



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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Delma Hann MWFSS Member

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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

July 2023 Saturday 8 th	Ian Arnold Dinner (President's Dinner) Café Lyon Linfield Cost \$175
September 2023 Sunday 24 th	Spring Lunch At Jim Rolls 5 Jacarandah Beecroft Cost TBA
October 2023 Sunday 15 th	Dining Out The Little Snail Pyrmont Cost TBA
December 2023 Sunday 3 rd	Christmas Lunch Il Posto, North Epping Cost TBA

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**

Public Officer: **Lorraine Plues**

Note from the Editor

We have a very full newsletter this month. Firstly, acknowledging one of our members Dell Hann who passed away in March this year.

Then a report from the FWFSA with many photos from the function held during the annual convention in March. We held two successful events – A Retro Lunch and our own AGM.

Many thanks to the members who have contributed news from their own personal food and wine experiences.

Please note that our functions are on weekends to accommodate those among us who are working during week days.

Cheers Kerrie

Passing of MWFSS Member - Delma Hann
31st March 2023

Sadly, we have lost a much loved and well-respected member of the MWFSS. Delma (Dell) Hann passed away on 31st March 2023 after living for many years with cancer. Despite her illness she had led a very active and fulfilled life. She was an excellent cook and entertainment was a big part of her life with her husband Ray Hann. She generously opened her beautiful home on several occasions to functions of the MWFSS including the AGM and Spring Luncheon

Dell enjoyed her childhood in the small Riverina town of Lockhart where her father William (Jack) Russ had an Accountancy Practice. She was born in 1936 and along with her sister, Jenny, received her early schooling in the town but later she boarded in a hostel in nearby Narrandera, attending Narrandera High School. Her mother, Myrtle moved to Sydney for the birth of her younger brother, Barry in 1945. At this time, Dell and Jenny stayed with their grandparents in Manly for a short time before returning to Lockhart. The family moved to Sydney in 1949.

They settled in the Eastwood/ Denistone area. Dell attended Hornsby High School and her father continued his practice at Top Ryde. After her school years Dell worked for the Westpac Bank (formerly Bank of NSW) at Eastwood. In her job she travelled to New Zealand where she worked for six months in both the North and South Islands.

She met Ray Hann at the St Phillip's Church fellowship group at Eastwood and they were married there in 1961. Their first home was in Linden in the Blue Mountains. Ray travelled to the city for work and Dell worked at the Springwood bank branch. Their daughter, Wendy came along 1965 and they moved, building a home at Chatham Rd, Denistone. Their son Michael was born a few years after in 1974

Ray was a partner with Price Waterhouse and in his job travelled frequently to Japan. Dell accompanied him on many of these trips and together they travelled extensively. Ray was a hard worker, often away from home. Sadly, he passed away too soon, but before this the family had built their home in Beecroft. Dell, a person of great strength, got on with life as she did in the same way, after being diagnosed with breast cancer and then bone cancer.

She remained active, playing tennis, bowls, and croquet as a member of Cheltenham Croquet Club. She was a member of a walking group, played bridge and cards. She was popular within all these groups as a real 'peoples person', pitching in to help whenever there was a task to be done.

You could not feel other than great admiration for her resilience and cheerfulness. We have lost a dear friend. Rest in Peace, Dell.



The Federation of Wine & Food Societies of Australia Inc.

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The Federation of Wine and Food Societies of Australia held its Annual General Meeting on Sunday 26 March 2023, in **Melbourne**. **The Committee 2023-2024 includes the following members of the MWFSS:**

- Steve Liebeskind – President
- Trevor Gibson – Vice President
- Peggy Sanders – Secretary

Federation Convention Weekend 2023

- 2023 – the Convention Weekend was hosted by the Wine and Food Society of Victoria, 24 – 26 March. The following functions were held:

Friday 24 March - Cumulus Inc.

Saturday 25 March - Secret Kitchen Yum Cha Lunch

Saturday 25 March - Matteo's - 'Sparkling' Dinner

Sunday 26 March - MCG Lunch Guy Grossi

All the functions were very successful, and the food and the wines were wonderful. From the MWFSS: Peter Bacon and Brenda Bradbery; Steve Liebeskind and Jane-Maree Hurley; and Peggy Sanders.

Future Functions:

- 2024 – Victor Gibson Weekend will be hosted by the Mildura Ladies WFS. A 'Save the Date' will be circulated soon.
- 2025 – Federation Weekend will be hosted by Sandhurst WFS (Bendigo)

Peggy Sanders

Secretary,

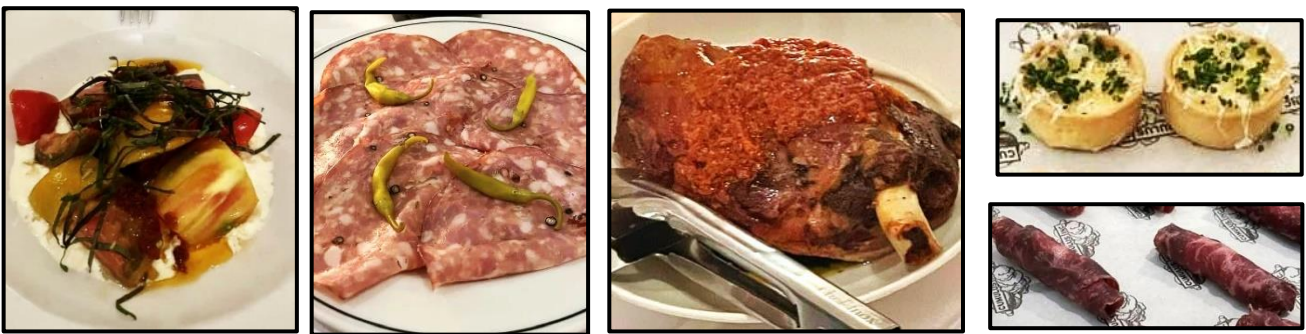
The Federation of Wine and Food Societies of Australia

FWFSA Convention 2023 Report Hosted by Wine and Food Society Victoria

The Main Convention was held in Melbourne between Friday 24 March to Sunday 26 March 2023.

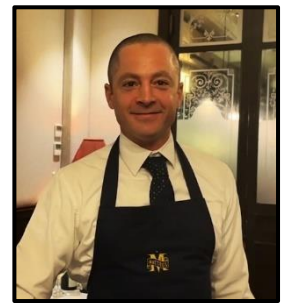
It began at Cumulus Inc. is an all-day eating house located in Melbourne's famous art and fashion precinct, Flinders Lane. It was opened in 2008 by Andrew McConnell, a star chef who combines his typically excellent food with smart interior design.

The culinary options provided for the delegates at the Friday 24th March Dinner



FWFSA Convention 2023 - Victor Gibson Dinner
Saturday 25th March
Mateos Melbourne

Victor Gibson Dinner - 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 was enjoyed.



FWFSA Convention 2023
Melbourne Cricket Ground Sunday 26th March

The FWFSA AGM was held on the Sunday morning followed by lunch at the Melbourne cricket ground - MCG Lunch Guy Grossi



MWFSS Functions - Retro Luncheon

At the home of Carol Leaver

23rd April 2023

We revisited the cuisine of bygone decades in our Retro Lunch at Carol Leavers. It was a relaxed event with a convivial atmosphere as we reminisced the days when we made food just like that. Val Gibson searched her wardrobe finding an outfit from way back and donned it for the occasion



Canapes: Memories from the past



Devilled Eggs

Eggs, hard boiled. yolks removed and blended with mayonnaise, dijon mustard cayenne pepper and garnished with chives. Delicious!

Asparagus Rolls

Tinned asparagus (they are soft and have a distinctive flavour) wrapped in white bread, crusts removed and buttered with mayonnaise. Yum!



Devils on Horseback

Prunes stuffed with cream cheese, wrapped in bacon and grilled. Very tasty!

Orange Hedgehog

Pickled onions of various colours and cheddar cheese skewered on toothpicks, inserted into an orange. They came along to every party!



MWFSS Functions - Retro Luncheon

Entrée: A good old fashion Prawn Cocktail



The classic prawn cocktail with sweet school prawns on a bed of shredded iceberg lettuce with seafood cocktail sauce – a tomato mayonnaise with chopped capers and garnished the lemon wedges parsley and baby capers. For non-seafood people an Asian duck and orange salad was provided as an alternative

Main: Another favourite from the past: Beef Bourguignon with mixed vegetables and parsley potatoes



A traditional French dish of slow cooked beef in a red wine sauce, with small onions, button mushrooms and bacon and carrot. It's traditionally named from the Burgundy region in France, where it originated. It's cooked until the meat is falling apart, and the wine-rich gravy thickens slightly to coat the meat. It's a comforting, slow cooked dish with a rich flavour Served with parsley boiled potatoes and traditional vegetables – peas corn and chopped carrot

Dessert: Trifle

A traditional favourite, made with jam filled sponge roll and layers of madeira cake, custard, port wine jelly and fresh berries and peaches. Topped with whipped cream and garnished with chopped pistachio nuts and rose petals. Served as mini trifles in individual dishes.



MWFSS Functions - Retro Luncheon

Wine Tasting Notes - Retro Lunch, 23 April 2023 - Trevor Gibson

NV Georges Lacombe Grande Cuvee Brut

Light gold colour with cracked yeast on the nose. Lovely generous mouthfeel, featuring yeast and biscuit flavours throughout. Gentle acid cleans up the finish, despite slight residual sugar.

2015 Alaine Geoffroy Chablis Premier Cru

Deep straw. Quite an elegant wine, with white peach flavours on the full length of the palate. Good balance with soft acid and tannins.

2015 De Salis Chardonnay

Pale gold. Fuller style but with elegance and lovely balance. Palate of ripe stonefruit, supported by soft tannins and lemony acid on the finish.

1999 Brands Merlot

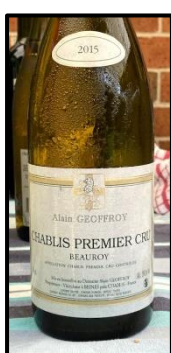
In good shape for its age, little evidence of oxidation and few obvious tertiary characters except for slight toffee notes on the palate. Restrained plums on the front palate, diminishing towards the finish.

2004 Tyrell's Rufus Stone Shiraz

Excellent condition, with cherry fruit and smoky bacon featuring on the palate, falling away slightly on the finish. Structure and texture provided by drying tannins and acid on the finish.

2006 Lake Moodemere Late Harvest Biancone

Luscious dried apricot and passionfruit flood the front and mid palate, but finishes short. Light acid feature on the palate edges, but is lacking on the finish, leading to a disappointing cloying finish.



MWFSS Functions - Retro Luncheon



MWFSS AGM
At the home of Kerrie Sims
28th May 2023

The annual AGM of the MWFSS was held at the home of Kerrie Sims. Fourteen members of the society attended. Reports from the President Carol Leaver, the Treasurer Carole Yeomans



A light luncheon prepared by the food committee followed the meeting. It consisted of savory and sweet finger food.

**Caramelised Onion and
Goats Cheese Tarts**



**Coconut Prawns with
Sweet Chilli Sauce**



On the Menu

Zucchini Slice

**Polenta topped with
Basil Pesto, Sun Dried Tomatoes
And Olives**

Prosciutto, Mushrooms, Parsley & Fetta



AGM Luncheon

Spiced Carrot and Pumpkin Soup

This hearty, warming vegan soup is easy to make and the perfect meal for Autumn. A subtle combination of spices make it very delicious

Ingredients

- 2 Tbsp olive oil
- 1 large brown onion peeled and chopped
- 1 kg (35 oz) pumpkin or butternut squash (about 1.2 kg unprepared weight) peeled, deseeded and diced
- 600 g (21 oz) carrots (about 6 medium) peeled and diced
- 3 cloves garlic peeled and crushed
- 1 inch piece fresh ginger peeled and grated
- ½ tsp ground coriander
- ½ tsp cumin
- ½ tsp paprika
- ¼ tsp turmeric
- ¼ tsp ground nutmeg
- ¼ tsp chilli powder
- a pinch ground cardamom
- 3 sprigs fresh thyme
- 1 litre (4 cups) vegetable stock
- salt and pepper
- milk as needed (optional)

Method

1. Heat the olive oil in a large pan and gently fry the chopped onion for 5-10 minutes until it is soft and translucent.
2. Add the diced pumpkin/butternut squash and carrots and the crushed garlic and grated ginger. Cook for a couple more minutes, stirring often.
3. Add the coriander, cumin, paprika, turmeric, nutmeg, chilli powder, cardamom and thyme and cook for another minute while stirring.
4. Add the vegetable stock and some salt and pepper. Bring up to a simmer and cook for 20-30 minutes, stirring every now and again, until the vegetables are soft.
5. Remove the thyme sprigs and blend the soup until it is totally smooth. I use a stick blender.
6. Add a little milk or water as needed until the soup is the desired consistency. Taste and add more salt and pepper as needed.
7. Store any leftovers in the fridge for up to 4 days.



**Spiced
Carrot and
Pumpkin
Soup**

AGM Luncheon



Date and Walnut Slice

**Orange and Almond Cake with
Rosewater Syrup topped with
crushed Pistachio Nuts and Rose Petals**

Date and Walnut Slice

Ingredients

- 185 gm butter
- 1 ½ brown sugar
- 2 eggs
- 1 ½ cups SR flour
- 1 ¼ cup dates chopped
- ¾ walnuts chopped
- 1 ½ tsp vanilla essence

Method

1. Preheat oven to 150 Degrees C
2. Melt butter and brown sugar in microwave
3. Chop dates and nuts
4. Add flour, vanilla, dates and nuts
5. Mix until combined
6. Add eggs and mix
7. Pour into a lined and greased slice tin
8. Bake for 20 minutes
9. Remove slice from tin and cool on a rack
10. Cut into slices and store in an airtight container

Members Contribution

Chef's Table Dining on the Coral Princess

Corinne & Murray Mills

A friend asked us to accompany them on a cruise circumnavigating Australia. We were apprehensive after having been confined to home for two years. The ship, Coral Princess, was in the news when it first set sail again, due to covid cases on board. I had renamed it the Covid Princess!

We boarded in Sydney and one of the priorities after boarding was to sign up to go to a Chef's Table Dinner. We did and through persistence were lucky enough to be successful. The Cruise duration was 28 days and, in this time, only two Chef's Table Dinners were held- so only 24 passengers out of over 2,000 passengers were invited.

We were fortunate that the six members of our travelling party got to attend together. Prior to Covid, you went on a tour of the galley beforehand. The Dinner venue was Sabatini's Restaurant, oddly enough, the same venue where we celebrated our friends' wedding anniversary.

Monday the 24th April duly arrived and we met outside the restaurant, our dining companions along with the Executive Chef Remo Bolis who was going to cook our dinner and Joachim Rothe, the Director of Restaurant Operations who would be our Maitre D come MC for the evening. We had a group photo taken and proceeded into the Restaurant. A table was set aside on one side of the Restaurant for this event. Every two diners had their own waiter. Joachim explained we didn't have to finish all the dishes as we had to make room for what was to follow.

Champagne was poured with no restraints as the waiters kept topping up our glasses.

1. The first starter was served, a combination of Hai Tuna with Black Sesame and Ginger and Avocado Pearls. This was beautifully presented, and the flavours all combined to a melt in the mouth dish. Several diners weren't raw or cooked tuna fans but admitted the dish was superb.
2. This was followed by a homemade Pate de foie gras on Toast Brioche with fresh Wild Berry Jam. Once again this won over the non-pate lovers as it was light and the usual strong flavour was missing. The berry jam was an excellent accompaniment.



Chef's Table Dining on the Coral Princess



3. Next was a Burrata Foam with a Tomato Caviar in a Gazpacho coulis- the foam was true to its name and like eating air
4. The final starter dish – Panko Lobster Tail had been marinated in Orange Malibu Rum with a Wasabi/Teriyaki Dip. This, as you will see, was served upright in a glass tumbler, a novel presentation

We have had four entrees/starters and because they tasted as good as they looked, we ate them all. Joachim kept reminding us we didn't have to finish them all

5. Italian Style Risotto with Mushrooms and Lobster was possibly the least enjoyable dish, maybe because the previous four starters were so scrummy. The Lobster after the Panko Lobster seemed bland. This course we did leave food- Risotto can be very filling and would have been excellent as a main course or even a small starter without any other courses



Chef's Table Dining on the Coral Princess

6. Beautifully presented, to cleanse the palate we had a Raspberry Sorbet with a splash of Gray Goose Vodka. But this wasn't just a sorbet, it has a net of twisted sugar over it. A real work of art



7. At this stage everyone is feeling very satisfied and we are about to have the main course served! "Double Impact" a combination of Butter Garlic Prawns, Mustard Herbs/Brioche Crust Lamb Chops,

Jumbo Scallops and Beef Mignon with Mustard hollandaise, Rosemary jus, Peppercorn sauce served with fresh vegetables and roasted chateau potatoes. Please note everything is plural but it wasn't half a kilo of prawns plus six lamb chops etc. The meal wasn't as massive as it sounds. The beef mignon was perfect as were the lamb chops and prawns. An interesting comment – on board every dinner menu featured at least one scallop dish and they weren't small scallops. In the end it was almost not scallops again. The fresh vegetables were baby beets, and I must admit I couldn't finish all of this – but this was not because it was inedible, rather my stomach was reaching its limitations.



8. Baked Brie Cheese, Dried Fruit and Nuts Bread, Port and Madeira Wine Reduction. Cheese and Crackers with a difference. I thought maybe I might try this at home



Chef's Table Dining on the Coral Princess



9. They say save the best until the last – after what we have had so far, how can this be? Lemon Delight was absolutely incredible. Genoise Cake, Limoncello, Lemon Cream. Presented to look like half a lemon. It really was a masterpiece to look at and the taste was 15/10. It was very hard to take a photo that did true justice to the dish

10. We finished with coffee or tea and assorted Petit Fours, the latter were macaroons and homemade chocolates. At this stage we had well and truly reached the plimsoll line food wise. We all left with a plate of Petit Fours to take home (back to our cabins)



It was a wonderful meal and given the chance we would definitely do it again. We had no idea how much it was going to cost and had a very pleasant surprise to find it was only \$139 well worth it- and more.

Nothing to do with the meal but one interesting snippet. In conversation with Joachim about his family, he mentioned he had twin sons (fraternal), the couple opposite us (oddly enough, also from Castle Hill) also had fraternal twins- a son and a daughter, we had twin daughters (fraternal) and our friends we were travelling with have fraternal twin grandchildren, a boy and a girl. Out of 14 people, 8 had a twin connection.

Corrinne Mills



Members Contribution

Celebration at Trevi's Norwest

Peter McIntosh

On the 8th of June, I was lucky enough to go back to one of my favourite restaurants in Trevi at Bella Vista. I was there for my nephew's daughter's 21st. As usual, the food and ambience of the place was exceptional. It was also the first time I had ever been there at night, so everything was very pretty by the lake. One of our waiters was hilarious. He had my kind of humour for puns



Here is my food report for the night:

Entree: Twice cooked pork belly served with roasted pumpkin, beetroot, eschallot and apple puree. My observations before eating were: would I notice the beetroot, which I don't eat? I didn't, as it was pureed, and blended in nicely with the other elements on the plate. My other observation was that I found it strange and disappointing that the pork belly had no crackle on top. It was the first time I had not had crackle on pork belly. This did not detract from the taste of the pork meat, which was flavoursome and very tender and tasty, but, for me personally, I missed the crackle. A very enjoyable entree just the same. I had a beer with this dish.

Main was superb, and I asked the waiter to send my compliments to the chef.

WA Barramundi fillet served with cubed potatoes, steamed greans (beans and snow peas - I LOVE snow peas) sweet chilli, coconut aioli, black currant, pine nut salsa. WOW, there was nothing I didn't love about this dish. Fish was meaty, cooked to perfection, and had so many wonderful taste elements to it. I could have eaten it again. I just asked for a glass of sav blanc with the fish. Don't know what it was, but I enjoyed it. This meal was a two course \$39 dinner special. You could have entree and main, or main and desert. As we were going back to my nephew's place for birthday cake, I chose the first option.

Another very enjoyable meal at Trevi.

Cheers everyone
Peter MacIntosh

