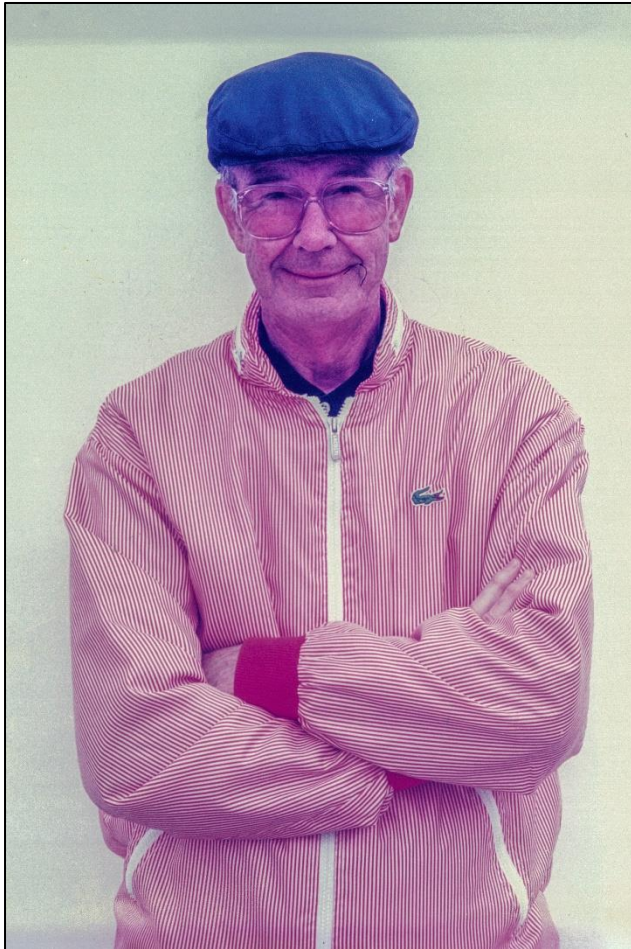




The Newsletter of the Metropolitan Wine and Food Society of Sydney Inc.

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

Vol 8 No 1—March 2021



Monty Smith, a long-term member of the MWFSS passed away on 13th January 2021. Monty and his wife Marie were among the first members of the Society when it was formed in 1977.

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Metropolitan Wine and Food Society of Sydney Inc

Registered No. Y13780.23

Founded: 22 July 1977

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

Facebook: Metropolitan Wine and Food Society of Sydney Inc.

Society Program Functions and Meetings

Dates for your Diary

April 2021 Sunday 11th	Wine Tasting French Reds at Trevor Gibson's
May 2021 Sunday 16th	AGM at the home of Carole & David Yeomans
June 2021 Tuesday 1st	Mid -Week Lunch Café Lyon Linfield
July 2021 Saturday 3rd	Ian Arnold Dinner Silvermere Wentworth Falls

Office Bearers and Committee 2020—2021

President and FWFSa Councilor:

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 Councilor: **Trevor Gibson**

Public Officer: **Lorraine Plues**



Federation of Wine and Food Societies of Australia Report

Once again the restrictions due to the COVID 19 pandemic caused the FWFSa Committee and the Wine and Food Society of Ballarat to postpone the Victor Gibson Weekend, which was planned for March 2021.

The Ballarat Organising Committee have recently proposed holding the **25th Victor Gibson Commemorative Dinner and Weekend Friday 15, Saturday 16 and Sunday 17 October 2021.**

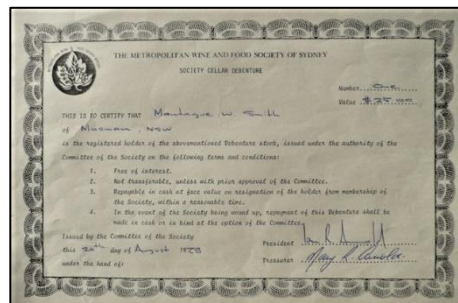
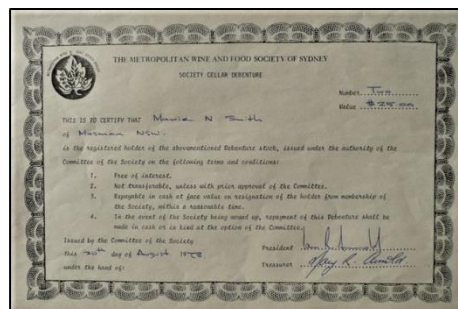
Details of the weekend activities will be distributed in due course. Those who completed an expression of interest previously for March will be contacted shortly, and full details will be distributed to all members of the Society as soon as they are available.

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

Peggy Sanders, Secretary
FWFSa

The Sad Passing of Monty Smith Foundation Member of MWFSS

It was with great sadness that we received the news of Monty's passing on 13th January 2021. He had been suffering ill health for some months and was unable to attend any of the few functions we held in 2020. Below is a photograph of the last MWFSS function attended by Monty and Marie - the Christmas lunch at One Penny Red in December 2019. There Monty demonstrated his keen mind and knowledge of wines in correctly identifying, without hesitation the last white of the blind tasting, winning the contest for his team.



The original Debenture Certificates Nos. ONE and TWO of Monty and Marie signed by Ian and Mary Arnold, President and Treasurer on the 20th August 1978

In his early life, Monty lived at Bronte with his mother, Clara and father, William, his sister, Val and brother, Barry. With only 14 months between them, Barry and Monty were great mates, surfing and playing tennis together.

Monty attended Randwick Boys' High School, leaving at the age of 14 after gaining an excellent pass in the Intermediate Certificate. He started work as a Shipping Clerk with C.Sullivan & Co., a Pacific Island trading and wholesaler company. After only a few weeks there, Mr Sullivan said "Monty, I want you to get *The Sydney Morning Herald* and look in *Positions Vacant* for a position with a Chartered Accountant". Monty did this and got a job with George O. Bennett in 1942. He found that the profession suited him very well. At about 17 years of age, George made the offer of a partnership when he turned 21 – that was the legal age for practising as a Chartered Accountant.

He studied the Institute of Chartered Accountants course at night at the Metropolitan Business College and he qualified at the age of 19. Chartered Institute recently honoured him with a bronze badge for 70 years of membership.

He continued with George until 1966, when he went into practice as Montague Smith & Associates. In 1980 he sold his practice and became Managing Director of Faywin Investments, a resources company. Later he returned to practice, specialising in insolvency work until his retirement in June 1992 at age 65.

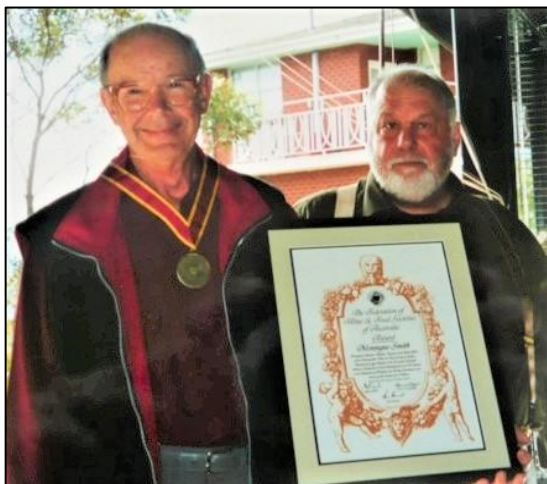
Monty met the love of his life Marie when she applied for a position as a Receptionist at the Hydro Majestic Hotel Medlow Bath. They began dating and enjoyed dancing together. Two years later they married and last year celebrated their 70th Wedding Anniversary. They lived in Mosman before moving to Avalon. They have three children; Roger, Anita and Greg; and three grandchildren Alex, Russell and Tasman who live overseas.

They both took up bowls in their early thirties and it became a big part of their life. Monty managed to hold positions of office and was awarded two Badges from the Bowling Association of New South Wales for his dedication - one whilst at North Sydney Bowling Club and the other whilst at Warringah Bowling Club. When they moved to the Northern Beaches Monty joined Newport Bowling Club and took office for which he was eventually made a Life Member there. He was an excellent bowler and played Lead in the No. 1 Pennants whilst at Warringah winning many trophies, some with Marie.

Monty and Marie travelled extensively both within Australia and overseas. They visited every continent except Antarctica and trekked in the Himalayas in Winter. They enjoyed many other activities – learned to play golf and attended Symphony concerts. Monty was a member of the Narrabeen Lakes Probus Club and was awarded Life Membership for his long service.

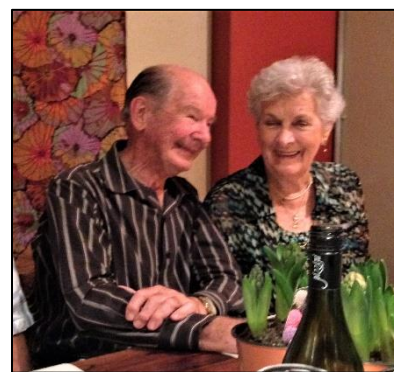
Monty's daughter Anita describes her father as a gentle and quietly spoken man with a positive and optimistic outlook on life. He was diligent and meticulous in his work and had a tidy mind, liking everything to be in its place. He was a man who enjoyed validation, but not

glory, and he was a great contributor to everything he was involved in



Monty was presented with an Award of Merit for Distinguished Service from the Federation of Wine & Food Societies of Australia for his administration work with the Society

Remembering some of the 43 years of Monty Smith's Membership of MWFSS



MWFSS Function – Ploughmans Lunch At the home of Kerrie Sims

The venue of the MWFSS annual Picnic, formerly held in January at Park in Balmain was changed to the home of Kerrie Sims due to concerns regarding the risks associated with COVID-19. In December the number of attendees at gatherings was reduced to five and so the picnic was postponed to the 7th April 2021

It was a beautiful Autumn day and 16 members attended. They were treated to a Ploughman's Lunch – a splendid spread of meats; including Prosciutto, Capocollo, Salami and Pate. Cheeses – Blue, Brie and Cheddar with fruit, crusty bread and biscuits. These were accompanied by two delicious tarts; a fig and goat's cheese and a caramelised onion with anchovies and olives. A peach and raspberry tart was enjoyed with tea and coffee.

A variety of wines were brought along those attending. They included, Scarborough Chardonnay 2014, Thomas Braemore Semillon 2013, Te Rua Bay Sauvignon Blanc 2020, Francois Crochet Sancerre 2014, Seppelt Sparkling Shiraz NV, Moorakynne Cabernet Sauvignon 2018, Bimbadgen Shiraz Cabernet 2015, Coriole Sangiovese 2019.



Recipes from the Ploughmans Lunch

Recipe

Caramelised Onion, Anchovy & Olive Tart - Pissaladiere

5 brown onions sliced
3 tablespoons of olive oil
2 tablespoons of balsamic vinegar
1 tablespoon brown sugar
375 gms of ready prepared puff pastry
¼ cup of finely grated parmesan cheese
9 anchovy fillets, drained
1/4 cup black olives, halved
2 tablespoons oregano leaves
Salad greens to serve

Preheat oven to 200 degrees C. Place the onions and oil in a frying pan over medium heat. Cook, stirring for 10 minutes or until the onions are soft and golden. Add the balsamic and sugar and cook for two minutes then set aside to cool.

Roll out the cool pastry on a lightly floured surface until 4mm thick. Place in a loose bottomed baking tin and trim to shape. Line with baking paper, and

Recipe

Fig and Goat's Cheese Tart

2 SHEETS STORE-BOUGHT SHORTCRUST PASTRY
125G GOAT'S CURD+ OR SOFT GOAT'S CHEESE
4 BLACK FIGS, HALVED
3 EGGS
¾ CUP (180ML) SINGLE (POURING) CREAM
1 TABLESPOON CHOPPED CHIVES
½ CUP (20G) FINELY GRATED PARMESAN
SEA SALT AND CRACKED BLACK PEPPER

Preheat oven to 180°C (360°F). Place pastry into a rectangular loose bottom tin. Trim excess pastry and lightly prick bases with a fork.

Add the goat's curd and fig halves to the pastry

Place eggs, cream, chives, parmesan, salt and pepper in a bowl and whisk until well combined. Pour onto the goat's curd and figs and bake for 25 minutes or until puffed and set. Cool to room temperature and serve.



Members Contributions

Carol & David Yeomans Christmas Lunch 2020 at Crown Plaza Terrigal



Christmas Lunch 2020
Crown Plaza Terrigal
6 course degustation,
not served with wines to match.

King Prawns, Sydney Rock Oysters,
Balmain Bugs, Smoked Salmon, blue
swimmer crab and lobster

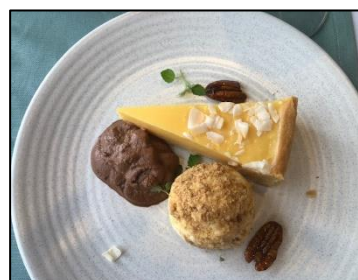
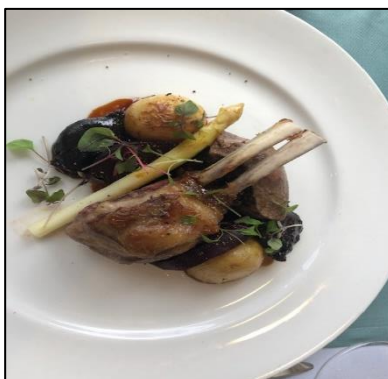
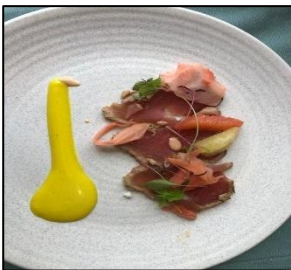
Seared Yellowfin Tuna, torched
grapefruit, pickled ginger with lemon
emulsion

Clams Casino, butter poached king prawn,
smoked croquette. Prawn bisque, grille
baby octopus.

Pork Tenderloin medallion with hazelnut,
sage and mushroom crust. Cider braised
pork belly with onion soubise, roast carrot
and crisp

Cowra lamb rack with spiced figs,
beetroot, white asparagus, rosemary and
scented potato

Mince pies, lemon curd tart chocolate
orange mousse, candied pecans,
gingerbread icecream



**Carolyn & Ian Smalls celebrate 55 years of Marriage
In the year of the Ox**



On February 12th Carol Leaver, Evan Stent, Carolyn and Ian Smalls celebrated the Year of the Ox as well as Carolyn & Ian's 55th wedding anniversary at the Chinese Restaurant at Castle Hill RSL. It was a great meal including prawns, scallops lots of lovely Chinese dishes & lobster. They were also treated to the traditional Lion Dance, although noisy, very colourful & vibrant. A great night was enjoyed by all.



The culinary 'betel leaf' by Penny Cameron

In about 2000 I found a betel leaf plant (not to be confused with betel nut) in a Thai grocery store in Chinatown, and it has been a good friend ever since. It belongs in a jungle and does not need much sunlight to be a happy plant and goes a very dark green in my airwell where direct sun never shines. Placed in dappled shade it runs riot, and in full sun it survives as a chartreuse version of itself. In other words, it's not fussy, although I have been warned not to let it out of its pot as it can invade like mint.

As I have little confidence in my ability with plants I have given a lot away so I can always go to a better gardener like Trevor Gibson if I kill it. So far it has rewarded me and come spring I should have more to offer if anyone wants.

We use it as a base for Asian savouries, and it is happy with smoked oysters or almost anything you could put on a Chinese spoon. The leaves are strong enough to roll and do not need to be blanched, although one friend cooks them like any other leafy green.



Betel Leaves with Crab, Kaffir Lime and Chilli

150gm spinner crab meat
1 long red chilli, seeded and sliced
2 kaffir lime leaves, finely sliced
1 large bunch coriander leaves, chopped roughly
1 shallot peeled and diced
4 mint leaves finely sliced
4cm piece of lemongrass, white part only sliced
1 tbsl crispy fried shallots
2 tbsl galangal paste
1 lime juiced
Pinch chilli powder
10 betel leaves
1 tbsl salmon or trout roe

Combine all ingredients, except the betel leaves and roe in a large bowl.

Spoon the mixture onto the betel leaves and top with the roe.

Betel leaves don't actually come from the betel nut tree, but from a vine that grows around the tree. Lettuce, large shiso leaves or large spinach leaves could be substituted for the betel leaves

Celebration of Paul Riley's Birthday by Trish Riley



Paul and Trish Riley with hosts Penny and David Cameron and guests enjoy the first course of Betel Leaf with Crab

Recipes gleaned on a trip to Singapore in 1978 and further experimenting celebrating the fusion of food of the Malacca Straits before fusion was fashionable

Food

Betel Leaves with Crab Kaffir Lime & Chilli

Stuffed Squid Sambal

Roast Chicken with Satay Flavour

Beef Asam

Steamed Basmati Rice

Wombok & Mint Salad

Mild Tomato and Cucumber Pickle

Fresh Pineapple & Mint

Passionfruit Flummerv

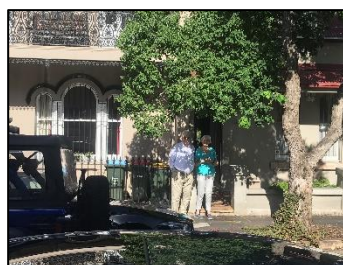
Wines

Champagne Lanson Black Label Brut

Lindemans Hunter Valley Semillon 2015 Bin 1555

Yering Station Yarra 2000 Pinot Noir

St Hugo Coonawarra Cabernet Sauvignon 2012



Recipe for Cuttle Fish Sambal

Pauls Comment

I was very chuffed to have our dear friends Penny and David Cameron, host my birthday, with my chosen few, and we had such a good time, that we forgot to photograph the food (and that has nothing to do with age or wine consumption!)

Serendipitously celebrated on Valentine's Day, there was roses, bubbles, amazing food and wine and an endless supply of stories.

Simon Marnie on ABC Breakfast salivated over fresh-off-the-boat baby squid from the Hawkesbury, and... viola David provided and Penny prepared Sambal from an original Ellice Handley cookbook bought in Singapore in the 90s. # 10 maintains the standard. Let's celebrate all the years.

Thank you, Paul.

David's Stuffed Sotong (Cuttle fish) Sambal

David also uses squid for this recipe. It's very fiddly, but you can do a lot the day before. We had it when Stephen and Trina visited.

I'm sure the sauce would be equally delicious with other fish.

- 8 squid with bodies 2 ½" to 3" (6 to 8 cm) long
- 12 large prawns (shrimps)
- 4 candle nuts
- 1 stalk lemon grass
- 4 thin slices galangal
- 8 fresh red chillis (seeded)
- ½ tsp blachan (or fish sauce)
- 10 small red onions, or 1 large red onion, chopped
- 1½ cups coconut milk
- 1 Tbs tamarind juice made from 1 tsp tamarind (optional)
- oil for cooking

1. Remove heads from bodies of squid. Skin and wash thoroughly.
2. Shell, clean and chop the prawns, and stuff them into the squid bodies. Replace heads with toothpicks.
3. Grind candle nuts, lemon grass, galangal, chillis, blachan and red onions in 2 Tbs oil. Fry until fragrant, stirring constantly.
4. Add coconut milk and bring to the boil. (You may stop at this point).
5. Lower squid into the mixture and simmer gently until moisture is nearly gone.

Orange Beefsteak and Burgundy Club is back in 2021!

Murray Fletcher, MWFSS Country Member

After ceasing all dinners for most of 2020, the Orange Beefsteak and Burgundy Club is up and running in 2021. Formed in 1969, the all-male club (with at least one mixed dinner each year) meets monthly for dinners at local restaurants and cafés with each dinner menu organised by a dinner master. The dinner master changes for each dinner so every member gets to "do" a dinner every two to three years. The wines are coordinated by the Wine Master who is also responsible for managing the club's cellar. My experience as both VP Wine Master and VP Food Master of the MWFSS over the years has served me well in Orange. I am currently the club's Wine Master.

I joined the Orange BSB Club in 1997, soon after relocating to Orange in January of that year. In fact, the week before we moved, I was in Orange with my sons so they could see where they would be living and we could have a look around. We ate at a Greek restaurant called the Patmos and decided we would end our meal with a "sticky" so I asked the waitress if they had any available. She went away and an older gentleman with a flamboyant handlebar moustache (and distinctly Mediterranean accent) joined us carrying four half bottles of sticky for me to select one. He revealed that he was Wine Master of the Orange BSB Club and his name was (and still is) Michael Gryllis. For many years, Michael has been the heart and soul of the Orange BSB Club. He is now almost 90 and has slowed down a bit, but not a lot. The MWFS, on its weekend visit to Orange in 2006 (see photo), was hosted on the Friday night by Michael at the Welcome Patmos, the restaurant he established in the former Welcome Inn after he had "retired" from his original Patmos restaurant.



[Figure 1: MWFS at the Welcome Patmos, Orange, March 2006]

Orange Beefsteak and Burgundy Club

On 16th February 2021, our first BSB dinner for the year was held at the Nile Street Café in Orange with 16 members present and chef Stuart in the kitchen. We usually start with a beer and I served the Crankshaft IPA from the Bent Spoke Brewery in Canberra. This India Pale Ale was voted #1 of the top 100 craft brews at the GABS Festival in Melbourne last year and was a welcome start to the evening (see photo). It accompanied three platters of canapés in the courtyard of the café served by the Nile Street Café owner Frank.



[Figure 2: Crankshaft IPA in the forecourt, Michael Gryllis far left edge]

Entrée was Paella with mussels and prawns prepared by the apprentice chef Jonathan and was accompanied by a 2013 Canobolas Smith Chardonnay (all the wines were from the club's cellar). I don't know how Murray Smith gets his chardonnays to last so long and this one is just starting to hit its straps. It had plenty of peachy flavours to match the variety of flavours in the Paella.

Main course was a bit of a disappointment for me but others seemed to relish it. I have never enjoyed the soft texture of beef cheeks and these were slow-cooked in red wine to the point where I commented it was like "drinking" beef. The beef was accompanied by two purées, one golden carrot and the other beetroot so presentation was quite unappealing too. The best part of the main course was a chicory sprout with Szechuan pepper which brought out the spice in the accompanying red, a 2005 Bannockburn (Geelong) Shiraz - soft and spicy.

Orange Beefsteak and Burgundy Club



[Figure 3: main course]



With the intense flavours of the entree and main, the dinner master had decided to serve a cheese course rather than dessert which suited me fine. The cheeses chosen were relatively mild and were accompanied by a 2008 Hazelgrove Bella Vigna Coonawarra Cabernet Sauvignon which was more restrained than the Bannockburn but elegant with a slightly tannic finish. It would have been better with a Stilton, in my view. Tony, our dinner master, donated some Morris Classic Topaque to go with coffee and petit fours to end the evening.

We are looking forward to next month when we will be hosting the Bathurst Club. Every March, we have a joint dinner with Bathurst alternating between the two cities. I have already started planning the wines for the night.

[Figure 4: Cheese course red]

Six Alternative Red Varieties to Try

Australian red wines made from alternative grape varieties (varieties outside the mainstream and planted in small numbers) are on the rise. These unique wines are adding fresh excitement to Australia's diverse wine scene

DOLCETTO

Native to Italy, Dolcetto is a dark purple-skinned grape that's been growing in Australia for over a century. It thrives in a variety of vineyards from cool-climate regions to warmer areas. Dolcetto is a smooth, food-friendly wine that offers a lighter alternative to big, bold reds. You'll find it in red blends, rosé and sparkling styles, – but distinctive, delicious Dolcetto well and truly stands on its own.

Typical flavours: cherry, blackberry

Pairs with: antipasto, pizza, tomato-based pasta, spicy dishes, roast turkey

Top regions: Adelaide Hills, King Valley, Mornington Peninsula, Murray Darling (Swan Hill), Riverina and Limestone Coast

Try Dolcetto if you like: lighter-style Shiraz, Sangiovese

TEMPRANILLO

Tempranillo is taking off in Australia, with more than 200 producers growing it. It's Spain's most popular variety and goes into the famous Rioja wines. Tempranillo is an adaptable and amiable grape, thriving in a range of Australian regions, from cool, high-altitude areas to warm, sun-baked regions. It blends well with other varieties and is a versatile food match. Australian Tempranillo wines are known for their fragrance, vivid colour and vibrant flavours.

Typical flavours: raspberry, black cherry, spice

Pairs with: tapas and antipasto, cured meats, tomato-based dishes, firm cheeses

Top regions: Adelaide Hills, Barossa Valley, Canberra District, Heathcote, Hunter Valley, McLaren Vale

Try Tempranillo if you like: Cabernet Sauvignon, Sangiovese

DURIF

Crafted in Australia for over a century, inky Durif wines are powerful and robust – the kind of wine that stains your mouth and demands your attention. The variety is related to Shiraz and hails from the south of France, but these days it's grown mostly in Australia and the US. Durif vines love a warm, sunny climate, and if they're made well, the wines are richly flavoured and age-worthy. Durif is also used in blends, sparkling reds and fortified styles.

Typical flavours: berry, plum, chocolate, spice

Pairs with: grilled and roasted red meat, stews and casseroles, aged cheeses

Top regions: Riverina, Rutherglen

Try Durif if you like: Cabernet Sauvignon, Nebbiolo

NEBBIOLO

Australia's Nebbiolo vines are maturing and wine quality has never been better. Nebbiolo can be challenging to grow and make, but care and skill by producers results in brilliant wines. In its native Italy, it's the variety behind the world-renowned Barolo and Barbaresco wines. You'll find different styles of Australian Nebbiolo, from fresh and elegant to powerful and age-worthy. It's also used to make rosé wines.

Typical flavours: cherry, plum, dried fruit

Pairs with: cured meats, rich meat dishes, firm cheeses

Top regions: Adelaide Hills, Beechworth, Clare Valley, King Valley, McLaren Vale, Mornington Peninsula, Yarra Valley

Try Nebbiolo if you like: Cabernet Sauvignon, Durif

SANGIOVESE

This is one of Australia's original alternative varieties, first trialled here in the 1960s. Since then, it's taken root in regions from west to east and from warm to cool. Vibrant and versatile, it's native to Italy where it's one of the country's most popular grapes. Australian Sangiovese ranges from lighter and more elegant through to rich and full-flavoured, and shines at the dining table, pairing well with all kinds of Mediterranean-style foods.

Typical flavours: plum, black cherry, herbs

Pairs with: roasted and grilled meats and vegetables, tomato-based dishes, firm cheeses

Top regions: Beechworth, Clare Valley, Heathcote, King Valley, McLaren Vale

Try Sangiovese if you like: Merlot, Shiraz

NERO D'AVOLA

Originally from Southern Italy, this versatile variety has been growing in Australia since 2001 and has a bright future here. It thrives in warm conditions and doesn't need much water, so it's ideal in a climate with rising temperatures. Australian Nero d'Avola wines are typically vibrant red, bursting with bold fruit flavours and great with food. They're usually a little lighter and brighter than a robust Shiraz. You'll also find Nero d'Avola in the form of fresh, raspberry-tinted rosé.

Typical flavours: floral, dark red berries, spice

Pairs with: tomato-based dishes, barbecued or slow cooked meats and vegetables, spicy dishes

Top regions: Heathcote, McLaren Vale, Murray Darling, Riverland, Langhorne Creek

Try Nero d'Avola if you like: Grenache, lighter-style Shiraz and Cabernet Sauvignon

<https://www.australianwine.com/en-AU/our-story/articles/six-alternative-red-varieties-you-can-try>