



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.*

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Procrastidrink

The art of drinking
instead of doing something
else you should be doing.



You may have suffered from this non-life
threatening condition during Covid Lockdown

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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 19 th 2022	MWFSS committee meeting at the home of David & Carole Yeomans
May 2022 Date TBA	MWFSS AGM
July 2022 Date 9 th July	Ian Arnold Dinner at Silvermere Wentworth Falls
	Watch this space!

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

It seems our MWFSS members have optimistically embraced opportunities to dine out and enjoy food and wine with family and friends despite the unforeseen rise in Covid sufferers due to the Omicron strain. 'Boostered' with confidence and Pfizer, they have risen to the challenge. Some have prepared gourmet food at their homes or chosen outdoor dining options. Others dined locally or have bravely ventured way beyond 5 kilometres restrictions, travelled interstate or even overseas.

Hence, we have several Member Contributions for this newsletter for all of us to enjoy.

Let's hope that we can put some of the turmoil behind us and return to the good times we enjoyed before the pandemic.

Kerrie Sims



Federation of Wine & Food Societies of Australia Federation Report



We are delighted that the Federation Weekend is going ahead hosted by the Wine and Food Society of Ballarat for the 25th Victor Gibson Commemorative Dinner on Saturday 26 and the luncheon at Sovereign Hill on Sunday 27 March. The Victor Gibson Orator this year is Richard Nicholson, Director of Nicholson Construction, a family-owned business – he has a long family history in Ballarat, and involvement in civic affairs. The Nicholson name has featured in Ballarat since the arrival of William Nicholson in 1864, so we are looking forward to immersing ourselves in some of the history of Ballarat.

The FWFSA Annual General Meeting will be held on Sunday 26 March. Good to have Trevor Gibson and Steve Liebeskind offering themselves again for election to the Committee; and I'm prepared to be re-appointed to the position of Secretary.

We have the following nine from MWFSS attending the weekend: President Peter Bacon and Brenda Bradbery; David and Penny Cameron; Trevor Gibson; Steve Liebeskind; Peggy Sanders; and David and Carole Yeomans. What a great response from the MWFSS, as always! We look forward to exploring the historic area of Ballarat and enjoying some fine wine and dining.

Peggy Sanders
FWFSA Secretary
0413 481 854

FWFSA Victor Gibson Weekend in Ballarat

25th 26th 27th March

Hot off the Press!

Federation of Wine and Food Societies of Australia Weekend in Ballarat

Ballarat was the richest city in the world for a part of the nineteenth century, and you can tell. The buildings in central Ballarat are solid and demonstrate prosperity, the streets are broad and named for policemen and mining officials, the public gardens as you enter through Victoria Street are beautifully tended. It's a confident city.

The MWFSS was represented by the Federation President and Chair, our own Steven Liebeskind, their Secretary, our Peggy Sanders, Committee member and former President our Dr Trevor Gibson, MWFSS President Peter Bacon and Brenda Bradbury, David and Carole Yeomans and David and Penny Cameron.

Friday 25th we moved into our hotels and went to the Mitchell Harris Wine Bar for an informal gathering. The wine provided came from Mitchell Harris Vineyards. The *Made of: Ballarat* magazine explains that Craig Mitchell is an anaesthetist, a keen photographer, and the owner of the wine bar with his wife Alicia and his sister Shannyn and brother-in-law John Harris.

Business was clearly good. We occupied the back room, and the front of the bar was very busy. The canapes were excellent: crisp seaweed with tuna tartare, small Asian buns, sliders all come to mind. People were very happy to see each other.

The next day we picked up our registration documents at the very impressive Art Gallery of Ballarat. Our extremely generous goodies bag came in a sack and was far too heavy to carry back, particularly if you went on the guided walk.



The original plan was to use a business which specialised in guided walks, but they went out of business, so the organisers found Phil Roberts, the author of twenty books including *Avenue of Memories* which won him the Victorian Premier's History Award in 2019. He clearly loves his town and led us through the statues to Ballarat Mechanic's

Institute, and no, Ballaarat is not a misspelling. The aboriginal words were *balla arat* and some organisations run them together and leave it at that, although the city is spelt Ballarat.

The walk finished at Craig's Royal Hotel, where many of us were staying. It was opened in 1853 by Thomas Bath bought by Walter Craig in 1857 and extensively restored in 2003.

Back to the Federation. The Victor Gibson Commemorative Dinner was at the Ballaarat Mechanic's Institute, with catering by Peter Ford. The Orator was a fourth generation Ballarat civil engineer Richard Nicholson who spoke proudly of his town. The menu was ambitious and diverse.

Sunday, we went to Sovereign Hill for the AGM followed by lunch at Charlie Napier Hotel where we were greeted by the Ballarat Wine and Food Society President Anthony Singleton and his partner Veronica Corbett.



The main course roast beef harked back to Sunday lunches of the past if you had a grandmother who could really cook. Tender and delicious with traditional vegetables, the photo does not do it justice.

The wines were Taltani Blanc de Blanc, a Seppelt Taluka Chardonnay Best's Great Western 2018 bin no 1 Shiraz and Glen Lofty 2017 Cabernet Sauvignon

The next day we scattered after a most anticipated weekend. The Ballarat WFS committee had arranged the weekend three times, and the very fact it occurred was a tribute to their patience and determination. Thank you!

Ballarat is an interesting and welcoming town, and well worth another visit.

Details of the Menu and Wine List for the 25th Victor Gibson Commemorative Dinner held on Saturday 26th March will be featured in the next newsletter

MWFSS Annual Picnic – Elkington Park 16th January 2022

A small group of MWFSS members gathered at the rotunda at Elkington Park Balmain for the annual picnic. Whilst the weather was potentially threatening, rain held off on that day.

The fare was simple, antipasto including meats, cheeses, fruit, olives, dips, bread and bickies. Jim prepared a delicious Gazpacho soup and there were tasty cos leaf salads.



The corks were popped! The wines were tasted! And the food was sampled!



It was an enjoyable and relaxing evening for those who attended

Member's Contribution

Smoked Duck – 4 Ways by Trish & Paul Riley

How we conquered a whole duck between 2-people.

Lovingly home-smoked whole duck "The Texan Butler- Instagram" aka Stephen Butler of the Cameron family.



1. **Papaya smoked duck salad** for Saturday lunch on the patio - smoked duck slices, papaya salad bought fresh that morning as a do-yourself-kit from Eveleigh Markets includes shredded green papaya, baby tomato, Vietnamese mint & verbena leaves, birds eye chilli, fairy floss coconut & sticky dressing. Toss & enjoy with a buttery chardonnay.



2. **Smoked duck pizza** while watching The Ashes on a Sunday afternoon - home-made pizza dough, home-made tomato sauce, mix of buffalo mozzarella/ gruyere/ parmesan, slices of smoked duck, dribble of hoisin sauce & topped with fresh watercress & shiso leaves & definitely served with a cold beer.

3. **Red curry of smoked duck with lychees** when it comes in a do-it-yourself-kit from Eveleigh Markets we cannot profess to having done much else then add chunks of smoked duck and peeled some fresh lychees, boiled some rice, and found a cheeky Robert Stein Gewurztraminer Riesling from a past MWFSS outing to Mudgee – oh YUM.



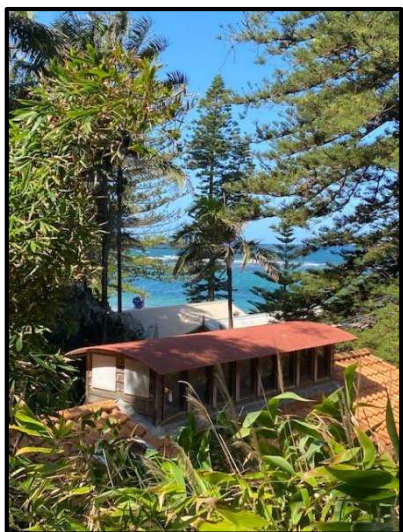
4. **Duck carcass used to make gravy** to accompany any baked dish; here we needed a rich sauce to accompany Deep Fried Chicken in peanut oil (aka Thanksgiving Deep Fried Turkey that manages to burn down 5000 American homes each year !) With the duck carcass we also used chicken necks, chicken stock, vegetables, bay leaf.....



Not too shabby Mr Riley, it's ready (20min) and our guests are eagerly waiting, at a distance!

Member Contribution

Dining at Kim's Beachside Retreat at Toowoon Bay



Jo and Kate Winchcombe enjoyed their first get-away after the Covid lock down and restrictions at Kim's Beachside Retreat at Toowoon Bay.

Jo described the experience as "A wonderful food and wine journey of delectable flavours including cocktails"

Here they have given a sample of their tastings from the Friday evening menu including Pre Dinner-Cocktail



Pre-dinner Cocktail
Banana Daiquiri

Entrees

Gin Cured Ocean Trout served with shaved fennel, cucumber, and a finger lime dressing

Sashimi Plate Hiraranasa Kingfish, Tasmanian Salmon, and Sea Scallops served with daikon, pickled ginger, wasabi and soy sauce

Just yum but there's more to come!



Mains

Moreton Bay Bugs served with dill mayonnaise

Cold Seafood Platter - 1 Moreton Bay Bug, 4 oysters, 4 prawns and chargrilled southern calamari served with dill mayonnaise

Sides

Sebago Potato Mash

Broccolini in Almond Butter Cream



Desserts

Raspberry and Chocolate Cream Terrine

Macadamia Nut and Caramel Tart

Members' Contribution

The Camerons in Northern Tasmania

We travelled to Tasmania with our son Andrew and his partner Vanessa Green for some serious wine tasting.

We picked up an Audi Q7 at the airport. It was very comfortable in the back seat, and a great pleasure to accept no responsibility as Andrew and Vanessa shared the driving and the navigation. They had already planned the trip and made the bookings, so this trip was truly a gift to us and homework to them: they are preparing for the Level 4 Wine and Spirit Education Trust (WSET) examinations.



On our first day we went to breakfast at Samuel Pepys, an offbeat sort of restaurant and clearly a local favourite, catering to the gluten intolerant but good for omnivores. Our first winery was Clover Hill, a return visit for the senior Camerons. The old tasting room is now used as a shed and the Ronald Searle cartoon is too large to hang, although a few T shirts with the picture still exist. The press was busy interviewing the management when we arrived. The new tasting room is attractively appointed and clearly the designer had a lot of fun using Tasmanian wood.

We enjoyed their sparkling wine, especially the Cuvee Exceptionnelle Rose 2016, and were sad to spit, but needs must.



We travelled on to Piper's Brook and Jansz wines. I enjoyed the Tasmania Vintage Rose, and a share of the very generous cheese plate.

Our last vineyard for Friday was the rustic Delamere Vineyards. This was a small, casual and friendly place. On our way home we were caught in rush minute as people came back from work. Launceston has some beautiful Victorian buildings which attest to a prosperous pastoral industry. There is gold nearby in Beaconsfield, but we were told that most of the money came from the land.

We walked from Peppers Silo, where we were staying, to the unpromisingly named Mudbar Restaurant where we had one of the best meals I have ever enjoyed. We ordered small plates to share and had a visit from the owner Doug Cameron, no relation although his ancestors, like David's, came from Inverness. The place is friendly, casual, and very well appointed.

The next day we had an excellent breakfast at Stillwater, then on to Tamar Ridge: more pale wood, and a great view. We had the vertical flight of three premium pinot noir: 2019 Tamar Ridge, 2020 The Research Series and 2020 Single Block. My personal preference: the Research. I felt the sparkling Rose was better than the vintage sparkling but this may reflect my fascination with pink bubbly.

I am told that it is essential for visitors to Tasmania to have a scallop pie, where the scallops are served with a mild curry sauce. One was enough.

We then visited the quirky Marion vineyard. The family are Cypriots who built the house a generation or so ago using the native stone which made the property affordable. They followed their old design, and people lived above, animals below. Friendly to a fault, and a great place to spend a little time.



Then to the find of the trip: Holm Oak. The winemaker, Rebecca Wilson, opened for us and we tried excellent wines and watched Andrew and Vanessa turn into restaurateurs discussing possible wine promotions. My personal favourite is the 2021 Arneis described in the notes as “An Italian varietal. Wild fermentation in old oak and a concrete egg has created a unique wine with fabulous texture and fantastic fruit concentration≥”

Dinner at the Brisbane Street Bistro. The long weekend in Victoria and Tasmania meant Launceston and surrounds were full, but Andrew still managed to book excellent eateries. This one had beautifully crafted courses, which sat comfortably in the old house.

Sunday 13: Breakfast at Sweetbrew, made memorable by excellent coffee and an enormous fruit muffin we could all share.

Lunch at Josef Chromy, where the whole establishment was consummately professional. Beautifully manicured grounds, an excellent menu, obliging staff and beautifully crafted wines.



On our last full day, and we drove down the east coast in steady rain to the Freycinet tasting rooms, unpretentious, but with an impressive stack of wine boxes waiting to be transported elsewhere and a Nepalese teacher of English in charge. They also had the tale of Shaun the escapee sheep which survived the 2008 bushfires and was finally shorn of a 28.5 kilo fleece in 2014. The account ends "Shaun is a tribute to the hardiness of the Merino and the protection wool can afford".

Next stop, and last winery, Frogmore Creek. This was the first place with a comprehensive gift shop. After that it was Hobart airport and home.



And a final word on wine from David: All the cellar doors were pushing their sparkling wines with an emphasis on roses. Their pinot noir/chardonnay sparkling were generally of very high quality and very drinkable. They also showed well-crafted pinot noirs and the occasional shiraz and cabernet sauvignon which I don't think are a good choice when they are put up beside excellent pinot noirs.

Member's Contributions

Cuisine in the Lehigh Valley, Pennsylvania – Kerrie Sims

While staying my daughter, Dayna and grandchildren, Lily and Scarlett in Pennsylvania, we revisited a couple of restaurants where we had previously dined and enjoyed the food.

One of these is 3rd & Ferry Fish Market in the town of Easton, the home of Crayola, well known to Mums as a supplier of Arts and Craft items. It is a predominantly a mid-priced seafood restaurant. For Sunday lunch it offers it's "Buck a Shuck" promotion – a dozen oysters for US\$12. The range of oyster varieties on the menu is extensive but it's special offer includes one specific type. We chose these. They were large, but in my opinion were not as tasty as Sydney Rock.



Additionally, we sampled a selection of dishes from the Appetiser menu.

Bacon Wrapped Scallops
Salt & Pepper Squid
Spicy Tuna Tartare
All were delicious



And the Key Lime Pie was 'to die for'



Member's Contributions

Cuisine in the Lehigh Valley, Pennsylvania - Kerrie Sims

A second restaurant we visited was 'Zest' in the town of Bethlehem. Again, we chose four items from the appetiser menu so that we taste could a range of their cuisine

Roasted Bone Marrow

pickled vegetables, grilled bread, sea salt, truffle

The bone marrow is best described as unctuous and one of the tastiest foods I have ever consumed. Rich in the flavour of truffle oil and with a toasted bread to soak up the excess oil.



Grilled Halloumi

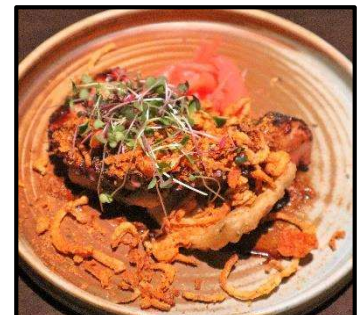
roasted carrot salad, tomato hummus, chickpeas, peppers

I found the Halloumi salty and tough though the garlic flavoured hummus and the slightly sweetened carrot salad delicious.

Grilled Octopus

hoisin glazed, scallion pancake, pickled ginger, togarashi, crispy shallot

A great combination of Asian flavours with tender octopus. I learned that togarashi is a combination of 7 spices used commonly in Japan cuisine and otherwise known as Chilli Powder



Short Rib Buns

pickled peppers, scallion, black garlic aioli

Tender meat from pork ribs in a crispy bun enhanced with the tasty flavours of shallot and the garlic aioli. Humble but delicious!

Faschnaut

A fried doughnut of German origin served traditionally in the days of Carnival or on Shrove Tuesday, the day before Lent starts. Faschnachts were made as a way to empty the pantry of lard, sugar, fat, and butter, which were traditionally fasted from during Lent. Yes! we dined on Shrove Tuesday.



Member's Contributions

The Verandah Restaurant Beecroft - Jim Rolls

In December 2021 after an extensive makeover, "The Verandah" restaurant opened in the clubhouse of the Beecroft Bowling club, 128 Copeland Road, Beecroft.

www.theverandahbeecroft.com.au The Verandah has become part of the Norths Collective – leaders in contemporary hospitality venues that celebrate the local community. It has a new look, a new menu and a new name – The Verandah Beecroft.

I have eaten at The Verandah 4 times, and the food quality and presentation is very good. The prices are reasonable and you can pay more for the same quality meal in upmarket restaurants. The chefs employed have worked in top quality restaurants in Australia and overseas.

It is proving to be very popular and I would recommend that Monday or Tuesday are the best days to attend. Other nights, and particularly the weekends can be crowded. You make a booking if you want to attend.

The Verandah is a Registered Club, so if you live within 5kms you must join or be signed in by a member. Non-members when signing in must provide their drivers licence to obtain temporary membership.

The photos below are of some of the meals served at The Verandah.

Jim Rolls



Morton Bay Bug Cakes
Fermented Harissa, Pickled Watermelon Rind, Coriander

Pukara Estate Lamb Rump.
Green Olive Tart,
Sweetbreads, Warrigal greens, Wild Mint Infused Jus



Filet of Roasted Murray Cod
Baby Fennel, Preserved Oyster Mushrooms, Sorrel, Sesame Chardonnay Foam

Char Grilled King Prawns
Sauce Piperade, Samphire, Fine Herbs, Squid Ink Wafer





Hay Smoked Cauliflower
Bombay Spiced Coconut
Butter, Heirloom Tomatoes,
Wild Rice, Purple Basil



The Verandah S'Mores
Blood Orange
Marshmallow, Milk
Chocolate, Graham
Crackers, Smoked Ice Cream



Eton Mess
Strawberry Meringue,
Lemon Coconut Yoghurt,
Grilled Strawberry Compote,
Finger Lime



Bomboloni
Italian Doughnut, Hazelnut
Cremeux, Salted Caramel Ice
Cream, Feulletine Crunch

Item of Interest

60th Wedding Anniversary of Penny and David Cameron



Congratulations to Penny and David Cameron who celebrated their 60th Wedding Anniversary recently.

They were married on March 29th 1962 in Sydney