



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.*

Vol 7 No 1—June 2020



Also available in white!

Inside this newsletter

Programme of the Society
Office Bearers 2019-20
Editor's Note

Farewell letter from
Terry Newman

Dine out at Pho Sam
Food report

Committee Meeting at Saveur
Food report

FWFSA Report - Autumn in
the Yarra Valley 2020 cancelled;
Victor Gibson Weekend in
Goldfields 2021

Member's Contributions
At home with the Rileys
during lockdown with recipes for
mussels and Asian mince

Four members celebrate
significant Birthdays

Silk Road Adventure
Kerrie Sims with comments
on food and qvevri wine making

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.

SOCIETY PROGRAMME

FUNCTIONS AND MEETINGS

July 2020: Ian Arnold Dinner
Restaurant Saveur, Roseville



The Society will return to the popular venue Saveur, for the annual black tie dinner, on Sunday 12th July, 2020.

Chef-Owner
Michael Chun

Message from new Editor Kerrie Sims

I hope this newsletter finds you all well and eager to return and enjoy the events of the MWFSS. The committee met on Thursday 18th June at Saveur, Roseville to assess it's suitability for the Ian Arnold Dinner in July and to discuss future events. While some events and dates were put together, at this time it is difficult to set these in concrete as a number of restaurants are not yet functioning as before the COVID-19 pandemic and the numbers which will be permitted in various venues is not certain. However our Secretary will keep you updated.
 The Ian Arnold Dinner will go ahead on 12th July at Saveur. Our AGM will be held at 6pm prior to dinner at 6:30pm.

This is my first newsletter and whilst I thought there would be little 'news' to include I've found quite a bit to tell, thanks to members who contributed their stories. Several members have celebrated significant birthdays. Congratulations to all these members! I appreciate all of the contributions received. I have largely followed the format set by Peggy and it will be a hard act to follow.

Some of you may have heard that one of our members, Val Gibson suffered a stroke recently. She has been transferred from hospital to Royal Rehab Private Hospital 235 Morrison Rd, Ryde where she continues in her recovery. She is in good spirits, but texts may be preferred over phone calls at this time as she attends therapy during the day. We wish her well in her road to recovery.

July 2020 Sunday 12th	Ian Arnold Dinner Saveur Restaurant, Roseville
August 2020 TBA	Local Restaurant Dining
September 2020 TBA	Spring Luncheon
October 2020 Sunday 25th	Wine Tasting at Trevor Gibson's
December 2020 TBA	Christmas Function Possibly at One Penny Red
January 2021 TBA	Picnic

Office Bearers and Committee 2019—2020

President and FWFSa Councillor:
Leonie Newman (to 26/1/20)
Jim Rolls (from 27/1/20)

Vice President Wine Master: **Trevor Gibson**
 Wine Scribe: **David Cameron**
 Committee Member, Wine: **Jim Rolls**

Vice President Food Master: **Carolyn Smalls**
 Food Scribe: **Kerrie Sims**
 Committee Member, Food: **Carol Leaver**

Secretary: **David Yeomans**

Treasurer: **Carole Yeomans**
 Cellar Master: **Trevor Gibson**

Federation of Wine and Food Societies of
 Australia Councillor: **Trevor Gibson**
 Public Officer: **Lorraine Plues**

Farewell from Terry Newman

Following the sad passing of Leonie Newman, Terry's wife and the former President of the MWFSS, Terry made the decision to return to his homeland in the UK. The Last function he attended was our dinner at Pho Sam Vietnamese Noodle House in Epping on 11th March. At that event Terry announced his intention to return to the UK and expressed sadness at leaving the many friends he had made in Sydney Australia during the years he had spent with Leonie. We wished Terry farewell and good luck. He has subsequently forwarded this communication

Hi David and Jim!

How sad!

Weren't we lucky to hold the happy Epping meeting when we did!

Incidentally, I have brought those bright green and yellow chop sticks with me. There are at least two Chinese restaurants in town but, of course, they are closed! They might be doing take away still!

I arrived safely and am now performing some form of self isolation which will officially expire on 6/4, the beginning of the new tax year here!

My son, Michael, and his wife Siobhan and family are being very supportive supplying food and other essentials. I am allowed to go for an hours walk per day. The few people I see are walking dogs! It is very strange seeing queues with 2 metre gaps between individuals. The one thing that I have now realised is that when you usually queue close up, you only see the back of the person in front of you. But with the gap, you can see the whole person and there is a lot of chat! Interesting!

My walk took me through town and the place had very few people about. Most shops, all pubs and restaurants are shut, other than food shops, pharmacies, banks and similar. Most are rationing the number of people they let in. Social distancing markers are placed on nearly all open shops! Most are open for less hours, 1000H - 1400H being the most common!

We all have to hang in there, be careful with cleanliness and follow the specific guidance of which there is a lot.

People really do seem to be staying indoors!

I have been told that "ZOOM" is doing big business with people to have social contact because of the number of images you can see and talk to collectively, as you would normally. If Kerrie would like to use this, and edit as she thinks fit, she might call it "Chatter from Up on Top from Terry!"

Having used "Chatter", I am surprised that my teeth aren't chattering because it is very cold here, even though there has been bright sun and clear blue skies. It must be the wind. Another good reason to stay indoors. Luckily. Brits are well equipped with clothes for protecting ourselves from freezing conditions. Mind you it was only 2C when we landed at LHR!

You two and your hard working committee members might be grateful for bit of respite care!

Stay calm and think of better days in the future.

Keep yourselves safe!

I'm off to open a bottle of Ozzie Shiraz from the cellar, which is at ground level!(!?)

Chin Chin!



Our best wishes to Terry and a warm invitation to visit us in the future



Dine Out at
Pho Sam Vietnamese Noodle House
11th March 2020

Around eighteen members of the MWFSS were treated to a sumptuous feast at the Pho Sam Vietnamese Noodle House in Epping

Three entrees were served along with six main courses.

There was a good variety of dishes - seafood, chicken, beef, pork and vegetables with a range of different Asian flavours including coriander, chilli, lemongrass, soy sauce and textures from crunchy to silken.

The dishes were steamed, slow cooked, deep fried, braised and wok fried.

The food was generous and enjoyed by all

Guests brought along their own wines

Steamed Scallops with a sweet jam soy sauce, garnished with coriander



Entrees



Steamed pork roll of soft white noodle with a chilli sauce
Topped with slices of turkey meat



Fried Chicken Wings with garlic and lemongrass
Crispy, crunchy great and finger licking good!

Prawn Crisps



Mains



Salt and pepper prawn and
calamari tempura
A mouth watering favourite

Hot chilli chicken
garnished with fresh coriander



Slow cooked pork
knuckle
was falling off the
bone
juicy and melt in
the mouth
A great presentation
with the
meat topped with
crackling
surrounding the
knuckle bone.



Coleslaw with a tangy
mint dressing
accompanied
the pork knuckle bone



Beef with broccoli
and wasabi mayo
& sweet soy.
The beef was
beautifully
tenderized and the
flavour intense



ZX (estuary fish) steamed with flavours
of chilli and ginger
with green baby bok choy



Outstanding!
A vegetarian wonder – home made bean curd
with fresh mixed mushrooms and
baby bok choy
The silken texture of the tofu and soft mushrooms
were a delightful sensation on the palate
My favourite dish

Guests at Sam Pho
Dine Out



Committee Members Meeting at **Saveur** July 18 2020

Saveur

Presents

**"TOAST THE LEGENDS
TASTE THE VICTORY"**

N.V. Pol Roger Reserve Brut (Champagne, France)

Amuse Bouche

A tasty and robust tantilizer of lobster bouillon in a mini cup with saucer, garnished with chives, was served with warm morerish multigrain bread with balsamic olive dipping oil.

Entrees

Winston Churchill Consomme

A hearty vegetable and chicken consommé with a brilliant flavour. The variety of vegetables included carrots and brussels sprouts. The chicken was a little tough and overall it was lacking in salt

OR

Caviar, smoked salmon and salmon roe on Russian blini and sour cream

A wonderful combination of ingredients which marry well together. The strong flavours of salmon and caviar complement the sour cream and the blini added texture. Beautifully garnished with dill, coriander, capers and chives in lemon oil and served with a wedge to enhance the overall taste

Mains

Beef Wellington, Broccoli Hollandaise & Sauce Perigueux

A tender portion of beef in a crusty, glazed pastry with mushrooms in a mouth watering truffle, madeira sauce and broccoli in a creamy hollandaise sauce. The earthy mushrooms went well with the beef which may have been overcooked for some diners but was rarer towards the centre.

OR

Whole Lobster Mornay

Beautifully prepared and looking magnificent. It had a lovely crunchy crustacean texture complimented with the creamy cheesy sauce.

A garden salad was served with the main courses

Desserts

British Bread Pudding, Crème Anglaise

The bread was sweet with a touch of crunchy sugar. The acid in the accompanying tart fruit blackberry, strawberry and blueberry contrasted the sweetness of the crème anglaise

OR

Passionfruit Souffle

The souffle had risen to a plump fullness and was light, creamy and tangy with the passionfruit flavour. The sweetness of the accompanying vanilla ice cream created a good balance for the tartness of the passionfruit blackberry and strawberry. It was a generous serve and greatly enjoyed





Federation of Wine and Food Societies of Australia Report

Sadly when the restrictions came into effect due to the COVID 19 pandemic it was necessary to cancel the FWFSa Convention in the Yarra Valley planned for April 2020. All registrants were able to receive a full refund

The Annual General Meeting of the Federation was held by Zoom on Sunday 26 April 2020.

Trevor Gibson completed his term as President after two years, he was elected to continue on the FWFSa Committee

Steve Liebeskind was elected President of the Federation;

and **Peggy Sanders** was appointed to continue as the Secretary.

Planning is well underway for the next Federation function:

25th Victor Gibson Weekend 2021
'Autumn in the Goldfields'
Saturday 27 and Sunday 28 March, 2021



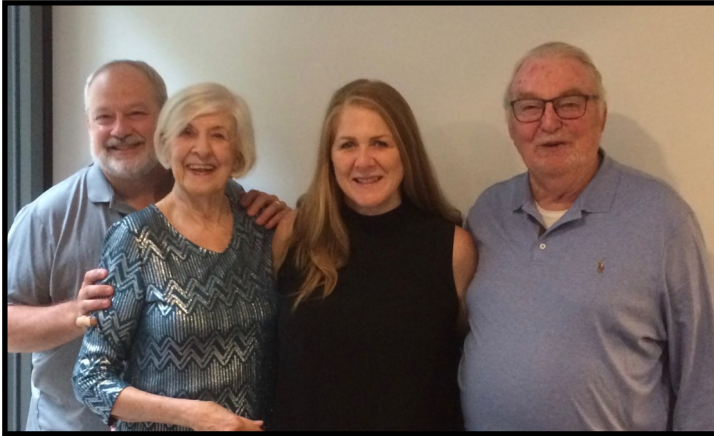
Hosted by the Wine and Food Society of Ballarat, on behalf of the Federation of Wine and Food Societies of Australia, the 25th Victor Gibson Commemorative Dinner and Weekend 2021 will be held in Ballarat, with events hosted within in short walk or taxi from a variety of excellent accommodation.

The Expression of Interest has been distributed to members by the MWFSS Secretary.

Peggy Sanders, Secretary FWFSa

Members Celebrate Significant Birthdays

Penny Cameron - 80 years on January 12, 2020



I had planned to roar noisily into my eighties with lots of celebrations but our son Andrew was sick, so everything changed. Our daughter Trina and her husband Stephen gave me a superb party just for the family, Trish and Paul Riley organised a feast, and a generous friend from the gym gave another small dinner. I loved being spoilt rotten.



Penny's 80th
January 12, 2020

Tomato water shot with basil infused oil
Cheats curd, onion and blistered tomato tart
Green Gazpacho

Salmon Sashimi with green apple, fennel and black sesame
Spicy Tuna Sashimi with avocado

Crispy skinned Barramundi

Sweet potato puree
Broccolini with smoked almond burned butter
Asian Greens with Pear and Aloe Vinaigrette

Deconstructed Pavlova
Raspberry and Passionfruit caviar
Mango and Ginger puree



A wonderful meal served with Pol Roger, Vanessa's Comtes de Champagne, Jumai Sake Ippin, Franklin Estate Reising, a very good pinot and lots of love.



BIRTHDAY GIRL

Peter Lehmann Semillon 05
smoked trout betel morsel

Gold Leaf sake (compliments of
Penny's brother)
Chawanmushi

Clonakilla Shiraz Voignier 08/
Henscke Tappa Pass Shiraz 03
tagine of duck with dates & almost
almonds butter couscous
with preserved lemon
baked carrots with feta & pistachio
orange salad

Grosset Noble Reisling 11
MeatSmith drunken cumquats

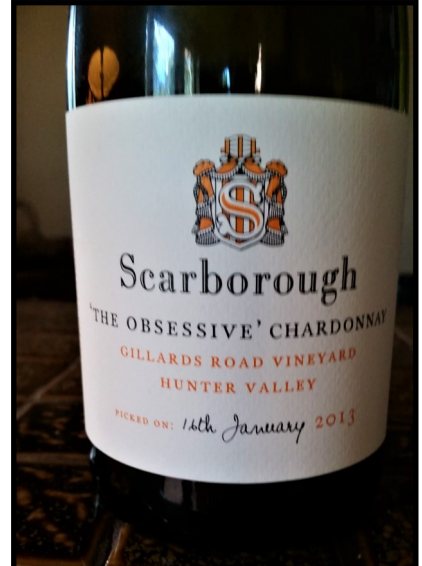
Chef Paul Riley



Members Celebrate Significant Birthdays

Ian Smalls - 80 years on May 20, 2020

In line with social distancing restrictions Ian celebrated at his home with small groups of friends including some MWFSS members, calling in at co-ordinated times to offer their congratulations and share wines and food.



Ian's favourite wine variety, is Chardonnay and he shared several bottles of Chardonnay with friends on and following his birthday. Penfolds Pinot Noir is another favourite



High Tea at Ian's birthday



Members Celebrate Significant Birthdays

Jim Rolls - 75 years on April 4, 2020



Jim and Dee also
enjoyed a glass of
Chardonnay with

Ian Smalls

On 4 th April Jim Rolls reached the milestone of making $\frac{3}{4}$ of a ton. In the past this would have been celebrated by a large party where my son Chris would give an entertaining speech where he would pour “s - -t” on me, never letting the facts spoil a good story. However, he was marooned in Queensland and in lieu sent me a bottle of Borgogno 1945 Reserva Barolo from the Piedmont area of North-West Italy. (Borgogno is a well-known and respected winery established in 1761 in the township of Barolo). The Nebbiolo grape from which the wine is made has ample amounts of tannins and acids, and a well-made wine can improve in the bottle for upwards of 30 years. I am not sure how this wine will be after 75 years, but like me its “best-by-date” would be several years ago. It will be interesting to try the wine, but I promised I would wait and share it with him when he is let out of Queensland.

Jim Rolls



Members Celebrate Significant Birthdays

Peter Bacon - 70 years on May 27, 2020

VINEYARD REGION Barossa Valley, McLaren Vale, Coonawarra
VINTAGE CONDITIONS Above average winter rainfall led into a promising vintage, which was characterised by mild conditions up until February, followed by hot weather conditions throughout March and April. South Australia fared well and produced wines of elegance and intensity.

GRAPE VARIETY

Cabernet Sauvignon

MATURATION This wine was aged for 15 months in new

American oak hogsheads.

WINE ANALYSIS Alc/Vol: 13.5%

Acidity: 6.9g/L

pH: 3.52

LAST TASTED 1.12.06

PEAK DRINKING 2009 to 2035

FOOD MATCHES Ideal with beef, duck and game.

Winemaker comments by

Peter Gago - PENFOLDS Chief

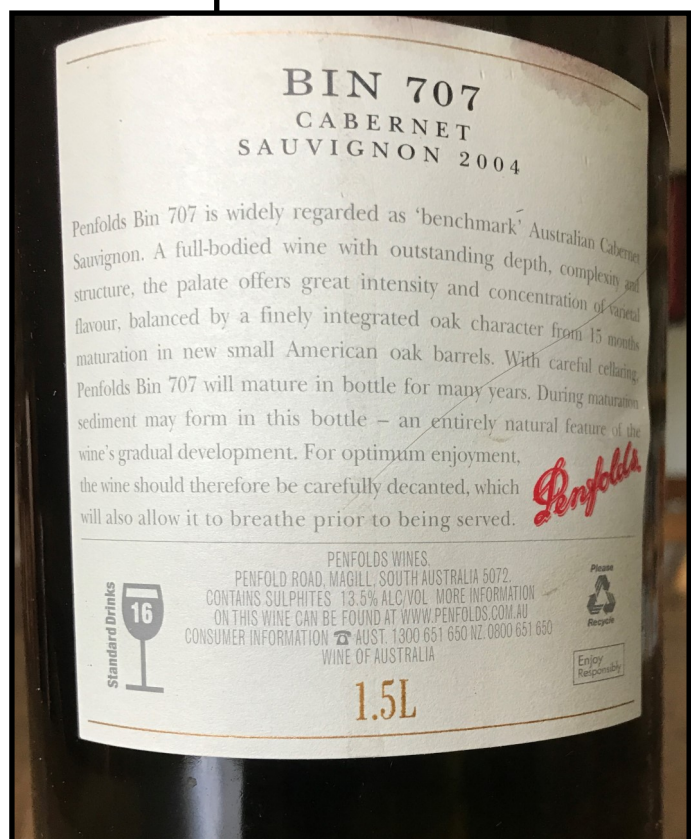
Winemaker

COLOUR Deep and dark with a dense core.

NOSE The nose shows fruit to the fore, although much more: cassis, raspberry coulis, an underlay of red liquorice, black olive, soy and artefacts of well hidden oak. Youthful, lively and alluring!

PALATE Textured, lush and chewy, with an even coating of talc-like tannins, the palate has a 'compression' of flavour, without heaviness or over extraction... marmalade, orange and tangerine citrus notes align with those that decry Cabernet. The wine is poised and balanced, with highly stylised and crafted oak, and highly defined and structured, showcasing the 'finest cut' of ripe, low yielding Cabernet.

A magnum of Penfolds Bin 707 Cabernet Sauvignon 2004 was enjoyed by all at Peter Bacon's Birthday Celebration on 31st May at his home where guests visiting throughout the day, honoured COVID number restrictions



Peter's Comments

Deep rich red/purple colour
Lot of fruit and aged character on the nose
Still fruit dominant, but with complementary aged cabernet characteristics.
Full bodied, rich full flavour.
Current price \$1250 for a magnum from Dan Murphy's.

It was the best wine of the day!!!

Members at Home during the Covid Lockdown

Trish and Paul Riley

Isolation Paul is strangely very happy - growing a beard, baking bread & once allowed cooking mussels for our hairdresser.....who didn't cut his hair but gifted him a professional comb to tend to his new facial hair. And have we certainly saved some money by staying in & drinking our own cellar (purely medicinal)! Trish



Thai style mince with fragrant Rice

250gms long grain or Thai fragrant rice
1 tbsp vegetable oil
1 onion chopped
1 garlic clove chopped
1 red pepper, cored, seeded and roughly chopped
450gms of turkey or pork mince

½ tps chilli powder
175 ml chicken stock
2 tsp cornflour
2 tbsp dark soy sauce
Handful of fresh basil leaves plus extra to garnish
Salt and freshly ground black pepper



Ainsley's Mince

1. Cook the rice in a pot of boiling-water for about 15 mins
2. Heat the oil and cook the onions for 3-4 mins until golden
3. Stir in the garlic and red pepper for 2 mins. Then add the mince and chilli powder. Cook until well browned. Stir in the stock and season with pepper and salt.
4. Blend the cornflour with 1 tbsp of water and the soy sauce. Stir until smooth. Add to the pot and stir. Add chopped basil.
5. Drain the rice and plate with the mince. Garnish generously with fresh basil leaves



Pepata di Cozze – Steamed Mussels with chilli, garlic, tomato and white

120g unsalted butter diced
2 large red chillis, sliced
(with or without seeds)
6 garlic cloves finely chopped
1 cup (250ml) Neapolitan sauce
(homemade or from supermarket)
1 cup (250ml) white wine
1 1/2 cups (375ml) fish stock
Juice of 1 lemon
1 tsp freshly ground black pepper
1 tsp salt flakes to taste
1 bunch chives finely chopped
Sliced sourdough bread and



Wine Match: Bright fragrant wine like Vermentino, Riesling, Pinot Gris or dry Rose

Tip from Trish: Halve the lemon juice and add a touch of sugar

1. Scrub and rinse mussels under cold water and remove beards
2. Add butter extra virgin olive oil to large saucepan and melt over medium heat
Turn heat to low, add chilli and garlic and saute for 5 mins
3. Add Neapolitan sauce, wine, fish stock, lemon juice and pepper Increase heat to high and bring broth to a simmer
4. Add mussels, cover and cook until mussels are open, about 5 mins
5. Drizzle olive oil over the sliced sourdough, season with pepper and salt and grill until slightly charred
6. Stir chives into reduced broth, pour over mussels and serve with toasted bread

Hot Tip: Keep it simple – the plump mussels should speak for themselves

Remember Monique and Tony from Lochiel House at Kurrajong Heights

Simon Marnie from 702 ABC was in the Kangaroo Valley and interviewed Monique Maul (who with Tony Milroy previously owned the two-hatted, FWFS Award winning, Lochiel House at Kurrajong Heights). They are now at The General Café, Kangaroo Valley.

Monique now seems to be referred to as 'Mrs Bread' up in the early hours baking organic sour dough bread and also supplying the local general store.

Meanwhile Tony is described on their website as having 'a passion for kombucha and has started fermenting and bottling his own delicious range which is available in the Cafe and from our little shop'.

<https://www.thegeneralcafe.com.au/>

Maybe worth a visit when we are travelling again

Peggy

Member's Contribution

30 Day Silk Road Adventure in Central Asia

Kerrie Sims October –November 2020

Having enjoyed a Silk Road journey through China in 2006 I was keen to follow on this route through Central Asia. I joined a small group trip offered by the company Advantour through the Five Stans – Kazakstan, Kyrgustan, Uzbekistan Tajikstan and Turkmenistan and three countries of the Caucus region – Azerbaijan, Georgia and Armenia. All of these are former members of the Soviet Union gaining independence in the early 1990's. Hence they have been less visited by tourists until recent times. The regions have a rich history, having been occupied by numerous civilizations over the centuries including the Persians, Greeks, Mongols, several Islamic groups and both Tsarist and Bolshevic Russians. These countries have struggled to achieve their own identity since Russian occupation. For the tourist they offer beautiful scenery, magnificent buildings from ancient to the extreme modern, Islamic and Orthodox, and unique art and culture.

No Hats or Michelin Stars here!

The Cuisine

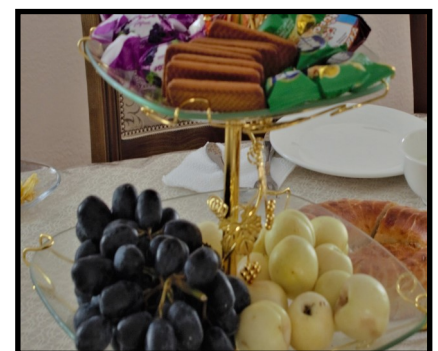
The food is simple and based on fresh produce which is readily available in local markets

A fresh salad of tomatoes and cucumber along with home style bread is a typical starter for a meal. Root vegetables, potatoes, kumera, carrots and onions are commonly served with meat -

lamb, goat, pork or chicken. Eggplant and peppers are also popular

Soups such as lentil and yoghurt are often served as well as dumplings, noodles and rice.

Fruit is often served as a dessert.



Silk Road Adventure continued

An Interesting variety of food from central Asia and the Caucasus



Barbequed beef skewers
Can be lamb, or pork



Plov (pilav) Rice with pork
yellow carrots & sultanas



Spicy chicken with
onion & peppers



Vegetables: eggplant
capsicum, & cauliflower



I enjoyed a meal of lamb,
prunes and mushrooms
Spicy and sweet



Stuffed mushrooms

Local wine



Further west in the Caucas countries, the food becomes more "Middle eastern" and includes delicious dips, olives, yoghurt, vine wrapped parcels and flatbread



A ancient method of wine making in Qvevri is still used in Georgia

Qvevri are large earthenware vessels used for the fermentation, storage and ageing of traditional Georgian wine. Resembling large, egg-shaped amphorae without handles, they are either buried below ground or set into the floors of large wine cellars. Qvevris vary in size: volumes range from 20 litres to around 10,000; 800 is typical



Archaeological excavations in the southern Georgian region of uncovered evidence of grape pips and qvevris dating back to the 6th millennium B.C.



Artisanal families have passed down the knowledge of this ancient handicraft through the generations. The clay used to manufacture a qvevri must be carefully chosen, as its characteristics will influence the wine's mineral content

The process of making wine in qvevri involves pressing the grapes and then pouring the juice, grape skins, stalks and pips into the qvevri, which is then sealed. The juice is then left to ferment into wine for at least five to six months before being decanted and bottled. The pomace (mash of pips skins and stalks) which remains is called chacha in Georgian. It is distilled into brandy which is also called chacha. The empty qvevri is then washed, sterilized with lime and re-coated with beeswax, ready to be filled again.

Traditional Georgian wines do not represent a uniform style. A common feature is that their vinification is carried in qvevri completely buried in the ground, so that even the outlet neck of it remains below ground level.

Wine-makers who use qvevri claim that their wine is stable by nature, rich in tannins, and that it does not require chemical preservatives to ensure long life and superior taste. The tannins found in qvevri wine limit protein content and prevent turbidity

Since the Russian market for Georgian wine has dwindled to a trickle, Georgia has revived this ancient method of wine-making and is exciting interest around the world. Various commercial wineries in Georgia export qvevri wines abroad, and some wine-makers in Europe and

America have taken to making their wine in qvevris. and the tradition of wine-making in qvevri was inscribed on the Intangible Cultural Heritage of Georgia registry in 2011.



Kerrie Sims acknowledges Wikipedia
as source of text

Kareeba Winery, Georgia in the Caucas Region

Established in 2004, the Khareba Winery has more than a thousand hectares of vineyards. The vineyards sit at the foothills of the Caucas Mountains, which is known for its fertile lands. Here, they grow 13 different flavors of wine produced from 16 different varieties of grapes. Some of the most popular varieties of grapes are the Tsitska, Krakhula, Kisi, Khikhvi, Saperavi, and Rkatsiteli.



A qvevri in the winery

At Khareba 7.7km of wine tunnels, formerly used for storing ammunition, were dug out of a hillside in the early 1960's for storing and ageing wine at constant cool temperatures. They store over 25,000 bottles of European and qvevri wines.

A big red!



We enjoyed our wine tasting of both red and white wines and compared wines made by Qvevri traditional and modern processes

I brought home a bottle of Monastery Qvevri Wine Saperavi dry red wine to taste at the MWFSS Committee Meeting



Khareba Winery focuses on preserving ancient Georgian wine traditions while integrating new technologies

Sampling from the qvevri



Saperavi is an acidic, teinturier-type grape variety native to the country of Georgia, where it is used to make many of the region's most well-known wines. It is also grown in Armenia, Moldova, Ukraine, Uzbekistan, Azerbaijan, and in small quantities in the Niagara and Finger Lakes regions of New York State.