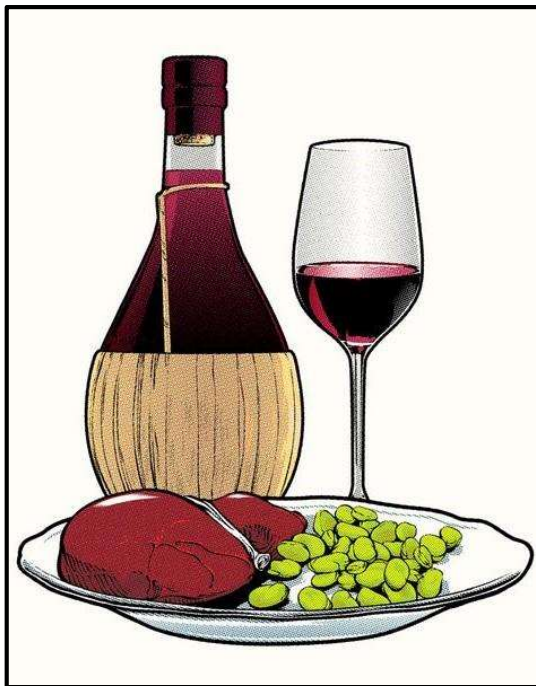




## The Newsletter of the Metropolitan Wine and Food Society of Sydney Inc.

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

**Vol 9 No 3—October 2022**



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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

Thursday 8 <sup>th</sup> December 2022	Christmas Lunch At Café Lyon Lynfield
Sunday 8 <sup>th</sup> January 2023	Picnic at Elkington Park Balmain BYO
Tuesday 21 <sup>st</sup> February 2023	Dinner At Il Porto North Epping
Friday 24 <sup>th</sup> to Sunday 26 <sup>th</sup> March 2023	FWSFA Convention Melbourne

### Office Bearers and Committee 2022—2023

President and FWFSFA Councilor:

**Carol Leaver**

Vice President Wine Master: **Trevor Gibson**

Vice President Food Master: **Jim Rolls**

Secretary: **David Yeomans**

Treasurer: **Carole Yeomans**

Committee Member Wine: **Graham Turner**

Committee Member Food: **Carolyn Smalls**

Wine Scribe: **David Cameron**

Food Scribe: **Kerrie Sims**

Cellar Master: **Trevor Gibson**

Federation of Wine and Food Societies of

Australia Councilor: **Trevor Gibson**

Public Officer: **Lorraine Plues**

### A Note from the Editor

It's great to see a good number of up-coming events and functions including the 2023 FWSFA Convention to be held in Melbourne. Now is the time to submit an Expression of Interest so that the organisers – The Wine and Food Society of Victoria can proceed to make essential bookings. It is also a great opportunity to discover more of Melbourne and its surrounds.

There is also several very successful events that have been reported on in this newsletter. It seems we are finally on top of the Covid crisis and are enjoying great wines, food and company!

## FWFSA Convention 2023 – Expression of Interest Hosted by Wine and Food Society Victoria



The Federation of Wine and Food Societies of Australia (FWFSA) and the Wine and Food Society of Victoria (WFSV) are delighted to invite you to a Convention in Melbourne in early 2023. As you will have the opportunity to experience, Melbourne has something for everyone. It is known for being one of the most liveable cities on earth. Marvellous Melbourne is also often referred to as “the Sporting Capital of the World” and it is famous for its graffiti laneways and amazing contemporary art scene, breathtaking gardens, excellent coffee, rich history and cultural diversity and bayside location with beautiful sandy beaches.

Melbourne is now recognised as one of the world’s pre-eminent food and wine destinations and it is home to restaurants and chefs that are recognised as among the world’s best. Fuelling this is the amazing diversity of fresh produce and wonderful wines drawn from the Victorian countryside. <https://www.visitmelbourne.com/Regions/Melbourne/eat-and-drink>

Dates: Please note the changes to the dates. The Grand Prix has been confirmed for the weekend that we had originally selected.

- ♣ Main Convention: Friday 24 March to Sunday 26 March 2023
- ♣ Pre-Convention Tour: Wednesday 22 March to Friday 24 March 2023
- ♣ Post-Convention Tour: Sunday 26 March to Tuesday 28 March 2023

### Main Convention:

A variety of the best of Melbourne will be organised for you beginning with a casual dinner on the Friday evening. The venue for this planned to be the Duke of Wellington Hotel. It has a stylish roof top bar and is located in the top end of Flinders Street in the Central Business District (CBD) so is an easy walk from the Convention’s main hotel - Grand Hyatt in Collins Street.

**Saturday 25 March 2023** In the morning and after lunch there will be time to explore Melbourne. You can:

- Explore some of Melbourne’s iconic department stores and shops
- Visit Hosier Lane which has some of the more famous graffiti
- Wander along Southbank and our iconic Yarra River bank

## **FWFSA Convention 2023 – Expression of Interest**

### **Hosted by Wine and Food Society Victoria**

- Go to the Ian Potter Centre in Federation Square. The Centre houses the world's first major gallery dedicated exclusively to Australian art. It is a spectacular showcase comprising over 20 galleries housed within a landmark architectural complex
- Discover more about China Town on the way to lunch

Lunch will be a Yum Cha at the Secret Kitchen in China Town – Little Bourke Street

**Saturday night dinner** will be a black tie event in Matteo's Restaurant in Melbourne's famous Brunswick Street, North Fitzroy. This sleek and sophisticated restaurant is a favourite of the WFSV and we are always well looked after by Matteo, the owner. A delicious meal accompanied with wines from the FWFSA cellar is planned.

**Sunday 26 March 2023** In the morning, the FWFSA AGM will be held at venue easily accessed from the Grand Hyatt. This will be concluded in about an hour.

Lunch From noon to 3pm we will enjoy lunch at the Rivers Edge which is located right on the bank of the Yarra River with views of the city skyline and waterfront. Again we will have wines from the FWFSA cellar.

**Accommodation for the Main Convention** The main hotel for the Convention is planned to be the **Grand Hyatt in Collins Street**. Once we have some indicative numbers a special rate will be negotiated for delegates. Grand Hyatt Melbourne We are also exploring the Crown complex and the Sheraton Melbourne. If you google: Accommodation Melbourne cbd, a huge range of alternative places to stay will be displayed.

**Pre - Convention Tour** to the Mornington Peninsular Wine Region Bus tour of some highlights of the Mornington Peninsular Wine Region is planned. Accommodation will be at the Flinders Hotel. Flinders is one of the Mornington Peninsula's most charming villages, with an historic streetscape shaded by broad verandas, excellent eateries, gourmet produce stores, boutique shops, galleries, antique outlets, a famous golf course and coastal walks. This pretty seaside village was first settled in 1854, and is named after the explorer Captain Matthew Flinders.

Dinners over the 2 nights are planned at high end winery restaurants. Structured wine tastings are being organised and a visit to Point Leo will be included with lunch at their excellent restaurant and time to explore their amazing sculpture park overlooking Western Port Bay. Numbers will be capped at 24.

**Post - Convention Tour** to explore Marvellous Melbourne This will be based in Melbourne with a guided tour of some of our great restaurants (too small for large groups and our main event). The Grand Hyatt will be our start and finishing points.

A variety of guided walks and activities will be organised around the planned lunches and dinners:

- Explore the National Gallery Victoria



## FWFSA Convention 2023 – Expression of Interest

- Visit the Royal Botanic Gardens and the Shrine
- Wander around Melbourne to see some of our iconic buildings and graffiti-strewn laneways (or alleyways)
- Visit the Queen Victoria Market
- Walk around Albert Park Lake and the Grand Prix area
- Explore the MCG

Restaurants will be organised for:

**Sunday dinner, Monday lunch and dinner, Tuesday lunch**

Currently we are investigating:

- Scott Pickett's Estelle in Northcote or Smith Street Bistrot in Collingwood
- Amaru in High Street Armadale
- James Restaurant in South Melbourne
- Aru in China Town
- Ryne in North Fitzroy Numbers will be capped at 24. Expression of Interest (EOI)

An EOI is attached. It would be much appreciated if you can complete this and return to the FWFSA Secretary – Peggy Sanders by Saturday 15 October 2022. If you are thinking of attending any of our events is important that you respond to the EOI, as it is only with indicative numbers that we can finalise our negotiations with the various venues and lock in our bookings

Further Information Detailed information plus costs will accompany the Registration Form in early 2023. Plus we will provide an update of plans and activities later in the year. The information will be sent to directly to you, if you respond to the EOI, your wine and food society and posted on the FWFSA website.

**Any questions, please contact:**  
**Peggy Sanders FWFSA Secretary**  
**M: 0413 481 854**  
**E: fwfsa.inc@gmail.com**



### ***EXPRESSION of INTEREST***

The Federation of Wine and Food Societies of Australia (FWFSA)

Wine and Food Society of Victoria (WFSV)

National Convention Weekend

- **Main Convention:** Friday 24 March to Sunday 26 March 2023
- **Pre-Convention Tour:** Wednesday 22 March to Friday 24 March 2023
- **Post-Convention Tour:** Sunday 26 March to Tuesday 28 March 2023

Please respond to Peggy by Saturday 15 October 2022 [fwfsa.inc@gmail.com](mailto:fwfsa.inc@gmail.com)

I/We are interested in attending the 2023 FWFSA National Convention in Melbourne	
Name(s)	
Address	
Contact Number	
Email (please print)	
Society Membership	
Dietary Requirements	
Disability or Mobility	

***Please indicate the functions that you may wish to attend and if you will be staying at the Grand Hyatt for the weekend (sufficient numbers will allow us to secure a better discount)***

Casual Friday Evening Dinner in CBD	Yes	No	Number .....
Saturday Lunch Yum Cha	Yes	No	Number .....
Saturday Evening Black Tie Dinner	Yes	No	Number .....
Sunday Morning FWFSA AGM	Yes	No	Number .....
Sunday Lunch	Yes	No	Number .....
Staying at the Grand Hyatt	Yes	No	Number .....
Planning on staying Sunday Evening	Yes	No	Number .....
Pre-Convention Tour – Mornington Peninsular Wine Region	Yes	No	Number .....
	Yes	No	Number .....

## Ian Arnold Dinner Silks Brasserie- Wentworth Falls Saturday 9<sup>th</sup> July 2022

The Ian Arnold Annual Dinner 2022 was held at Silk's Brasserie at Wentworth Falls. The restaurant is located within the beautiful building of Silvermere. Several members took the opportunity to enjoy a weekend away from Sydney, staying either at the Silvermere guesthouse or in accommodation nearby.



Silvermere Guesthouse



Guests Lounge

Guests enjoy a glass of

*NV Baron-Fuente Grands  
Cepages*

Along with Canapes in the  
delightful guest lounge  
prior to dinner





## Ian Arnold Dinner

### *Canapes*

Prosciutto Wrapped Asparagus with lemon oil and lemon zest

Cheesy Polenta topped with semi dried tomato, basil pesto, shaved parmesan and purple basil leaf

Cucumber slices with cream cheese, smoked salmon, black lumpfish caviar and dill



### *Dinner Menu*

#### *Entree*

**House made Honey and tarragon bread**

Warm, fresh

**Pan-seared Scallops, tempura zucchini flower, avocado, cannelli bean puree, prosciutto shard, gremolata**

I think the entrée is best described as a 'tasting plate' with several lovely components for which I could not see a connection.

The scallops were superb, nicely seared and with a beautiful and distinct natural flavour.

The zucchini flower, done well in a light tempura batter.

Avocado sliced, fresh and ripe, was a good textural contrast with the crisp prosciutto shard.

The cannellini bean puree, served to moisten the other components but with its blandness did not enhance or detract from their individual flavours

The slice of preserved lemon and parsley leaf garnish was not what I would consider as gremolata. Traditionally, it is a blend chopped parsley, garlic and lemon zest. Variations are often encountered.

A combination of scallops, prosciutto and the traditional gremolata could have been a simpler choice for this entrée

Wine - *2014 Tyrrell's Vat 47 Chardonnay*

## Ian Arnold Dinner

### *Main Course*

**Grass-fed Angus beef tenderloin 180g, medium rare with roast pumpkin,  
onion jam, veal sweetbreads, herb butter, red wine jus.  
Share sides of mixed broccoli, green beans, snow peas and snap peas**

Again, a lot of components but I thought they married well. The beef tenderloin, was well received cooked medium rare, but there are always those among us who expect plenty of pink even red. I appreciated the opportunity to try veal sweetbreads and those who doubtful could put that component aside (or pass it to another guest). The onion jam added a touch of sweetness as did the roast pumpkin which brought a 'wow' from me, and I thought I could taste star anise but no – it was fennel! What a little magic surprise in this unexpected flavour. The herb butter added a touch of luscious creaminess, and the red wine jus brought the whole course together. The greens were varied, crisp and brilliant in their colour, enhancing the texture of the other components

### *Wines*

*2016 Mansanto Chianti Classica Reserva*  
*2010 Ch Larrivet Haut Brion*



### *Dessert*

**Medjool date pudding, poached Corella pear, Candied ginger and pineapple,  
Butterscotch sauce, vanilla ice cream**

Who couldn't love a warm sticky pudding with butterscotch sauce and ice cream. Just sweet, decadent and delicious. A well balanced course with the sweetness countered with the hot ginger

### *Wine*

*2013 Ch. Doisy-Vedrines*

## Ian Arnold Dinner - Wine Report



### **NV Baron-Fuente Grands Cepages**

A fine wine to start the evening. Bright clean Champagne with a strong finish.

### **2014 Tyrrell's Vat 47 Chardonnay**

A typical Hunter Valley Chardonnay from one of the top winemakers in the region. A full bodied wine showing honeyed tones and a long finish. A excellent match with the scallop dish.

### **2016 Monsanto Chianti Classico Reserva**

This was a fine example of the Italian wine we were drinking when the early Italian restaurants were new in Sydney. A good match with the beef.

### **2010 Ch.Larrivet Haut Brion**

This wine also complimented the beef dish.

### **2013 Ch. Doisy Vedrines**

A wine which was not as sweet as the date pudding with the butterscotch sauce and ice cream. Although not very sweet there were few if any complaints!

### **1980 Graham's Vintage Port**

The 42 year old port showed that aged vintage ports continue to show well.

### **1997 Stanton & Killeen Fortified Shiraz**

Although this wine was on the menu it was not served.



## Ian Arnold Dinner



Outgoing president Peter Bacon  
hands over to the  
new president Carol Leaver



Silks Brasserie Chefs





## Mid-Week Lunch The Little Snail Pyrmont

Located in Pyrmont, **The Little Snail** offers a relaxed and cosy environment for guests to relish gourmet goodness by the water. Renowned for its authentically flavoured French fusion fare, The Little Snail has been pleasing diners with fresh, quality produce since 1966. In addition to the a la carte menu, the restaurant is famous for its fixed three-course lunch and dinner menus.

MWFSS members enjoyed Lunch at The Little Snail on 9<sup>th</sup> August. Below are some of the delectable options they chose



Yumm! Certainly, some favourites here!

Wines were selected from The Little Snail's Wine List



## Spring Luncheon

### Sunday 9<sup>th</sup> October 2022 at Jim Rolls' home in Beecroft

A threatening weather report triggered a late change of venue from the home of Jenny & Trevor Gibson to that of Jim Rolls in Beecroft. The spirits of the 24 members who attended were not dampened and they enjoyed a great afternoon.

It was good to see Carolyn Smalls back planning the menu and cooking with the help of Carol Leaver and Margaret Harrison. Congratulations to Carolyn for producing a superb 'restaurant' standard meal.

### Spring Luncheon Menu

#### *Canapes*

##### *Onion & Goat's Cheese Tartlets*

The intense flavour of the goats cheese complimented the tangy caramelised onion as mouth-watering little tartlets.



##### *Arancini Balls*

Arancini balls are made with a wide variety of different filling so the basil pesto in these was a delightful surprise. Served with a herbed dip



##### *Mini Sushi Rolls*

Sushi rolls with a variety of fillings

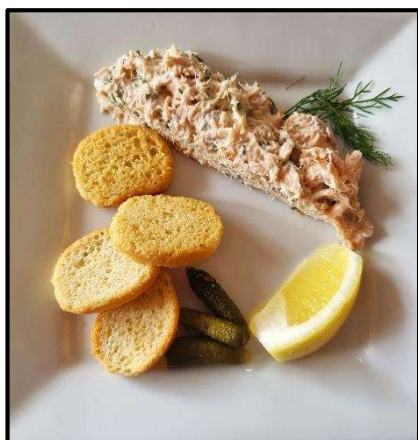
Served with **NV Marc Chavet Brut** these were well received

#### *Entrée*

##### *Smoked Salmon Rillettes*

##### *Cornichons*

##### *Crostinis*



Hot Smoked Salmon with Cream Cheese, Crème Fraise with dill and chives- all a lovely combination of ingredients. The rillettes were perfectly complimented by the crisp crostini.

Accompanied by cornichons and garnished with a wedge of

lemon and dill. Wine – **A Mystery Wine -2019 Arnaut Lambert Saumur Saint-Ayr-en-Bourg Les Perriers**



## Spring Luncheon

### Spring Luncheon Menu

#### *Main Course*

***Rack of Lamb, red wine jus, mint sauce  
parsley potatoes, asparagus, dutch carrots***

Superbly cooked lamb – tender, pink and succulent. Firm, well cooked dutch carrots and asparagus, along with parsley potatoes. The red wine jus brought the protein and vegetable together and the touch of sweetness in the mint sauce enhanced the lovely flavour of the lamb. Colourful Spring fare!

Wine - **2013 Wynns Black Label Cabernet Sauvignon**  
**2000 Alkoomi Cabernet Sauvignon**



#### *Dessert*

##### ***Pear Vacherin***

A succulent pear, slow cooked in a marinade of Sauterne, sugar, cloves and cinnamon. The flavours of these infused into the pear and a reduction of them produced a aromatic sauce which accompanied the dessert. Served on a base of meringue and Chantilly crème along with an almond biscotti

Wine

**2009 Deen Debortoli Vat Series No.5 Botrytis Semillon**



## Spring Luncheon – Wine Report

### NV Marc Chavet Brut

Deep straw, fine persistent bead with a clean, crisp finish with elegant acid. Quite full bodied on the palate, with lovely cracked yeast that persisted to the finish and after palate.

### 2019 Arnaut Lambert Saumur Saint-Ayr-en-Bourg Les Perriers

This was a masked wine for options. The Wine Master presented a short list of regions, France, Italy and Australia and grape varieties, Pinot Grigio (Gris), Arneis and Chenin Blanc. The wine was a French Chenin Blanc from The Loire Valley. Full bodied on the palate of peach and quince, finishing with crisp lemon acid. Good match for the smoked salmon rilletes.

### 2013 Wynns Black Label Cabernet Sauvignon

This is a good example of Cabernet from Coonawarra. It was a relatively low alcohol (13.5%). Full bodied but still elegant wine with blackberry fruit evident. Firm, drying tannins on the finish with good acid balance. Cabernet Sauvignon was an excellent choice with the lamb.

### 2000 Alkoomi Cabernet Sauvignon

A fine Western Australian wine from Franklin River. There was some bottle variation and some members felt that it was approaching the end of its life. Quite an elegant style, and retained enough fruit to carry the palate. The fruit evident on the front palate faded slightly on the finish. Past its best but still enjoyable with the meal.

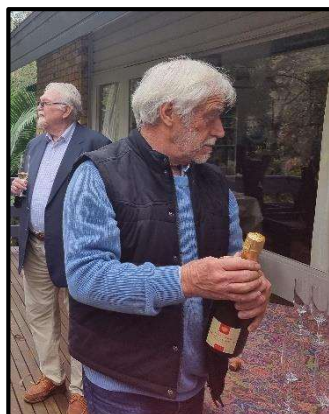
### 2009 Deen DeBortoli Vat Series No 5 Botrytis Semillon

The botrytis showed on the palate, which was quite dry on the finish. Deep gold colour and a touch of bitterness on the finish suggested marmalade and dried citrus peel. Perhaps a little too rich for the dessert, but a lovely wine in its own right.





## Spring Luncheon - Guests



Guests





## Articles of Interest That 'Liquorice' Flavour!

*We all know that 'liquorice' flavour; from eating liquorice confectionery in our childhood. However, as adults, and consumers of more sophisticated cuisine we recognise that same taste in some other foods we eat. I detected that flavour in the roast pumpkin accompanying the beef tenderloin served at the Ian Arnold Dinner at Silvermere in July. I thought 'star anise' but no - it was Fennel from seed extract. This prompted me to investigate why these food ingredients, produced flavours that were so alike.*

*It turns out that liquorice, aniseed, fennel, and star anise are derived from different plants and that these plants are unrelated!*

**Liquorice** is a flowering plant of the bean family **Fabaceae**, from the root of which a sweet, aromatic flavouring can be extracted.

The liquorice plant is an herbaceous perennial legume native to Western Asia, North Africa, and Southern Europe. Botanically, it is not closely related to anise or fennel, which are sources of similar flavouring compounds. (Another such source, star anise, is even more distantly related from anise and fennel than liquorice, despite its similar common name.) Liquorice is used as a flavouring in candies and tobacco, particularly in some European and West Asian countries.

**Anise** also called **aniseed** is a flowering plant in the family **Apiaceae** native to Eurasia.

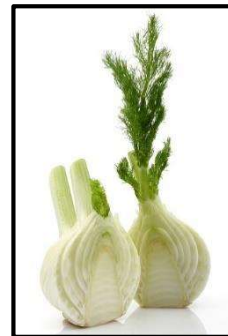
The flavour and aroma of its seeds have similarities with some other spices and herbs, such as star anise, fennel, liquorice, and tarragon. It is widely cultivated and used to flavour food, candy, and alcoholic drinks, especially around the Mediterranean.



## That 'Liquorice' Flavour

**Fennel** is a flowering plant species in the carrot family also **Apiaceae**. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the seacoast and on riverbanks.

*I can remember seeing it growing on the banks of the irrigation channels in Leeton where I lived many years ago, and also on my own suburban block in Stanhope Gardens.*



Both the seeds and bulb of fennel are used in cooking. Fennel seeds have traditionally been used in Italian cooking.

Though the stalks and leaves are edible, fennel recipes most often call for the bulb. When raw, it has a crisp texture similar to celery and a fresh liquorice flavour. It caramelizes as it cooks, taking on a sweeter flavour and tender, melt-in-your mouth texture.

Thinly shave the bulb on a mandoline, removing any tough core pieces. Marinate it in lemon juice, olive oil, and salt. This crisp, thinly sliced fennel is delicious on its own or in a larger salad. Dress it up with herbs, nuts, and shaved Parmesan cheese, toss it with greens and simple vinaigrette. Or chop finely and add to your recipe

**Star Anise**, from the plant family **Schisandraceae** is a medium-sized evergreen tree native to northeast Vietnam and southwest China.



## That 'Liquorice' Flavour

A spice commonly called star anise, and it closely resembles anise in flavour. It is obtained from the star-shaped pericarps of the fruit of *I. verum* which are harvested just before ripening. Star anise oil is a highly fragrant oil used in cooking, perfumery, soaps, toothpastes, mouthwashes, and skin creams. It Has also been used in the Pharmaceutical Industry

It is used as a spice in preparation of *biryani* and *masala chai* all over the Indian subcontinent. It is widely used in Chinese cuisine, and in Malay and Indonesian cuisines. It is widely grown for commercial use in China, India, and most other countries in Asia. Star anise is an ingredient of the traditional five-spice powder of Chinese cooking. It is also a major ingredient in the making of *phở*, a Vietnamese noodle soup.

It is also used in the French recipe of mulled wine. If allowed to steep in coffee, it deepens and enriches the flavour. The pods can be used in this manner multiple times by the pot-full or cup, as the ease of extraction of the taste components increases with the permeation of hot water.

Recently, star anise has come into use in the West as a less expensive substitute for anise in baking, as well as in liquor production, most distinctively in the production of the liqueur Galliano

Star anise contains **anethole**, the same compound that gives the unrelated anise its flavour.

### *So what is anethole?*

**Anethole** is an organic compound that is widely used as a flavouring substance. It is derived from phenylpropene, a type of aromatic compound that occurs widely in nature. It contributes a large component of the odour and flavour of anise and fennel, liquorice, and star anise.'

*It seems that this chemical compound occurring in a wide range of totally different plants confers a similar flavour to the products derived from those plants and hence the source of the flavour is easily confused*

*I acknowledge Wikipedia as the source of this information.*