



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 2—September 2020



Food (or Wine) for Thought !!!
or perhaps just the “Elephant in the Room”

Inside this newsletter

Programme of the Society
Editor's Note

AGM at Saveur Restaurant
Office Bearers 2000-2001

Ian Arnold Dinner at Saveur
Food Report

FWFSA Report - Victor Gibson
Weekend in Goldfields 2021

Member's Contributions

Dining at Corgette in Canberra
Carole & David Yeomans

Aqua Dining Milson's Point
Peter McIntosh

A wine route less travelled: the Greek
Peloponnese Graham & Christine
Turner

Lillypilly Wines—a Boutique Winery in
the Riverina Kerrie Sims

Wine notes from the cellar of David
Yeomans

Childrens Medical Research Institute-
Letter To Peggy Saunders

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 returned to the popular venue Saveur, for the annual black tie dinner, on Sunday
Chef-Owner Michael Chun
12th July, 2020.

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

Message from Editor Kerrie Sims

It has been a quiet time for our Society since we last met for the Ian Arnold Dinner on 12th July at Saveur Restaurant at Roseville.

While some events and dates had been proposed at this time, due to a considerable amount of uncertainty regarding the COVID-19 status in Sydney, it was decided at the Committee meeting in July to cancel a number of potential upcoming events. At this time, we considered it risky to book, and commit to a number of patrons when gatherings are restricted in number. However the Christmas Luncheon will be under consideration at the next Committee meeting on Tuesday, 20th October 2020.

Meanwhile it has come to my attention and surprise, the increase in the packaging of wine in cans, no doubt a controversial concept for folks such as our members. Is this an affront to the ancient and traditional art of making and aging/storage of wine; a convenience at picnics; or perhaps a boon for wine makers in Australia.

Meanwhile stay safe and healthy and I hope we will have opportunities to meet and enjoy many events in the near future.
Cheers Kerrie

MWFSS AGM

Due to Covid restrictions, the 2020 **AGM of the MWFSS** scheduled for the May was postponed and held in conjunction with the
Ian Arnold Dinner
at **Saveur Restaurant** on 12th July 2020



Outgoing President Jim Rolls and
Secretary David Yeomans of the
MWFSS at the AGM



Incoming President
Peter Bacon



Office Bearers and Committee 2020—2021

President and FWFS A Councillor:
Peter Bacon

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**

Members take their seats for the AGM meeting



Ian Arnold Dinner 2020 at Saveur Restaurant

Food & Wine Reports



Amuse Bouche
Jerusalem Artichoke Soup

A luscious, creamy tantalizer of Jerusalem Artichoke soup with an intense flavour and served in a mini cup with saucer, garnished with chives, was served with warm moreish bread with balsamic olive dipping oil.



Entree
Winston Churchill Cosomme

A hearty vegetable, beef and chicken consommé with a brilliant flavour. The variety of vegetables included carrots and brussels sprouts. A classic dish in which some humble ingredients excelled

Served on arrival

NV Lallier Serie R. 015 Brut

This was a fine champagne 60% Pinot Noir and 40% Chardonnay. It had a fine bead and clean finish. A well balanced wine with mineral notes crisp acid and yeast. It was lovely which was well received by members.



Entrée wines

2012 Francis Lechaume L'Eveil Des Sens Mersault

A fine Chardonnay from Burgundy showing white peaches on the palate although less fruit than we would expect from an Australian Chardonnay. It was well balanced with a clean acid finish.

"Mystery Wine"

2016 Julienas Laurent Perrachon

The Wine Master offered an option of country of origin and grape variety. It was a Gamay from Southern Burgundy. The wine was a Beaujolais style, a light red with subdued tannins. As the soup was a chicken and beef consommé the wine was well suited to the soup.



Ian Arnold Dinner at Saveur Restaurant Food & Wine Report –2



Main

Beef Tournedos Henry VI Glased Globe Artichokes, Parisian Potatoes, Bernaise Sauce & Madeira Jus

There were mixed responses to this dish. For some their beef was undercooked and juicy while others found theirs overcooked and chewy. It comes down to personal preference. Potatoes were delicious as was the Bernaise sauce but the artichokes were dry and thistly. The sauces failed to marry the ingredients and the potatoes tended to roll around in the Jus. Overall a bit disappointing.



Dessert

Passionfruit Souffle Vanilla Ice cream and Fruit Salad

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

2015 Tim Adams Botrytis Riesling

The sweetness of this wine had a hint of passionfruit on the nose or was it the souffle with which it

Main Course Wines

2010 Ch. Potensac Domaine Delon

This wine from Medoc was a blend consisting of 42% Merlot, 37% Cabernet Sauvignon and 21% Cabernet Franc. It was a big wine with strong tannins, a good match with the beef dish

2013 Linderman's St George Cabernet Sauvignon

This wine which is an example of the red wines from Coonawarra. It was a full bodied, well balanced wine which like the Pontensac complemented the beef dish.

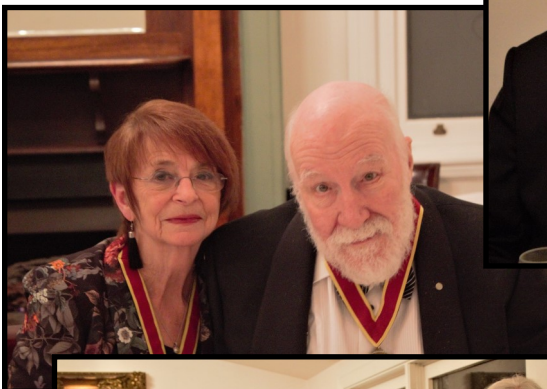
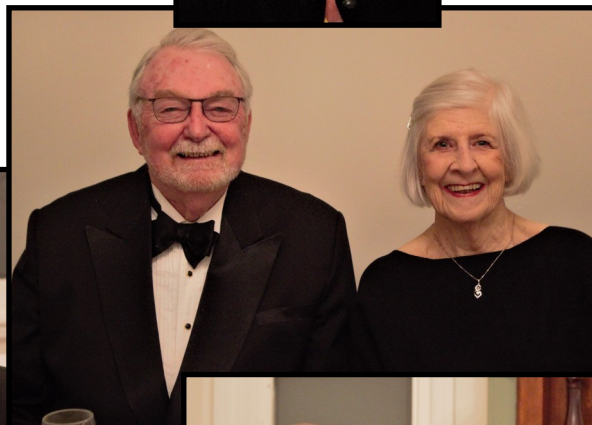
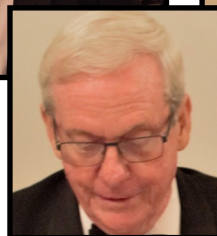


The Difference between Globe and Jerusalem Artichokes

The **Globe Artichoke** is a variety of thistle, ... It can be steamed, boiled, grilled or prepared in the microwave. Thorny tips need to be removed before cooking. Globe artichoke is usually consumed as side dish or as an ingredient of various salads, soups and vegetable dishes.

The **Jerusalem Artichoke** is a species of sunflower, grown for its edible tubers. Nutty and slight sweet, it can be roasted,





Guests at the
Ian Arnold
Dinner



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

Dinner at Courgette Restaurant in Canberra

by Carole & David Yeomans

We were celebrating a significant birthday of a family member
in this magnificent one hat restaurant Courgette
by Executive Chef James Mussillon
and Chef Sania Tahmasebi

Seven course degustation menu with wines selected from the wine list.

Pan Seared Scallop, Cauliflower Puree, Fermented
Garlic, Star-Anise & Szechuan

Pan Seared Yamba prawn, Caramelised Lemon,
Pea Puree, Air Dried Blueberries, Herb oil.

Yuzu Sesame Seed Crusted Atlantic Salmon,
Pappadam, Shitake,
Aromatic Coconut, Lime & Coriander Curry.

Free Range Chicken Breast, Corn-Truffle Emulsion,
Spiced Capsicum Gel, Juniper Berry Jus.

Cowra Lamb Loin, Dehydrated Grapes, Beetroot,
Leek Ash, Onion Soubise, Pepper Berry Espagnole.

Wagyu Beef Cheek, Paris mash, Caramelised
Onion, Carrot & Mushroom, Wattle Seed Demi-
Glaze.

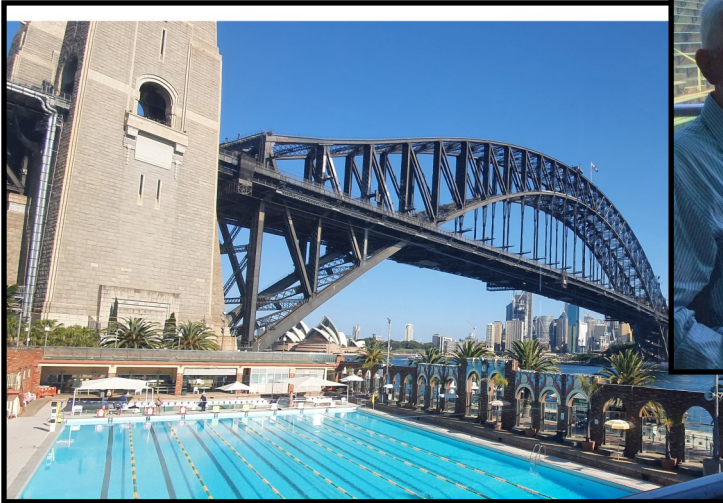
Warm Jaffa Orange & Almond Pudding, Pear,
Crème Anglaise, Cardamom Ice-cream.



Aqua Dining Milsons Point

By Peter McIntosh

I recently took my sister and brother in law to the beautiful Aqua Dining at Milsons Point for their 50th wedding anniversary. A great time was had by all. My sister said it was the "swishiest" restaurant she had been to in her nearly 74 years. As you can see from the photos, it was a picture perfect day.



Angus beef tenderloin with artichoke puffed barley and pine nuts. Graeme said it was "a good piece of beef".

It was enjoyed with

Cape Mentelle Cabernet Merlot

Sides of broccolini and roast dutch cream potatoes



Beautiful melt in your mouth lamb backstrap, accompanied by goats cheese, chamomite cavolo nero.



Mascarpone and white chocolate creux with poached rhubarb and yoghurt foam.

Banoffee with hazelnut and buttermilk icecream.



A wine route less travelled: the Greek Peloponnese

By Christine and Graham Turner

Last year, pre-COVID, Christine and Graham met up with their daughter Lexine in Athens, who was finishing her school excursion through Greece (in her parent's schooldays, a good school excursion was Long Reef, or Canberra if you were really lucky). The intention was to travel south by car through the eastern Peloponnese to Christine's parents' homeland, and also a few more Greek islands to add to the list and wash off the dust.

This part of the Peloponnese oozes history, landscape, culture and culinary delights. From the fortresses at Mystras and Monemvassia, the crystal clear Mediterranean waters, shipwrecks and islets of the coastline to the pine clad and monastery-dotted mountains above almost-deserted hamlets, the narrow roads, sometimes tracks, snake their way from enchanted forestways to spectacular vistas. This is also the land of the ancient Spartan empire.

Most European tourists careen their way from historic site to the next at breakneck speeds, in oversized RVs, still imagining themselves on the autobahn, wanting to tick the TripAdvisor's must-do list. However, for those who choose a mellower ambling approach the local rewards are immense. Christine's paternal heritage lies on olive farms on a village outskirts, while her maternal heritage is on a small orchard high in the cooler mountains, hosting rows of chestnut and walnut groves.

Roasting chestnuts over an open fire has to be a close second to roasting marshmallows (Lexine would beg to differ) and for fuel we use offcuts from the 150 year old olive trees from the farm (if only the ancestors had co-planted shiraz vines back then).

Which leads on to the topic of wine. In the past, Greece has endured a bad reputation that was predicated by an international deluge of the maligned Retsina in the later part of last century. Much the way Australia had to squirm its way

out of the 'Porphry Pearl', 'Ben Ean' & 'Brandivino' stigmas, Greece slowly started to turn things around with some boutique cellar doors in tourist spots like Crete and Santorini. Now however, as is the case with similar development like Argentina and Georgia, respect for Greek varietals and oenology is rapidly burgeoning amongst the world's epicurean authorities. Appellation driven regions around Greece are re-inventing their traditional varieties and wine-making, married with modern expertise, technology and techniques. The result, as we found out, is epitomised in

the small region of Nemea in central Peloponnese, where wine-making has been merri-ly undertaken for, oh, the odd 2000 years or more. The valley sits astride geologies of

dolomite and limestone with resultant soils not dissimilar to prized terra rosa soils. The climate, Mediterranean of course, is magic for viticulture, wet winters for soil moisture, then dry summers to concentrate fruit and reduce moulds and the like. The valley is now resplendent in vineyards and orchards of olive and pistachio, but in 394BC it was the scene of a bloody battle in which the Spartans (yay!) overcame the powerful Athenians and their allies (boo!).



A wine route less travelled: the Greek Peloponnese

The region now boasts over a dozen cellar doors, and exports internationally, including to the boom markets of China and the rest of Asia. The cellar doors are modern, staffed by knowledgeable English-speaking tutors and offer local fare to nibble and graze upon; a fantastic couple of days can had exploring this neck of the woods. (There are a couple of local companies that offer winery tours if you don't want to drive). There is something quite evocative and emotive about sitting amongst the vineyards, next to the ancient columns of the Nemean ruins and reliving the Greek mythology of the giant Nemean Lion (borne of Typhon & Echidna), with impregnable golden skin, that allegedly roamed the area, eventually slain by Heracles (Hercules) as his First Labour. The famous Bronze Age Mycenae Lion Gate site is also nearby.



The main ancient temple complex is surrounded by the vineyards and cellar doors. Nemea was one of the four Panhellenic Games sites. The Games from Olympia are these days well known to the world, but few know that the 'Olympic Games' area at Olympia was just one of four sites used. It, as practised today, was held every fourth year, but the Nemean Games were held biennially, the year before and year after the Olympic Games. What also separated the Nemean Games was that they included equestrian events and also permitted female competitors. All competitors entered the arena via a long tunnel, gladiatorial style.



Trudging about the ruins in the hot dry Greek summer works up a thirst, and the air-conditioned cellar doors are a welcome respite. Most of the cellar doors have a healthy selection of local varietals. The region is renowned for its appellation varietals of Assyrtiko, Agiorgitiko, Moschofilero, and Malagouzia.

Some of these are produced as single varietals, while others are blended, often co-fermented, with more common varietals such as cabernets. Ageing and cellaring is respected and many of the wines on tasting are museum style with lifted tannins and intense fruit. French, Hungarian or Croatian oak is used and long gone are the pine barrels that maligned a legacy of retsinas and cheap table wines.



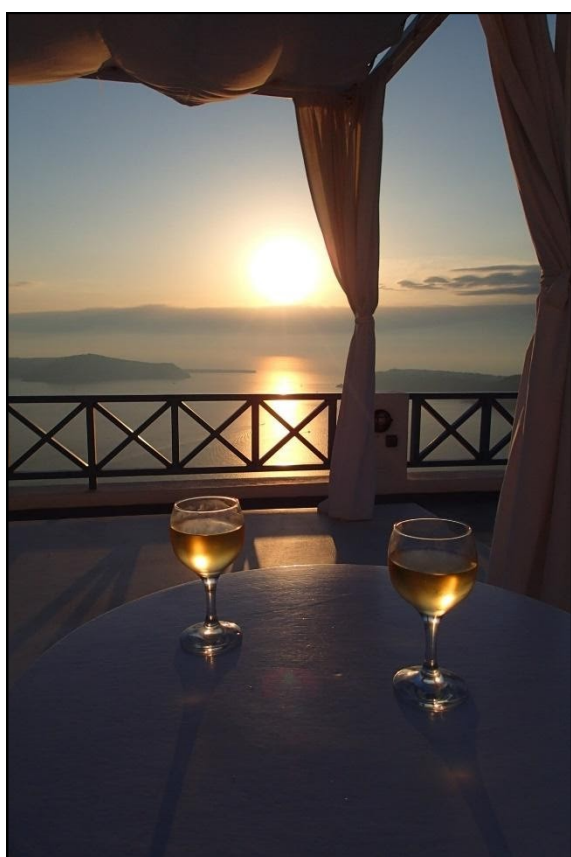
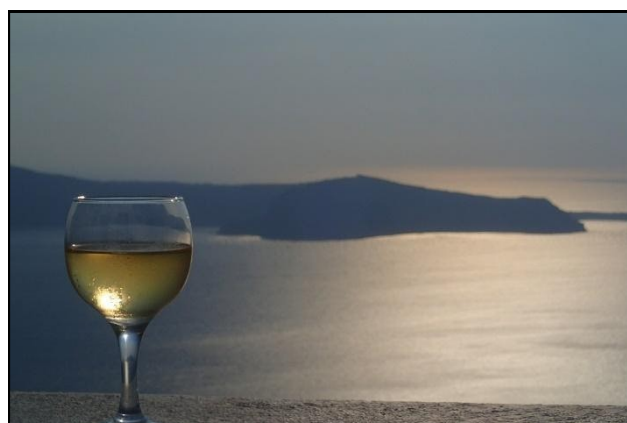
A wine route less travelled: the Greek Peloponnese

Assyrtico is a white varietal, better known these days as it is the popular grape also grown and served in touristy Santorini. Moschofilero is another white that produces a very spicy and floral wine, not unlike a rich Gewurtztraminer. Malagouzia, white again, also produces aromatic smooth wines. Finally, Agiorgitiko, (we find drinking a few glasses first helps with pronouncing it!), is flagship of the region, although now widely grown throughout Greece. Nemea is recognised as the appellation, however, for this red variety as the arid summers intensify the fruit into rich plum and berry overtones. The locals have nicknamed their grape “the blood of Hercules” Not sure that actually enhances the palatability?

So, after our Nemean cellar door trail, we decide to head off to?? ... where else, but Santorini for a few days to watch a few sunsets sipping upon our accumulated Nemean bootie.

Kali ygeia !! (Good health!)

Christine & Graham Turner



Recommended Reading: Stephen Fry, 2018, *Myths: The Greek Myths Retold*.

Recommended Greek Restaurants: 1821, Martin Place: <https://www.1821.com.au/>

Seed, Petersham : <https://seedgreekrestaurant.com.au/>

Medusa, CBD : <https://www.medusagreektaverna.com.au/>

Recommended Greek Wine Shop: Miloway Wines, Earlwood : <https://www.milowaywines.com.au/>

Recommended Peloponnese Recipe Book: Lyndey Milan, 2012, *Lyndey & Blair's Taste of Greece, A Mother & Son Travel Through the Peloponnese*, Hardie Grant Books, Melbourne.

Lilypilly Wines

A Boutique Winery in the Riverina

Lilypilly Estate Wines is a family owned boutique winery in Leeton, NSW. The grapes are grown and crushed, and the wine fermented and bottled at the family winery. Lilypilly now has a diverse range of wines from dry to sweet, including dessert and fortified wines.

Winemaker Robert Fiumara has won over 1000 awards and his passion for wine continues to enable him to capture the Riverina region's unique climate and flavours in a bottle.



The Family

Lilypilly Estate was established in Leeton in southern New South Wales in 1972. The Fiumara family began their life in Australia in the 1950's, growing and selling fresh fruit and vegetables. Seven brothers worked with their father and mother to build a strong family business. Robert Fiumara, the sixth son, developed a love of winemaking, inspired by his father Pasquale and eldest brother Domenic, and went on to graduate from University. Robert's philosophy is to develop a range of high quality wines and to continue the tradition of the family business. In 1982, Robert created his first wine and that year's Tramillon®, won a Trophy and Gold at the 1983 Royal Sydney Wine Show with this unique blend.

The Region

The semi-arid climate that prevails in the Riverina softens towards the end of autumn with cool nights, and mornings made damp by fog and dew. These are perfect conditions for the development of botrytis fungus on the grapes, and the production of sweet white botrytis wines.

Lillypilly Wines

The Wine

The climate is one of the strengths of the Riverina region, helping to make it an ideal wine grape region in Australia, and the main factor in making it one of the best producers of bo-trytis [Noble Rot] wines in the world. Lillypilly currently offers several vintages of Noble Blend, along with a range of red and white wines including Tramillon® and Red Velvet®, which are both unique to our winery. But, as every farmer knows, each year is different and each year is a challenge as we try to produce the best crop while relying on our friend and enemy, the weather.



My story of Lillypilly Wines

As a resident of Leeton during the seventies and eighties I can remember the early days of Lillypilly Winery. The Fiumara Family were prominent and influential in the area, as the owners of a large local supermarket and wine shop. The family had seven sons, each of which managed a department of the store. Robert Fiumara had studied wine making in Roseworthy College in South Australia and returned to set up a family winery. I was a member of a Ladies Food Club which met on a monthly basis and occasionally we joined with a Wine Club that had been set up by the Fiumara family and enjoyed a food and wine experience. Specifically I recall a gathering in Winter 1984 when a De Bortylis Noble Reisling was selected to be served with a compote warmed dried fruits in syrup. It was a WOW experience and I had been introduced to the 'Sticky' I have always enjoyed the Lillypilly Tramillon and their sweet white 'sticky or Boorytis wines.

Reference: lillypilly.com.au

Lillypilly Wines - Sweet White Wines

Lillypilly 2016 Muscat of Alexandria

Tasting Notes: The intense muscat and floral aromas carry through to an explosion of flavour on your taste buds. Finishing fresh and clean. **Alcohol:** 10.0% **Style:** Sweet White Wine **Variety:** Muscat of Alexandria **Bottle Size:** 375ml **RRP \$18.00]**

GOLD 2018 MELBOURNE INTERNATIONAL WINE COMPETITION

SILVER 2017 AUSTRALIAN SWEET WINE CHALLENGE



Lillypilly 2017 Sweet Harvest® **NEW RELEASE**

Tasting Notes: Beautiful aromas of vanilla. Hints of pineapple and citrus smoothly balanced with a delicate sweetness. Lovely refreshing finish. **Alcohol:** 10.0% **Style:** Sweet White Wine **Variety:** Vermentino & Muscat of Alexandria **Bottle:** 375ml **RRP \$18.00]**



Lillypilly 2016 Noble Harvest

Tasting Notes: Made from Semillon, Sauvignon Blanc and Vermentino grapes. Deep golden colour with a beautiful aroma. Hints of pineapple characterise this vivacious wine. Sweet yet crisp finish. **Alcohol:** 11.5% **Style:** Sweet White Wine **Varieties:** Semillon, Sauvignon Blanc and Vermentino **Bottle size:** 375ml **RRP: \$32.00]**

TROPHY 2018 Best Sweet Dessert Wine, Royal Hobart Wine Show

GOLD 2018 Royal Hobart Wine Show

GOLD 2018 Aust. National Single Vineyard Wine Show



2012 vintage of Noble Harvest available in Lillypilly Wines

Lillypilly 2017 Noble Blend

[Tasting Notes: Made from Sauvignon Blanc and Muscat grapes. Grapefruit, musk and citrus nose. Rich, smooth apricot flavours. Sweet but with cleansing acidity. **Alcohol:** 12.0% **Style:** Sweet White Wine **Varieties:** Sauvignon Blanc and Muscat **Bottle size:** 375ml **RRP \$35.00]**

TROPHY 2019 Sydney International Wine Competition

TROPHY 2018 Winewise Small Vigneron Awards, Canberra

GOLD 2016 Winewise Small Vigneron Awards, Canberra

TOP GOLD 2018 Australian Small Winemakers Show

TOP 100 2019 Sydney International Wine Competition

BLUE-GOLD 2019 Sydney International Wine Competition



2002, 2008 & 2011 Vintages of Noble Blend wines Are available in the Lillypilly Wines Museum Collection

Wine Notes—from the cellar by David Yeomans

While searching through my cellar for something a bit different, I came across 3 wines that we enjoyed over a few nights.

The first was a 2016 House Block Riesling from Bests Great Western from when we visited the Grampians, Alcohol 10%

“Planted in 1978 and situated beside Henry’s Best’s original house, the alluvial gravels and clays over granite in the vineyard give this wine unique perfumed aromatics and subtle flavours. The wine is made in a Kabinett / off-dry style to balance the racy mineral acidity and enhance the purity and uniqueness of the vineyard”. .

Details taken from the bottle – our rating, a beautiful tasting wine, full of flavour and fruit.

The next was a Rosemount Show Reserve Traditional 2007 Cabernet Sauvignon/Merlot/ Petit Verdot blend from McLaren Vale South Australia, 14.5% Alcohol.

This unique blend displays the varietal flavours, balanced by the generous savoury finish of American and French oak. The wines were selected for their promise of greatness, and accordingly they receive extra maturation in the winery cellars, enabling them to develop both the distinctive bouquet and the rich varietal flavours from the region.

Details taken from the bottle. – our rating at 13 years old it still held the flavours of the fruit and a magnificent taste.

The last was a dusty bottle of The Rothbury Wine Society, Mudgee Cabernet Sauvignon Rose 2004. Alcohol 12%

The bottle displayed a Gold Winery of Distinction runner up award. The wine is generous in flavour and bouquet with fresh berry fruit flavours balanced by crisp cleansing acids.

Details taken from the bottle – our rating of this 16 year old wine is it was lacking in fruit and probably at the end of storage life. Drinkable but average.

Mary & Ian Arnold Fund for Children's Medical Research Institute

As you are aware the MFWSS from time to time has a raffle at functions and the funds raised go towards the Mary and Ian Arnold Fund for Children's Medical Research. Below is a letter from the Director of Fund Raising of the Children's Medical Research Institute, outlining the value of contributions made to the Institute

Dear Peggy,

Welcome to the September edition of Under the Microscope. There is plenty to celebrate this month, including the fantastic news that the Jeans for Genes campaign has now raised more than \$1 million, thanks to our incredible supporters! If you've fundraised for Jeans for Genes and are yet to deposit the funds, please consider doing so at your earliest opportunity to help our scientists find cures sooner!

While the COVID-19 pandemic continues to impact our lives, I'm pleased to report that it hasn't stopped the incredible work being done in our research labs.

This month, we'd like to congratulate Dr Pengyi Yang and Dr Marti Cabanes Creus and their teams who have had their discoveries published in top scientific journals. For those of you who are unfamiliar with this process—every time one of our scientists makes a new "discovery" they send their results to a journal in their relevant field. When a research paper is accepted, especially in a prestigious journal that deems it to be of great significance, it is more likely to be seen by other researchers and impact the course of research internationally. It is a major step towards understanding and ultimately improving the lives of children. Supporters like you make these discoveries possible.

At the Institute, we are now gearing up for the [Great Cycle Challenge](#). This national event has grown over the last six years to become one of the biggest cycling events in Australia. People of all ages and abilities across the country challenge themselves to pedal throughout October to fight kids' cancer. To find out how you can get involved and support others, please read on.

In the meantime, please feel free to write to me directly anytime with your questions or feedback: rwynn@cmri.org.au

Sincerely,



Robert Wynn

For more information go to the website below

<https://www.cmri.org.au/About-Us>