



## 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 10 No 4—December 2023**

*Have a Happy Christmas  
2023*



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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 2024

<b>Sunday 7<sup>th</sup> January</b>	Picnic at Elkington Park Balmain
<b>Wednesday 28<sup>th</sup> February</b>	Lunch at Soya, Asian Cuisine in Balmain
<b>Friday 12<sup>th</sup> April</b>	Lunch at "Strangers Restaurant" NSW Parliament House
<b>Sunday 19<sup>th</sup> May</b>	AGM at Kerrie Sims home at 11.30am
<b>Saturday 6<sup>th</sup> July</b>	Dinner at Saveur Restaurant, Roseville
<b>Sunday 15<sup>th</sup> September</b>	Spring Lunch at Jim Roll's

### Office Bearers and Committee 2022— 2023

President and FWFSa Councilor:

**Carol Leaver**

Vice President Wine Master: **Trevor  
Gibson**

Vice President Food Master: **Jim Rolls**

Secretary: **David Yeomans**

Treasurer: **Carole Yeomans**

Committee Member Wine: **David Cameron**

Committee Member Food: **Carolyn Smalls**

Wine Scribe: **Graham Turner**

Food Scribe: **Kerrie Sims**

Cellar Master: **Trevor Gibson**

Federation of Wine and Food Societies of  
Australia Councilor: **Trevor Gibson**

### A Note from the Editor

Another year has passed and once again we have enjoyed good wines and food in the company of like-minded friends. We welcomed new members, Nadia and Dan Pegolo

Sadly, we lost one of our members, Dell Hann who passed away during the year. We also send our condolences to Trevor Gibson, whose mother also passed in November.

Many thanks to Committee Members, who have planned the events of 2023 and many of those for 2024 and to those who enthusiastically helped and attended our functions.

I wish everyone a joyous and peaceful Christmas and good health and travels in the coming year

Cheers! Kerrie Sims



*The Federation of Wine & Food Societies of Australia*

*and*

*The Ladies Wine and Food Society of Mildura*

## **2024 Victor Gibson Dinner & Weekend**

### *Murray Magic in Mildura*

We look forward to extending a very warm welcome to the attendees of the 2024 Victor Gibson Weekend. Mildura has a strong, proud reputation as a food and wine lovers' destination, with the region often referenced as Australia's Food Bowl.

Across the rich, red-soiled Mallee region, innovation in agriculture is occurring on many fronts. In recognition of a shifting landscape away from sole reliance on traditional crops and growing techniques, new enterprises are positioning the Mildura region to be a diverse region with a sustainable future.

With a range of iconic attractions, indulgent experiences, and breathtaking views, the Mildura region is full of surprise and inspiration. With quality venues, accommodation, and local suppliers, it's truly a great time to visit Mildura.

#### **Event Details**

**Event: The Federation of Food and Wine Societies of Australia Inc. 26<sup>th</sup> Victor Gibson Commemorative Dinner and Weekend.**

**Date/Duration: Friday 15<sup>th</sup> March to Sunday 17<sup>th</sup> March 2024, 3 days.**

**Host Society: The Ladies Wine & Food Society of Mildura**



## About Mildura



Mildura is a bright, thriving regional centre full of contrast. Located on the border of New South Wales and South Australia, the Mildura region is 550km northwest of Melbourne and 400km northeast of Adelaide. Mildura, as the largest city in northwest Victoria, is strategically vital to this important agricultural area, operating as a service centre for northwest Victoria as well as part of South Australia and New South Wales.

A producer of premium agricultural and aquaculture products for domestic and international markets, food and beverage manufacturing are among Mildura's major exports due to the region's arid climate and ideal growing conditions for citrus and grapes.

Life in Mildura revolves around the Murray River, with fishing, water sports and white sandy beaches found along the river and the desert environment of Mildura-Sunset National Park. Boasting a strong arts culture alongside its recognition as a renowned food and wine region, the regions premium local inputs draw a range of local, state, national and international visitors. The Mildura region has all the key ingredients for the perfect holiday.



## Program

**Friday evening:** Registration and welcome function at the Grand Hotel, 7<sup>th</sup> Street Mildura.

**Saturday:** Wine and Food Tour: 10am – 3pm

An optional bus tour exploring the best of the wineries and food production sites that are mostly not open to the public. Enjoy wine tastings, river experiences, local foods and a light lunch.

**Victor Gibson Dinner:** 6.30pm at the newly renovated Powerhouse on the riverfront.

**Sunday:** AGM in the Grand Hotel at 10am

Lunch in the vineyards with alternative wine varieties, 12 noon to 3pm

**Weekend Package:** This includes the Friday welcome function, The Victor Gibson dinner Saturday and the Sunday lunch in the Vineyard.

The Saturday 'Wine and Food Tour' will be an optional extra

## Example Accommodation Options

The Grand Hotel will be the site for registration, the welcome function, the AGM and bus pick-ups/drop-off. The Commodore Motel is across the road. These are just some of the accommodation options.

		Room Rate (Avg. per night)
Quality Hotel Mildura Grand	99	\$145
Quest Mildura	66	\$168
Mercure Hotel Mildura	51	\$144
Commodore Motel Mildura	48	\$127
Indulge Apartments (CBD)	several	\$200 - \$300

## Weather in March in Mildura

The temperatures in Mildura in March are comfortable with an average low of 17C and an average high of 29C.

## Getting To/From Mildura

### By Plane

Mildura Airport is the busiest regional airport in Victoria and second only to Melbourne International Airport when measured by regular passenger transport movements. The airport processes more than 225,000 passenger movements every year.

Regional Express (REX) and QantasLink operate daily flights to Mildura from Melbourne and Sydney, with Bonza having recently launched flight paths servicing Melbourne and the Sunshine Coast. Direct flights from the Gold Coast will be available in 2024.

Flight Times to capital and regional cities:

- Melbourne (1 hour, 20 minutes)
- Sydney (2 hours, 15 minutes)
- Sunshine Coast (2 hours, 30 minutes)
- Broken Hill (55 minutes)



### By Road

Reflecting our unique tri-state location, Mildura can be accessed from multiple approaches and roads. It also has realistic drive times from two of Australia's major cities.

396km Adelaide

544km Melbourne

### By Public Transport

V/Line offers a rail service between Melbourne and Swan Hill. A coach meets the train and takes passengers from Swan Hill to Mildura. This is an 8-hour trip in total and currently costs \$10 per adult or \$5 for concession. This is a relaxing way to experience the Victorian countryside over the day's journey. A return service is available.

## Registration

Please see the attached Registration Form for prices and required details for registration. Members of the Ladies Wine and Food Society of Mildura look forward to welcoming you to an exciting and relaxing weekend in March. See you soon!

Further Details: Contact: FWFSa Secretary, Peggy Sanders 0413 481 854 or [fwfsa.inc@gmail.com](mailto:fwfsa.inc@gmail.com) or [www.fwfsa.com.au](http://www.fwfsa.com.au)

## REGISTRATION FORM

26th Victor Gibson Federation Commemorative Dinner and Weekend 2024  
Hosted by The Ladies Wine and Food Society of Mildura  
Friday 15, Saturday 16 and Sunday 17 March 2024

Please complete the information required below, please print or type and return  
to [fwfsa.inc@gmail.com](mailto:fwfsa.inc@gmail.com)

Name of each attendee:

1 \_\_\_\_\_

2 \_\_\_\_\_

Mobile Contact Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

Member of Society/Societies of each attendee (if applicable):

1 \_\_\_\_\_ 2 \_\_\_\_\_

\_\_\_\_\_

Dietary requirements (listed by attendee):

1 \_\_\_\_\_ 2 \_\_\_\_\_

\_\_\_\_\_

Disability or Mobility Access requirements: \_\_\_\_\_

Name of Accommodation that you have booked: \_\_\_\_\_

Travel plans: \_\_\_\_\_

Closer to arrival date if you have advised you are arriving by plane a member of the host Society will contact you re the possibility of meeting you.

Please email registration form to: [fwfsa.inc@gmail.com](mailto:fwfsa.inc@gmail.com) - BY FRIDAY 23 FEBRUARY 2024. PAYMENT by this date is required. Please note there is an early bird registration rate closing Wednesday 31 January 2024. See next page for cancellation policy.

Any queries: Peggy Sanders FWFSA Secretary at above email address or 0413 481 854 Payment Detail - Direct Transfer preferred please.

Account name: Ladies Wine & Food Society of Mildura

BSB: 633 000

Account number: 209 229 954

Bank: Bendigo Bank

Please make sure you add your name to the account transfer details

FWFSA 2024 Victor Gibson Dinner and Weekend Registration Form

## REGISTRATION FORM

Early bird registration by: Wednesday 31 January 2024

Final registration by: Friday 23 February 2024

Cancellation Policy: Prior to February 23 - full refund. February 24 to March 4 - 50% refund. After March 4 - no refund.

Each person has 2 alternatives: book the Weekend Package (A)

OR book individual events (B). Do NOT book both. And ADD Optional Tour (C)

Event	Cost pp	Number Total	
A. Full Registration WEEKEND PACKAGE inclusions: Friday evening: Welcome Cocktail Party	n/a	-	-
Saturday evening Victor Gibson Dinner	n/a	-	-
Sunday Lunch in the Vineyards	n/a	-	-
A. Full Registration Package early bird	\$455.00		\$
A. Full Registration Package after 31/1	\$500.00		\$
B. Weekend Events - booked individually Friday evening: Welcome Cocktail Party early bird	\$90.00		
after 31/1	\$105.00		
Saturday evening Victor Gibson Dinner early bird	\$230.00		
after 31/1	\$240.00		
Sunday Lunch in the Vineyards early bird	\$145.00		
after 31/1	\$155.00		
B. Total Individual Events			\$
C. Optional Extra Events:			

Saturday Wine and Food Tour early bird	\$185.00		
after 31/1	\$200.00		
Sunday morning FWFSAGM	FOC		
C. Total Optional Extra Tour			\$
Total A OR B PLUS C = Final Total	Final Total		\$

*FWFSA 2024 Victor Gibson Dinner and Weekend Registration Form*

## Weekend Lunch - Food Report

### The Little Snail - Pyrmont

### 2023

*The Little Snail located in Pyrmont is a popular French Restaurant offering excellent value in their set price menus. The lunch menu is \$45 for three courses of your choice. Dinner, at a set price of \$69, A la Carte, Children's and Special Function menus are also available.*

## MENU

### ENTRÉE

#### ESCARGOTS DE BOURGOGNE

dozen snails marinated in herb-infused court bouillon, oven baked in garlic butter.

#### PATE MAISON

Armagnac flavoured duck liver pate with marinated champignons, date chutney and port vinaigrette.

#### SALT AND PEPPER SQUID

lightly coated in panko, fried, with petite mesclun and capers and cornichons aioli.

#### SALMON ROULADE

filled with herb cheese mousseline, served with potato nest and passion fruit dressing.

#### BOULETTE DE FRUITS DE MER

salmon and prawn, steamed, served with tomato and chervil veloute.

#### BOUILLABAISSE DE MARSEILLE

traditional French seafood soup of mussels, fish fillets and prawns, cooked in seafood broth, served with garlic baguette.

#### MUSHROOM AND LEEK CREPE

with chives, Monte Veronese cheese, and Breton sauce.



Escargot de Bourgogne is the signature dish. Crusty bread is included to soak the beautiful garlicky, buttery sauce



## MAINS

### **FILLET OF BEEF TENDERLOIN**

served with potato millefeuille and red wine jus.

### **COTE DE VEAU**

Veal tenderloin with champignon and chardonnay beurre blanc, served with potato croquette and seasonal greens.

### **LOIN OF LAMB**

with wilted baby spinach, maple glazed pommes boulangère and thyme jus.

### **KANGAROO FILLET**

(recommend rare) on garlic pommes puree with a Dijon mustard and honey bordelaise sauce.

### **MAGRET DE CANARD**

crispy skin duck breast fillet with wok tossed spinach served with cassis and raspberry sauce.

### **CITRUS MARINATED TASMANIAN SALMON**

served with tomato, lemon, basil and roasted red pepper coulis.

### **SEAFOOD PLATE**

of grilled salmon, garlic prawns, salt and pepper squid, chilli mussels, beer battered soft shell crab and mesclun salad.

### **CHILLI PRAWNS AND BASIL LINGUINI**

with garlic and lime juice, tossed with olive oil, roasted tomato concasse and fresh basil leaves.

### **VEGETARIAN RISOTTO**

sweet peas, marinated mushrooms, semi dried tomatoes, olives, spinach and Grana Padano cheese.



The seafood plate is a popular option for the main course as it is a generous serve of a variety of cuisine from the sea



## DESSERTS

### HANDMADE PROFITEROLE

with crème patisserie and chocolate sauce.

### WARM STICKY DATE PUDDING

with butterscotch and French vanilla ice cream.

### CLASSIC CRÈME CARAMEL

### KAHLUA INFUSED CHOCOLATE MOUSSE

### CHEF CHURNED HAZELNUT AND PRALINE ICE CREAM

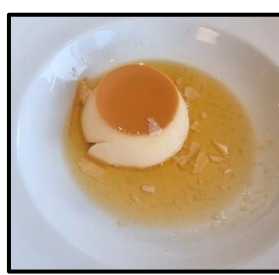
on sable breton and Grand Marnier caramel.

### BELGIAN CHOCOLATE GATEAU

with pineapple and coconut candy.

### FOURME D'AMBERT

mild blue cheese, creamy texture and delicate bouquet.



My favourite is the chocolate mousse. A rich, decadent, soft, mousse encased in a solid chocolate shell. It just melts in the mouth

## Christmas Lunch At Il Posto, Italian Restaurant, North Epping Sunday, 3<sup>rd</sup> December 2023

Il Posto provides quality food with friendly service in a family friendly environment. Once again, we experienced the beautiful flavours of southern Italy recreated, with an extra touch of love, by Luigi and his sons, Vinny and Nicky in the kitchen



### Menu

***Entrée: Anti Pasto Plate: Selection of Italian Meats, Olives, Vegetables and Burrata Cheese. Calamari lightly Floured and fried.***

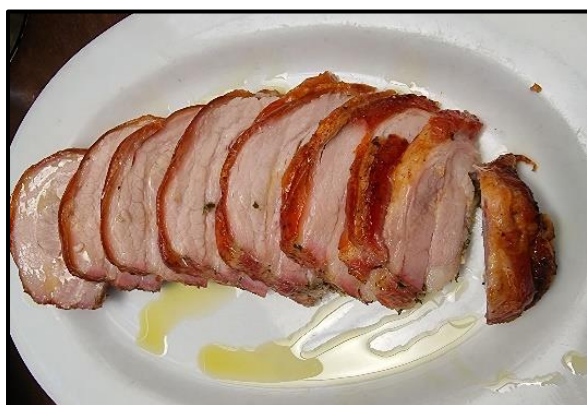
A colourful platter, loaded with temptations! The Italian meats included hot and free range salamis, ham and prosciutto. Other delightful morsels were white anchovies, sweet and sour onions, artichokes and capsicum. The highlight? For me it was the Burrata cheese which was soft, creamy and I course I consumed far too much along with the crusty bread. The calamari was perfectly cooked in that Mediterranean style which is light and crispy. It was all very enjoyable.



**Main:** *Six Mushroom risotto with shaved Parmesan cheese*  
*Confit Duck Maryland*  
*Italian rolled Porchetta*  
*Vera Dera Insalato (Green Salad)*  
*Patatas Fritas (Potato Chips)*



The presentation of the six-mushroom risotto did nothing to convey its outstanding rich, earthy flavour. The six mushrooms included the porcini, field, enoki, pearl, shitake and button varieties all incorporated into a creamy, buttery plate. A second serving was compulsory!



The perfect festive fare for Christmas lunch was found in the duck and porchetta dishes. Both were well cooked and flavoursome. The porchetta with fennel and mixed herbs and had a crispy crackling crust



Colourful plates of vegetables accompanied the main plates. The chips beautifully crispy: the salad dressed with balsamic vinegar in tiger stripes and a third bowl of carrot and broccolini rounded off a lovely main course.

*Dessert: A selection of Gelato Cannoli*



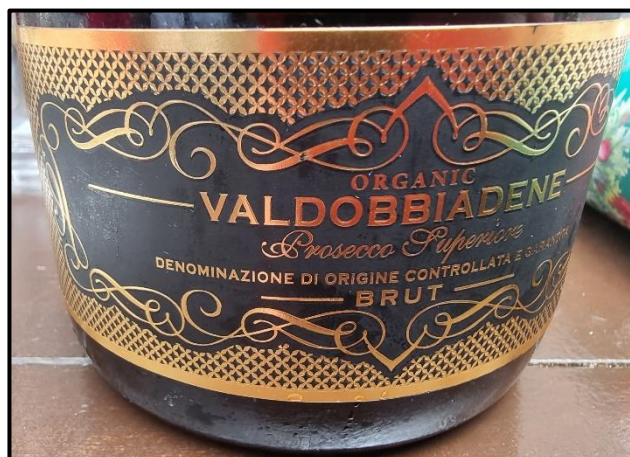
A choice from chocolate, pistachio, strawberry and hazelnut ice cream in a thin crisp wafer with complimentary garnishes on each end. A light refreshing touch of sweetness. As finger style food they were perfect to enable guests to mingle during this course



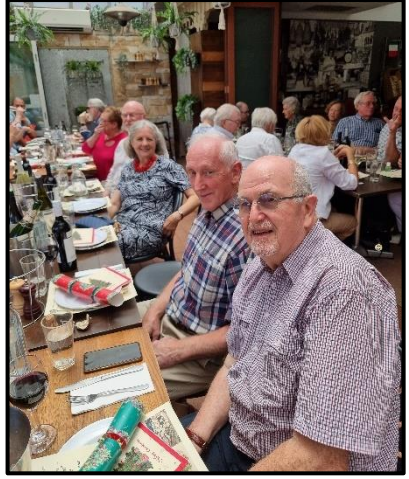
*The boys out the back – Vinny and Nicky in the kitchen*

In the absence of our Wine Master the Christmas lunch was a BYO event. The wines provided by the guests were as varied as the guests themselves, varied in vintage, produced in different parts of Australia, some from New Zealand and imported Italian varieties in theme with the menu.

The sharing of wines and platters of food in the informal semi outdoor venue created a casual, convivial atmosphere for the event. Thank you to Lorraine who provided some Christmas bon bons for the festive occasion



*The wines!*



*The guests!*

## Member's Contribution Grandchildren's Weddings Penny & David Cameron

*The Camerons travelled halfway around the world to attend the weddings of two of their grandchildren.*

*Texas USA in May*

May found the Camerons in Texas for our grandson Ben's wedding to Morgan. It was a joyous celebration and appropriately over the top, with members of his fraternity and her sorority whooping it up.

Food in the States is traditionally served in large portions which get smaller as you move up market. I stayed with friends in Riversdale, New York and asked to be taken to a diner. It was the real thing: hash browns, drip coffee, waffles. It was cuisine very high carbs and fat, filling and far too sustaining. Despite my time in Texas, I had never been to a diner before.



Moving upmarket, the next day we walked along the Highline and ate at Queensyard, a self-conscious nod to old England, and I returned to Houston. My neighbour took me to the Houstonian, and the food was just what you would expect from the discreetly opulent decor and flower arrangements - well prepared and presented and very safe. Portions were on the way down.



Not so at the ribs restaurant, but who could leave Houston without the sheer joyous excess of Texan barbecue? The offering in the photo was a serve for two and fed five of us.

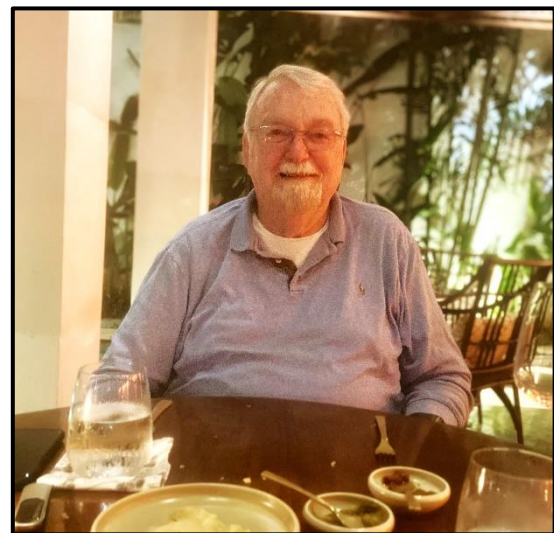
### *Bali in September*

In September we were in Bali to celebrate granddaughter Tess and Alex's wedding. We arrived before the rest of the party and stayed at Hotel Indigo at Seminyak Beach. The food at the hotel was varied and excellent and our favourite restaurant was Bambu, a short drive away. The food was beautifully plated and prepared, and the ambience of restrained luxury was very welcome.



The wedding celebration and the reception were extremely elegant. After the parties we stayed in a villa with the family. The photo shows Kadek, who presented this sort of breakfast (plus eggs) and then went on to cater dinner for some fifteen people. She made David remember how much he liked rendang. Her employer expected her to take a photo to show she was at the villa by 8 AM.

Photos of the entrance to restaurant with water feature: Bambu, the food. and David enjoying it!



Back to Sydney and some very good eating. I don't think it's chauvinistic to be really grateful for the excellent variety of food available here. Enjoy your summer's meals. There are so many good places to try, and the Sydney Festival is around the corner. As Fitz says "Gotta love this city!"



*Photo of the diner in Whitehall Pennsylvania USA which is close to where my daughter lives*

*It is always gleaming with glass and steel which entices you to go there to eat.*

*However the food served is very similar to that you encountered in your diner experience*

*Kerrie*

# Member's Contribution

## Coonawarra Cabernet Celebrations 2023

### Dan and Nadia Pegolo

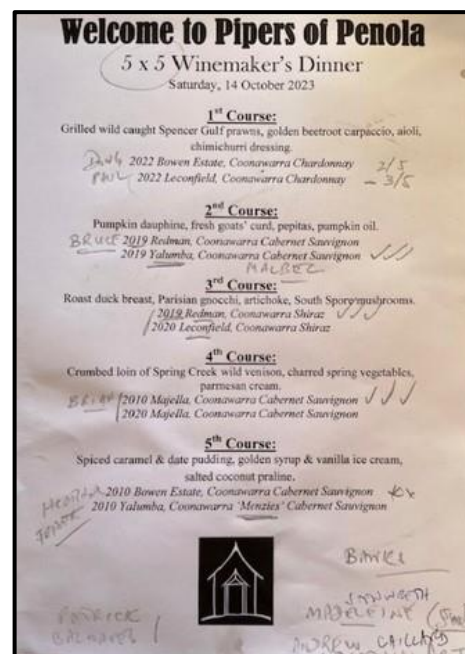
*ARE WE THERE YET ???*

Three weeks, 4400 Kms, overnight at Rutherglen, Melbourne, Apollo Bay, Port Fairy, Mount Gambier, Penola, Dunkeld, Echuca, Griffith, last stop Wagga Wagga.

And to prove it, 6 dozens of wine delivered at our door on our return. Anderson and Bests the highlights, as we also followed in the footsteps of Bruce and Allison in their Country Victoria Winery Tour



All this driving for the Coonawarra Cabernet Celebrations, special dinners, events, and lots of wine tasting. And only for the 3rd weekend celebrations.



A special dinner at Pipers , with Nadia enjoying Bruce Redman tasting notes, while Dan chatted away with Madeleine Stenwerth, Master of Wine and Judge for the Limestone Region Competition.



And to prove it I was there, the special photos of the station and red earth..



## Coonawarra Cabernet Celebrations 2023

A memorable 5 days stay in Penola. Included visits to Mary Mackillop Museum, the Naracoorte Caves and the Coast around Beachport.

And where did we eat you may ask. We can only mention a few, Elementary by Soul in Mount Gambier, Dinners at Parker Street and Wickens at the Royal Mail Hotel in Dunkeld, and a special Bistecca Fiorentina at the Bull and Bell Steakhouse at the Gem Hotel.



( We were there for the( Citrus Sculptures )



## Member's Contribution

### Entrata Italian Restaurant - Glenhaven

#### Kerrie Sims

*Peter McIntosh and I recently enjoyed a return visit to Entrata Italian Restaurant for a Christmas catch up. We celebrated Peter's birthday there in July and were impressed by the food and atmosphere. The restaurant has a lunch special Tuesday to Saturday lunch for \$49 for two courses and this includes a drink, red or white wine or a soft drink.*

On this occasion our choices of main course were

AGNELLO 24 hour slow cooked lamb rump served medium rare, friarielli, pea sauce, red wine jus .



BISTECCA DI MANZO beef striploin steak 250gm, roasted potato & butternut pumpkin, salsa verde

The main courses were beautifully presented with the meats succulent and tender and the combination of ingredients matching well.

The desserts rich in flavour and again well presented.

**We recommend this restaurant for good service, food and atmosphere**



TORTA AL CIOCCOLATO dark chocolate & caramel tart, chantilly cream, macadamia praline 18  
TIRAMISU coffee, mascarpone, savoirdi biscui

## Member's Contribution Circa Restaurant - Parramatta Corinne & Murray Mills

*We had a wonderful lunch recently at Circa Restaurant Parramatta.*

Circa established in 2010 purely for the passion of the gastronome industry to quote Aykut Sayan mine host. The intention to provide high quality coffee and food experience in a quirky and unusual setting.

Circa is set in two interconnecting terrace houses in the heart of the CBD with the Station Street Carpark immediately behind. The ambiance of the two buildings is as the owner wanted- quirky because as we dined, we investigated an adjacent business which housed an upmarket men's tailor.

Aykut had wanted to emulate the cafés found in the Melbourne lanes and he has succeeded.

Not a vast menu but something for everyone.

We started with the freshly baked salt bush focaccia straight out of the oven accompanied by a pumpkin hummus and mixed seeds.

I had the special of the day which was a duck fritter with a poached egg on top with eggplant and prune relish. I am flexible about eggs and said I would have it without. Aykut suggested maybe some roast tomatoes instead. It would have been okay without, but it added to the cacophony of flavours. Duck is not top of my food choices but just enough in the fritter to really savour the flavour and taste. Presentation was superb.

Murray had the herb encrusted avocado which was also superbly presented and mouthwatering.

Hopefully the photographs will give you a sense of what is on offer and get your digestive juices working.

The really special dish of the establishment are the Ottoman eggs.  
Only open for Breakfast or Lunch 7 days a week.



## Member's Contribution Fratelli Pulcinella at O'Connell Street, Parramatta Corinne & Murray Mills

*Fratelli Pulcinella at O'Connell Street is virtually opposite the Stadium.*



A rather untidy looking house with a caravan parked in the driveway. With a sign walk in the backyard. This caravan was a hive of activity with a number of Italian ladies making pizza dough (photo 5). Venture past them and you are in the backyard which houses a lean-to structure with pizza oven and numerous kitchen staff. A very extensive pizza menu (photo6) which you could order from beforehand via your mobile phone. We decided to read the menu and have a think about what we might have.

The backyard was rustic to say the least a floor of wood chips and outdoor furniture under a pergola. BYO and they provided paper cups. It was BYO cutlery, plates as well if required. I say this because a member of our group did ask what about plates and was shown you need to open the box out flat and move the pizza to the middle allowing room around to use the box as a plate. Pizza should be eaten with your fingers.

We chose the prosciutto, rocket and parmesan.

An Italian sausage with mushrooms.

The third one bosciola which was the bosciola without a lot of pasta on a pizza base.



The tour group namely my family plus sister-in-law who was staying with us liked this one but I didn't. I preferred the proscuito pizza. We were very fortunate as the site was closing two days after our visit and moving to a shop in North Parramatta.

Whether they will be able to capture some of the ambiance of this location I am not sure. The finished product was superb so customers might not worry about the lack of backyard rustic experience, but we are very lucky to have been able to experience it and good luck to them in their new location.

### **Mary Arnold Memorial Fund**

*Carole Yeomans, has provided the following information on the funds raised for the Children's Medical Research Institute at Westmead*

The results of the last 3 raffles are:

Retro Luncheon	\$105
Spring Luncheon	\$170
Balance B/fwd from prior year	\$311
Amount raised 2022 - 2023	\$586

This enabled MWFSS to send a cheque for \$500 to be send to the Children's Medical Research in Mary Arnold's name.

