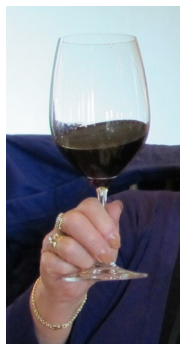
**Ian Arnold, Federation President**



*More pics from the Spring Luncheon!*

## *From the Wine Master*

### **CELLAR UPDATE**



The Metropolitan Cellar continues to serve us well, providing excellent soundly aged wines for functions, including the two most recent, the September Spring Luncheon at the Roll's House and the December Christmas Luncheon at Restaurant Aqua. A mix of local and imported wines of various styles provided much enjoyment and wine appreciation on both occasions.

Progressive reduction of levels of wine held in the cellar has now provided the opportunity to replenish the cellar with high quality, long keeping wines from recent premium vintages.

The Cellar Committee comprising the Cellar Master (Trevor Gibson), Wine Master (Ian Arnold), Wine Scribe (Jim Rolls) and Committee Member Wine (David Cameron), met recently to determine forward acquisitions to update the cellar for medium and long term requirements.

As with all cellars, there will always be a number of wines that are in the drink now (or soon) category and despite our reductions that is still the case with our cellar. We are planning a number of tastings which will use these wines to good effect. Mid-week functions and Members' Bin End Dinners also help by using wines in this category.

The Cellar Committee would always welcome the suggestions of Members for the stocking of the Society Cellar.

**Ian Arnold, Wine Master**

