



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 4—December 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

Sunday 8 th January 2023	Picnic at Elkington Park Balmain BYO
Tuesday 21 st February 2023	Dinner At Il Porto North Epping
Friday 24 th to Sunday 26 th March 2023	FWSFA Convention Melbourne
	Watch this Space!

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

Another successful year for the MWFSS
Congratulations and thanks to everyone who
has contributed to the events in 2022.

Wishing all a hearty Christmas and good health
and fortune in 2023

Cheers
Kerrie Sims



gg63100191 www.gograph.com

Federation Report - FWFSA Convention 2023



FWFSA Convention 2023 – Melbourne Australia Hosted by Wine and Food Society Victoria



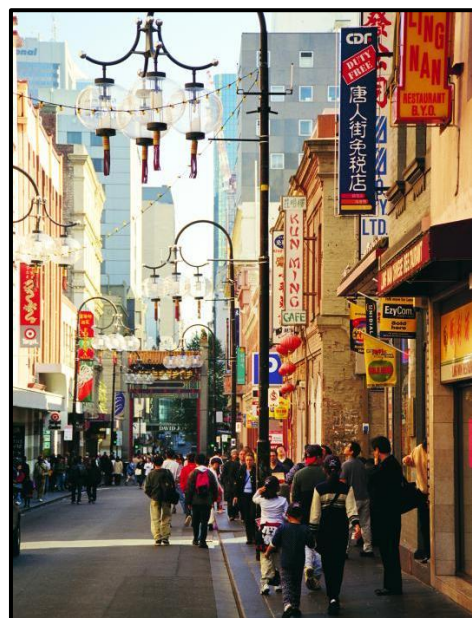
Once again a considerable number of members of the MWFSS anticipate being at the next FWFSA Weekend - the Convention being hosted by the Wine and Food Society of Victoria, in Melbourne - Friday 24 to Sunday 26 March 2023, with pre- and post-convention tours. Twelve members of our Society have completed the EOI. Whether you've expressed interest or not, when you receive the Registration Information and Form, please consider registering, knowing

that there will be others from the Metropolitan attending – the more the merrier to explore the sights, sounds, and tastes of Melbourne and surrounds!

Planning for 2023 Convention is well underway, and we anticipate having the Registration Forms ready to distribute early 2023.

The FWFSA Inc. Annual General Meeting will be held in Melbourne during the Weekend on Sunday

26 March 2023.
Peggy Sanders
FWFSA Secretary
0413 481



MWFSS Functions

Christmas Luncheon – Café Lyon Linfield

Members of the MWFSS celebrated Christmas in the cosy ambience of Café Lyon in Lynfield. The restaurant features a French/European Cuisine and has friendly and attentive wait staff



Canapes

Truffled Goats Cheese En Croute

A lovely combination of strong flavours - goat's cheese - tart, tangy and salty, and truffle; nutty, musky with the earthiness of mushroom. Together soft and creamy and delicious with a crunchy crouton.

Scallop Ceviche, Spanner Crab & Cucumber Salad

A delightfull mouthful of freshness. The subtle flavours of the seafood combined with the coolness of cucumber. Piquant and refreshing. Garnished with crème fraiche and a sprig of dill



NV J Vigner Ora Alba Grande Crus

A French Blanc de Blanc from the Champagne Region (Coté de Blancs) and consequently, true to pedigree, 100% Chardonnay. Some uncertainty whether Grand Cru, but a worthy candidate nonetheless. Light and clear with just a tinge of pale green hue. No mention of beading quality as distracting conversations were in full swing. A clandestine nose of churned butter, roasted cashew, and lime zest. Refreshing palate with subdued, if any, hints of yeasty presence. The taste was nutty with a nectarine lean. Definite buttery tones suggest some malolactic treatment. Arid, with even acid balanced with malocreaminess, led all to agree an ideal choice to accompany the canapes' medley of flavours.



Christmas Luncheon – Café Lyon Linfield

L' Entrée

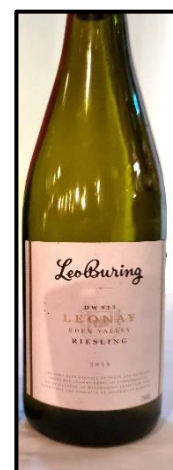


Citrus Cured Ocean Trout, Spiced Avocado & Prawn Beignets

A wonderful seafood combination. Prawns beignets with crispy batter in contrast with the very delicate, both in flavour and texture, citrus cured ocean trout. Marrying the two seafoods was a spicy mashed avocado with hints of chilli. The ocean trout was silky and just melted in the mouth with its delightful citrus marinade. Garnishes of dill, chives and salmon pearls enhanced the presentation

2015 Leo Buring Leonay Riesling

Out of the Eden Valley, some argued this was the standout wine out of the stable on the day. Certainly, it presented a classic representation of the virtues of Eden Valley Rieslings, balancing the traditional flinty overtones typical of, say, Clare Valley with fresh fruits of apple, grapefruit and peach. Mention was made of the distinct (and welcome) lack of kerosene on the nose, common in many Australian rieslings. Indeed, the aromatics inspired more lemon and floral notes. Full of overflowing gorgeous citrus flavours couched upon a mineral base was an ideal complement to the citrus-cured trout entree. Neither food nor wine were overtly sweet, and the Riesling had benefited from some bottle age to develop its balanced flavours. Fine acid drifting on to the back palate. One or two did suggest it may have been a little too dry for their personal palate. Overall, a great selection.

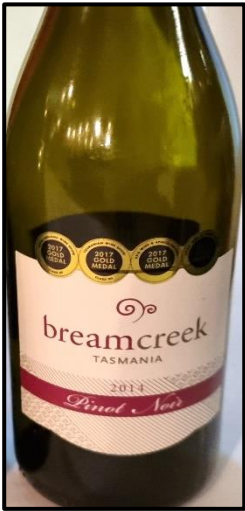




Plat Principal

Duck Confit, Fermented Cabbage, Mustard Pear, Pancetta & Pommes Anna

With the appearance of traditional French Christmas fare, the main course was a succession of little surprises. A small piece of mustard and anise flavoured pear along with red cabbage, contributed a sweetness in contrast to the saltiness of pancetta and boudin noir hidden beneath the duck. Traditional French Pommes Anna, the perfect accompaniment to the slow cooked (72 degrees overnight) tender, confit duck. Served with a green salad.



2014 Bream Creek Pinot Noir

This was a great opportunity, appreciated by all, to compare two Tassie Pinots side by side. The Bream Creek hails from vineyards less than 50km east from Hobart, toward Port Arthur.

Deep, dark and sinister, it's colour already heralds a dominance of black cherry. The nose does little to falter that expectation of rich cherries. Mention was also made of wafts of spice and earthy canopy. The taste had definite presence. In fact, several referred to texture, a clear indicator that the wine imbued a rich mouthfeel and lingering aftertaste. Aged well, the tannins were smoothly subdued and the toasty cherry and plum flavours were at the fore. Several table comments also referred to anise and fennel on both nose and palate

2016 Moorilla Estate Muse Pinot Noir

Moorilla sources their 'Muse' from old vine vineyards along the Derwent near Berriedale, just out of Hobart. Slightly younger, and slightly more translucent than Bream, the colour was nonetheless richly red with a mere suggestion of purple. Again, dark cherries dominated the nose but were infiltrated by smoky prosciutto and chocolate in the air. The palate was strong without being overbearing, a succulent cherry morsel, with a dapple of cocoa. Tannins were more in the frame but velvety and mellowing.

It was noted by our Cellar Master that, as a general rule of thumb, Australian Pinots should probably be best consumed between 8 - 12 years, and these cellared candidates vindicated that edict. The cohort's verdict was a hung jury on which one was preferred. While the Bream was compelling, the Moorilla was persuasive; the Moorilla delicate with nuanced tannin, while the Bream was ripe and bold. Both were guilty of being stand-out Tasmanian pinots that were drinking superbly well now. There was some table variation on views regarding the saltiness of the duck confit, which may have contributed to perceptions of whether the Bream or Moorilla were most apt. However, not splitting hairs, there was unanimous agreement that both the pinots paired extremely well with the main meal. Full marks on both reds.



Christmas Luncheon – Café Lyon Linfield

Les Desserts



Honeycomb Parfait, Caramelized Banana & Macadamias

Food for the eye as well as the palate. A very generous serve of soft creamy parfait incorporating crisp chunks of sweet honeycomb. Sweet, caramelised bananas enhanced the milder flavour of the parfait as did the crunchy macadamias contrast with the melt in the mouth parfait. An extremely delicious and pleasing dessert.

2012 Lilly Pilly Noble Harvest Semillon/Gewurztraminer

A Botrytis sticky from the Riverina. Cellar Master ran a guessing competition on the companion varietal to the Semillon. A couple of tables successfully picked the correct Gewurtztraminer (but after several attempts.... James Halliday & Huon Hooke can rest easy). This dessert wine accompanied the honeycomb and caramelized flavours of the parfait perfectly. Oranged honey was prevalent on the bouquet and partnered the golden hue reflections in the glass. There was a potent jammy richness that oozed a chunky candy flavour that enveloped the nougaty parfait in a most agreeable manner. A perfect finale to a perfect Xmas outing for the Society.



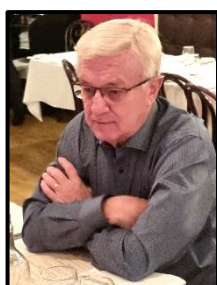
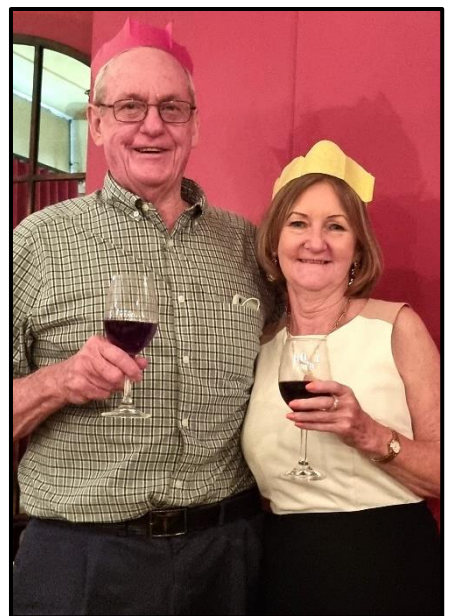
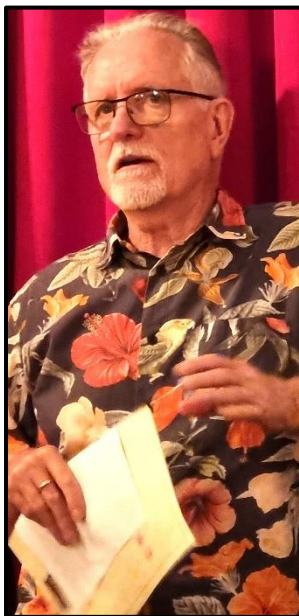
Graham Turner, Wine Committee. Author of Wine Notes



Owner and Chef

Café Lyon's owner and Chef de Cuisine, Rainer Korobacz has over 25 years experience, having worked in some of the finest restaurants throughout Europe, Canada, New Zealand and Australia; most recently as the Executive Chef at Berowra Waters Inn, as well as the famed Forty One Restaurant – Sydney. Rainer's extensive experience, exceptional technique and passion for food shines through in the dishes he creates.

Christmas Luncheon – Café Lyon Linfield



Member's Contribution

Rick Stein's Road to Mollymook - Graham & Christine Turner

Ok OK, it doesn't quite have the same continental mystique as Road to Spain or the allure of Road to Mexico (apologies to Mollymookians), but Rick Stein certainly put Mollymook on the culinary road map a few years back when he established his restaurant at Bannisters by the Sea. After that beachhead (pardon the pun) was secured via reputation and reviews, a little mini-empire has grown with a more recent Bannisters Pavilion emerging nearby, servicing a more hipster clientele.



Christine and Graham decided to spend a longish weekend, courtesy of Gladys's expiring Discover/Dine NSW vouchers, experiencing the Rick Stein emporiums. Blessed with unusually clear weather, our mission was daunting: a dinner at the original Rick Steyne at Bannisters, followed by another dinner/drinks at the Bannisters Pavilion Rooftop Bar the next night, and topped off by a lazy lunch the following day at Cupitt's Estate winery at nearby Milton.

Perched between the evocative indigenous-named settlements of Ulladulla and Narrawallee, Bannisters by the Sea commands sweeping views northwards out of the blue Pacific. Bespokely manicured grounds and shaded resort pool would not be amiss on a Greek island or tropical paradise and, fittingly, staying here requires at least a second mortgage (over \$600-700 per night gets an entry level room). But we're really here for the dining and have sequestered a prime table on the French-doored balcony.

The menu presented as a predominantly piscatorial journey around South-east Asia, dappling with detours to north Africa and the sub-continent. Christine and Graham steeled themselves for the safari ahead.



We began with sharing three entrees (hey, we were hungry alright, and the entrees all sounded very tempting). First, an exquisite ceviche styled Yellowfin tuna imbining flavours from a piquant blanket of passionfruit, lime and coriander. We just needed a palm tree to eat it under. Next, a seafood chowder served with a rich rouille of tomato, saffron, garlic, red capsicum, fennel (take note, Kerrie) and pepper. Parmesan and croutons were optional adds. Finally, some luscious Shark Bay scallops with coriander and hazelnut butter.



Rick Stein's Road to Mollymook

Having over-indulged on the entrees department, we decided to constrain ourselves to respectfully sharing just a single main. Well, actually, respect was never a consideration, we had our devious minds on preserving some cunning capacity for dessert. The main selected was a tough choice between a very tempting and, by online reviews, renown Sri-Lankan curry, or our finally opted choice, a Moroccan-influenced tajine of mixed seafood bathing resplendent in a chermoula overseen by cumin, smokey paprika and subtle chilies.

Our strategic battle plan had been to finish by sharing a dessert. We gambled on detouring away from the printed menu and opted for the 'blackboard special' of Frozen baked nougat with sour morello cherries and pistachio crumble. Well, the serving of the dessert should have been heralded by trumpets and all manner of fanfare as it was certainly fit for royalty. The nougat was rich and icecream-like, not unlike a cassata, with the sweetness balanced by the sour cherry and nutty delight toppings. Delectable in the extreme. Our war table fell to pieces, a complete capitulation, embarrassingly, a second nougat was required to be ordered, to the amusement of the serving staff.



The wine list was very cosmopolitan with most global viticultural regions represented, including South Africa, Chile and Georgia, albeit mainly recent vintages. We chose wines by the glass to sample a range of styles paired to

the meals, including a South African Chenin, a reliable O'Leary Riesling and Botrytis dessert wine to completion.

Remi Lachiaille, the head chef, did a superlative job emulating Rick's global food principles but adding his own impressionist nuances (a dab here and there). Remi hails from southwest France but cut his chef teeth in Biarritz culinary schools. He came to Bannisters via Michelins and hats, just as Covid hit our shores so we are lucky to have him now building reputational momentum as dining out returns to normal.



Day 2 found us smitten with guilty conscious after the Bannister's indulgences, so we chose to burn a few calories and do the wildflower headland walk at the South Pacific Heathland Reserve near Rennies Beach at Ulladulla. A glorious flat easy circuit of about an hour's amble. Spring season at its best, the myriad of colour from the flannel flowers, hakeas, banksias and heath were heavily contested by the hues of the avifauna, with black cockatoos, honeyeaters and rosellas forming the vanguard.

Rick Stein's Road to Mollymook



Visited the rooftop dining and bar at Bannisters Pavilion later in the day during Happy Hour for a refreshing beverage. The menu is more subdued and casual, and the rooftop setting seemed popular and busy with a young local crowd. We restricted ourselves to just some antipasta and tapas after the day's activities.

Day 3 was again a fantastic sunny day, a hat trick or trifecta unheard of in recent times for NSW weather. The day just beckoned an alfresco lunch at nearby Cupitt's Estate Winery outside Milton.

Cupitt's offers 3 lunch dining options from formal room with full length glass windows affording commanding panoramic views westwards over the vines and verdant hillsides, to outdoor seating on the wooden deck, or shaded tables on the lawn area. The full menu is only available indoors, while the outdoor seating provides a bistro-style gourmet menu.

The indoor area is recommended if weather threatens, especially if windy, as the winery's disposition is exposed to westerly winds. Fortunately, Christine and Graham secured a sheltered table on the deck behind clear plastic curtaining, which provided a prime viewpoint to be entertained by lawn patrons chasing flying hats, napkins, and other table adornments taking off with the gusty winds. The diverse, sometimes ingenious, inevitably unsuccessful, attempts from guests and staff to erect makeshift windbreaks provided endearing amusement to us, some being worthy of ABC's *The Inventors* program, or definitely spawning an impromptu 'Sculptures in the Vineyards' exhibition (Table 8 definitely won best achiever's award).

Overall, a most enjoyable few days and a highly recommended culinary destination a few hours' drive south of Sydney. There is also a pleasant flat walk at North Narrawallee carpark of about 30 minutes return through shaded she-oak to the north side of the headland and inlet entrance. As well, the Tourism Office has a detailed guide on the flat 500m Gondwana Coast Fossil Walk at Ulladulla Harbour. Graham facetiously asked the Tourism officer if the walk was to look for fossils, or for fossils to walk?



Members Contribution

Brunch at Margot – David & Penny Cameron

Last Saturday Penny and I had the Brunch with our daughter and son and their partners at Luke's Kitchen at the Margot in the Kimpton Hotel. the old Water Board Building.

It was a birthday celebration for those with birthdays in November and December.

One had the "Vegan Bottomless Brunch" while the other five of us had the "Bottomless Brunch". Brunch for us commenced at 1PM and ended at about 4 o'clock.

We were constantly plied with Tattinger Champagne and Maison AIX Rose. Although the courses were relatively small they were ample.

Creamy Prawn Broth

This was almost the consistency of Chowder. The Prawns were blended into a fish mouse which gave a contrast to the creamy soup.

Tempura Coral Trout

The dish was notable for the light, crisp Tempura Batter. The fish still retained its structure.

Organic Scrambled Egg

This was a novel way to prepare an egg. The Chinese mushroom worked well and the potato made a fine base.

Slow Cooked Beef Curry Pasta

One does not associate curry with pasta, but this was a quite mild curry and it blended very well.

Soft Meringue

With the wine flowing as it was one hardly needed the brandy custard, but the fruit and mint blended well with meringue.

I cannot comment on the Vegan option but there were only comments coming from that end of the table.

No one opted for the caviar although it probably was a steal at \$50!

We birthday boys were feted royally.



Brunch at Margot – David & Penny Cameron

Brunch menu at Margot



BOTTOMLESS BRUNCH

BOTTOMLESS BRUNCH | 95

- CREAMY PRAWN BROTH**
Spiced fish mousse, spring onions
- TEMPURA CORAL TROUT**
Pickled radish, wakame, spiced mayo
- ORGANIC SCRAMBLD EGG**
Chinese mushroom on fried potato
- SLOW COOKED BEEF CURRY PASTA**
Coconut, mozzarella, fried Viet mint
- SOFT MERINGUE**
Summer fruits, brandy custard, mint

ELEVATE YOUR EXPERIENCE

FREE FLOWING COCKTAILS | 125

BLOODY MARY
MARGOT'S MYRTLE ICED TEA
MOJITO

FREE FLOWING TAITTINGER | 185

FROM THE CART

BLOODY MARY &
ESPRESSO MARTINI \$20

OSSETRA CAVIAR BUMP WITH BELUGA
VODKA SHOT \$50

VEGAN BOTTOMLESS BRUNCH | 95

- COMPRESSED PINEAPPLE**
Coconut yoghurt, wild rice, chilli, ginger, kaffir lime, coriander
- TEMPURA ZUCCHINI**
Corn, tomato salsa
- GRILLED ASPARAGUS**
Blood orange, capers, currants, fennel
- SALT & PEPPER RICE CAKES**
Fragrant coconut sauce, sweet potato, snake beans
- POACHED BLUEBERRIES**
Blood orange sorbet, lime, balsamic crisp



WINES BY THE GLASS

SPARKLING & CHAMPAGNE

- NV Salatin Prosecco, Treviso, Italy 16
- NV Taittinger Cuvee Prestige Brut, Reims, France 32

WHITE

- 2021 Lark Hill Riesling, Canberra District, NSW 16
- 2020 Deep Down Sauvignon Blanc, Marlborough, NZ 18
- 2021 Jim Barry Assyrtiko, Clare Valley, SA 19
- 2019 Daniel Dampet Petit Chablis Chardonnay, Burgundy, France 22

ROSÉ

- 2017 Luke Mangan by Yering Station Rosé, Yarra Valley, VIC 15
- 2020 Maison AIX Rosé, Provence, France 19

RED

- 2019 Craggy Range Appellation Pinot Noir, Martinborough, NZ 18
- 2017 Luke Mangan by Mount Langi Shiraz, Grampians, VIC 16
- 2020 Yangarra Shiraz, McLaren Vale, SA 19
- 2019 Vasse Felix Cabernet Sauvignon, Margaret River, WA 21

LUKE'S KITCHEN JUICES | \$9

Luke's Daily Detox
Vitamin C, Apple Cider Vinegar, Orange, Ginger Turmeric

Luke's Glow
Bamboo Silica, Vitamin C, Aloe Vera, Pomegranate, Lemon

Luke's Ginger+
Ginger, Lemon, Cayenne Pepper, Vitamin C

Give your digestive system a much-needed break and allow your body to detox, heal, restore, and rejuvenate with our Luke's Kitchen health shots.

Hydrate your body with 100% raw nutrients, minerals, and probiotics to bring your physical and mental being back to its natural state.

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MJ OLGUERA – Head Chef

(GF) Gluten Free | (V) Vegetarian

luke mangan
KITCHEN

Members Contribution

A Winetaster's Lament – Trevor Gibson

I approached the poured glass with some anticipation. After hours of airing, the pinot promised aromas of spicy red fruits and an elegant palate of raspberries, geranium and forest floor.

My first taste of wine for over five days – almost unheard of for me. The coughing fits, sore throat and congestion from my recent respiratory tract infection had eased, and I was ready to taste again. The multiple negative RATs inspired my confidence that my virus was not COVID.

A healthy swirl of the glass, the lift and the satisfying deep intake of air

Nothing. Neutral. Flat – like sniffing a glass of water. Again ... the same.

Then the palate – flat, lifeless, with no detectable fruit and an unpleasant sour/bitter structure that dominated the palate and finish.

It seems I had lost my senses of taste and smell, suggesting that I indeed had suffered from COVID. Our senses of taste and smell are through the action of protein sensors on the surfaces of nerve cells on the tongue/palate (gustatory) and on nasal membranes (olfactory). These receptors bind to taste and odour molecules and send signals to the brain, which interprets them as the aromas and flavours we recognise. The numbers of these sensors are genetically determined, explaining why we differ in our abilities to “nose” and taste wines.

Infection by COVID and similar viruses induces the immune system to produce a range of immune cells. These cells release proteins called cytokines as part of an inflammation response. For taste receptors, cytokines suppress the activity of genes (downregulation) needed to build more receptors as part of a turnover process. Constant turnover is necessary for the receptors to function correctly, and suppression of the genes that make them impacts their effectiveness. This suppression can persist but reduces over time as the inflammation and viral infection recede.

Impairment of the olfactory sensors appears to be more direct, with the viral infection directly destroying the sensors, which are replaced over time.

Either way, the infection disrupts receptor signals to the brain, with a consequent total or partial loss of taste and smell. A challenge for any winetaster.

A subsequent PCR test confirmed that my virus was not COVID, but just the usual respiratory tract infection. I need to bide my time for my senses to recover, hopefully within four or five weeks. Not surprisingly, the desire to raid my cellar for the daily wine hits is not there at present.

I live in hope

Trevor Gibson

Articles of Interest

Black Garlic – Kerrie Sims

Black garlic is an emerging ingredient found on restaurant menus and celebrity cooking shows.

What is black garlic?

Black garlic is a type of aged garlic that is colored deep brownish-black. The process is of East Asian origin. It is made by placing ordinary garlic (*Allium sativum*) in a controlled environment of low heat and high humidity over the course of several weeks, a process that produces black cloves. The heat produces key intermediate compounds through the Maillard reaction which give the black garlic its colour and distinctive taste.



What does black garlic taste like?

Black garlic has a mellow, sweet flavour with hints of caramel. It's slightly softer and more pliable than fresh garlic cloves due to its high moisture content (about 15% by weight) after it's been aged for about two months.

How can you use black garlic?

Black garlic can be used in the same ways as the usual garlic. The cloves can be easily chopped, smashed, or pureed and are ideal for stirring into soups, stews, pastas, and sauteed vegetables. Mix it with butter, goat's cheese, or crème fraiche to make tasty spreads, dips and accompaniments for other dishes.

Can you make black garlic at home?

Yes you can! Just wrap and seal the whole garlic in aluminum foil, and then cook in a rice cooker at around 55°C – no higher – and keep it going for weeks. After a while it starts to change, first turning brown and then turning darker and darker until turns completely black. If you take it out too early, it will still have a strong garlic flavour rather than the mellow, sweet flavour you want.

The downside is that your house will reek of garlic throughout the whole process. Not what I would want in my household but then perhaps it would be useful in warding off vampires or other unwelcome visitors. Maybe think about purchasing the product.

Where can I purchase black garlic?

I have no experience of doing this but would ask at gourmet food shops or speciality greengrocers. It comes packaged in a variety of forms such as bulbs or cloves themselves, powdered, paste and as pearls.

I have read that it can be purchased online from –

Online Gourmet Food | www.onlinegourmetfood.com.au

Not cheap and shipping is \$7.50 but free on orders over \$75

How can I get cooking using black garlic?

A variety of recipes can be found on the following website.

[Recipes for using Black Garlic - Garlicious® Grown \(garliciousgrown.com.au\)](http://Recipes for using Black Garlic - Garlicious® Grown (garliciousgrown.com.au))



Black garlic compound butter



Wild mushrooms with black garlic



Black garlic salted flatbread



Crab black garlic & truffle pasta



Gilled fennel goat's cheese black garlic powder



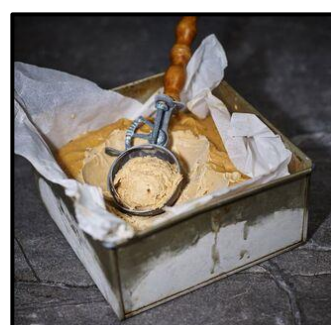
Black garlic puree



Lamb & black garlic casserole



Asparagus ricotta tart with miso & black garlic



Malted black garlic ice cream