



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 8 No 2—June 2021



Diane Rolls, an active member of the MWFSS sadly passed away on 2nd May 2021, she will be greatly missed by her family and friends including members of the Society.

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Metropolitan Wine and Food Society of Sydney Inc

Registered No. Y13780.23

Founded: 22 July 1977

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

Facebook: Metropolitan Wine and Food Society of Sydney Inc.

Society Program Functions and Meetings

Dates for your Diary

July 2021 Saturday 3 rd 7:30 pm	Ian Arnold Dinner at Silvermere Lake St Wentworth Falls Cost \$175 Pay by 15/6/21
26 th September 2021 12 noon	Diane Rolls Spring Lunch At Jim Rolls
December 2021 Date TBA	Christmas Lunch TBA



Federation of Wine and Food Societies Report of Australia Report

The **Annual General Meeting of the Federation** was held by Zoom on **Sunday 28 March 2021**.

Steve Liebeskind was re-elected the Federation President

Trevor Gibson re-elected to the Federation Committee

Peggy Sanders re-appointed as Federation Secretary.

The Ballarat Organising Committee are continuing planning for the 25th Victor Gibson Commemorative Dinner and Weekend, and are still hopeful that it will be possible to hold this over the weekend Friday 15, Saturday 16 and Sunday 17 October 2021.

Obviously planning has been interrupted with the COVID-19 situation in Victoria and the various lockdowns. The

Committee's planning for an informal evening on Friday,

Saturday optional guided walk; the Black Tie Victor Gibson Dinner on Saturday in Ballarat and Sunday Lunch at Sovereign Hill is now well advanced. As the EOI was completed so long ago, it has been determined that it would be helpful to the Planning Committee to 'start over' with a new EOI – please expect this at the end of July with a quick turnaround time.

Peggy Sanders, Secretary FWFSW

Office Bearers and Committee 2021—2022

President and FWFSW Councilor:

Peter Bacon

Vice President Wine Master: **Trevor Gibson**

Wine Scribe: **Jim Rolls**

Committee Member, Wine: **David Cameron**

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 Councilor: **Trevor Gibson**



The Passing of Diane Rolls

The sad loss of an active member of MWFSS

With deep sadness, we pay tribute to Diane Rolls, a warm, gentle and caring person and member of the MWFSS, who passed away on 2nd May 2021. She was known to us as Dee; always friendly, sociable, a great sports woman, cook and traveler. She had loving family: husband Jim, children Susan and Chris and a great circle of friends which was evidenced by the large number who gathered at the Magnolia Chapel, Macquarie Park to celebrate her life and bid her farewell.

Tributes to her were read firstly by her son Chris who told us that Dee was the daughter of Wilfred and Dorothy Honnor and sister to Chris Honnor. She grew up in Sydney attending PLC Croydon, and later became a physiotherapist. He recalls going into work with her where she was treating elderly nuns in a convent, and helping with her Meals on Wheels deliveries, visiting elderly people living in the community. He said she loved food and was a great cook, teaching him many skills in the kitchen that he still uses today.

He thanked his parent's neighbours, Astrid and Volker, and Margaret and Keith, and Dee's close friends Jenny Higginson and Jo Winchcombe and his father, Jim for the love and care they had all given Dee in the few years of ill health with Multiple Myeloma before her death. And his final thanks-

*And finally for Mum, thank you Mum for all the good times.
Your life was a blessing, your friendship a treasure,
You are loved beyond words, and you'll be missed beyond measure.*

Dee in Canada in the early years



Two of the five Physiotherapists



*Dee's friend Margaret Kilby
remembers Dee at her Funeral*

In his eulogy Jim Rolls, Dee's husband, told us that upon graduating Dee worked at Prince Henry Hospital, Little Bay where she lived in for a while. After saving some money, Five physiotherapists travelled by boat to Canada where they all found work in Kingston, Ontario. Dee worked there for 9 months before heading to London to work. While in London Dee toured in the UK and Europe and returned to Australia after 18 months overseas.

Remembering Diane Rolls



Dee had been married to Jim Rolls for 53 years. They met on her 25th birthday on 11th December 1966 at a party in Strathfield and were married in January 1968 just before Jim took up duty at the School of Signals on the Mornington Peninsula for his 2 years of National Service. Returning to Sydney they lived in Dee's family home in Haberfield while they had a house built on Henley Marine Drive, Drummoyne. Their daughter Susan arrived in July 1971 about 4 weeks before they moved into the Drummoyne home. Their son, Chris arrived in September 1974.

They lived in Drummoyne for about 7 years and then in Melbourne for nearly 4. On moving back to Sydney, they sold the Drummoyne house and bought their current home in Beecroft where they lived for 40 years. Their children are happily married, Susan to Stewart and Chris to Julie and they live in Brisbane. Dee and Jim have 4 grandchildren, Jessica, Archie, Oliver and Luca.

Dee worked as a physiotherapist on a part time basis until the late 1990's. She was a good skier, tennis player, playing competition tennis until 2006, and then took up golf. She and Jim subscribed to the ballet, the opera and theatre. Throughout their marriage Dee and Jim travelled extensively. They liked to spend extended periods in each country they visited and often stayed a week or more in each location. They travelled to enjoy the local cuisine, experience the culture and history and enjoy the scenery. In total they visited 67 countries including Sri Lanka, Yeman, Bahrain, Slovakia, Finland, Panama, Zululand, Norway, Togo, Benin, Namibia, and Senegal. She rode camels in Morocco, sailed the islands of Turkey, and danced with remote tribes in Papua New Guinea.

Dee and Jim were members of the MWFSS where Dee took on the roles of Food Master and later Food Scribe. For several years they generously opened their home in Beecroft for the Society's annual Spring Luncheon.



Spring Luncheon at the Rolls



Jim and Dee at MWFSS function at Saveur



Jim with MWFSS members

Remembering Diane Rolls

Dee's Daughter Susan read a moving poem to honour her mother

*My Mother Kept a Garden
A garden of the heart;
She planted all the good things,
That gave my life it's start.*

*She turned me to the sunshine,
And encouraged me to dream:
Fostering and nurturing
The seeds of self-esteem.*

*And when the winds and rains came,
She protected me enough;
But not too much, she knew I would need
To stand up strong and tough.*

*Her constant good example,
Always taught me right from wrong;
Markers for my pathway
To last my whole life long.*

*I am my Mother's garden,
I am her legacy.
And I hope today she feels the love,
Reflected back from me.*



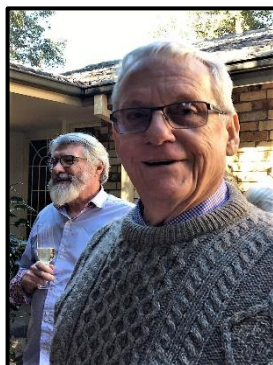
Dee's garden has blossomed



MWFSS Function – Tasting of French Reds At the home of Jenny & Trevor Gibson - 11th April 2021



On a pleasant Autumn morning MWFSS members gathered in the gardens of Jenny and Trevor Gibson – a convivial occasion at which the NV Marcel Martin La Garde Cremant de Loire was served.



A two-course luncheon of French cuisine was enjoyed by guests.

A 2012 Francis Lechaume Mersault was served with the entrée while a

2012 Domaine Alain Chavy Puligny-Montrachet “Les Charmes”

accompanied the main course.

French Cuisine Luncheon

Almost every region of France has its own style of beef Stew, But Burgandy's version is the most famous. If you can, make it a day in advance to let the flavours develop. Serve with a salad of endive, chicory and watercress and bread or new potatoes.



Entrée - Terrine with cornichons, chutney and spinach leaves



Main - Boeuf Bourguignon with honey and rosemary rainbow carrots, beans with bacon, cranberries and silvered almonds and baby potatoes tossed in butter and parsley

Recipe from: World Kitchen France Recipe:

Boeuf Bourguignon

1.5kg beef blade or chuck steak
750ml red wine preferably Burgundy
3 garlic cloves crushed
bouquet garni
70gm butter
1 onion chopped
1 carrot chopped
2 tbs plain flour
200gm bacon cut into short strips
300 gm French shallots, peeled but left whole
200gm small button mushrooms

Cut the steak into 4cm cubes and trim off excess fat. Put the meat, wine, garlic and bouquet garni into a bowl cover with plastic wrap and leave in the fridge for at least three hours, preferably overnight.

Preheat the oven to 160 C. Drain the meat, reserving the marinade and bouquet garni. Dry the meat on paper towels. Heat 30g butter in a large casserole dish. Add the onion, carrot and bouquet garni and cook over low heat, stirring occasionally for 10 minutes. Remove from the heat.

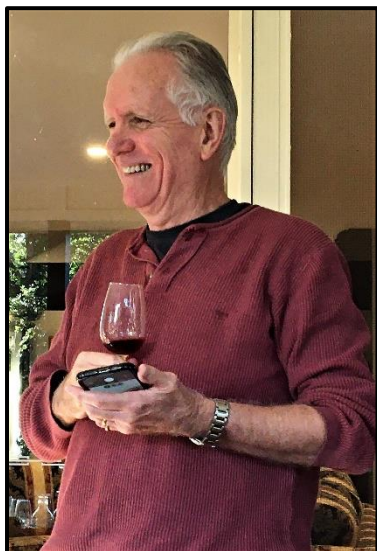
Heat 20g of butter in a large frying pan over high heat. Fry the meat in batches for about 5 minutes or until well browned. Add all the meat to the casserole dish.

Pour the reserved marinade into the frying pan and boil, stirring for 30 seconds to deglaze the pan. Remove from heat. Return to high heat and sprinkle with the flour. Cook, stirring constantly until the meat mixture is well coated with flour. Pour in the marinade and stir well. Bring to the boil, stirring constantly and cook in the oven for two hours.

Heat the remaining butter in the cleaned frying pan and cook bacon and shallots for 8-10 minutes or until the shallots are softened but not browned. Add mushrooms to the pan and cook stirring occasionally for 2-3 minutes, or until browned. Drain the mixture onto paper towels, then add to the casserole.

Cover the casserole and return to the oven for 30 minutes or until the meat is soft and tender. Discard the bouquet garni. Season and skim any fat from the surface before serving

The Wine Tasting - French Whites and Reds



Cellar Master Trevor Gibson led the tasting of twelve wines in four lots of three wines. They included whites in the first round but then were red varieties; the vintages ranging from 2009 to 1982. Guests evaluated the wines, taking notes and engaging in lively discussions of the various wines' flavour, style, balance of acid and tannin content, and drinking quality.

The wines were accompanied by a platter of three cheeses with bread and crackers.



Tasting Notes – Cellared French Whites and Reds

NV Marcel Martin La Garde Cremant de Loire

Clean and generous biscuity flavours with a touch of honey and baked apple. Finishes with crisp lemon acid. A pleasing alternative to champagne for aperitif.

2012 Francis Lechaume Mersault

Village wine. Mellow, ripe yellow peach flavours. Balanced, with a slight acid bias on the finish in the absence of notable malolactic fermentation. Drinking well.

2012 Domaine Alain Chavy Puligny-Montrachet “Les Charmes”

Beautifully balanced and integrated. Fuller style, with a ripe peach/melon front palate that is more restrained on the back without losing its length.

2009 Domaine William Fevre Montee de Tonnerre, Chablis 1er Cru

Lovely wine from a good year, with elegance, balance and white peach flavours throughout the palate. “Sophisticated opulence”

2008 Domaine Louis Moreau, Chablis, “Les Clos” Grand Cru

Disappointing, past its best and out of balance. Ripe flavours, but finishing short and lacking acid structure.

2012 Pierre Amiot et Fils, Gevrey-Chamberin, “Les Combottes” 1er Cru

Drinking well now, with a palate of dark cherries and a touch of burnt character. Acid and soft tannins add structure on the back and after palates.

2007 Pierre Amiot et Fils, Morey-Saint-Denis, “Aux Charmes” 1er Cru

In excellent condition at 14 years of age. Well integrated and balanced with complex red fruits, fine tannins and acid.

1994 E. Guigal, Cote Du Rhone

An entry level shiraz/grenache blend that drinks well for its age. Complex, dark fruit combined with tertiary flavours deliver an interesting and enjoyable aged wine.

2007 Ch. Cantermerle, Haut-Medoc

2007 Ch. Lynch-Moussas, Pauillac

2002 Ch. Beaumont, Haut Medoc

All these last three wines were in excellent condition, showing the restrained fruit weight typical of red Bordeaux, with balance and refinement. Drying tannins and complexity on the after palates. The Ch. Lynch-Moussas was the best of the three.

1996 Ch. Fourcas Hosten, Llistrac-Medoc

1990 Domaine de Chevalier, Graves

1982 Ch. Fonroque, St Emillion

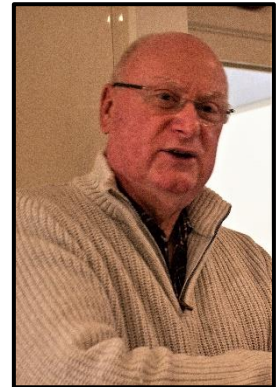
All wines were showing their age but were still in good condition. Some primary fruit was evident, but faded and combined with more tertiary flavours of leather. Little oxidation-derived harshness was evident. The Ch. Fonroque in particular was surprisingly good and probably the best of the

MWFSS AGM 16th May 2021

The AGM of the MWFSS was held on Sunday 16th May at the home of Carole and David Yeomans. At the time there were short term restrictions on numbers of guests who could attend a home function hence numbers were lower than usual at nineteen attendees.

Members were welcomed by President Peter Bacon. Reports from the Treasurer, Wine Master; which had been circulated by email before the meeting were accepted

There being no new nominations outside the current committee members all were re-elected or appointed as for 2020-2021 with David Cameron and Jim Rolls exchanging roles of Wine Scribe and Committee Member Wine.



MWFSS AGM

A light finger food lunch was provided for the members attending the AGM



Cucumber rounds topped with spicy avocado and prawn



Blinis with cream cheese and smoked salmon



Peking duck rolls with cucumber slices
shallot and hoisin sauce



Cheese and mustard mini muffins

Marinated chicken wings

Raspberry and Pear Bread

2 cups SF Flour (1 make 1 of these wholemeal flour)
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup castor sugar
 1 tsp ground Cinna mon
 $\frac{1}{2}$ cup vegetable oil
 2 eggs
 $\frac{1}{2}$ cup buttermilk
 1 cup coarsely grated pear
 1 cup frozen raspberries
 Thinly sliced pear to decorate

Pre heat oven to 180 C. Grease a cake tin and line with baking paper.

Combine flour, sugars and cinnamon in a large bowl.

Whisk oil, eggs and buttermilk in a small bowl and add to the flour mixture with grated pear and raspberries, stirring to combine. Spoon into a prepared pan and smooth the surface. Bake for 40-45 minutes or until cooked set aside for 5 minutes to cool



Cheese Platter with Pear and Raspberry Bread

Autumn Lunch at Café Lyon - L 'Éntree & Guests

This was the first visit of the members of the MWFSS to Café Lyon at Lynfield. A small restaurant with a rich French décor; incorporating red drapes, shining mirrors and the gleam of wine bottles on shelves surrounding the room. The service, food and its presentation were very good, and overall the experience was well received by the guests.



Citrus Cured Ocean Trout, Prawn Beignets, Celaric Remoulade, Kosciusko Pearls

Tempura battered prawns topped a subtle nutty/celery flavoured remoulade-mayonnaise/mustard celaric sauce and cured lemon cured trout. It was garnished with a trout roe in lemon oil



Zucchini Flower, Goats Cheese, Orange, Beetroot and Salted Walnut Salad.

A delightful combination of ingredients, flavours and colours. Nice textures – crunch of walnuts and beetroot contrasted with the soft sweetness of orange. Tempura coated zucchini flower was filled with a creamy goat's cheese sauce.



French Onion Soup, Aged Gruyere Crouton

A classic French favourite with strong flavours of onion and cheese



Pork Belly, Lentils De Puy, & Cider Braised Apple

Tender pork belly. It was slow cooked at 70 C overnight and skin crisped in the oven to form the perfect crackling. Apple, a favourite pork accompaniment and lentils de Puy - a green lentil traditionally from the De Put region of France and considered to have a superior texture and taste



Food Master, Carolyn Smalls talks with chef who answers questions from the guests regarding the food and how it was cooked.



Autumn Lunch at Café Lyon - Plat Principal & Garniture



Barramundi , Roasted Peppers, Pickled Fennel, Chickpeas & Romesco Sauce

Fresh Barramundi with an interesting combination of vegetables in Romesco sauce – made with essential ingredients roasted tomatoes and peppers but may include red wine, garlic and nuts, toasted almonds, pine nuts or hazelnuts. It originated in Tarragona, Catalonia, a coastal town where fishermen prepared it to accompany fish.



Boeuf Bourguignon Pie, Truffled Green Beans

A hearty beef pie, with melt in the mouth tender beef in a rich brown sauce. Baked in its own Emile Henry tureen and plated at the table by the waiter. Beautiful crispy puffed pastry, green beans were a colourful accompaniment



Duck Confit, Fermented Cabbage, Pancetta and Watercress Salad

Tender and flavoursome duck on a bed of cabbage included some little surprises – slices of delicious black pudding and a crunchy deep fried sandwich of potato gratin



Salmon, Petits Pois a La Francaise, Bacon & Champagne Veloute

Perfectly cooked salmon, with pink centre on a bed of baby peas and Veloute. A velouté sauce is a savory sauce that is made from a roux and a light stock. It is one of the "mother sauces" of French cuisine. The term velouté is the French word for velvety. Various ingredients can be added to the basic roux of butter, cream, flour, salt, pepper, stock and lemon juice as was the bacon and champagne.



Pommes Frites

Make from deep fried commercial beef battered potato chips with added herbs & spices. They were the best and crispiest chips I have ever tasted.



Autumn Greens, Almond Beurre Noiset

Crisp beans and broccoli with Beurre Noisette – a browned buttery sauce with a nutty flavour. Garnished with slivered almonds, it was an excellent accompaniment for any of the main dishes.

Autumn Lunch at Café Lyon – Les Desserts & Wine



Dark Chocolate Mousse, Raspberries & Pistachio Brittle

An outstanding dessert with a rich melt in the mouth chocolaty Mousse. Contrasting with that smooth texture was a generous serve of pistachio brittle adding a lot of crunch and a touch of salt. The perfect accompaniment to that chocolate flavour is raspberry with a tartness in contrast with the sweet chocolate. Decorated with an almond tuile. Delightful to both the eyes and mouth



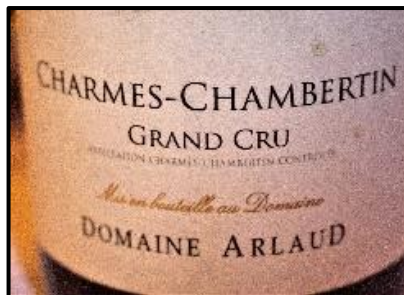
Crème Brulee, Blood Peach Sorbet, & Pistachio Brittle

Brulee – always a sumptuous dessert, the base rich and creamy, a textural contrast with the burnt toffee topping. Café Lyon's version was superb. The sweetness and crunch complimented with the blood peach sorbet more subtle in flavour and texture. More crunch with the pistachio brittle and with an almond tuile topping it all off!

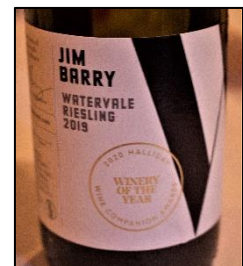
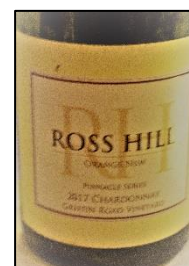


Mango Soufflé & Passion Fruit Ripple Ice Cream

The souffle rose to an amazing height; soft and smooth with the tropical mango flavour complimenting the taste of passionfruit, sweet and tart together. A delightful Dessert!



Some French labels were among the BYO wines brought along by members and guests at Café Lyon



The Mary Arnold Memorial Fund



Mary Arnold was a founding member of our society the MWFSS, along with her husband, Ian and two other couples who subsequently moved from Sydney. Hence it was the Arnolds who became the backbone of the society and through their efforts it has become the group that it is today.

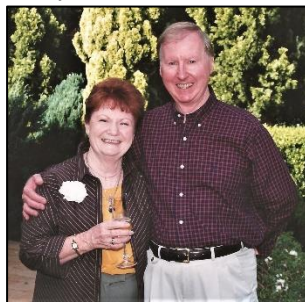
Mary made a special contribution. She opened her home to host events and warmly welcomed new members. She was an excellent cook and meticulously recorded the details of functions. She took on several roles including that of Treasurer and Food Master. On the 25th Anniversary of the MWFSS she and Ian were awarded medals from the Federation of Wine and Food Societies of Australia for their contributions to the society.

Mary felt that in our pleasurable activity of enjoying wine and food we could use the opportunity to give to others. She had fostered an interest in donating monies to charitable organisations. When friend and member of the society Beryl van Hest passed away from cancer in 2000, Mary decided to honour her memory through donations to medical research. At society functions she raffled beautiful painted ceramic plates, painted by herself, to raise funds. (Beryl was a scientist with the CSIRO and involved in animal gene/genome mapping in the 1990s and at the time of her death.)

When Mary died on 9th May 2005, the Executive Committee of the MWFSS resolved to open a Mary Arnold Memorial Fund with the Children's Medical Research Institute as the beneficiary of that fund. This was to honour her memory and the considerable contribution she had made to the MWFSS.



Ceramic plate painted by Mary Arnold and won by Peter McIntosh



Mary and Ian Arnold

The Ian Arnold Dinner

Ian Arnold passed away on the 11th August 2016. The MWFSS have honoured his memory and the contribution he made to the society by re-naming the President's Dinner, ***The Ian Arnold Dinner***

The Mary Arnold Memorial Fund

The MWFSS has continued to support the Children's Medical Research Institute and raises monies through the wine raffles conducted at functions throughout the year. Periodically donations of \$500 are made when the fund reaches that level.

Members at the Children's Medical Research Institute. For the visit members of the MWFSS were joined by the two sons of Ian and Mary Arnold — Mark and Philip.



On 30 November 2016 14 members of the Society visited the Children's Medical Research Institute (CMRI) adjacent to the Westmead Hospital complex. The Society has supported the Institute through the Mary Arnold Memorial Fund and had donated nearly \$4,000. This was increased by another \$650 when I handed the cheque to Jennifer Philps of the Institute. Jennifer told us how gene abnormalities cause disease and spoke of the research being undertaken to search for cures and to improve the outlook for cancer and other disease sufferers. 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. By Jim Rolls

The Bank Account was opened 8 November 2006

Donations to the Children's Medical Research Institute (CMRI) between that time and November 2014:

- November 2009 900.00
- September 2011 2,000.00 (includes Victor Gibson proceeds)
- March 2013 500.00
- April 2013 75.00
- November 2014 500.00

Monies donated to the CMRI totalled
By the end of 2014. The regular donations
of \$500 have increased the total to date.
(I hope to have this figure for the next newsletter)



President Jims Rolls and Jennifer Philips

Wine and Food Pairings – A Few Thoughts

by Trevor Gibson

Pairing wine with food is simple, right? Whites with seafood and reds with red meats. This will work for you on many occasions, but the optimal match requires a more strategic approach, particularly with the wide range of cuisines and wine styles available today.

Food can feature robust, complex flavours, with spices and herbs thrown in. Flavours can also be delicate, rich, acidic or creamy, etc. These features need consideration when choosing wines to match - wines that can offer multitudes of flavours and textures delivered through fruit, sweetness, acid, tannins and alcohol.

My earliest memory of the importance of a good pairing of wine and food was many years ago at a President's Dinner of this Society. Both the wine and food were French, though the details escape me. A Chablis, served prior to the entrée was on first taste quite acidic and thin on my inexperienced palate that was accustomed to the fuller styles of Australian Chardonnay. Delivery and tasting of the entrée brought balance, fruit weight and flavour to the Chablis, transforming it to a delightful experience.

Some Basic Rules

Despite this apparent complexity, there are some basic rules to follow to minimise disasters.

- The dessert wine should be sweeter than the dessert. If not, the wine loses its balance of sweetness on the palate
- Avoid tannic reds with white fish. In my experience, a metallic taste is left on the palate.
- Avoid tannic reds with spicy foods such as curries, the tannin impact is increased (explore with the low tannic sparkling shiraz style or cool climate shiraz perhaps?).
- Avoid white serving wines too chilled. The fruit is diminished, with the wine appearing to be too acidic and not match the food. If you think this is a problem, try warming the glass in your hands for a few minutes. Ideal temperatures range from about 10 to 12 Deg C.
- The "warmth" and robustness of high alcohol reds can be diminished by serving the red a little cooler (30 mins in the fridge can do it). This can also reduce the impact of high tannins on the palate. The optimal temperature for serving reds is so called "cellar temperature", about 16 to 18 deg C, but up to 20 Deg C is OK. As with whites, fruit flavours come forward as the wine warms in the glass.

Some Pairings That Work and Why

This discussion is by no means intended to be comprehensive, but here are a few wine and food pairings that do work, followed by some principles that make these and other matches right.

White Wines. For white wines, safe pairings include simple pan-fried white fish with a young Riesling or Semillon. The delicate flavours of the fish can be dominated by bigger or more aromatic wines, but the acid structure of Riesling and Semillon harmonise with any lemon/lime-based dressing on the fish. The saline notes of oysters naturalé also work here.

Seafood dishes that are more complex (eg with a sauce or in a soup), or with stronger more complex flavours (crustaceans, shellfish) demand a more complex wine such as Chardonnay, well-aged Riesling or Semillon, Pinot Gris or aromatic wines such as Sauvignon Blanc (the latter also goes well with Thai flavours, as does Gewurztraminer).

Dessert wines are a classic pairing with blue cheese, where they cut through the salty, sharp flavours in the cheese, or paté, where they complement the richness. Wines with some sweetness with low alcohol such as off-dry Rieslings (Kabinet or Spatlese style for German wines) pair well with white meat curries and other Asian dishes. The residual sweetness in the wines seems to balance the spices.

Chardonnay is very versatile with food. Seafood, white meats or pasta with creamy sauces and soft cheeses all complement the wine, but be careful with high oaked styles.

Red Wines. For reds, cabernet with lamb and shiraz with beef is a simple (even simplistic) established rule and the reverse still works given the range of wine styles available today.

More classic is pinot noir (elegant style) with its lower tannin structure paired with oily fish such as salmon and tuna, though a more robust pinot fruit style can handle red meats (try Spring lamb). Pinot also matches any type of fowl or game bird and is a safe pairing if you are looking for a wine for that duck confit you are planning tonight. The bold flavours of sparkling shiraz also match the stronger flavours of turkey and game birds, and is a gem if you are looking for a red you can serve chilled on those hot days of Christmas.

Although I have not explored this personally, Beaujolais (Gamay) classically pairs with pork, but so does Pinot Noir (but watch the sweetness of the apple sauce, or consider a chardonnay perhaps). As a generalisation, Pinot Noir is one of the most food friendly wines available because of its softer acids and tannins, combined with its savoury and sometimes earthy flavours (consider a pairing of an earthy Pinot Noir with a mushroom dish).

Red meat dishes with robust flavours found in many casseroles or game meats call for the more robust reds with firm tannins common in Australia (tannins love fat), and it is hard to go wrong with the matching. Less robust dishes such as a pasta ragú or dishes with North African spices pair well with more delicate reds such as shiraz or cabernets from cooler growing areas or with any red from Tuscany to the north of Italy.

Red meat curries can be a challenge, particularly with tannic wines, so consider cool climate shiraz with their higher acid and lower tannins, or even sparkling shiraz, which has very low tannin levels.

Cheese. Cheeses, with their flavour components of texture, acid, fat and salt, are made to consume with wine, but while they can be flexible, the perfect match can be tricky. Blue cheeses and washed rind cheeses love some sweetness, delivered by fortified wines and off dry white wine styles, while mature cheddar with its rich flavours and high fat content marry well with bold reds with higher tannins.

Less mature cheddar, Parmigiano and other hard cheeses can be successfully paired with medium bodied reds such as Cabernet Sauvignon or with a more complex white such as chardonnay. The softer, bloom cheeses such as Brie and Camembert demand the fizz and acidity delivered by champagne, but also work well with lighter reds such as Pinot Noir, rosé or even and aged Hunter Semillon.

Low tannin, cool climate shiraz and lightly oaked chardonnay complement the nutty, creamy flavours of semi-soft cheeses such as Gruyère and Gouda. Goat's cheese? Try a spicy Sauvignon Blanc.

Some Final Thoughts

The key to wine and food pairing is to balance the weight, flavours and textures in the food with those in the wine so that they complement each other on the palate with no obvious clashes.

Consider how the preparation of a particular protein can change its texture, richness flavours and overall character, and also consider the impact of sauces on the food to guide your choices.

Remember, always be open to be experimental with your wine and food pairing decisions, but base them on the general principles mentioned above. If the match doesn't work, leave the bottle for later and open another.

Trevor Gibson

For some more information on wine and food pairing see Lyndey Milan and Colin Corney (2012). "Balance. Matching Food and Wine. What Works and Why". Hachette Australia. ISBN 978 0 7336 2249 6.

Sharing Wine Experiences

Terry Newman and David Yeomans Share recent wine experiences

I am very pleased to be able to send you the following little article about a bottle of Australian wine which I have bought in England, through Laithwaites, my supplier of choice for "The Black Stump", which comes as either a blend of Durif/Shiraz (14.5%) or a straight Reserve Shiraz (14.5%).

These wines are highlighted as:

Durif/Shiraz - "SOUTHEASTERN AUSTRALIA"

Shiraz - "CLARE VALLEY".

Both are produced and bottled by "Casella Family Brands, Wakley Road YENDA N.S.W. 2681".

The foregoing is only an introduction. My comments follow on a totally different wine from those above which are amongst the very top dark reds in Laithwaites sales!

"Let me introduce you to a new phenomenon, at least for me. It is named after the owner, Bill "THE BOXER" Calabria, whose boxing career gave way to winemaking a long time ago. He is now making some of the oldest and most hard-hitting Durifs in the business. The 2019 is a real cracker! Combining berry-fruit flavours with a generous helping of American Oak to produce a ripe, rich wine of great intensity."

This straight Durif is being marketed in the first totally black, short, stubby wine bottle I have ever seen. It has to sit on the top of any "racking" arranged for the normal 75cl wine bottle. To emphasise its darkness the bottle is black, 2.5 inches/6.0 cm shorter than the standard wine bottle. Its neck, from a flat top is only 2.75 inches/7 cm compared with the standard bottle of 3.5 inches/9 cm, from the end of the curve. It feels a bit heavier to lift! The label broadcasts that it contains 10.5 UK units/8.3 Australian drinks, which compares with 10.9 UK/8.6 Australian drinks for the Laithwaites wines. Perhaps there is little less in the black bottle! Or it might be because of the small difference in alcoholic content at 14.0% compared with both Black Stumps at 14.5%. Somebody will know!

Wishing you and all the other members of MWFFS continuing good health, and happy eating and drinking in good company!

Cheers! Terry

Searching through my cellar I came across a bottle of 1987 Nottage Hill Claret.

"On opening the bottle the cork broke up and I strained the contents and surprisingly there was very little sediment.

The first taste was ordinary, virtually no flavour of fruit. Decided them to aerate and let it breathe, then it came back to life, what I thought I would tip out became very drinkable for its age.

The blend was 80% Shiraz and 20% Cabernet Sauvignon. This probably cost less than \$10 back then and was recommended to develop over the next 2- 5 years"

Cheers

David Yeomans

