



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 1 No 4 — March, April, May 2014



Our Logo was designed by Foundation Member the late Clare Galbraith (one of the original six founders of the Metropolitan) in readiness for the Foundation Dinner held at Paternoster, Glebe on Friday 22 July 1977. Clare, an art teacher, was the foundation food scribe.

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Metropolitan Wine and Food Society of Sydney Inc

Registered No. Y13780.23

Founded: 22 July 1977

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SOCIETY PROGRAMME FUNCTIONS AND MEETINGS

March 2014

Sunday 9 @ 2.30pm Wine and Cheese Tasting at the home of Trevor and Jenny Gibson

Friday 21—Sunday 23 Federation AGM and Convention, Hobart

April 2014

Friday 11 @ 7.30pm Dinner—Cucinetta Restaurant, 103 Woolwich Road, Woolwich

May 2014

Sunday 25 @ 11am Annual General Meeting and Picnic Lunch—Venue TBA

July 2014

Saturday 5 President's Dinner—Nineteen 23, 1 Lake Street, Wentworth Falls

August 2014

Wednesday 20 Mid-week Lunch—Venue TBA

September 2014

Sunday 14 @ 12noon Spring Luncheon—at the home of Jim and Diane Rolls

November 2014

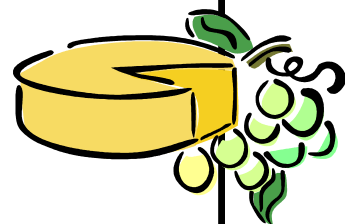
Sunday 9 @ 4pm High Tea and Champagne Tasting - Venue TBA

December 2014

Sunday 7 @ 12.30pm Christmas Lunch—Aqua Dining

March: Varietal Wine and Cheese – What goes with What?

The Society's next function is a wine and cheese tasting on Sunday 9 March, commencing at 2.30pm.



The tasting's theme is "Varietal Wine and Cheese – What goes with What?" and will feature a range of premium red and white single-variety wines selected by Winemaster Ian Arnold, accompanied by a selection of cheeses. The tasting will include some interactive educational exercises on varietal characteristics and wine/cheese matching.

What: Varietal Wine and Cheese – What goes with What?

When: Sunday 9 March 2.30pm

Where: at the home of Trevor and Jenny Gibson

Cost: \$45 per person



Please submit your contributions for the next *MWFSS Newsletter* to the Editor, Peggy Sanders, by Friday 23 May 2014.

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.

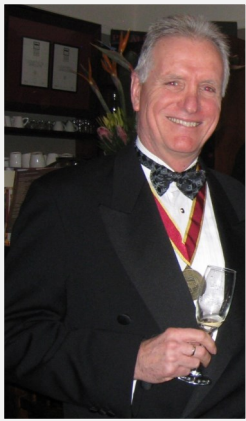
psanders@ozemail.com.au 0413 481 854

April: Dinner @ Cucinetta Ristorante, Woolwich

Friday 11 April at 7.30pm
103 Woolwich Road, Woolwich

Cucinetta is a nicely situated restaurant with good parking. It serves International/Italian food and we will provide Society Wine co-ordinated by Wine-master Ian Arnold.

CUCINETTA



Words from the President:

I trust that all members had an enjoyable Christmas and New Year and now with the end of February I often wonder where the time has gone in 2014. Our Christmas Luncheon in early December was another memorable entree to the Christmas season, thanks to the efforts of Ian and Lorraine in making arrangements with Aqua and in the selection of the menu and wines. The transport arranged by Ian Smalls also ensured that many of us could be more relaxed with our alcohol consumption on the day. It was also good to welcome Kerry Rogers, one of our past members, as a guest. There are not many quality restaurants left in Sydney that allow BYO, particularly on weekends and we are always on the lookout for those that do (any members' suggestions appreciated).

Our next function - a cheese and wine tasting and pairing on March 9 has received good member support and promises to be an informative day on wine varietal characteristics and wine/cheese matches.

With our AGM coming up in late May, I ask that members consider nominating for positions on the Committee. The experience is an enjoyable and rewarding one, with the opportunity to contribute to the operation and success of the Society. New Committee members are always welcome with their new ideas and approaches. I also welcome the positive response to our President's Dinner at Nineteen23 in Wentworth Falls and look forward to a memorable couple of days in early July. There is still room for a couple more for dinner, so please get back to me if you wish to join us.



Recently I attended a wine tasting of a range of Chilean and Argentinian reds, given the recent upsurge of international interest in these wines. Several big name French producers, including Moët and Rothschild, are investing in both countries and the wines are challenging Australian wines in our traditional markets. Interestingly, Malbec is one of the main varieties in Argentina while Carmenere (a Merlot clone) is the Chilean specialty. The wines we saw did not meet our expectations, with several good value, but quite simple wines in the lower price brackets and with many of the more premium wines appearing to be "overworked" in the winemaking. Based on the few wines we saw the conclusion was that both Countries have a way to go before they match premium Australian wines but I suspect it is only a matter of time

I look forward to catching up with some of you at the wine/cheese tasting.

Trevor Gibson
042 7311 456

May: Metropolitan Wine and Food Society of Sydney Annual General Meeting and Picnic

The Annual General Meeting of the Society will be held on Sunday 25 May, at a venue to be advised, commencing at 11am. The Meeting will be followed by Lunch.

The following Committee positions will be filled at the AGM:

President and FWFSa Councillor
Vice President Wine Master
Vice President Food Master
Secretary
Treasurer
Wine Scribe
Food Scribe

Committee Member—Wine Committee Member
Federation of Wine and Food Societies of Australia Councillor



Christmas @ Aqua Dining 1 December, 2013

DINING
aqua



Christmas @ Aqua Dining 1 December, 2013

Menu, Wines and Attendees



Metropolitan Wine and Food Society of Sydney Christmas Lunch Sunday 1 December Aqua Dining Restaurant

Louis Roederer Brut Premier NV Champagne

Entree

Scallops, raspberry papaya, lemon puree,
wild red rice
Pumpkin, amaretti and ricotta tortelli, herb and
leek pasta, cauliflower
Quail breast, baby pepper, zucchini blossom, egg-
plant



*Richmond Grove (Watervale) Riesling 2004
Tyrrell's Vat 1 (Hunter Valley) Semillon 2004*

Main course

Blue eye Trevalla, congo potato, broad beans, celery,
teardrop tomato, orange salmoriglio

150 day grain fed Angus reserve beef, Desiree potato,
broad beans, roman mushrooms,
balsamic onion puree

400g Berkshire pork Florentine, roast spiced pear,
garlic potato, asparagus, Dutch carrots



*Philip Shaw (Orange) Pinot Noir 2009
Vasse Felix (Margaret River) Cabernet Sauvignon 2003*

Dessert

Strawberries & cream, semolina torta, chamomile infused strawberries, fennel seed
cream

Molten espresso cake, ricotta tortoni, crushed amaretti, almond praline
Melon & honey salad, honeydew sorbet, rosemary salted honeycomb, rockmelon



Chateau Lafaurie-Peyraguey (Sauternes) 2006

Tea and coffee, petit fours

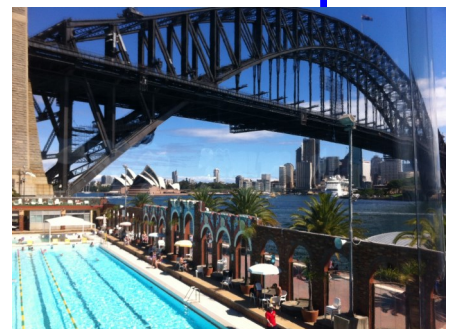
Attendees

Lorraine Plues
Alan Broom
Peggy Sanders
Ian Arnold
Carolyn Smalls
Ian Smalls
Jenny Gibson
Trevor Gibson
Carole Yeomans
David Yeomans
Marie Smith
Monty Smith
Kerry Rogers

Attendees

Paul Gibson
Gabrielle Curtin
Kerrie Sims
Peter McIntosh
Rebecca Coventry
Sylvia Kidziak
Penny Cameron
David Cameron
Brenda Bacon
Peter Bacon
Lucinda Warren
David Flanagan
Del Hann
Jo Winchcombe

Muscat (Rutherglen)





From the Wine Master: Choosing Varietal Wines

Have you chosen a wine yet Sir/Madam?" "No" we reply "we are still selecting our meal". How often has this happened when you are enjoying the art and experience of matching the wine to your food choices? It is something of an art and provides endless opportunities for experimentation; and sometimes you see a wine on the list that you 'must have' and the reverse process of matching the dish to the wine kicks in. This is particularly enjoyable if the wine is available by the glass, thus enabling more opportunities to match wine and food.

I have a particular bent for choosing the noble classic varieties of Chardonnay, Riesling, Pinot Noir and Cabernet Sauvignon; next choices for me are Semillon, Sauvignon Blanc, Shiraz and Merlot. These are all versatile food wines and it is nice when they are available on restaurant wine lists in order to select an appropriate varietal to complement menu selections, including a cheese course.

This latter item will be the basis of our next function — a wine and cheese tasting on Sunday 9 March at the Gibson Haus. There will be a focus on three classic white and three classic red wine varietals. To enhance the experience, a variety of cheeses will be served enabling tasters to match generic cheese styles to the white and red varietal wines selected for the educational tasting.

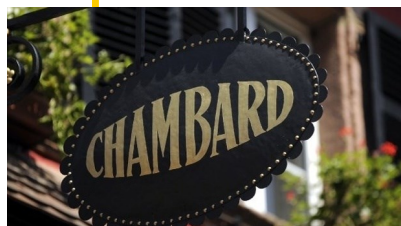
Ian Arnold

Travelling with Leonie and Terry Newman:

Terry and I are very keen on two kinds of holidays as follows:

- Organised walking through scenic gourmet areas — 2012 it was Burgundy and 2013, Alsace. These walks go from one hotel and excellent eating places to another — and of course the bonus is that the calories from one evening get walked off the next day! Perfect!

This year in the small town of Kayserburg, Alsace we found a Michelin star restaurant - Le restaurant Chambard, and dined there (3 October, 2013).



- Luxury Cruising — our favourite cruise line being Seabourn. In 2013 we did two Seabourn cruises— one of the Baltic and the other from Piraeus to Singapore. Both were wonderful and food fabulous. It should be mentioned that Seabourn has an 'open bar' and good wines are available with lunch and dinner at no extra charge. For those wanting something really special there are also vintage wines available at an extra cost.

Seabourn is a member of Chaîne des Rôtisseurs, an International Association of Gastronomy devoted to the art of fine dining.

Leonie

Editor's Note: Ian and I also dined at Restaurant Chambard in September 2006.

Federation News: Convention 2014— Sparkling Tasmania



The Federation Convention will be held in Hobart between **March 21- 23 2014**.

The Federation AGM will be held on Sunday 23 March 2014.

The MWFSS will be represented by the President Trevor Gibson, and Councillor Ian Arnold.

**Peggy Sanders,
Federation Secretary**



Office Bearers and Committee 2013-2014

President and FWFS Councillor: Trevor Gibson
 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

An Anniversary Weekend in Bowral *Ian Smalls*



Once a quarter 3 retired engineers and a retired scientist from Sydney Water Board meet up for a reunion Sunday Lunch at our homes.

On 16 February 2014 Carolyn and I travelled to Bowral for one such lunch and decided that as it was our 48th Wedding Anniversary we would stay over at Berida Manor. On Saturday night we walked across the Road to Biota, a restaurant with two hats and an unusual menu of locally sourced produce and regional wine. We chose the five course menu with matching wines starting with smoked roe, scampi, charcoal and purslane

with Riesling; followed by egg yolk, cooked curds, rye and chickpea with aignon Blanc; then lamb breast with dried lactose, fresh and cooked oats with a Murrumbateman Marsanne; next duck breast with pine, cauliflower, pear and white raisins with Grenache. After dessert and coffee we agreed that although we had approached the menu with trepidation the food was superb and the wine matching was very good.

Mittagong Sauvignon
biota
dining & rooms

Biota Restaurant has a minimalist architecture and fit out, contrasting with the art deco Berida Manor. The Service was excellent and we heartily recommend a visit, the Restaurant also has rooms and also serves tasting dishes in the bar. You can get information at biotadining.com.

Popular Informal Picnic Dinner Sunday 5 January 2014



Photo above from website for Elkington Park. Others courtesy of Trevor Gibson

Society friends once again celebrated the new year at an informal and relaxed evening picnic dinner in Elkington Park, Glassop Street Balmain.



Travels with Penny and David Cameron, Meal and Wine @ Quinta das Lagrimas, Coimbra Portugal February 2014



We missed the correct turnoff to Coimbra and travelled several kilometres on a new motorway before turning onto a narrow winding road for what seemed like an eternity, to be told to turn left into what turned out to be a small stone gateway which led through an avenue of trees to the hotel.

A note in the room invited us to a wine tasting between 7 and 7.45. The sparkling wine, a blend of Chardonnay and a local red grape (Baga) was more than acceptable. Dinner in the hotel, (the restaurant is in partnership with the Michelin star restaurant in town) was first class.

My risotto with lobster and clams was creamy and delicious while Penny's salad was beautifully presented with a very delicate dressing. We both chose smoked venison which was delicious, served as a small portion with fresh raspberries, baby steamed vegetables.

The Maître d' suggested a local wine to accompany the venison. It was a big full bodied wine; perfectly matched with the meat.

The label was printed on fine cork, which the Maître d' obligingly soaked off and mounted on a piece of paper for us to keep (pictured).

I have kept the cork from the bottle as it is very dense and flawless unlike a lot of cork we see in Australia.

I have copied these notes to the hotel staff in recognition of the excellent service and the quality of the wine and food. Rodrigo Xoaes, Diogo Teixeira and Jose Diogo looked after us very well.



David



Travels with Jim and Diane Rolls, South Africa – Stellenbosch Wine Country

In 2010 we spent nearly 4 weeks in South Africa, firstly in the game parks, followed by a bus tour from the Kruger area through South Africa, Swaziland, Lesotho and finishing in Cape Town. After leaving the tour

we had 7 days in the Cape Town area, during which we spent 4 days in the “Winelands” of Stellenbosch and Franschhoek about 1 hour east of Cape Town. The magnificent mountain ranges surrounding the area provide ideal microclimates for the vines.

We stayed in Stellenbosch at the d’Ouwe Werf Hotel, (Est. 1802) which is South Africa’s oldest inn. The area was first settled in the second half of the 17th Century, with the Dutch settling in Stellenbosch and the French Huguenots in Franschhoek.

The architecture in Stellenbosch is Cape Dutch, Georgian and Victorian, and the town is home to the Afrikaans-Language University of Stellenbosch. Franschhoek with its French

background bills itself as the country’s gastronomic capital, and yes we did have some very good meals.

There are over 200 wineries in the area, and some of the wines were very good. White wine accounts for 80-85% of total South African production. Chenin Blanc is by far the most common variety, with Colombard, Crouchen, Semillon, Chardonnay, Riesling, Sauvignon Blanc and various Muscats also being produced. Pinotage, a cross between Pinot Noir and Cinsault produces a fairly robust wine, and is the signature wine of the Cape. I was not impressed with the Pinotage I tried, but

perhaps it is an acquired taste. Shiraz and Cabernet Sauvignon wines are also produced, as are wines from a blend of Cabernet Sauvignon, Shiraz, Merlot and Cabernet Franc.

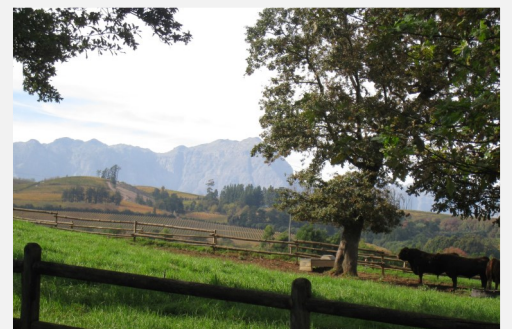
The large wine estates are often owned by large corporations and many are housed in pristine Dutch colonial buildings set in magnificent gardens. Vergelegen is owned by the Anglo-American Group and is arguably the most beautiful estate in the Cape. The buildings are in wonderful gardens, with magnificent mountain views.



*Above: The Vista, Vergelegen Winery, Stellenbosch
Below: Lourensford Winery*



Above: Lourensford Winery Stellenbosch



L: Ernie Els Winery, and the Morgenhoff Winery, Stellenbosch



Above: The Vista and Gardens Rustenberg Winery, Stellenbosch

Travels with Jim and Diane Rolls continued



Above: Delaire-Graff Tasting Terrace, Stellenbosch

Below: Lunch Petite Ferme, Franschhoek

Mr Laurence Graff, controlling shareholder South African Diamond Corporation, is the owner of the Delaire Graff Estate, a luxury destination in the Stellenbosch valley, featuring restaurants, winery, hotel and spa. Tastings are in the "Tasting Lounge or Terrace" where you are seated in comfort on lounges and the wines are brought to you for tasting. Very decadent! Laurence Graff is said to have the largest private art collection in the world and some of his sculpture and artwork collection is on display in the Estate complex.

Wine and food in South Africa is relatively inexpensive, and a very good wine can be bought for \$A15, approximately half the amount you would have to pay for an equivalent wine in Australia. In supermarkets a very drinkable wine can be bought \$A7-10. Food servings tend to be very large and game features prominently on many menus. (The size of the meals probably has something to do with the size of the forwards in the Springbok scrum.) We ate several different types of venison as well as ostrich and crocodile.



AFRICA CAFÉ-CAPETOWN

A very enjoyable evening, if somewhat a bit tour-isty, was had at "The Africa Café" in Cape Town.

The menu comprised some interesting dishes from throughout the African continent. (Above R: photo of the menu.)

The meal was followed by drumming and dancing by the restaurant staff.

