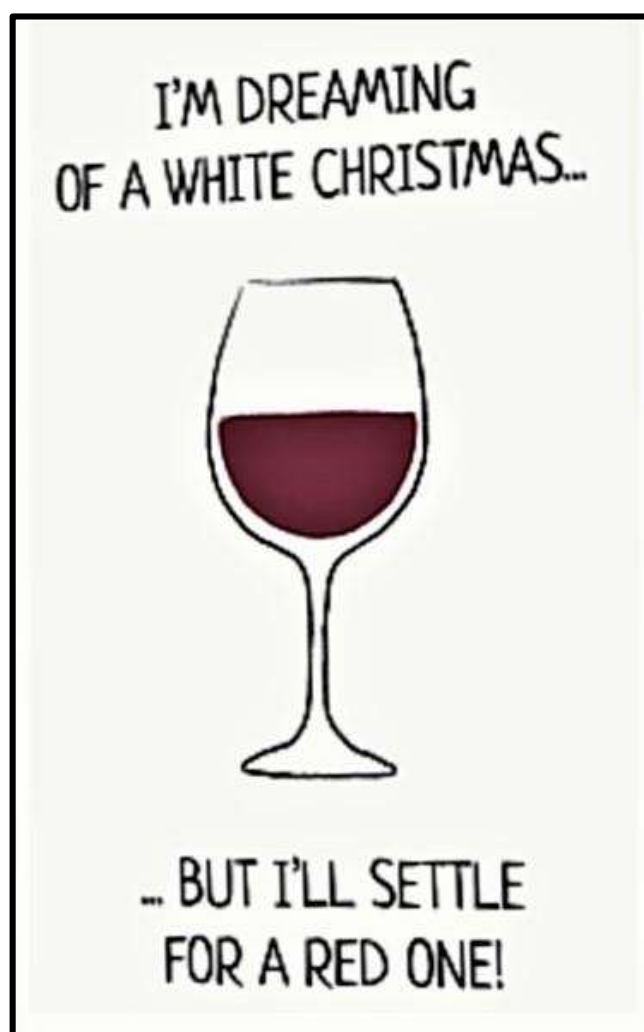




## The Newsletter of the Metropolitan Wine and Food Society of Sydney Inc.

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

**Vol 8 No 3—December 2021**



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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

January 2022 16 <sup>th</sup> 5pm	Picnic at Elkington Park Glassop St, Balmain in the Rotunda. BYO everything
March 2022 25 <sup>th</sup> 26 <sup>th</sup> 27 <sup>th</sup>	Victor Gibson Commemorative Dinner and Weekend in Ballarat
July 2022 Date TBA	Ian Arnold Dinner possibly at Silvermere Wentworth Falls

### Office Bearers and Committee 2021—2022

President and FWFSa 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**

Public Officer: **Lorraine Plues**

### A Note from the MWFSS Newsletter Editor

We have just suffered two years of interruption to our lives due to the variations of the Covid Virus. It has been responsible for cancellations of events we all looked forward to. Let's hope this phase is behind us, but the future seems to be one of 'Living with Covid'.

The enjoyment of catching up with other members of the Society was obvious at our Christmas function and we all appeared relaxed in the home of Jim Rolls which is a familiar venue. Let's hope that 2022 will be a year in which we can gather together without concern because we are confident our friends are taking the same precautions as ourselves.

Happy Christmas and best wishes to all in 2022.

Good health and stay safe!



Wine Food Society of  
Ballarat

**Victor Gibson Federation Commemorative Dinner and Weekend 2022  
Saturday 26 and Sunday 27 March 2022**



We are definitely hoping that it will be third time lucky for the Federation and the Wine and Food Society of Ballarat. The Society has continued with their enthusiasm to welcome members of the wine and food fraternity to Ballarat for the 25th Victor Gibson Federation Commemorative Dinner and Weekend in 2022 on Saturday 26 and Sunday 27 March. Commencing on the Friday evening, 25 March, with a casual meet and greet at Mitchell Harris Wine Bar for canapes and beverages. Attendee Registration at the Art Gallery of Ballarat, on Saturday morning, and either a Guided Walking Tour (for those who book early) or self-guided walks and other activities during the day.

The Black Tie Victor Gibson Commemorative Dinner, will be held at the Ballarat Mechanics' Institute (another historic site - with the historic

spelling), with Chef – Peter Ford Catering and Richard Nicholson as the Victor Gibson Orator.

Sunday will be spent at Sovereign Hill - including the FWFSa Annual General Meeting and Sovereign Hill Lunch. Attendees will have free entry to Sovereign Hill Park to explore at leisure.

The Organisers have kept the programme uncluttered to allow for exploration of this historic area; there are many opportunities for local Winery/Vineyard visits and several good dining options for those who would like to arrive early or stay on after the weekend. March is Ballarat Begonia Festival month and a visit to the Botanical Gardens is highly recommended. More information on what is on offer in Ballarat can be found at [visitballarat.com.au](http://visitballarat.com.au)



Registration forms were distributed recently by MWFSS Secretary David Yeomans. For more information on the Weekend please contact me.

The FWFSa AGM will be held at Sovereign Hill on Sunday morning – if you're interested in joining the Committee or knowing more – please give it some thought and contact any one of the current MWFSS members on the FWFSa Committee for more information – Steve Liebeskind (0413 527 200); Trevor Gibson (0427 311 456); or me.

***Peggy Sanders***  
***FWFSa Secretary***  
***0413 481 854***



# MWFSS Christmas Luncheon

Sunday 5th December 2021

At the home of Jim Rolls 5 Jacaranda St Beecroft



## Menu Canapes



### Mini Cheese & Chutney Muffins

Tasty little bites with cheddar cheese and a homemade chutney. Sprinkled with parmesan cheese

### Mini Pea and Mint Frittatas with Ricotta & Prosciutto

Mint and Pea were a lovely combination of flavours. The ricotta gave a luscious creaminess with the prosciutto and capers adding a saltiness, enhancing the overall taste.



### Roasted Duck Breast & Beetroot Jam on Blinis

Succulent pink Duck Breast on Blinis with a stick sweet Beetroot Jam, garnished with a sprig of thyme. The duck was marinated in soy sauce, garlic, ginger and lemongrass

giving an Asian flavour.  
Nice seasonal colours.



## MWFSS Christmas Luncheon

### Main Course

Served buffet style with Traditional Christmas meats - Turkey and Ham along with fresh Salmon and some traditional and innovative salads

### Freekeh salad with Pickled Avocado



### Mango Salad with Rocket, Pomegranate Seeds and Fetta Cheese



### Traditional Potato Salad with egg Mayonnaise, Sour Cream and parsley







### **Roasted Turkey Buffe with Christmas Tabouleh**

Traditional roasted turkey garnished with cherries and rosemary. In lieu of stuffing, it was served with a tabouleh of cous cous, dried cranberries, chopped almonds, red onion, chopped mint and parsley with a raspberry vinaigrette dressing

### **Honey and Orange Glazed Ham**

Clove studded leg ham glazed with honey, dijon mustard and orange juice and a touch of star anise was baked for about one hour. The ham was succulent with the subtle flavour of the glaze



### **Side of Salmon with Lemon Gremolata**

Skinless side of salmon seasoned and marinated in lemon oil and lightly cooked until just pink, covered in a lemon Gremolata.

Garnished with lemon wedges and zest.



### **Dessert**

#### **White Chocolate and Raspberry Tart With Raspberry Coulis**

A luscious creamy topping of White Chocolate and thick cream on a biscuit crumb base. A lovely contrast of flavours in the tart raspberry and sweet white chocolate. Raspberry coulis and the green mint leaves made this a beautiful Christmas dessert

## Wine Report

### MWFSS Christmas Luncheon 5<sup>th</sup> December 2021



**NV Canard Duchene Cuvee Leonie** –Traditional blend. Elegant and well balanced with good length. Pale gold colour. Nose of tropical fruit with freshness on the palate. The preferred champagne of the 2 good champagnes presented.

**NV Marc Chavey Brut** –Traditional Blend. Lean style with a crisp acid finish. Not too sweet and not too tart. Gold in colour. Good length with hints of apple and citrus.

**2014 Tyrells Vat 47 Chardonnay** - Stunning wine from a very good year in the Hunter. Deep Straw colour with a hint of green. Lightly oaked with good acid. Long on the palate with hint of ripe peach and dry tannins. Lovely, rich mouthfeel with excellent balance. Judged the wine of the afternoon.



**2015 Yabby Lake Single Vineyard Pinot Noir** – Attractive red cherry on the palate. Lacked the earthy forest floor characteristic of many good Pinot Noirs. Fruit driven style, with drying tannins, but a little simple and lacking structure on the finish. Wine opened up and the balance improved with more time in the glass.

**2014 Seppelt Original Sparkling Shiraz** – Rich flavours of black fruit (blackberry, plum and blueberry). Vibrant bubbles. No oak and not tannic. A very good, enjoyable wine.



**2013 Raymond Lafon Famille Meslier** – A lovely deep gold Sauternes. Savoury Semillon/Sauvignon Blanc on palate with hint of marmalade on the side palate. Good acid to clean up the finish. Not cloying as are many Australian dessert wines.

Wine notes by Jim Rolls



## Photos from the Christmas Luncheon





## Recipes from the Christmas Luncheon

### Freekeh salad

1 litre water  
250 gms freekeh  
2 bunches asparagus trimmed  
½ tsp salt  
2 pinches ground black pepper  
4 sprigs fresh flat parsley  
2 celery stalks cut into 4cm pieces  
100 gms mayonnaise  
100 gms buttermilk  
1 tsp sumac (extra for sprinkling)  
8 baby cucumbers cut lengthwise into quarters

### Pickled Avocado

150 g water  
120 g apple cider vinegar  
80 g sugar  
½ tsp black peppercorns  
1 garlic clove  
3 tsp salt  
1 fresh chilli (optional)  
2 avocados ripe but firm  
cut into thick wedges

### FREEKEH SALAD WITH PICKLED AVOCADO

Place water, vinegar, sugar, peppercorns, garlic, salt and chilli (optional) into a pan and heat until sugar dissolves. Pour into a sealable container and set aside to cool. Add avocados to sealed container and refrigerate for 24 hours.

Place water into pan and add freekeh to simmering water and cook for 15 minutes at 100 degrees C. Then transfer to a bowl to cool.

Saute seasoned asparagus until just tender.

Chop parsley and celery and combine with cooled freekeh.

Blend mayonnaise, buttermilk, sumac, salt and pepper.

Place freekeh mixture onto a serving plate. Top with cucumber, asparagus and pickled avocado. Drizzle with mayo/buttermilk dressing and olive oil and sprinkle with sumac.

PS I have modified this recipe from Jim's Thermo Mix recipe. Please refer to Jim if you need more details

## Recipes from the Christmas Luncheon

### POTATO, BACON AND EGG SALAD

1.5 kg potatoes, scrubbed  
½ cup extra virgin olive oil  
2 tbs wine vinegar  
Salt and freshly ground black pepper, to taste  
6 rashers bacon trimmed (optional)  
1 cup finely sliced celery  
2/3 cup finely chopped red onions  
2 tsps Dijon mustard  
2/3 cup good shop mayonnaise  
2/3 cup sour cream  
4 tbs each of parsley and mint  
½ bunch finely chopped chives  
4 hard boiled eggs, peeled and sliced

#### Garnish

Herb sprigs or snipped chives

Boil or steam the potatoes until just tender but slightly firm in the centre, drain and set aside. Whisk oil, vinegar salt and pepper together in a large bowl. When potatoes are cool, peel and cut into 2.5 cm chunks. Add oil mixture and turn gently to coat.

Slice bacon into fine strips, saute quickly and drain onto paper towels. Add celery and onion to potatoes when cool. In a small bowl, Mix mustard, mayonnaise, sour cream and herbs. Add this to the bowl with most of the egg and bacon. Carefully fold mixture together to combine. Place into salad bowl, add reserved bacon and egg to the top and garnish with herb sprigs

**Serves 10-12**

## Recipes from the Christmas Luncheon

### WHITE CHOCOLATE & RASPBERRY TART

3 cups (300g) digestive biscuit/graham cracker crumbs  
1/4 cup (50g) caster/granulated sugar  
1/2 cup (115g) unsalted butter, melted  
2 cups (350g) white chocolate, chopped  
1/2 cup (120ml) heavy cream  
1/4 cup (56g) unsalted butter  
2 cups (250g) fresh raspberries

### INSTRUCTIONS

#### **For the Crust**

Stir together the biscuit crumbs and sugar. Add the melted butter and mix until all the crumbs are moist.

Press the mixture into the bottom and up the sides of an un-greased 23cm/9-inch fluted tart tin with a loose base. Refrigerate whilst preparing the filling.

#### **For the Filling**

Place the chocolate, heavy cream, and butter in a microwave-safe bowl, and heat in 20 second intervals, stirring after each one, until melted and smooth.

Place the raspberries onto the bottom of the crust and pour the white chocolate on top. Refrigerate until firm - about 2 hours.

### NOTES

*Leftovers can be cover tightly and kept refrigerated for up to 3 days.  
This tart also freezes well for up to 3 months. Thaw overnight in the fridge before serving.*

### *Congratulations and Thank You*

*A huge thank you to Jim Rolls for hosting us again in your home for the MWFSS Christmas Luncheon; and congratulations to the Food Committee and the Wine Master for a superb lunch. Wonderful to be able to see friends again and to catch up. With such a scarcity of such functions over the past couple of years this was certainly a bright light for me. Spring Luncheon, and other Society catered functions have always been among the favourites for me.*

*Many thanks.*

*Peggy Sanders*

## Articles of Interest

### Global Wine Award for Australian Chardonnay

#### **A drop above the rest! A \$43 Australian wine is crowned the best chardonnay in the WORLD at Las Vegas Global Wine Award**

A \$43 bottle of wine from South Australia has been crowned the best Chardonnay in the world at a prestigious international wine competition.

Winemaker Taylors Wines hit the jackpot at the Las Vegas Global Wine Awards this week after its St Andrews Chardonnay 2020 took home the coveted “Best in Show” medal. The white wine from the family winery’s Clare Valley estate was rated after being blind tasted by a panel of world class judges - including Master Sommeliers, winemakers and trade experts.

The winning drop is a silky textured wine, with long and luscious notes of peach, nectarine and subtle cashew nuances enhanced through the use of high-quality French oak.

“We are absolutely thrilled to be awarded Best Chardonnay at the awards,” Taylors Wines third generation winemaker and managing director Mitchell Taylor said. It’s such an honour to be recognised on the global stage, but to be recognised for the best chardonnay in a country where it is so widely loved and consumed makes it even more special. There is a growing taste for premium Australian wines in America - the world’s biggest wine market - and it is through these awards we can demonstrate that our wines stack up against some of the best in the world.”

This is the second year that Taylors’ St Andrews Chardonnay has claimed a major prize at the Las Vegas Global Wine Awards, cashing in on the title for Best White Wine at the 2020 competition. In addition to the major chardonnay prize, the family winery also took home a gold medal for its Jaraman Shiraz 2019 along with six silver medals across its portfolio.

Taylors wasn’t the only Australian winery to luck out in Vegas with New South Wales winemaker Lillypilly Estate Wines taking the title for Best Dessert Wine for two of its sweet wines - the Lillypilly Fiumara 7 Angelo Blend and Lillypilly Noble Harvest.

The winning wine will be available in 2022 from select wine retailers, Taylors’ Clare Valley Cellar Door and [online](#) for \$43.

Acknowledgement: [7NEWS.com.au](https://7NEWS.com.au) has not received any monetary benefit for this story

*Kerrie Sims*

## Articles of Interest

### How to Grow Microgreens – 4 Step Guide

Microgreens can be a colourful and flavoursome garnish for canapes, soups, salads or any dish you wish to make, additionally they are packed with healthy minerals and vitamins which may benefit your wellbeing. They may be difficult to procure commercially so why not try to grow your own.

They are grown quickly from seeds in good light with adequate moisture. They are usually sown in a soil medium or substitute and harvested before they reach full size. Each seed needs enough 'personal space' to grow.

You simply snip the microgreens off at soil level after the first two 'true' leaves of the plant emerge from the cotyledons.



## Materials

- Tray/container
- Certified organic/fungicide free seeds
- Spray bottle
- Seaweed solution
- Seed raising mix growing medium
- Paper towel/chux cloth to line tray
- Plant label or pen to mark date and variety



## STEP 1. Prepare your Seeds

To help your seeds germinate quickly, pre-soak larger seeds (e.g. mung beans, wheat, peas, beetroot and sunflowers) in warm water for a few hours or overnight. After pre-soaking, drain and rinse large seeds. For small seeds, you don't need to bother with this step!

## STEP 2. Prepare container and seed raising mix

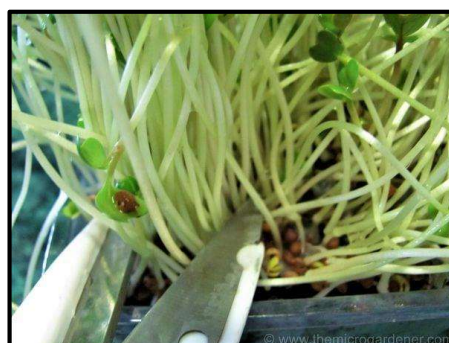
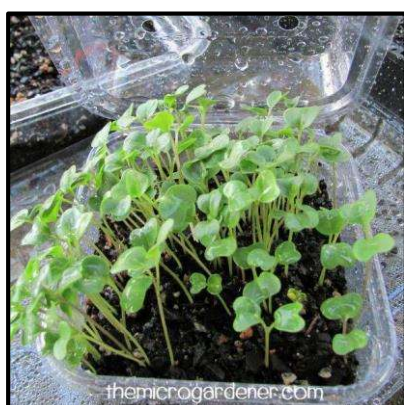
You can use a commercial seedling raising mix to grow your microgreens. (Available at Bunnings). If using a tray, lay some moistened paper towel or chux cloth on the bottom to stop the mix falling through. Fill your container about 3/4 full of moist growing medium about 2-3cm (1 in) deep.

The seed raising mix in your tray should feel like a moist sponge – not too dry or wet! You could also use a certified organic seed raising mix.

## STEP 3. Sow your seeds

Generously sprinkle your seeds over the mix and press in lightly. Optional: For small seeds you can also evenly spread a thin layer of seed raising mix or sieved compost (about 0.5 cm or 1/5 in) over the top so they are all covered. Gently press down with extra seed raising mix to cover seeds. Seeds can also be purchased at Bunnings and other nurseries.

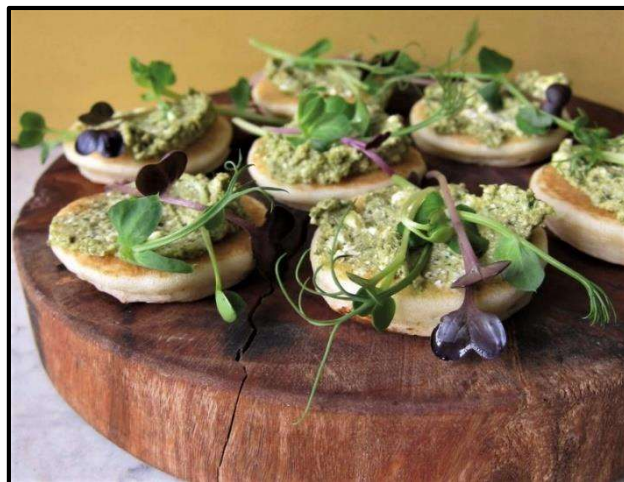
- lightly water by misting with a spray bottle. This prevents you dislodging the seeds.
- Place on a drainage tray or saucer in a warm spot like your kitchen bench.
- Water regularly every day as needed. Check soil moisture first by touching with your fingers.
- The seeds should never dry out. Avoid *overwatering* though as you'll drown your seeds!
- To create a warm humid environment for the seeds to germinate, cover the seeds with the punnet lid. Or add a clear plastic bag over the top of the tray with holes snipped in the top for airflow.
- Once the seeds germinate, you can move them to a sheltered sunny position like a windowsill or greenhouse



## STEP 4. Harvest your Shoots

Once germinated, the seeds have used up their internal store of food to grow. So at this point, apply seaweed solution to feed the plants with trace elements. This improves flavour and boosts nutrition.

When the seedlings are 2.5-10cm (1-3 in) tall – depending on the variety you choose, your yummy microgreens are ready for harvesting! Use scissors to cut stems just above the soil when you are about to put them on the plate.



### Acknowledgements

Some information was derived from this website

<https://themicrogardener.com/easy-guide-to-growing-microgreens/>

Photos - various websites

Kerrie Sims

## Articles of Interest

### Six Alternative White Wine Varieties to Try

*Australian white wines made from alternative grape varieties (varieties outside the mainstream and planted in small numbers) are on the rise. These varieties are adding fresh excitement to Australia's diverse wine scene. With so much to discover, you might just find a new favourite.*

#### VIOGNIER

Since Viognier was first planted in Australia in the 1970s and 80s, this native French variety has gone from strength to strength. It's challenging to grow and get right in the winery, but in the hands of skilful winemakers, Viognier wine is silky and seductive. Australian Viognier can range from delicate and fresh to full-flavoured and rich, depending on where it's grown. It has similarities to Chardonnay but is more aromatic.

**Typical flavours:** peach, floral, apricot

**Pairs with:** Fish, roast chicken and pork, curries and other spicy dishes, mild cheeses

**Top regions:** Adelaide Hills, Barossa Valley, Eden Valley, Hunter Valley, Riverland, Yarra Valley

**Try Viognier if you like:** Chardonnay

#### VERDELHO

With its vibrant tropical fruit flavours, Verdelho wine is a crowd-pleaser and a versatile partner for food. Originally from Portugal, Verdelho has been growing in Australia since the early 1800s. Australian Verdelho wine ranges from bright and zesty to richer and full-flavoured, and usually represents great value. You'll also find it blended with other white varieties, including Sauvignon Blanc and Semillon.

**Typical flavours:** lemon/lime/citrus zest, tropical fruit, honeydew melon, ginger, floral

**Pairs with:** roasted vegetables, seafood, chicken, spicy Asian-style dishes, creamy cheeses, salads

**Top regions:** Hunter Valley, Langhorne Creek, Manjimup, Margaret River, Riverland, Swan District

**Try Verdelho if you like:** Sauvignon Blanc, Chardonnay

## VERMENTINO

Australian Vermentino is growing in popularity as more wine drinkers discover its bright freshness and food friendliness. Native to Italy, Vermentino is a hardy grape variety that thrives in cool to warm climates and produces vibrant wines that scream summer. Australian Vermentino wines have never been better and range from light and refreshing to richer and more complex.

**Typical flavours:** lime, green apple, peach

**Pairs with:** salads and vegetable dishes, seafood, chicken, lighter Asian-style dishes

**Top regions:** Riverland, Hunter Valley, King Valley, Margaret River, McLaren Vale

**Try Vermentino if you like:** Pinot Gris/Grigio, Sauvignon Blanc

## GRÜNER VELTLINER

The first Australian Grüner Veltliner commercial wine release was made in 2009 and since then it's gone from strength to strength, especially in cooler-climate regions. Grüner Veltliner is Austria's most planted variety. In Australia it produces stylish wines that are bright and refreshing yet intensely flavoured. Grüner wines have a unique spice that makes them a great match with Asian-style dishes like Thai curries.

**Typical flavours:** pear/apple, lemon, white pepper

**Pairs with:** salmon, roast chicken, spicy Asian-style dishes

**Top regions:** Adelaide Hills, Canberra District, Eden Valley, Tasmania

**Try Grüner Veltliner if you like:** Riesling, Pinot Grigio

## FIANO

Hailing from Southern Italy, Fiano loves a warm, dry climate and is thriving in Australian vineyards. Fiano wines are generally aromatic and bursting with flavour and loved for their versatility. Styles of Australian Fiano range from light and fresh through to richer and more complex, but they're all typically high in quality. Fiano is taking off in Australia and its future is bright.

**Typical flavours:** lemon/mandarin, apricot/stone fruit, nuts

**Pairs with:** seafood, vegetarian pasta dishes, Asian-style dishes, creamy cheeses

**Top regions:** Clare Valley, Granite Belt, Hunter Valley, McLaren Vale, Riverina, Riverland

**Try Fiano if you like:** Semillon, Pinot Grigio, unoaked Chardonnay



## MARSANNE

Originally from France, Marsanne is one of the world's rarest white grape varieties. Some of the oldest continuously producing Marsanne vines are actually found in Australia, in Victoria's Nagambie Lakes wine region. Australian Marsanne wine is typically smooth and full-flavoured, and it's often also blended with Viognier and/or Roussanne.

**Typical flavours:** lemon, peach, pear, melon, nut

**Pairs with:** rich seafood dishes, creamy pasta, roast chicken

**Top regions:** Barossa Valley, Nagambie Lakes, McLaren Vale

**Try Marsanne if you like:** Pinot Gris, Chardonnay

### Acknowledgement

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

Kerrie Sims

