



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

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

December 2017



Congratulations to **Carolyn Smalls** recipient of the **Federation of Wine Societies of Australia Award and Medal** in recognition of outstanding service to the Metropolitan Wine and Food Society of Sydney and particularly in her considerable organisational capabilities, immense energy, expertise and innovation on the Food Committee since 2011 and as Foodmaster since 2015. Her skills and enthusiasm have contributed to the success of Society functions over many years.

The Award was made to Carolyn at the Inaugural Ian Arnold Dinner on 8 July, 2017.

Carolyn is pictured with five of the 8 previous FWFS Awardees.



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Metropolitan Wine and Food Society of Sydney Inc

Registered No. Y13780.23

Founded: 22 July 1977

Website: <http://mwfss.com/>

Facebook: Metropolitan Wine and Food Society of Sydney Inc.

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SOCIETY PROGRAMME FUNCTIONS AND MEETINGS

January 2018

Sunday 8 @ 5.00pm Informal Picnic— *Balmain*

February 2018

Sunday 25 Master Class — TBC

April 2018

Friday 20, Saturday 21, and Sunday 22 FWFSA Weekend—Geelong and FWF-SA Annual General Meeting

May 2018

Sunday 20 Annual General Meeting

July 2018

Saturday 7 Ian Arnold Dinner

Office Bearers and Committee 2017-2018

President and FWFSA Councillor: Jim Rolls
Vice President Wine Master: Trevor Gibson
Vice President Food Master: Carolyn Smalls
Secretary: David Yeomans
Treasurer: Carole Yeomans
Wine Scribe: David Cameron
Food Scribe: Diane Rolls
Cellar Master: Trevor Gibson
Committee Member, Wine: John Higginson
Committee Member, Food: Kerrie Sims
Federation of Wine and Food Societies of Australia
Councillor: Trevor Gibson
Public Officer: Lorraine Plues
Honorary Auditor: Steve Wimmer

**January: Summer
Informal Picnic in
the Park, Sunday 7
January 2018 @
5.00pm**



*Elkington Park, Glassop Street,
Balmain.*

*Enjoy an evening in the park
sharing your picnic and wines
with friends*

*BYO platter and drinks
BYO picnic chairs and small
table.*



Photo from website for Elkington Park

<http://www.leichhardt.nsw.gov.au/Recreation/Parks-and-Playgrounds/Parks-in-Balmain/Elkington-Park>

*If it is wet the alternate location
is the home of Penny and David
Cameron in Balmain
Ph: 0413 759 960*

Please submit contributions for future *MWFSS Newsletters* to the Editor, Peggy Sanders. 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.
psanders@ozemail.com.au 0413 481 854

**Photos:
Picnic
Jan 2017**





Words from President Jim Rolls

Time certainly flies as the Society has had a full year of functions since my report 12 months ago. The Society continues to be strong and very active, and has held enjoyable and well attended functions throughout the year. The Society as at December 2017 has 49 members plus an additional 7 country members. It is pleasing to see that our country members can on occasion make it to our Sydney functions.

The year started in January with an informal gathering of some members of the Society in Elkington Park Balmain. Although not an official function of the Society, this picnic has been become a regular gathering for some

members of the Society, and is evidence of the friendships that have developed through the Society. A picnic gathering will once again be held in Elkington Park on Sunday 7 January 2018, and all members of the Society are welcome.

The first organised function of the year was a weekend at Nelson Bay, held between 10 and 12 March. On the Friday night, 21 attended a dinner at Sandpipers Restaurant in Nelson Bay.



On the Saturday night, 24 attended the dinner at "The Poyer's" restaurant at 44 Cook Parade, Lemon Tree Passage. The meal was exceptional, and was accompanied by wines from the Society's cellar.

Anyone who is in the Nelson Bay area should try and include a meal at The Poyer's. They will not be disappointed.

The highlight of the weekend was a luncheon at Reedy Creek Crays, hosted by Society members David and Lucinda. The inspection and explanation of their yabby farm operation was most informative and interesting. The luncheon that followed comprised a tasting plate of yabbies, local oysters and prawns, followed by a beef filet prepared by David. We thank you David and Lucinda.



Along with several members of the Society, between 21 April and 23 April, I attended the Federation's Victor Gibson Dinner weekend held at Halls Gap in the Grampians, hosted by the Ararat Wine and Food Society. The weekend included a visit to several local wineries with the Victor Gibson Dinner held in the "The Drives" of the former Seppelt's Great Western Winery.

The AGM, held on 21 May and hosted by the Yeomans, was well attended. I thank you David and Carole for hosting the meeting. The meeting was followed by an excellent luncheon planned and produced by our Food Master Carolyn Smalls,

ably assisted by Kerrie Sims and Carol Leaver.



Words from the President Jim Rolls continued

On Saturday 8 July, the 'Ian Arnold Dinner' (previously called the President's Dinner) was held at Bistro 54 in Hunters Hill, and was attended by 41 members and their guests. The occasion marked the 40th Anniversary of the MWFSS. It was also the occasion on which we were able to recognise the tireless efforts and enthusiasm of Carolyn Smalls with the awarding of the FWFA Award and Medal.

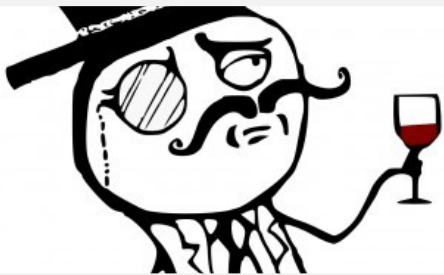
An excellent meal was prepared by owner/chef Steve. Wines were selected by Wine Master Trevor with many sourced from the Society Cellar.



A 7 course degustation dinner with matching wines was held at The Ambassador Restaurant, on 7 September. The dinner was, prepared by "Le Cordon Bleu" class at The Culinary Arts Institute at the Ryde branch of the TAFE. It was attended by 30 members and guests of the Society, and an excellent dinner was enjoyed by all. At \$70 per head, which included a \$5 contribution toward funding the student's entrance in the World Skills competition, it certainly represented good value.

The Spring Luncheon held at our home on Sunday 24 September was certainly a great success. The weather was perfect, 27 persons attended, starting with champagne and canapes on the deck. The 2018 Spring Luncheon will be once again held in September at our Beecroft home. *(We all thank you Jim and Dee for opening up your home to us—Ed.)*

Thanks to our Food Master Carolyn Smalls for her tremendous effort, assisted by Kerrie Sims and Carol Leaver. Some commented that this was 'the best Spring Luncheon ever'. As usual the wines were well matched to the food and we thank Trevor Gibson for his efforts.



The Society held a "Taste of France" wine tasting hosted by Trevor and Jenny Gibson on Sunday 29 October. Over the years the Society's Cellar had accumulated several single and two bottle lots of French wines which were used for this tasting. Trevor and Jenny, thanks for hosting the lunch and thank-you Trevor for the considerable effort you put into organising the wines and for your informative comments and information on the wines

you presented. This effort was appreciated by all. Carolyn and Kerrie, I thank-you for providing the food. As always you did an exceptional job.



Words from the President Jim Rolls continued

The Christmas Lunch, attended by 26 members and guests was held at Bistro 54, Hunters Hill on Sunday 3 December. The Christmas Lunch has always been well attended and this year proved a very enjoyable get together to end the year. With the quality of the food and the ambience of the venue it is likely that more Society functions will be held at the Bistro.



It is always a challenge to find venues for the Society to hold their lunches and dinners, especially restaurants that allow us to bring wines from our Cellar. If any members come across a suitable venue for a function please advise the committee. We also are looking for new and innovative ideas for future Society functions. If you have any ideas or

would like a certain type of function please let the committee know.

In summary, I would like to thank all the committee for their work during the year. In particular I would like to thank the Yeomans, David as Secretary and Carole as Treasurer. Without your efforts the Society would not be able to function. Thanks also to Food Master Carolyn Smalls, ably supported by Kerrie Sims, who have consistently excelled in producing food for self-catered functions and for selecting the menus for our restaurant functions. And Trevor, thank you for storing the Society's wines. I also wish to thank you for your efforts in selecting wines to match the meals, and for your research and comments on the wine at our functions. Peggy, I also thank you for your efforts in co-ordinating communications and for preparing the Society's newsletter.

I wish you all a Happy New Year and hope to see as many of you as possible at the Society's functions in 2018.

Jim Rolls, December 2017, President

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childhood diseases

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RESEARCH
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The MWFSS supports the Children's Medical Research Institute (CMRI) through the Ian and Mary Arnold Memorial Fund.

At the end of 2016 members visited the Institute in Westmead and we were given a tour of some of the facilities, and all came away most impressed with the work being carried out by the Institute.

Nelson Bay Weekend 10 – 12 March, 2017

FOOD REPORT

Our 3 day weekend in the Nelson Bay area was a great success.



Sandpipers Restaurant

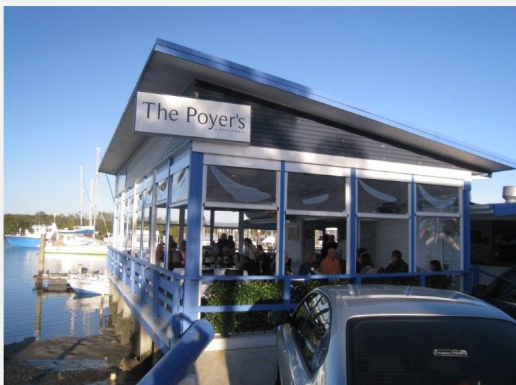
On Friday night 10 March, 21 members of our Society dined at the Sandpipers Restaurant, 81 Magnus Street, in Nelson Bay. It is situated in the main shopping precinct so very handy for those staying close by. We had the 3 course set menu. We found the restaurant very comfortable, spacious and not too noisy. A long table for 21 had been set up for us.

Entrée. I had the Pork Ginger and Chive Dumplings served in a red miso and soy broth. I found it to be absolutely delicious. The other two Entrees were a Crab Parmesan and Spring Onion Arancini, and Salt and Pepper Squid.

Mains. I had the fish of the day which was Barramundi. It was very fresh and beautifully cooked with a lovely sauce and a served with beetroot and goats cheese salad. The Chinese Style Pork Belly served with a sweet potato, nectarine and cashew salad was very popular and very flavoursome. The 3rd main course was Chicken Breast on pearl cous cous and pancetta, served with a rocket and fetta salad.

Desserts The most popular was the Burnt Honey and Lavender Brulee with almond bread and Turkish delight. Other dessert choices were available from the main menu.

This was a wonderful meal and having the set menu made it very reasonably priced. The restaurant was BYO wine which was an additional attraction. The service from Zac the waiter was excellent, and I thought the restaurant was quite special for its variety of foods and presentation.



The Poyer's Café and Restaurant

24 Society members dined at The Poyers Café and Restaurant in Lemon Tree Passage on the Saturday night. A hired bus brought us from Nelson Bay, and when we arrived by bus the sun was still up, and from the restaurant we had a lovely view of boats in the marina and across Lemon Tree Passage.

Canapes On individual plates we were served 4 canapés. They comprised marinated salmon, beef tartare, scallops with a pea puree and Raz El Hanout Arancini, which all went well with the Brown Brothers Patricia Brut.

Entrée. Elderflower Risotto with Swordfish and King Prawns. The Risotto was absolutely delicious.

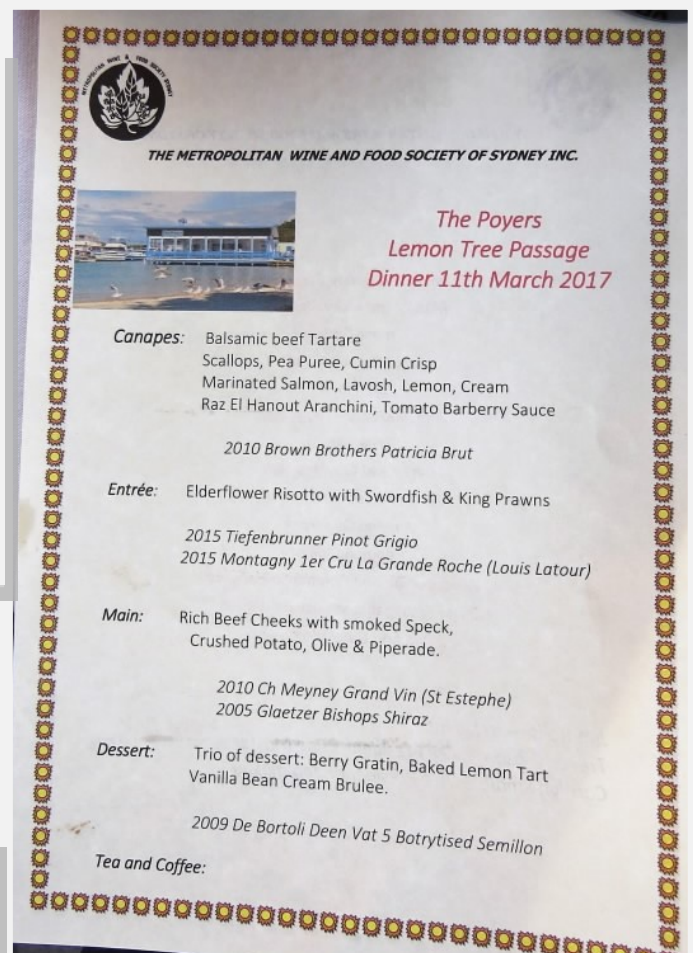
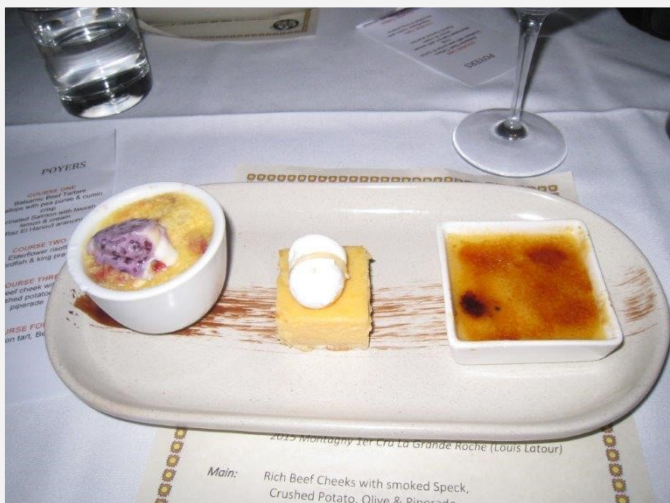


Nelson Bay Weekend 10 – 12 March, 2017 cont

FOOD REPORT cont



Main Course. Rich Beef Cheeks with Smoked Speck with Crushed Potato, olive and piperade. I thought this was the dish of the night. The beef cheeks were extremely tender and just melted in the mouth. When I asked Chef Ludovic how he cooked the cheeks he replied "Very slowly and with lots of love".



Dessert. Three mini-desserts on an elongated rectangular plate were served to each person. They were a berry gratin, a baked lemon tart and a vanilla bean brulee. These desserts were wonderfully presented and the flavour outstanding.

Owner French Chef Ludovic Poyer and his partner Mandy gave us a great dinner. I highly recommend a visit to The Poyer's Café and Restaurant if ever you are in the Nelson Bay area.

Very satisfied we head back to Nelson Bay, after an enjoyable evening.



Nelson Bay Weekend 10 – 12 March, 2017 cont



Trevor's photographs of the view from The Poyer's and the diners inside The Poyer's



Nelson Bay Weekend 10 – 12 March, 2017 cont

FOOD REPORT cont

Sunday Luncheon



On Sunday 12 March we visited Reedy Creek Crays, the yabby farm owned by Society members, David Flanagan and Lucinda Warren.

David and Lucinda have quite an operation and after a short stroll to the holding tanks and ponds we were shown by David and farm manager Chris, how fresh water yabbies are farmed.



The main business is for bait supply, but we were also interested to hear that each week yabbies are supplied to zoos in Sydney, Melbourne, Dubbo and other smaller zoos to feed platypus and otters. Yabbies are also supplied to several selected restaurants in Sydney.



Carole riding in style with David!



To start the lunch, Lucinda offered us cured salmon on kale blinis, followed by a tasting plate of Reedy Creek yabby tails, Karuah oysters and Nelson Bay prawns. The blinis and tasting plates were wonderful, and the prawns and oysters were very fresh and flavoursome. The yabby tails were excellent, and it is not often we have the opportunity eat fresh yabbies.



David barbequed a Hunter Eye Fillet and several beautiful salads appeared on the table with bread rolls, followed by a fruit platter. David did a great job with the meat; it was very tender



and melted in the mouth.

So many thanks to Lucinda and David for organizing such an interesting outing and a lovely lunch.

Diane Rolls, Food Scribe

Nelson Bay Weekend 10 – 12 March, 2017 cont

WINE REPORT THE POYER'S

2010 Brown Brothers Patricia Brut

Although then menu listed the wine as 2010 there were in fact three vintages 2006, 2008 and 2010.

All the wines had a fine bead. The older wines showed less fruit, but more complexity, and were darker in colour. All the wines were crisp and had a hint of yeast with good acid and a long finish.



2015 Tiefenbrunner Pinot Grigio

This wine was very closed on the nose and did not open up even when warmer. Its acid was low but in balance with quite a complex palate, which featured a touch of tannin grip on the finish. The wine was a good match with risotto.



2015 Montagny 1er Cru La Grande Roche(Louis Latour)

As with the previous wine was somewhat close on the nose when first poured but opened up to fragrant floral nose. The palate was beautifully balanced, with subtle oak, gentle acid finish and white peach flavours. As with the pinot grigio it was a very good match with the risotto.

2010 Ch Meyney Grand Vin (St Estephe)

This wine was a full bodied red wine as we would expect from a wine from Bordeaux, with generous but soft tannins and medium acid on the finish. It had good spice on the nose and was also a good match with beef cheeks.



2050 Glaetzer Bishops Shiraz

Most people thought that this was the wine of the night. For a 12 year old wine it showed good residual primary fruit. It was a well-balanced with a slight smoky finish and lovely complexity. As with the Bordeaux it had the weight to match the heartiness of the beef cheeks.

2009 De Bortoli Deen Vat 5 Botrytised Semillon

This is the less expensive brother to the better known Noble 1 made by De Bortoli in the Riverina. It showed many of the characteristics of Noble 1, with marmalade and a touch of vanillin oak, and was a fine wine to finish a memorable evening of fine food and wine in great company at a first class restaurant in a stunning location.



David Cameron, Wine Scribe

MWFSS AGM 21 May, 2017



The 2017 AGM was held on 21 May and once again kindly hosted by the Carole and David Yeomans. It was well attended, and the Office Bearers for 2017—2018 are listed on page 2.

The meeting was followed by an excellent luncheon planned and produced by our Food Master Carolyn Smalls, ably assisted by Kerrie Sims and Carol Leaver.



President's Dinner 9 July, 2016

Saturday 9 July 2016: President's Dinner, Palais, Luna Park

In July 2016 President Penny presided over another grand evening with the black tie dinner held in the Palais Room at Luna Park. Fifty guests including members and friends, were present. Penny handed the MWFSS baton to incoming President Jim Rolls. This was also the occasion of the awarding of the Victor Gibson Medal to Ian Arnold (this was featured in the *MWFSS Newsletter* of December, 2016).



BEVERAGES
NV Perrier-Jouet Grand Brut (Eperney)
-
2009 Puligny Montrachet "Les Folatiers" (Domaine Alain Chavy) (Burgundy)
2010 Chassagne Montrachet "Les Macherelles" (Jean-Claude Bachelet) (Burgundy)
-
2010 Morey-Saint-Denis "Les Ruchots" (Jean-Louis et Didier Amiot) (Burgundy)
2007 Carrick Pinot Noir (Central Otago)
1996 David Wynn Patriarch Shiraz (Eden Valley)
-
2010 Chateau Guiraud Sauternes
-
Mineral Water

MENU
Canapés
Citrus & coriander cured 'Huon Valley' salmon, pickled carrot noodles, ginger vinegar pearls & wasabi oil (gf)
-
Chilled cucumber, avocado & buttermilk soup, smoked prawn salsa (gf)
-
Pan seared scallop, boudin noir crumble & pickled mushrooms (gf)
Entrée
Sweet potato soufflé, smoked cauliflower purée, red & yellow tomatoes with red baby bell peppers (v)
Main Course
Hickory smoked slow roast beef sirloin, caramelised parisienne potatoes & garlic, thyme roast carrots & Swiss brown mushrooms, leek tartlet & merlot jus
Dessert
Passionfruit curd meringue
-
Freshly brewed coffee, selection of teas & chocolate truffles
Please advise your waiter of any special dietary requirements

FOOD REPORT

In 2016 for our President's Dinner we returned to the Palais Restaurant inside the grounds of Luna Park. The Palais has a wonderful view of the Harbour Bridge with lights shining on the Harbour in various directions. The restaurant itself is very roomy and comfortable. With 50 members and guests attending there was ample space to mingle and socialise. Our evening began with lovely NV Perrier-Jouet Champagne to accompany the **canapés**. There were three different canapés, all beautifully presented, all with a seafood component. They were rather complex in structure, and I thought the buttermilk soup with avocado and smoked prawn salsa was a highlight.

The **entrée** was a sweet potato soufflé with a cauliflower puree with some decorative tomatoes and baby bell peppers. It was attractively presented and delicious.

The **main** course was the hickory smoked; slow roast beef sirloin, caramelised potatoes, garlic and thyme roast carrots, Swiss-brown mushrooms, leek tartlet and merlot jus. The beef sirloin was cooked to perfection and I thought this was the best dish of the night.

The **dessert** was a lovely passion fruit curd meringue. It just topped it all off!

This meal was quite substantial but it was absolutely exceptional and I cannot fault it anywhere. The service was excellent and the wines were a wonderful complement to the meal. The noise level in the restaurant was low, which is not often the case in many restaurants.

Dee Rolls, Food Scribe

President's Dinner 9 July, 2016 cont.

WINE REPORT

NV Perrier-Jouet

An excellent start to the evening that complemented the canapes. Crisp and elegant with a good palate length, fine balance between fruit and acid and touch of yeast on the nose.

2009 Puligny Montrachet

All class and a fine example of white burgundy from a good year. Pale yellow in colour and fresh peach characters on the nose and palate, finishing with crisp acid. A refined wine that showed complexity and a beautiful balance.

2010 Chassagne Montrachet

A more forward and wine than the Puligny, with broader and more generous fruit and from a less well regarded vintage. A full, ripe melon and complex palate with good length throughout and soft acid on the finish – perhaps approaching more of a New World chardonnay style. A good wine in its own right, which suffered somewhat by being tasted alongside the Puligny.

2010 Morey St Denis

All balance and elegance, but with power, so characteristic of Grand Cru Burgundy red wines. The palate carried through to the finish with savoury raspberry and cherry flavours, complemented by soft tannins and a fine acid, which finished the wine off beautifully.

2007 Carrick Pinot Noir

More fruit driven than the Morey St Denis as expected for a New World pinot. The wine showed generous, spicy red fruit flavours with good palate length. However, it was not as big as many other Central Otago pinots – to its credit. There was a good balance between fruit weight, tannins and acid and some complexity was developing. Another excellent wine.

1996 David Wynn Patriarch Shiraz

The wine showed well despite its 20 years. There were some mint characters on the nose and enough attractive primary cherry fruit left on the palate to carry the wine. Acid and tannins were in balance but the heat of the 15% alcohol (interesting for a cool climate wine) threw the palate off balance somewhat. Nevertheless,

the wine was enjoyable and offered a good contrast to the two pinots.

2010 Ch. Guiraud

A lovely wine. Generous apricot flavours featured on the nose and palate, which finished with the dry savoury characters and balanced acidity that feature in good Sauternes. Along with the Puligny Montrachet and the Morey St. Denis, this was one of the wines of the night.



Trevor Gibson

President's Dinner 9 July, 2016 cont.





Ian Arnold Dinner 8 July, 2017

FOOD REPORT

Forty members and guests of the Metropolitan Wine and Food Society of Sydney Inc. gathered at Bistro 54 (54 Alexandra Street) in Hunter's Hill for the inaugural 'Ian Arnold Dinner' formerly the President's Dinner, on Saturday 8 July, 2017.

This occasion also celebrated the 40th Anniversary of the Society. Ian Arnold and his wife Mary were two of the founder members of the Society and in subsequent years Ian has given generously his support, time and knowledge of wine and food to the Society.

The menu prepared by Chef Steve in consultation with Food Master for the Society,

Carolyn Smalls is as follows.

Canapes:

Chicken Lolipops – Pomegranate. Delightful little bites of crispy skinned chicken wing drumettes – nicely flavoured although the pomegranate became lost in the serving.

Miso – cured salmon – Ponzu. All reports were that the salmon was extremely delicious though I personally did not get to taste it. It's always interesting to have some mixing of east and west flavours on the menu.

Entree:

Pumpkin and Pistachio Risotto. The Risotto was served flat on the plate rather than in the usual mounded way. There were nice contrasts of texture between the soft silky rice and the crunchy pistachio and contrasts of colour – orange pumpkin with green pistachio. Some diners thought there was a lack of flavour in this course and suggested improvement by the addition of herbs.



Main 1:

Duck Breast – Mandarin and Shallot. Perfectly cooked tender duck with pink flesh and crisp, browned scored skin. The tenderness was achieved through slow cooking for 3 hours. Duck is so well paired with citrus flavours, hence the mandarin sauce was a well chosen accompaniment. The shallot, with a strong flavour, proved to be delicious with the duck as well as adding a bright dash of colour to the dish.

Main 2:

Lamb - Goat's curd, green sauce and baby carrot. Melt in the mouth lamb - slow cooked at 80°C for 10 -12 hours – and what a fabulous result was achieved – tender, moist and well received by the diners; and nicely accompanied by a subtle

green sauce with a dollop of sharp tasting goats curd. A small sweet baby carrot rounded off this course.



Dessert Tasting Plate:

Lime meringue crumble, pomegranate trifle, white chocolate, sweet and sour figs.

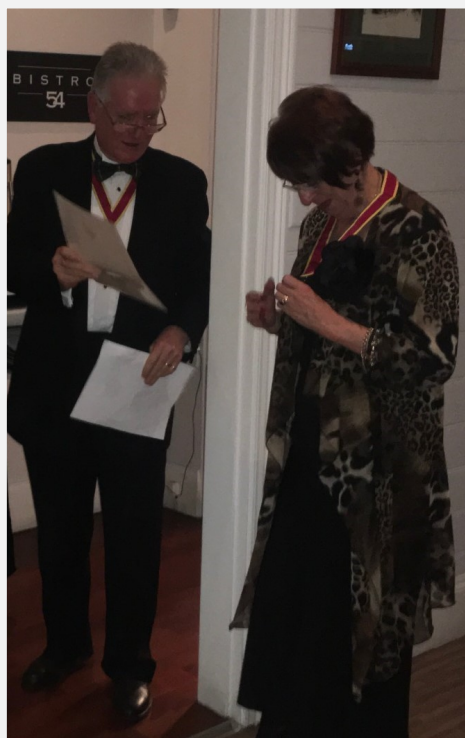
A beautiful presentation of the many elements, with the pomegranate trifle served in a small glass, topped with the figs and sprinkled with shavings of the white chocolate. On the plate was a lemon (perhaps lime) curd with accompanying meringue served in three ways – a soft spread, a classic piped mini meringue and crisp meringue crumbles. The sour curd and lime flavours provided a contrast to the sweetness of the trifle and the meringue. An interesting and innovative course!



Kerrie Sims

Ian Arnold Dinner 8 July, 2017 cont.

Following the death in August 2016 of a founder member Ian Arnold, the Committee determined to re-name the annual President's Dinner in Ian's honour. On this inaugural occasion, and the 40th Anniversary of the founding of the MWFSS, Ian's younger son, Philip, briefly shared his memories of the founding of the Society by his parents, and two other couples. President Jim and Steve Liebeskind also shared a few thoughts.



Trevor Gibson in his role as a Vice President of the Federation of Wine and Food Societies of Australia was pleased to be able to surprise Carolyn Smalls with the presentation of the FWFS Award and Medal.



Food Master Carolyn thanked owner/chef Steve.

Editors Note: We would be pleased to receive copies of any other photos of Carolyn's presentation.



Ian Arnold Dinner 8 July, 2017 cont.



Annual Spring Luncheon – 11 September, 2016

Sunday 11 September 2016: Spring Luncheon at the home of Jim and Dee Rolls.

FOOD REPORT



In 2016 28 people attended our Spring Luncheon. We were lucky enough to have a sunny day and so we were able to enjoy our canapes and French champagne outside on the deck which overlooked native bushland.

CANAPES

Teriyaki Meatballs, sprinkled with white sesame seeds were served on tooth picks. These were delicious and quickly disappeared. The Caramelised

Onion and Goat's Cheese Tartlets were also very popular and very tasty; the different flavours complemented the meatballs. We then went inside and sat at one of the 4 tables while our President Jim Rolls welcomed everybody and introduced some of our new members.



ENTRÉE

The entrée was a Smoked Salmon and Herbed Terrine with the layers of smoked salmon alternating with the layer of brie and cream cheese mix. It was decorated with a top layer of watercress. The eye appeal with the green, pink salmon and white layering was attractive. The terrine flavours were light and fresh which made the terrine an ideal start to a lovely luncheon.

MAIN COURSE

Chicken Breast with Sun-dried Tomato, Brie and Basil wrapped in Prosciutto. The chicken parcels were served sitting on a bed of sweet potato mash. This was complemented by asparagus spears served on the side and Madeira Jus added as the meal was served. The orange of the sweet potato mash and the bright green of the asparagus enhanced the visual appeal of the chicken, tomato and prosciutto. All made this a very attractive plate, and the wonderful flavours made this an excellent main course.

CHEESE PLATTER,

Brie, English Cheddar and Stilton were served on platters with grapes and strawberries.

DESSERT

Dark Chocolate and Kirsch infused Cherries. A dark chocolate slice was served with cherries, over which was poured in Kirsch infused cherry sauce. Absolutely divine for chocolate lovers. For non-chocolate eaters there was Vanilla Panna Cotta with a Cherry Sauce.

At the end of the meal, tea and coffee was served on the deck.





THE METROPOLITAN WINE AND FOOD SOCIETY OF SYDNEY INC.
(Incorporated Society No. Y13780-23)

President: Jim Rolls Secretary: David Yeomans

Web site: <https://mwfs.com>

Address for correspondence: 9/95 Killeaton Street St Ives 2075

Spring Luncheon Menu

Sunday 11th September 2016

Canapes:
Teriyaki Meatballs
Caramelised Onion & Goats Cheese Tartlets
NV Lanson Black Label Brut

Entree:
Smoked Salmon & Herb Terrine
2009 Peter Lehman Margaret Semillon
2015 Domaine Houchart Cotes de Provence

Main
Chicken Breast with sundried tomato, Brie and Basil wrapped in Prosciutto
Sweet Potato Mash, Asparagus, Madeira Jus
2014 Shaw + Smith Chardonnay
2014 Giant Steps Sexton Pinot Noir

Cheese Platter
2003 Vasse Felix Cabernet Sauvignon

Dessert
Dark Chocolate & Kirch infused Cherry Slice, and for non chocolate eaters Vanilla Panna Cotta with Cherry Sauce
NV Heathcote Winery Grand Muscat

Annual Spring Luncheon – 11 September, 2016 cont

The effort and dedication of the Society's Food Master and Chef Carolyn Smalls in preparing the meal was greatly appreciated and applauded by those present. Carolyn Smalls did a wonderful job and was helped very ably by Carol Leaver. Everybody enjoyed the luncheon and all felt the day was a great success.

Diane Rolls, Food Scribe



Annual Spring Luncheon – 11 September, 2016 cont

WINE REPORT

Lanson Black Label Brut. This was a fine Champagne with just a hint of yeast.

Peter Lehman Margaret Semillon. A typical Semillon showing some maturity but will improve with more bottle aging.

Domaine Houchart Cotes de Provence. This was a young Rose from the "home of Rose". It was a very pale pink and dry and an excellent match with the salmon entree.



Shaw + Smith Chardonnay. This wine was typical of a young chardonnay which was well balanced and was a good match with the chicken.

Giant Steps Pinot Noir. This was a light red wine which did not overpower the chicken.

Vasse Felix Cabernet. Margaret River produce some of the best full bodied red wines and this was no exception. It was a very good wine to complement the cheese



Heathcote Winery Grand Muscat. Sweet and sticky as we expect with a muscat.

David Cameron, Wine Scribe



Annual Spring Luncheon – 24 September, 2017

The annual Spring Luncheon is always considered a highlight of the MWFSS year, and the 2017 Spring Luncheon on Sunday 24 September was no exception. In fact, many thought it the best Spring Luncheon ever'.

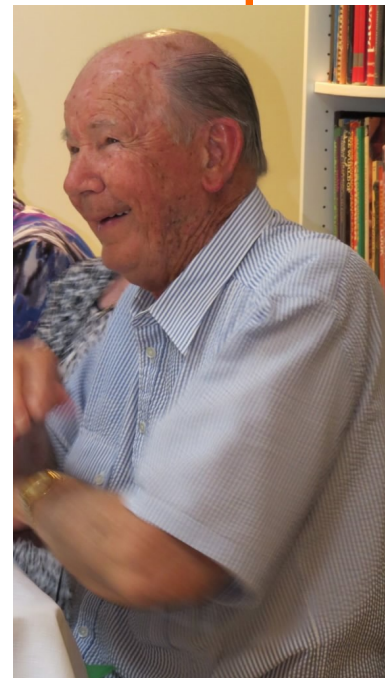
Once again Jim and Dee welcomed us to their home, with 27 persons attending. Food Master Carolyn Smalls was assisted by Kerrie Sims and Carol Leaver, and Trevor Gibson selected the wines.



Annual Spring Luncheon – 24 September, 2017 cont.



Spring Luncheon in pictures.



A Taste of France – 29 October, 2017

Over the years the Society's Cellar has accumulated several single and two bottle lots of French wines which were used for a tasting on 29 October. Trevor and Jenny Gibson opened their home and hosted this function. Trevor organised the wines and Carolyn and Kerrie provided the food.



The list of wines tasted on the day.

Bracket 1

NV	Pol Roger	Extra Cuvee de Reserve	Pinot/Chardonnay	Champagne
2000	Raymond Boulard	Milliseme Brut	Pinot/Chardonnay	Champagne

Bracket 2

2005	Domaine Merlin Cherrier	Sancerre	Sauvignon Blanc	Loire
2010	Domaine Louis Moreau	Les Clos, Grand Cru	Chardonnay	Burgundy
2010	Jean-Claude Bachelet et Fils	Cassagne Montrachet,	Les Macherelles	1er Cru Chardonnay Burgundy

Bracket 3

1992	Domaine Joblot Givry, Clos De La Servoisine	1er Cru Chardonnay	Burgundy
2006	Domaine Alain Chavy Puligny Montrachet, Les Folaueres	1er Cru Chardonnay	Burgundy
2007	Domaine Dublere Savigny les Beaune, Les Peuillets	Chardonnay	Burgundy
2008	Domaine Seguinot-Bordet Vaillons Chablis	1er Cru Chardonnay	Burgundy

Bracket 4

2001	Domaine Louis Jadot Cote De Nuits-Villages, Le Vaucrain	Pinot Noir	Burgundy
2007	Domaine Pierre Amiot et Fils Morey-Saint-Denis, Aux Charmes	1er Cru Pinot Noir	Burgundy
2007	Bruno Desaunay-Bissey Vosne Romanee	1er Cru, Les Rouges Pinot Noir	Burgundy

Bracket 5

1983	Ch. Gruard Larose	St Julian Grand Cru	Cabernets	Bordeaux
1983	Ch. Plagnac	Medoc Cru Bourgeois	Cabernets	Bordeaux
1990	Ch. Clos des Jacobins	St Emilion Grand Cru	Cabernets	Bordeaux
1996	Ch. Fourcas Hosten	Listrac-Medoc	Cabernets	Bordeaux

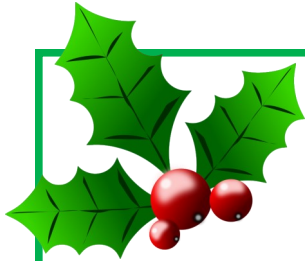
Bracket 6

2002	Ch. Batailley	Pauillac	Cabernets	Bordeaux
2003	Ch. Batailley	Pauillac	Cabernets	Bordeaux
2006	Ch. Cantermerle	Haut-Medoc	Cabernets	Bordeaux
2010	Ch. Meyney	St Estephe	Cabernets	Bordeaux

Bracket 7

2002	Grande Maison	Monbazillac, Cuvee des Anges	Semillon	Bordeaux
2006	Domaine De La Brie	Monbazillac, Pavillon de la Brie	Semillon	Bordeaux

Trevor Gibson



Christmas Lunch 3 December, 2017

BISTRO
54

For our Christmas Lunch on Sunday 3 December we returned to Bistro 54, 54 Alexandra Street, Hunters Hill where we had enjoyed the Ian Arnold Dinner mid year. The Lunch was attended by 26 members and guests, who enjoyed a very happy occasion. Wine and Food notes to follow in a later *Newsletter*.



Wine Tasting and Asian Food Matching 9 April, 2016

The Challenge: Matching Wines with Asian Food

WINE REPORT

On Saturday, 9 April 2016, 16 members of the Society met at Trevor and Jenny Gibson's home to enjoy an Asian meal prepared by members of the Society. Wines were chosen from the Society's Cellar, and the diners were asked to taste the wines and assess and comment on which of the selected wines best matched and complemented each dish.



Before commenting on the wine match, the following extract from the website www.theaustralianwine.com.au/jsp/aboutwine/common/foodmatchingteemplate.jsp is useful in outlining what to look for in wines that will match Asian food.

"It's not only beers or lagers that suit Asian food – wine is a great option too. Dishes are beautifully aromatic so will often command perfumed wines to match. However, you do need to think about the sweetness, spiciness and heat of the dishes you are eating. Here's a simple guide to help you make the right choice for your dish."

Chinese food

- *Sweet dishes – the most popular Chinese dishes tend to have fruity, sweet sauces, so light fruity reds such as Pinot Noir, refreshing rosés or fruit-filled whites like Pinot Gris make a superb match with crispy-skin pork neck and pineapple.*
- *Spicy dishes – if you are going for a spicy Chinese dish then you could try some aromatic whites such as Riesling or even Viognier or move to a medium-bodied red like a soft Australian Shiraz, mellow Merlot or juicy Grenache.*
- *White wine – Sauvignons, Rieslings and Chardonnays work well with deep fried Chinese dishes and sweet and sour dishes. (Think whole steamed Snapper with ginger, soy and spring onions).*

Indian food

- *White wine – you can't go wrong with a peaches-and-cream style Chardonnay from Western Australia to cut through rich butter chicken or a zingy Sauvignon Blanc with hot, spicy prawns.*
- *Red wine – if you are a fan of very hot dishes, then fleshy reds such as Merlot, Pinot Noir and Tempranillo will tame the spice - steer clear of peppery Shiraz as it will only make the food spicier!*
- *Make your own rules – try a range of white and red wines to discover what you prefer.*

Thai food

- *Dry whites – Zesty Sauvignon Blanc or Sauvignon-like whites from Rueda in Spain are a safe bet for classic Thai Green Curry.*
- *Dry to off-dry – Crisp, aromatic Riesling is a explosion of flavour with fish cakes, BBQ octopus and salt and pepper calamari.*
- *Off-dry wines – the more adventurous among you may also want to try Torrontés or Viognier that work well with gentle spice.*
- *Red wine – avoid heavily oaked reds with Thai food. Opt for softer reds like Pinot Noir instead.*
- *Pink wine – try a dry or off-dry Rosé with sweet and sour dishes and spicy soups."*

Starter Wine

Prior to lunch, and as it was a beautiful day, a glass of champagne was enjoyed in Trevor and Jenny's garden.

Lanson NV Champagne. Displayed typical bread yeast on nose that is associated with French Champagne. Lime fruit on palate. Fine bead. Big acid which lingered long on the palate. Champagne is always a very enjoyable start to any meal.

Wine Tasting and Asian Food Matching 9 April, 2016 cont.

Course 1.

Thai Salad of King Prawns, Green Papaya, Shallots, Lime. Peanuts, Chilli and Mint

2014 Dr Loosen Bernkastler Lay Riesling Kabinett

A beautiful "off dry" German Riesling. Good lingering acid. 8% alcohol. All agreed that this wine was a classic match for the Thai salad and particularly complimented the sweetness from the palm sugar in the chilli and lime dressing.

2006 Sancerre (Roger & Didier Raimbault).

A very dry wine from the premium French Sauvignon Blanc area of France. Very different from the New Zealand Sauvignon Blancs, and a very good wine which had handled its age well. 13% alcohol. The dryness of the wine did not go well with the sweet flavours of the Chilli and Lime dressing. Agreed by all to be the least good match of the 3 wines in this bracket.

2013 Ch. Des Ferrages Cuvee Roumery (Cotes de Provence) Cinsault, Grenache, Syrah blend.

A French Rosé. Good well balanced fruit and lingering acid. 13% alcohol. Went quite well with the salad, but the German Riesling was a better match.

Course 2.

Chicken Tikka with Minted Yoghurt. (Served with choice of a mild or a hotter sauce)

2006 Lark Hill Chardonnay.

A traditional "buttery" Australian Chardonnay. Well balanced with good oak. 13.5% alcohol.

2007 Maude Pinot Noir (Central Otago)

A very good balanced Pinot Noir. 14% alcohol.

Both wines went well with the Chicken dish, with the Pinot Noir being considered generally to be the better match. It was noted that the Chardonnay went better with the milder sauce than it did with the hotter sauce.

Course 3.

Beef Rendang served with Rice, Raita, Chutney and Coconut.

1999 Brands Merlot.

A soft low tannin wine. 14.5% alcohol. Drinking well, but of the 3 wines went least well with the Rendang.

2000 Tyrells Vat 9 Shiraz.

An excellent well balanced wine. The peppery characteristics often associated with Shiraz was subdued and did not detract from the match with the Rendang. 13% alcohol. Probably the best match of this bracket.

2007 Vinifera Gran Tinto. Garnacha, Tempranillo, Graciano, Cabernet Blend. (Mudgee)

A savoury wine. A blend of mainly Spanish varietals. 15% alcohol. Generally considered to go quite well with the Rendang, but the Tyrells Shiraz was the better match.



Course 4

Fruit Platter

Jim Rolls, Wine Scribe



Wine Tasting and Asian Food Matching 9 April, 2016 cont.

FOOD REPORT

Our luncheon to test our wines consisted of three main courses with 2 or 3 wines to taste with each course.

The first course was prepared by Kerri Sims:

This was a salad of king prawns, green and ripe papaya, Chinese cabbage, shallots, peanuts and mint. This was served with a lime and chilli dressing, with fish sauce and palm sugar added. The dressing, which had sweet and sour flavours were an absolutely essential addition to this wonderful salad.



The second course was prepared by Carolyn Smalls:

Chicken Tikka with Minted Yoghurt; Chicken thigh pieces were all cut into 3 pieces each. Several spices were cooked lightly in a frypan, lemon and yoghurt added and then used to coat the chicken which was left overnight to marinate. The chicken can be cooked in a pan or a BBQ, and can be served hot or cold on lettuce, flat bread or wraps. This is a great dish to try and can be prepared the day before.



The third course was prepared by Penny Cameron:

Beef Rendang served with rice, raita, chutney, and coconut. As this this curry can be rather dry, gravy beef was used as it produces beautiful gravy. The curry has a lot of ingredients and is cooked gently for a number of hours and the result is a really tasty curry.

Recipes are provided at the end of this *Newsletter*:

- Prawn & Papaya Salad
- Chicken Tikka Recipe
- Beef Rendang Recipe

Thank you chefs for your effort and time in preparing these delicious dishes. Everyone enjoyed them and the day was a considered to be a great success by all who attended.

Diane Rolls, Food Scribe





Federation of Wine and Food Societies of Australia National Convention Weekend

Geelong—Making Wine for Over 150 Years

Friday, Saturday and Sunday 20 - 22 April, 2018

Hosted by the Wine and Food Society of Geelong

The Federation of Wine & Food Societies of Australia join with the Wine & Food Society of Geelong to invite you to join their members to sample the fine food, wine and hospitality in the Geelong region over the course of a weekend.

The first vineyard in the Geelong region was planted in 1845 by a Swiss vigneron, David Pettavel. Before the closure of the industry due to Phylloxera in 1885 it had become the largest wine growing region in Victoria. The modern era began when Daryl and Nini Sefton re-established a vineyard in 1966 (Daryl was the longest serving member of the Geelong Wine and Food Society until his death in 2016).

Today, there are over 75 vineyards with more than 30 different grape varieties planted. Cool climate Shiraz, Pinot Noir, Chardonnay and Riesling are the most popular grape varieties in this region. There are three subregions (Bellarine Peninsula, Moorabool Valley and the Surf-coast / Otways) with distinct characters expressed in the wines.

The Geelong district has a long history of quality food production and modern artisanal producers have enhanced this reputation. Geelong is a vibrant city of over 190,000, with excellent transport connections (including nearby Avalon Airport).

There are many attractions in the city and its surrounds. <https://www.visitgeelongbellarine.com.au>

Friday evening, 20 April: Deakin University Waterfront Campus - start 6pm with a guided tour of this converted wool store before gathering at 6:45pm in the Waterfront Kitchen for a structured Champagne tasting led by Cam O'Keefe (Vin de Champagne Award winner), accompanied by a Sabrage demonstration. This will be followed by dinner.

Saturday lunch, 21 April: Centra Hotel will be the venue for a tasting of the local wines and food.

Saturday evening, 21 April: This formal black tie event will commence with a guided tour of the Geelong Art Gallery before moving into the adjoining new Geelong Library and Heritage Centre. The 5th floor function room has stunning views over the waterfront, with the lights of Melbourne in the distance. A sumptuous meal will complement the surroundings.

Sunday morning, 22 April: FWFS Annual General Meeting

Sunday lunch, 22 April: We will depart Geelong at 11:15am for a casual lunch at Merne at Lighthouse near Drysdale on the beautiful Bellarine Peninsula with panoramic views over an established olive grove and vineyards towards Queenscliff and Point Lonsdale, returning to Geelong at 3:30pm.

The WFS of Geelong is also organising pre-convention tours.

Registration forms will be distributed to MWFSS members early in January 2018, and will be available on the FWFS website: <http://www.wineandfood.org.au/>



Bin End Dinners Recipes



Special Offer to Members

The cellar contains some single bottles of wine, and some twosomes, which are suitable for a bin end dinner or lunch.

This means that if any member likes to organise a meal for six to eight people (all MWFSS members only) they can contact Trevor nosbig@bigpond.com about the wine and get it at MWFSS cellar price.

This assists with the clearance of wine where there is insufficient quantity for a normal function.

Chicken Tikka with Minted Yoghurt

Recipe for four.

Ingredients

- 5 cardamom pods
- 1 tbs sunflower oil (or similar)
- 1 garlic clove, finely chopped
- 2 cm piece of ginger, grated
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp fenugreek
- 2 tbs lemon or lime juice
- 1/3 cup thick Greek style yoghurt
- 4 chicken thigh fillets, trimmed and each cut into three
- 1 tbs finely chopped mint leaves plus extra to serve
- Lavash bread or wraps to serve
- Butter lettuce, to serve

Method

Lightly crush cardamom pods, remove seeds and discard remaining green husks. Heat oil in frypan over low heat. Add garlic, ginger, turmeric, cumin, fenugreek and cardamom seeds and cook, stirring for 1 min or until fragrant.

Cool slightly, then transfer to a ceramic or glass dish. Stir in lemon juice and 2 tbs yoghurt, then season with salt and pepper to taste.

Note: Add half the lemon/lime juice and test, then add more to taste.

Add chicken, turn to coat, cover and marinate in the fridge for at least 4 hrs, or overnight.

Heat a lightly oiled chargrill pan or BBQ on medium-high heat. In batches if necessary, cook the chicken until cooked through (4+ mins on both sides).

Meanwhile, stir the chopped mint through the remaining yoghurt and season to taste.

Serve the chicken hot or cold on the lettuce, with the flatbreads, minted yoghurt and extra mint leaves.

Source: Little, Valli (2010). "Delicious. More Please". Australian Broadcasting Corporation.

Recipes



SALAD OF KING PRAWNS, GREEN PAPAYA, SHALLOTS, LIME, PEANUTS, CHILLI AND MINT

SOURCE - GOURMET TRAVELLER
AT A GLANCE

 SERVES 4 PEOPLE

You'll need

Salad

- 12 cooked king prawns, peeled, with tails intact and cleaned
 - 100 gm cooked school prawns, heads removed
 - 120 gm Chinese cabbage, cut into 1cm-wide strips
 - $\frac{3}{4}$ green papaya, peeled and cut into julienne
 - $1\frac{1}{2}$ cups mixed herbs, including coriander, basil and mint leaves (loosely-packed)
 - 50 gm ripe papaya, cut into 5mm pieces
 - 50 gm roasted peanuts, coarsely chopped
 - 1 cup watercress sprigs (loosely packed)
 - $\frac{1}{2}$ tsp finely ground dried shrimp (available from Asian food stores)
 - 20 gm ($\frac{1}{4}$ cup) fried shallots (available from Asian food stores)
- #### Lime and chilli dressing
- 4 cloves garlic
 - 4 fresh long red chillies, coarsely chopped
 - 2 tbsp grated palm sugar
 - $\frac{1}{4}$ cup fish sauce
 - $2\frac{1}{2}$ tbsp each freshly squeezed lime and lemon juice

Method

1. For lime and chilli dressing, place garlic and chilli in a mortar and, using a pestle, pound until a coarse paste forms. Add palm sugar, fish sauce and citrus juices and combine well, then adjust with more sugar or fish sauce if desired. Makes about $\frac{1}{2}$ cup.
2. Place all ingredients except fried shallots in a bowl, add $\frac{1}{2}$ cup lime and chilli dressing and toss to combine well, then divide among bowls, scatter with fried shallots and serve immediately.

Recipes

Ellice Handy's Rendang

- 1.4 kg beef cut into bite size pieces
- 6 Tbs grated coconut
- 2cm galangal, bruised
- 2 stems lemongrass, bruised
- 5 Tbs coriander seeds
- 1 Tbs star anise
- 20-30 dried chillis, some seeded
- 1 cup small red onions, chopped finely
- 2-3 cloves garlic, sliced
- 2 cups coconut milk

1. Roast coconut in a dry pan, cool.
2. Grind together cold coconut, coriander anise and chillis.
3. Put meat in pot and add ground ingredients. Mix thoroughly.
4. Add galangal, lemon grass, onions, garlic and coconut milk.
5. Cover and cook very gently until tender, which may take some hours, depending on the meat you use. Stir occasionally.

Ellice Handy taught home science in Singapore for years - her book, "My Favourite Recipes" is the equivalent of a Commonsense Cookery book thirty years ago, only far less organised. I bought it in Kuala Lumpur in the late 70's.

This curry can be rather dry so the committee thought that gravy beef may be the best cut to use.

I have adapted the recipe for modern kitchen equipment.

As with many Asian recipes the amount of each flavoursome ingredient is indicative not mandatory. I have given my preference.