

# *Food & Wine*



March 2013

The Journal of The International Wine & Food Society Europe & Africa Committee

Free to European & African Region Members - one per address - Issue 114

**Dining on Madeira**

**The Fajã dos Padres Vineyard**

**An Organic Revolution?**



Welsh Lamb ©





# CHAIRMAN'S MESSAGE

## *Dear Members*

The EAC Chairman normally serves for three years but circumstances dictate that there is a need for 2013 to be covered before reverting to the usual practice. Accordingly when I was elected by my colleagues it was for just one year. The post holder normally becomes one of the two EAC representatives on the Society's International Council but I am not taking on that role. This is because continuity as a member of that body is very important and that can be better achieved by others being the representatives in 2013. It has nothing to do with my having already served on Council when Society Treasurer back in the eighties!

We have started this year without three people, each of whom has done an enormous amount of work for our Society over lengthy periods - Chris Bonsall, John Valentine and Ron Barker. Gentlemen, thank you for all that you have done and for being available over the next few months if required. For good measure Chris is chairing the Santorini Festival 2014 which is a major task.

The resulting vacancies have all been filled and the new members are very much up and running with ideas and enthusiasm.

The EAC is well aware that the subscription renewal system via the website has produced problems for some branches and it will be modified for next year. It's worth repeating that help for branches is always available and no one should suffer in silence or otherwise - please contact Katie Wilkins instead.

That the Society's website is here to stay should not be doubted and for those who are able to visit it there is much of interest. Certainly it is an essential tool in these days when the internet is a significant part of many lives but if, dear reader, you are not one of those, then please recognise that there is a need which has to be met if the Society is not to be overlooked and ignored.

Elsewhere in this issue you will find news of three events that are being run by the EAC for members. Our aim is to provide enjoyable, quality experiences at good value. Places are available on a first come, first served basis so do consider attending but don't leave it too long before applying.

Inevitably only a small proportion of the membership will attend such events so we are exploring ways in which we can add to the benefits available to all our members, possibly by providing financial support to branches for certain activities. Our aim is to act on this in the second quarter.

While we seek ways to enhance your membership there are also ways in which your help for the Society would be very welcome. It's no secret that the total of members in Africa and Europe is declining. The average age is rising and we lose members through reduced mobility and natural causes frequently. We shall continue to try to find ways to attract new members but there is no doubt that historically most such have been introduced by existing members. Please take a moment to reflect when your branch last had a new members. Do you have friends and acquaintances who might be interested in attending as guests then members. Who knows, they might go on to show interest in helping your committee - we tend to rely on the same people until one day they wish to pass on the responsibility but there is no one available to do so.

I hope that in 2013, with my wife Eve, we shall have the pleasure of meeting more members of this Society that has brought us so much friendship and good company.

*Best Wishes,  
John Legg*



## Editorial

Much of my time, in the last two months, has been spent sitting beside an NHS bed trying to persuade my elderly brother that the plates of food put in front of him are edible. His answer, the other day, was to plunge his fork into a huge plate of macaroni cheese and lift the whole sticky mess up in one lump! Is it any wonder that 60% of hospital food goes to waste, 82,192 meals go in the bin every day and 67% of staff say they would not be happy to eat the food they serve to their patients. Last October, Health Secretary Jeremy Hunt, announced new standards setting out what patients should expect from NHS food, but as usual with any government initiative, little change has yet taken place, I suspect it will take years to implement the scheme. Both Jamie and Ramsey have looked into school and motorway catering, it is about time some of our top celebrity chefs put their name to improving hospital diets, maybe that would bring the appalling situation into the public arena. It is something that will affect the majority of us at some time in our lives.

New research in America has finally proved, what most of our members could have told them for years, butter is actually best for you. A report in F&W in September 2004 told of the health hazards of consuming hydrogenated vegetable oils, 'margarine'. Now research has proved that 'interesterification' of oils, the new process used to render them solid at room temperature, is also a very dubious procedure and a natural product such as butter is much healthier.

As I write more and more incidents of horse meat in ready meals comes to light and I am reminded how, as a child, I was fascinated by the huge lumps of dark red flesh with bright yellow fat, oozing blood on the slab of our local horse meat butcher. Trade was always brisk, often queuing down the street, in those days people were just glad to have meat to eat. I can't say I have knowingly eaten horse but the prospect wouldn't trouble me but I do know some that won't even eat rabbit because of the thought of their childhood pets. With that in mind I do hope our cover photo doesn't put you off some delicious lamb this Easter. The Welsh Lamb Board has kindly provided some mouth-watering recipes for you to try. The sad truth is that despite super-market prices staying high, farmers have experienced a 22% decrease in lamb prices in the last year and are struggling to carry on. There is also a lot of imported, cheap processed lamb flooding the market which is ending up as ready meals on supermarket shelves. So if you do take the easy option make sure of the provenance of your purchases or you might end up with a Romanian goat herder's pie instead of shepherds pie!

This month we have two articles on Madeira, one on the wine and one on the restaurants. We are also looking at a number of questions on organic farming and considering some of Raymond Blanc's ideas on seasonings.

As ever we have a miscellaneous collection of branch reports and on the last three pages some great trips. Our next 'Awayday' is a river trip in Bath. Before the event I had hoped to have a restaurant review of the Allium Brasserie at the Abbey Hotel in Bath but my reviewers have all been too busy recently. Opened last year by Michelin star chef Chris Staines the restaurant has received some very good reviews recently. To quote Jay Rayner in the Observer, "Nothing good has ever happened to me in a Best Western-branded hotel. Until now." Chris Staines was the chef in charge of the team at 'Foliage' in the Mandarin Oriental when we enjoyed a superb lunch for the Society's 75th celebrations. If you are in Bath it could be well worth seeking him out.

We have a 'Midweek Away' in October and a Regional Festival on the magical Greek island Santorini in 2014. We are also planning celebrations in London for the Society's 80th anniversary on 12th & 13th November so put the dates in your Diary

*Happy Easter  
Pam Brunning*

## Food & Wine

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## CONTRIBUTORS



**Alan Shepherd** joined the IWFS London Branch with his wife Stephanie in 2005, and became a member of the Committee in 2009 and Deputy Chairman in 2010. He is also actively involved with the Capital and Surrey Hills Branches, as well as being an enthusiastic member of St James Branch. He is interested in wine, but does not claim to be an expert, and rarely drinks it on its own. His real interest is in tasting wine and food together, and he particularly enjoys wine dinners where a variety of wines can be tasted in the context of a meal. Together with his wife Stephanie, he often hosts IWFS food and wine events at home.

**Stephanie Shepherd** maintains that her first 'mistake' after joining the Society was winning London Branch's fun blind tasting known as Liars and Cheats; a few months later she became Branch Secretary. She was then asked to produce a dish for Surrey Hills' famous 'Starters and Puds'. She did, and recently became one of the latest recruits to the EAC.

She says, "I still often feel a bit of an imposter. I'm a food person really and not a wine buff. I do enjoy wine, generally in the context of a meal, but I'm no expert. I am, however, seriously committed to good food and interested in all aspects of its journey from pot to plate. I'm also interested in educating young people not only to cook for themselves but for others.

Outside IWFS, she is Secretary of her local Civic Society, a patient representative in the local Faculty of the Royal College of General Practitioners, and the enthusiastic owner of a couple of rare breed Italian Gundogs and member of their Breed Club whose Newsletter she edits.

## Dining on Madeira



## Our Founder's Voice

**Alan Harrison** is a retired University Dean, a former Head of the Edinburgh Hotel School at Telford College, and a former Lecturer in Gastronomy. His books include "Gastronomy" and one on why we eat what we eat.

His retirement is, in part, a continuation of a career in Britain and across the world. He maintains contact with hospitality and tourism education and aims to keep abreast of development. His current interests have taken him into food-consumer research in the context of our dependency on the forever-exploitative supermarkets. "Healthy eating overlaps the supermarket interest but study of the former presents a much less understood exploitation of its own".



## The Fajã dos Padres

**Tom Murnan** has been a member of IWFS Omaha Branch since 2008, but he has been interested in food and wine for many years. He lodged with his uncle in 1973 when he went to graduate school for clinical psychology. Uncle Bryan received his PhD. in English from the Sorbonne in Paris. He would invite other faculty members over for dinner, and serve the food in courses, with a different wine with every course. This made quite an impression on a boy from Omaha, Nebraska, and Tom wanted to learn more. He began reading everything he could about wine. In 2011 he joined the Council Bluffs Branch of IWFS, and in 2012 was asked to be the editor of both the Omaha Branch's Wine and Food Gazette as well as the Bluffs Food & Wine Gazette.

## Seasonings

**Chris Long** has worked in the food industry for over thirty years as producer, wholesaler, retailer and an independent consumer consultant. Her articles are published world wide on a number of topics as diverse as wildlife, green issues and classic car restoration. She is a keen foodie and writes knowledgeably on the subject but professes to have only a limited knowledge of wine, she knows which wines she likes and just enjoys drinking them.







## Welcome to the President's Blog

Sid Cross is the Society's new Honorary President. He is globally respected for his extensive knowledge of wine and food, his tasting ability and his memory. Sid was the Society's Wines Committee Chair for many years and the only Canadian to be inducted as a Membre d'Honneur of the L'Academie du vin de Bordeaux. He has also been awarded The Gourmet of the Year by The Society of Bacchus America, 'for outstanding knowledge of food and wines and for imparting this knowledge to others'.

He has been promoted by the French Government from Chevalier to Officer status in the prestigious Ordre du Merite Agricole.

He is a frequent wine judge, panelist and entertaining educator on wine and food including among others The Canadian Wine Awards, Lieutenant- Governor Awards For Excellence, Steamboat Springs Colorado Wine Festival, Vancouver Magazine Wine Competition, International Value Wine Awards, Vancouver Playhouse International Wine Festival, Whistler's Cornucopia, Best of BC for the BCLDB, and the Vino Awards.

He is wine and food guru for Western Living Magazine and contributes to several other wine and food publications. Co-founder and advisor to The Chefs' Table Society of British Columbia he is in demand as a culinary judge including the Olympic Gold Medal Plates in Vancouver, the Canadian Culinary Championships, and Ocanwise's BC Sustainable Seafood Chowder Competition.

He has recently set up the Presidents Blog page on the Society website. Follow the link below to 'talk' to Sid about the wines you are drinking, ask his opinion, offer your opinions, ask questions about food matching and tell of your experiences of different bottles you have tasted. Get involved in some interesting online chat about the subject closest to all our hearts WINE.

To access President's Blog go to <http://www.iwfs.org/blog>

## You are invited to Cruise with The Board of Governors of the Americas

### *"A 2014 Rhône River Cruise with IW&FS Friends"*

#### WHEN AND WHERE

The SS Catherine will depart Lyon, France on Sunday, June 8<sup>th</sup> and return to Avignon, France on Sunday, June 15<sup>th</sup>.

#### WINING AND DINING

Seven evenings will begin with a private champagne reception, followed by a special dinner planned by our organizing committee and prepared by the ship's world-class culinary staff. Our five-course dinners will be accompanied by wines sourced by The IW&FS specifically for our cruise. We also will enjoy a private tour and tasting at Château de Beaucastel. Miami member and wine expert Mike Bittel will join us on the cruise to discuss the special wines we will serve and comment on the pairings. IW&FS members will be seated together.

We will sail through the heart of Burgundy and Provence on a magical journey where sumptuous cuisine, fine wine, world-class art, awe-inspiring scenery and legendary history provide a treat for all of the senses. Here you will discover that joie de vivre is not just a phrase, but a wonderful way of life! Sail past quaint hilltop cities and lively towns, as well as lush vineyards, fields of flowers and sun-drenched vistas made famous by great painters such as Van Gogh and Cézanne.

We will visit regions filled with UNESCO World Heritage Sites – Arles, immortalized by Van Gogh's paintings; the well-preserved medieval city of Avignon, with its spectacular Palace of the Popes; and Lyon, center of Gallo-Roman history and the gastronomic capital of France.

#### WHO IS INVITED

All IW&FS members throughout the world. Our program will accommodate **only 45 staterooms**. Reservations are on a first come/first served basis, so register early.

#### HOW DO I PROCEED

Find more information and reserve on [IWFS.org](http://IWFS.org).

**Burgundy and Provence On the Rhône and Saône Rivers  
Aboard the New Uniworld SS Catherine**



The SS Catherine is now under construction. This is her sister ship the SS Antoinette.

#### ITINERARY

<b>Sunday</b>	<b>June 8 – Depart Lyon at 5:45 p.m.</b>
<b>Monday</b>	<b>June 9 – Chalon</b>
<b>Tuesday</b>	<b>June 10 – Lyon</b>
<b>Wednesday</b>	<b>June 11 – Tournon</b>
<b>Thursday</b>	<b>June 12 – Viviers</b>
<b>Friday</b>	<b>June 13 – Avignon</b>
<b>Saturday</b>	<b>June 14 – Avignon</b>
<b>Sunday</b>	<b>June 15 – Disembark Avignon a.m.</b>



Château de Beaucastel

## Dear Members

Being the first issue of the year this is the opportune time to summarise the additional benefits that are available to IWFS members. I am pleased to advise if you would like to embark on travel, whether it be overseas or nearer to home, then there are wine and food gourmet tours on offer; you can still take advantage of discounted accommodation when in London plus you can continue to subscribe to one of the leading fine wine magazines. These are summarised below with details of some of the prices available to you:

### FOOD & WINE TOURS with ARBLASTER & CLARKE

Last year we began working with Arblaster & Clarke. There is great synergy between the two organisations and therefore we are pleased that they are able to once again offer members\* a range of wine and gourmet tours around the globe. Some of you booked on the tours and one branch even took advantage of their service to put a trip together for them.

The specific tours on offer to IWFS members are:

**European Weekend Wine Tours & Opera Holidays** – you can add a short wine or Opera & Wine break to your itinerary when holidaying or visiting London. You'll receive discount on specific trips to regions such as Bordeaux, the Rhone and Veneto.

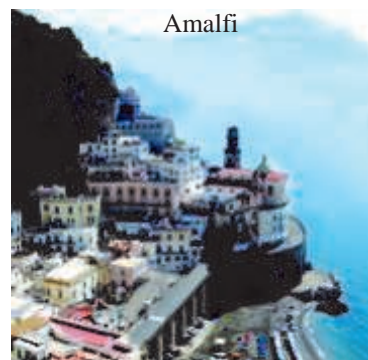
The discounts are:

a. Bordeaux Wine & City weekends

Dates are 11 – 14 April, & 14 – 17 November 2013 - £599 per person #

b. Lyon Wine & City - 24-27 October 2013 - £650 per person #

c. Verona Opera & Wine – 9-13 July 2013 - £1,450 per person #



Amalfi

**European Walking Wine Tours & Gourmet Wine Tours** – you can add a wine or gourmet

tour to your itinerary when holidaying or visiting London. In Piemonte, Amalfi or Burgundy. The discounts are:

a. Wine & Food of Amalfi & Cilento Reserve, 14-19 October 2013 - £1999 pp #

b. Wine & Food of Piemonte: Barolo & Barbaresco, 9-13 October 2013 - £1675 pp #

c. Walking & Wine: Burgundy, 27 May - 1 June & 2-8 September - £1750pp (May) & £1795pp #

# IWFS members receive 5% off the standard per person tour price plus you could also be eligible for a complimentary upgrade (subject to availability) for any of the tours where discount is offered above. You must be a client of Arblaster & Clarke Wine Tours (already on the mailing list) and include your IWFS membership number on the booking form.

To find out more about these fascinating tours please visit the Arblaster & Clarke website and click on the IWFS window on:

<http://www.winetours.co.uk/themes/view/35/international-wine-food-society>

To receive full details email contact@winetours.co.uk include your IWFS membership number to be eligible for the discount.

\* benefit is valid to IWFS members as at 31 December 2012. New IWFS members in 2013 must be members of a branch; independent members must be a member for a minimum of 6 months.

### LONDON ACCOMMODATION & DINING

If you are visiting London in 2013 then you have two different styles of accommodation to choose from whether it be the 5 star luxury of The Ritz or The In & Out Club (home of the International Secretariat) providing quintessentially English club accommodation situated on the exclusive St James's Square just off Piccadilly.

Both are ideally centrally located for visiting the top tourist spots and a convenient base to head for the shops.

Prices at The Ritz are available on an individual basis so you just need to contact me with your trip dates and I will enquire the best price they can offer you during your stay. In addition if you are just looking for a memorable dining experience then The Ritz is also offering a complimentary glass of Champagne to IWFS members dining there (just remember your membership card). This offer runs until 30 April but we hope to extend this later into the year.

Great weekend rates are available at The In & Out starting at £125 for one night to £92 per night for three nights. Plus special rates are available during August and at Christmas.

**For full details of all benefits available to IWFS members please contact me on: +44 (0)20 7827 5732, via email: sec@iwfs.org or go to the members only pages: [www.iwfs.org/secretariat/iwfs-merchandise/benefits-for-members](http://www.iwfs.org/secretariat/iwfs-merchandise/benefits-for-members).**

I would be interested to know if you have a favourite London restaurant who you think would welcome visiting IWFS members and also an approach from me to see if they would like to put together a special offer for you all – maybe next time I will have good news!

*Best wishes to you all for 2013.*

*Andrea Warren*

### Hugo Dunn-Meynell - 1926 - 2013

It was with sadness that I heard of the passing of long-standing executive director of the IWFS, Hugo Dunn-Meynell aged 86 on Wednesday 6th February, 2013. Hugo will be known to many of you as he was executive director of the IWFS for some 15 years from 1983-1998 and subsequently a Life Member. I have known Hugo, for around 13 years, through my association with both the IWFS and the Circle of Wine Writers (of which he was also a long time member) and he was always most keen to ensure that the history and raison d'être of these societies were not forgotten – in a kind and gentle way but also with conviction. He is survived by his wife Alice Woledge Salmon and his four children. A full obituary and tribute to Hugo will be published in the next edition of Food & Wine.

Andrea





## Charles Florman - 1920-2012

Charles Florman, who was a member of the St James's Branch, died on Boxing Day at the age of 92. Like André Simon, he demonstrated that it was possible to enjoy what the former called "the good life" and still live to a ripe old age. Charles was an occasional visitor to the Society's International Secretariat, usually clutching a copy of *The Florman Guide To Europe's Best Restaurants*, which he published in 2001.

Charles had dined in almost all the restaurants ever to hold three Michelin stars. In 1992 he founded a luncheon club called *Les Amis de C.* (The "C" stood ambiguously for Charles, Cuisine or Crissier in Switzerland after the location of Girardet, his favourite restaurant, where he ate 53 times.) The club was later renamed *Les Amis Gourmets*.

Charles was very supportive of the pioneers of the current London restaurant scene, such as Nico Ladenis and the Roux brothers, but never accepted that London had overtaken Paris (or indeed Lyons) as the restaurant capital of the world.

He was born Carl Florman in Stockholm in 1920. His father, of the same name, was air attaché at the Swedish Embassy in London shortly after World War I. Together with his brother, Florman père formed an airline company in Sweden which eventually became part of the Scandinavian carrier SAS. His son served in the Swedish cavalry and was an accomplished all-round sportsman.

In World War II, during which Sweden was officially neutral, the young Charles was sent by his father on a secret flight to Scotland in an aircraft carrying military supplies. He made his way to London and the plane in which he had arrived was shot down on its return flight. After the war he moved to New York to work for the family airline business, but returned to Europe and went into magazine publishing and advertising, where he learned the importance of winning and dining clients.

After settling in London, he and his first wife Madeleine entertained lavishly at their home in Chester Square, Belgravia. One of their neighbours was Lord Lucan, who in 1974 apparently tried to pay them a call. Madeleine was alone and refused to answer the door. **Bloodstains were later discovered on the Flormans' doorstep.**

In the new millennium, Charles lived briefly in South Africa with his second wife Lili, and was for a time a member of the Johannesburg Branch. Apart from gastronomy, his activities included flying, skiing, snorkeling, driving, painting and cooking – he made a superb *foie gras*. Both marriages ended in divorce. He is survived by two daughters and a son, Mark, the financier and philanthropist, who said of his father at the funeral that he had managed to squeeze four lives into one.

Ari Sofianos, Chairman of the St James's Branch, has paid him this tribute: "Above all, Charles was a gentleman. He always wore a smile on his face and I never saw him get upset with anyone. When, occasionally, someone treated him with less than full respect, he never lowered himself to their level and always kept his calm."

*Philip Clark*

## DECANTER MAGAZINE SUBSCRIPTION

A number of you are regular subscribers to Decanter magazine and hopefully the continued discounted subscription is a welcome offer.

Prices are as follows:

### UK

#### Direct Debit Offer

Pay just £34.99 every 12 months by Direct Debit - Saving 42% on the full price of £60.70

#### Cheque/Credit/Debit Card Offers

1 Year £37.99 - Saving 37% on the full price of £60.70

2 Year £63.99 - Saving 47% on the full price of £121.40

### Europe

1 Year € 93.20 - Saving 40% on the full price of €157

2 Year €155 - Saving 50% on the full price of €314

### Rest of World

1 Year £62.00 - Saving 40% on the full price of £105.00

2 Year £103.00 - Saving 50% on the full price of £210.00

(Prices for US members are available, see website for details)

The contact details are (quote promotion code TH133):

UK: 0844 8480 848 International: +44 (0)330 3330 233 Or online at: [www.magazinesdirect.com/IWFS](http://www.magazinesdirect.com/IWFS) <<http://www.magazinesdirect.com/IWFS>>

*Andrea Warren*



# Welsh Lamb

From the salt marshes of the Principality  
To the sands of Dubai

**F**armers in Wales have been working for generations to perfect the art of producing quality lamb.

The special flavour of Welsh Lamb comes from the unique environment in which it is produced. Three sides of Wales are surrounded by water which brings in fresh sea air, while the wet climate helps to grow the beautiful flora and fauna on which Welsh sheep feed to create the delicious taste of Welsh Lamb.

The unique way in which Welsh Lamb is produced has also been recognised by the European Commission who have awarded it their coveted Protected Geographical Indication (PGI) status. This mark means that only lambs born and reared in Wales and processed at a PGI approved abattoir can be called Welsh Lamb, offering reassurance to shoppers that they are getting the genuine product.

The popularity of Welsh Lamb is growing year on year, and as well as being found in your local supermarket, people in places as far afield as Hong Kong, Dubai and Canada can now enjoy a delicious Welsh Lamb dish.



## FRANCESCO MAZZEI'S WELSH LAMB SALMORIGLIO WITH QUINOA

Francesco is the chef and owner of L'Anima, a popular Italian restaurant in the City of London. He has been cooking for over 30 years and has worked in some of the most famous restaurants in the world including the Dorchester in London and the Eden Terrazza in Rome.

### 4 rib rack of Welsh Lamb

#### For salmoriglio sauce:

500ml extra virgin olive oil  
50ml clear honey  
150ml muscat vinegar  
3 garlic cloves  
Fresh oregano  
Lemon zest  
Maldon rock salt  
Dry medium to hot chilli

#### For Quinoa salad:

500g (1lb 4oz) quinoa  
3 romano peppers,  
skin off and diced  
100g (4oz) sultanas  
2 red onions  
100g (4oz) French beans  
Black olives  
Lemon zest  
10ml extra virgin olive oil  
Salt

Pre-heat your oven to Gas Mark 5, 190° C, 375° F.

Season the Welsh Lamb with salt and pepper and sear for a few seconds on each side. Once seared, place the Welsh Lamb in the oven and cook for 8-10 minutes.

In the meantime, prepare the salmoriglio sauce by mixing all ingredients together – leave to marinate.

Boil some salted water and cook the quinoa for 8 to 10 minutes. Drain the quinoa, add a little extra virgin olive oil and leave on the side; when still warm mix in all the ingredients and leave to marinate for 2 hours.

Then put the quinoa on a plate, cut 3 chops from the rack and place on top.

Pass the salmoriglio sauce through a chinoise/sieve and serve on the lamb rack.

Serve warm to hot, there is no need to serve it too hot with this type of preparation.



## Welsh Lamb Linguini with peas and leeks

**Serves** 2-3

**Cooking time** About 20 minutes

#### Ingredients

225g (8oz) lean Welsh lamb leg steaks, cut into thin strips  
300g (12oz) linguini pasta or spaghetti  
25g (1oz) butter  
1 clove garlic, crushed  
1 small leek, very thinly sliced  
50g (2oz) Prosciutto style ham, roughly chopped  
100g (4oz) frozen peas, defrosted  
50g (2oz) parmesan cheese, grated  
Olive oil to drizzle

#### Method

Cook pasta in a pan of boiling water according to pack instructions.

Melt the butter in a large pan. Add the lamb strips and garlic and cook until browned all over.

Add the leeks and continue to cook until softened.

Add the ham, mix well together and cook for 2-3 minutes. Add the peas during the last minute.

Thoroughly drain the pasta. Add the lamb mixture and toss well together.

Serve scattered with grated parmesan, black pepper and drizzle with a little olive oil.

Serve with a large salad and crusty bread.



Geraint Thomas is a double Olympic gold medallist and the Welsh Lamb and Welsh Beef Sports Ambassador. A professional cyclist from Cardiff, Geraint won a gold medal at the London 2012 Olympics in the Men's Team Pursuit, defending the title he won four years previously at Beijing.

## GERAINT THOMAS' FAVOURITE RECIPE

### Leg of Welsh Lamb with coconut, chilli and coriander

**Serves:** 6

**Cooking Time:** Approximately 40-50 minutes plus marinating time

**Temperature:** Gas mark 4-5, 180°C, 350°F

**Ingredients:**

1 Boneless leg of Welsh lamb  
400ml (approx) can reduced fat coconut milk  
2 red chillies, deseeded and finely chopped  
2 garlic cloves, crushed  
Fresh coriander, roughly chopped  
1 lime, grated rind and juice

**Method:**

Remove strings and flatten out lamb.

Place boneless leg of lamb into a shallow dish and add the marinade ingredients - thoroughly combine together, cover and place in fridge for 1 hour.

Remove from the marinade and thread metal skewers criss crossing through the meat to keep flat.

Cook on a lidded or covered barbecue - place flat onto the barbecue grid (not too close to the coals) turning frequently for about 40-50 minutes.

Alternatively place directly onto the shelf in a preheated oven (place a tray underneath to catch the drips) for about 40-50 minutes until browned on the outside and still a little pink in the centre.

Take reserved marinade and boil thoroughly until thickened slightly - about 5 minutes, and serve drizzled over the lamb.

Serve with carbohydrates such as cous cous or potato wedges and fresh vegetables.



### Welsh Lamb Shoulder stuffed with tomatoes, basil & lemon

**Serves:** 4

**Cooking time:** 25 minutes per 450g/½kg (1lb) plus 25 minutes

**Temperature:** Gas Mark 4-5, 180°C, 350°F

**Ingredients**

1kg (2.2lb) boned Welsh lamb shoulder joint  
1 lemon cut into wedges  
Handful fresh basil leaves  
50g (2oz) sundried tomatoes and  
30ml (2 tbsp) oil from the jar + 4 extra tomatoes  
Seasoning  
450g (1lb) new potatoes, halved

**Method**

Preheat oven. Remove strings from joint if it is strung, open joint and lay flat on a board fat side downwards.

Place onto the lamb 1 lemon wedge, a handful of basil leaves and the sundried tomatoes.

Fold and roll the lamb and tie with string or use butchers bands.

Weigh the joint and calculate the cooking time: 25 mins per 450g/½kg (1 lb) plus 25 mins.

Place the joint in a roasting pan and season.

Surround with the potatoes and spoon tomato oil over the lamb.

Baste the lamb and stir the potatoes during cooking.

Stir and add the remaining sundried tomatoes during the last 30 minutes of cooking.

Serve thickly sliced, garnished with lemon wedges and roasted potatoes.





# Seasonings

by Chris Long



In his *Le Guide Culinaire*, Auguste Escoffier divides seasoning and condiments into the following groups:

Salt - spiced salt, saltpetre.

Acid seasoning - plain vinegar (sodium acetate), or vinegar infused with tarragon, verjuice, lemon and orange juices.

Hot seasonings - peppercorns, ground or coarsely chopped pepper, or ground pepper, paprika, curry, cayenne and mixed pepper spices.

Saccharine - sweet seasonings - sugar and honey.

Conversely Larousse Gastronomique states that "to season and to flavour are not the same thing", insisting that seasoning includes a large or small amount of salt being added to a preparation. On the other hand Raymond Blanc insists that there are many ways to season and flavour without using salt.

Salt may be used to draw out water, as in curing, to concentrate flavour, or to magnify a natural flavour of a food making it richer or more delicate, depending on the dish. Seasonings like black pepper and basil transfer some of their flavour to the food. A well designed dish should combine seasonings that complement each other. In Japan and the far east monosodium glutamate is used as a flavour enhancer instead of salt but in all cultures you will find cooks for generations have added some form of 'seasoning' to their dishes as a flavour enhancer. World-wide, a variety of seasoning techniques exist but the major, and often most maligned one, particularly in these days of processed food, is salt.

When Raymond Blanc first came to the UK he was appalled by the saltiness of our food. 'The British palate was messed up.' He told Bee Wilson in a recent interview for *The Telegraph*.

As part of a recent conference of head chefs from the Orient-Express group of luxury hotels, of which *Le Manoir* is one, Blanc spent time putting them through his salted water test which he devised many years ago to teach his young recruits how to achieve a balance of salt in their dishes. He lines up 15 glasses of water, each of which contains different amounts of salt. Only one glass is perfectly salted and the chefs have to learn which it is and how to consistently achieve this taste in their cooking. Blanc explained that they all need to have the same palate at *Le Manoir* to produce unvarying results.

Blanc has always maintained that the three main ingredients used in murdering beautiful food are salt, fat and sugar. All enhance flavour but when they are over-used, they slaughter it. He went on to explain that to achieve the optimum flavour in a dish many other elements are involved. When using a well made stock there is often no need for salt in a sauce, the stock has all the 'umami' (the fifth flavour enhancement, meaning "pleasant savoury taste") required to bring out the optimum flavour in a dish.

Blanc gave his 'students' tiny ramekins of unseasoned sabayon sauce, a synthesis of egg yolks and butter, and asked them to season them. Some over salted some under, only one chef, Rudi Liebenberg from Cape Town, got it right - his secret, as he told participants later, was a squeeze of lime. 'It's very hard to measure  $\frac{1}{8}$  gram of salt, and sometimes that  $\frac{1}{8}$  gram will ruin your sauce,' Blanc told this team of experienced chefs.

Bee Wilson, who was at the demonstration goes on to tell us that Blanc then demonstrated on the unsuccessful sabayons the many ways a dish could be saved from ruin. To some he added citrus juices to brighten, wasabi or mustard for heat, herbs for freshness, maybe a pinch of sugar to temper. 'Taste that - wow!' he remarked excitably to his spell bound audience, tasting a sauce he had corrected with a pinch or two of spice. 'That's what's so incredible about food - this godly alchemy.' Blanc says he often 'seasons' an over-salty sauce with a few drops of cold water. The water brings everything down a notch and lightens it.

Seasoning is the essential component of all great cooking. It is that magical balance that makes you taste something and not wish for anything to be added or taken away. That is the whole point with seasoning, it is often said that tastes vary but if a dish is properly seasoned there is no argument if something is under or over salted. At home it can be very difficult to get it right, but at least we have the option of adding an extra sprinkle of salt or a dash of cayenne at the table, in a restaurant this should not be necessary. A chef's reputation depends on sending out every dish perfectly pre-seasoned, that is the signature of a great chef.

Salt is obviously the main element to be considered when discussing seasoning but salt is unacceptable to some people who believe it to be dangerous despite it being essential not only to life but to good health. We have around 250 grams, a cup full, of salt in our bodies, working to keep us alive - human blood contains 0.9% salt. It is the oldest preservative known to man and is the only mineral we eat straight out of the ground. We are probably the first generation since the dawn of civilisation to be as paranoid about salt as some are today. Our bodies are as salty as the oceans, from which we are believed to have come, and are genetically programmed to crave it from the age of four months.

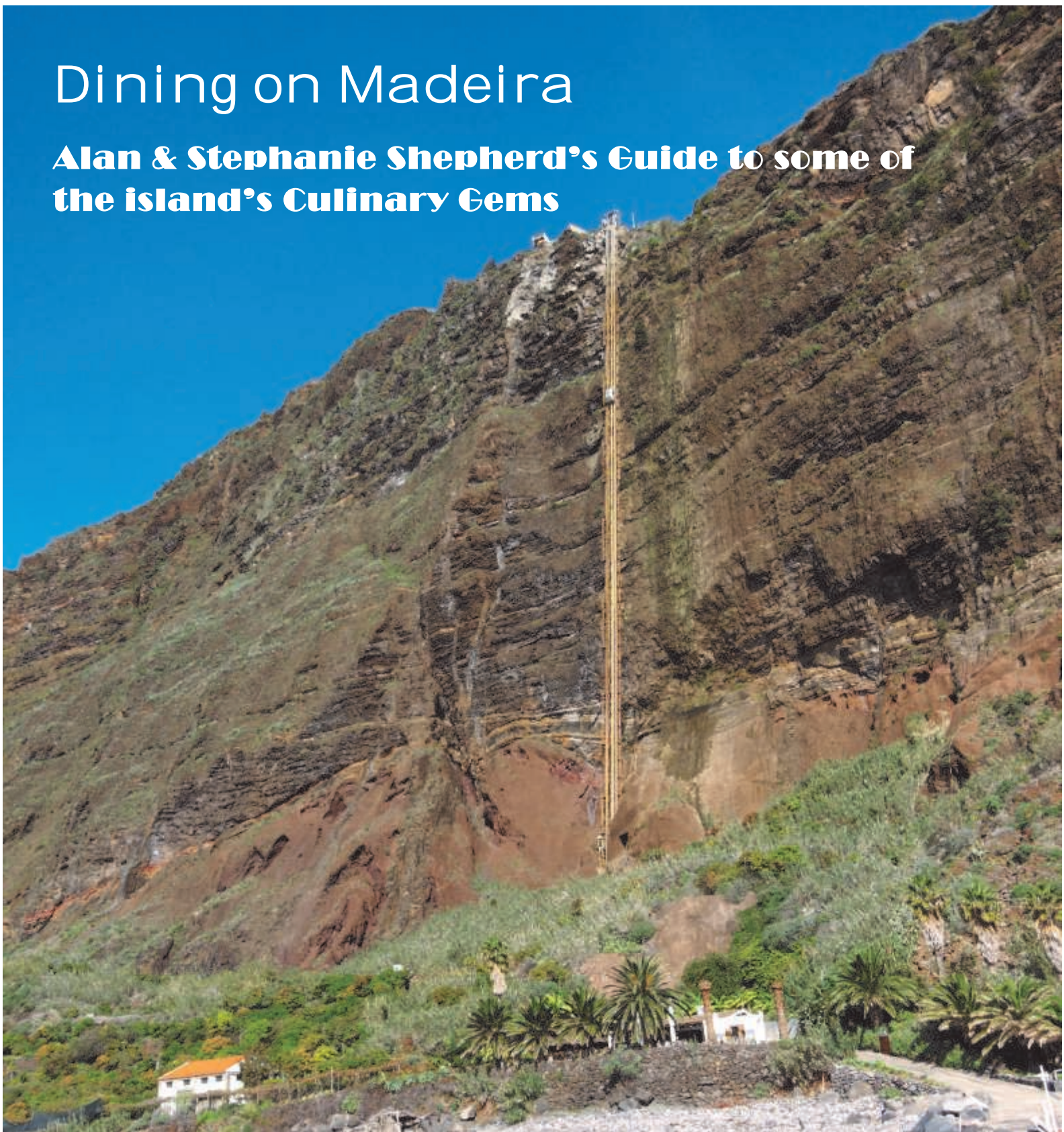
If Monsieur Blanc was appalled by the saltiness of our food when he arrived in the UK it is no wonder he is now trying to teach our chefs how to reduce levels. Salt consumption has risen significantly over the past 30 years due to the high level of salt in processed foods, tinned peas can contain 100 times the salt in fresh peas. Up to 75% of the salt we consume comes from processed foods. In line with government guidelines manufacturers are now reducing salt levels in the majority of processed food and ready meals. This is a good move in many instances but can be taken too far in some products. Salt strengthens the gluten in flour, helping bakery goods to rise. Bread requires 2% salt weight to flour, more can kill the yeast, less and the yeast can exhaust itself too soon. In a low salt content bread other additives can be used to improve the rising but if that optimum salt level is not maintained you will never achieve the finest flavour in your loaf.

Seasoning is rarely a matter of one's individual taste, it is a matter of perfect balance. If you achieve the ideal symmetry in a dish no one will notice if a dish is over seasoned or under seasoned, the question will not arise, the seasoning will lift the ingredients to the height of their flavour and the dish will be perfect. Unfortunately it is a very difficult balance to achieve and only a few can get it right every time. ★



# Dining on Madeira

## **Alan & Stephanie Shepherd's Guide to some of the island's Culinary Gems**



**I**t was while we were on Madeira that we heard that Food and Wine was to feature the vineyard at Faja dos Padres, so we just had to pay it a visit. The location is stunning – a small area of land at the bottom of one of the highest cliffs in Europe, accessible only by boat, or an elevator attached to the cliff-side. At first we could not see where the vines were – from above it looked more like a banana plantation - but in fact they were everywhere, not in serried ranks but growing over pergolas which shade most of the little roads and pathways. It was a delightful day, and the little restaurant, right on the sea shore, served us with a delicious lunch, including grilled prawns, and a beautiful fresh salad with salted cod, a local speciality.







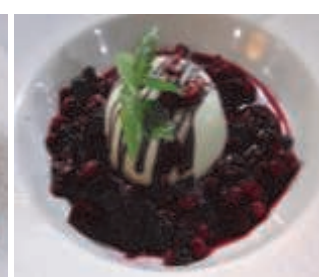
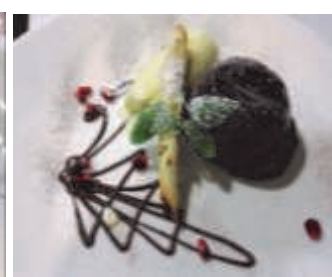
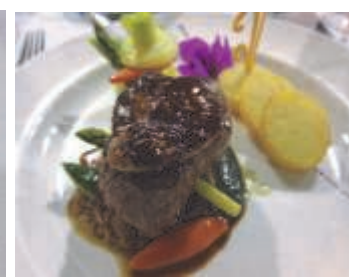
There is only one Michelin Star restaurant on Madeira – Il Gallo d'Oro, at the Cliff Bay Hotel. Unfortunately it was closed when we were there, but there are several competitors with similar pretensions, including Villa Capriani at Reid's, next door, and the Quinta Bela Vista, a mile or so inland. The former is less formal than Reid's main dining room, but the service is impeccable, and the chef has an original take on the Italian-style dishes that he serves. The Venetian Crab with avocado and sundried tomatoes, and the fish soup with sea bass ravioli were both superb, and both the calves' liver and the local scabbard fish were so well prepared that they put similar dishes that we enjoyed elsewhere to shame. The restaurant at the Quinta Bela Vista has more of a country house atmosphere, with superb food and charming service. We particularly enjoyed the lobster salad, foie gras in phyllo with a Madeira wine reduction, and an amazing pork banjoue with alheiras marinated in Casa de Santar Reserve.

Dinner for two at the above establishments cost close to 150 euros, but at the next level there is quite extraordinary value to be had, with a number of well-known restaurants competing to offer food at close to Michelin Star standard in an inclusive menu with well chosen wines for less than half that price. The service and decor are not quite so refined, but the ingredients, cooking and presentation undoubtedly are.

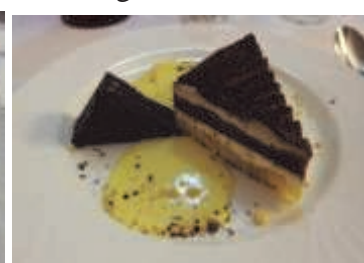


One of our favourites is the Do Forte, an old fort on a small promontory looking out over the harbour. Highlights of our meal included crispy prawns with mushroom risotto and basil oil, foie gras in phyllo on a balsamic reduction, rack of lamb, beef wellington and a beautifully presented passion fruit soufflé with tuile and ice cream.

Equally good is Armazen do Sal, housed in an old salt warehouse in the Old Town. The tempura squid was very nicely cooked and presented, as was the filet mignon Rossini. For dessert we chose a chocolate volcano with white chocolate, and panacotta with red berries, both quite delicious and attractively presented.



Some of the top hotel restaurants offer gourmet dinners once or twice a week, on a similar basis. We attended several of these in the Armada Restaurant at the Royal Savoy, and had some excellent food. Sadly, there were also occasional lapses, including a red wine sauce served with a beautiful filet mignon, which owed more than it should have done to commercial gravy powder. On the positive side, we had some excellent grilled salmon steak on a bed of chunky potato with spinach, asparagus and glazed carrot and, a delightful starter of marinated prawns with avocado terrine and sweet garlic emulsion. The duo of chocolate cake with nuts and charlotte tiramisu and a Madeira rum cream sauce was also pretty good.



nuts and charlotte tiramisu and a Madeira rum cream sauce was also pretty good.





At the day-to-day level, there are hundreds of simple family-owned restaurants on Madeira, and at a lot of these the menus are very similar. We have experience of only a handful, but a few in each locality seem to stand out as offering something a little bit different, and come up time and time again in conversation with hotel staff and fellow visitors. One of these is Dos Combatantes, at one corner of Funchal's main garden square, close to the theatre. Somehow the atmosphere, the friendliness of the staff and the fresh local ingredients treated with respect, place it a cut above the norm. We had some lovely fish and pork dishes there, although the fish soup was a little disappointing. Another of our favourites is Kon Tiki, not far from the Royal Savoy. Here the speciality is 'beef on a stone' – a hot stone is supplied instead of a plate, along with an incredibly good piece of raw fillet steak and accompanying vegetables, which you cook to taste as you eat.



For fresh fish right down by the water, the location of the Doca do Cavacas is hard to beat.



Sadly there were one or two disappointments as well. The Jardins do Infante restaurant opposite the site of the old Savoy hotel used to be one of our favourites, but this time the appetiser was unappetising, and the mixed fried fish were lacking in variety, badly seasoned and badly cooked. The portions there have always been over-large, so stay away from the starters if you are ordering a main course. And the nearby Chalet Vincente is trying to offer a more interesting menu than the norm, but has not got it quite right yet, at least for us. We will probably give them another chance, but will be more careful what we order next time.

I have not said a lot about the wine. Whilst some establishments undoubtedly have more extensive wine lists, it is hardly surprising that the vast majority of bottles on offer are Portuguese. We enjoyed tasting many new ones, under the guidance of the restaurant staff, and were rarely disappointed.

Outside Funchal, many local restaurants are to be found, often in stunning locations, and the better ones can offer friendly, helpful service and fresh, well-cooked local produce of a high standard. Because we were dining in the evenings, we tended not to eat very much at lunchtimes, but when we did, we were rarely disappointed.

To give just one example, we had a superb lunch at the Restaurante Tar Mar in the little surfing village of Jardim do Mar. Just a chance find, but it turned out to be a really good choice. Sitting on the terrace on a fine day, overlooking the sea, with a glass of wine, fresh home-made bread and a saucepan of delicious freshly-made Bouillabaisse, the experience was quite out-

standing. We really must try to make room for more of these, next time. ☆





# Our Founder's Voice - on wine and food

By Prof Alan F Harrison



From "In The Twilight"

***"Food that is partnered with the right wine tastes better, we enjoy it more, it is digested better and it does us more good. No meal is ever dull when there is wine to drink and talk about."***

Our editor Pam Brunning and I were discussing my next article using email. Her emails were tagged with a similar quotation. The one above comes from "The Commonsense of Wine". You now see the result.

From the preface, it is difficult to extract just two or three main statements among so many. André Simon was prolific with them across his many books. Let's look at these: *"Wine is a work of art with many facets: it is well worth talking about for people with inquisitive and cultured minds."* *"We all have different finger-prints so that we expect to have also different taste buds. Nobody has the monopoly of good taste .."* *"Pleasant company at meal-time makes all the difference, and there is pleasant company to be had for the asking ..."* If these and the one above were the thoughts which led him to form the IWFS, none of us would be surprised.

When it comes to dinner planning, we will need more than a few quotations. In his book "How to enjoy wine", André says a lot. *"There is no binding rule about dinner planning, other than avoiding excess and giving one's guests the best. But, as a guide, one will find it safe to follow the lead of the old Greek tragedies: a Prologue, three Acts and an Epilogue."*

*"The Prologue of the dinner may be either hors d'oeuvre or soup, one or the other, but not both ... The hors d'oeuvre should be light, tasty, even spicy morsels not likely to blunt the appetite; on the contrary, they should stimulate it. A very light, dry white wine, even a little sharp, is best to serve with hors d'oeuvre, especially if it is to be followed by a better, older, or stouter wine. Should soup be chosen as a Prologue to the dinner, a glass of sherry or Madeira is in the classical tradition."*

*"Of the next three Acts or courses, the first usually is the lighter or more dainty, such as fillets of fish cooked in white wine ..."* The same white wine which was served with the hors d'oeuvre will, as a rule, prove quite acceptable with this first Act, although, on special occasions, it is usual to introduce at this stage of the meal a more costly and better wine.

*"The second Act or course is always the longest and most important: it is usually called the main course; it is more substantial, more elaborately garnished and sauced than the first, whether butcher's meat, poultry or game. It is with this course that the best wine of the evening will be served. Should there be meat, serve red Bordeaux, Burgundy or Rhone for choice."*

*"The third Act or course will be the entremets salt or sweet according to whichever is the greater favourite. The wine to be served will follow suit: with a cheese soufflé, for instance, the red wine served with the meat course will be in order; but if the soufflé is sweet, flavoured with vanilla or Grand Marnier, a glass of chilled Barsac or Sauternes will be much better."*

*"The Epilogue is the dessert course, with or without cheese, according to taste and supplies. It is at this last stage of the meal that you should serve the fuller and stronger wines — either vintage port, brown sherry or Madeira. The cup of black coffee and the glass of brandy or liqueur are by way of a postscript to the Epilogue, one that should not be missed."*

Good advice indeed considering how many food and wine matching events are reported in the journal. "In The Twilight" was written by André Simon in 1969, the year before he died. He said *"Dr. Johnson loved his food and brandy, but he was no gastronome. There is no 'gastronomy' in his Dictionary. It was only during the Victorian age, when serious efforts were made to check excessive drinking at all social levels, that Gastronomie was accepted in England and in English as Gastronomy."* In 1951, André's view of English gastronomy was, *"If any proof were wanted that England long since ceased to be a wine-drinking nation, one would only have to turn to English sauces: Apple sauce (sweet), Bread sauce (cloves), Curry sauce, Horseradish sauce, Mint sauce, Onion sauce, all sauces which may be excellent with water, beer or whisky, but not wine."* (From "The Art of Good Living"). His view today would be that England is a wine-drinking nation and he would be pleased to see the role of his Society in confirming that it is. No dull meals for us and always wine to drink and talk about. *"Nobody has the monopoly of good taste .."* Our table-talk and reputation confirm that the IWFS has the fine-meals-and-wine monopoly!

You can read the quotations in full and at source via <http://www.gastronomyafharrison.co.uk/page127.php>

# An Organic Revolution?

Your Editor asks -  
Can our small  
island afford the  
luxury?



The 2012 BBC Food & Farming Awards, announced in November, named Guy Watson of Riverford Organics as their prize winning farmer. Guy, who founded Riverford in Devon 25 years ago, credited their success to an uncompromising stance on ethics and quality. The pre-tax profits of this family-owned business rose from £508,000 to £1.23m in the year to April, while organic sales through supermarkets fell by 6% in 2011.

After the Second World War the UK needed to maximize food production. Farmers were offered more and more incentives, by the government of the day, to increase food production. Generous guaranteed prices were continued for major agricultural products and the 1947 Agricultural act was passed, which was supported by all political parties, it stated:

*The twin pillars upon which the Governments agricultural policy rests are stability and efficiency. The method of providing stability is through guaranteed prices and assured markets.*

Annual price reviews were put in place and prices fixed for the main crops of wheat, barley, oats, rye, potatoes and sugar beet for eighteen months ahead. Minimum prices for fatstock, milk and eggs were fixed for between two and four years ahead. An agricultural expansion plan was put in place aimed to raise output from agriculture by 60% over pre-war levels. In 1953 world cereal prices fell and minimum guaranteed prices were replaced by deficiency payments for cereals. Farm incomes rose, giving farmers the confidence to invest in the most up-to-date machinery and utilize the latest technology. This was especially true of arable farming as cereal prices increased at a quicker rate than other commodities. Crop yields improved dramatically due to higher yielding varieties, herbicides and fertilizer. Farmers worked long and hard to increase yields, using every means the modern agronomists provided, to improve the country's standard of living and help make this tiny island self sufficient.

The concept of organic farming dates back to the early 1900's. It was then that Rudolf Steiner founded the system of organic husbandry, now known as Biodynamic agriculture, which was one of the very first forms of, and has contributed significantly to the development of, modern organic farming. When Lady Eve Balfour founded the Soil Association in 1946, the key emphasis was on soil fertility and conservation, but since the 1960's concern about pesticide residues have influenced the development of organic agriculture.

Organic farming is a complex issue. Herbicides are not allowed but some pesticides can be used. One of these is rotenone, a naturally occurring chemical with insecticidal, acaricidal and piscicidal properties, obtained from the





roots of several tropical and subtropical plant species belonging to the genus *Lonchocarpus* or *Derris*, hence your derris dust used by many gardeners. In organic production, at present, the use of rotenone is permitted as an insecticide under European Union Regulation. In response to a recent study linking **rotenone to Parkinson's Disease the UK Soil Association put a temporary ban on its use, pending further investigations.** As any viticulturist knows organic farmers can treat fungal diseases with copper solutions but unlike modern, biodegradable pesticides, copper stays toxic in the soil for ever.

Researchers have found that organic produce is thirty per cent less likely to be contaminated with pesticides than conventional fruit and vegetables, but it was not guaranteed to be pesticide-free, while pesticide levels of all foods came within the allowable safety limits. In the largest investigation into organic farming ever conducted, Dr Dena Bravata and colleagues from Stanford University Medical Centre, California, states that when they sifted through thousands of papers looking into the health benefits of organic food no clear evidence was found to support the theory. The review included studies of people with organic and conventional diets, as well as research into nutrient levels, bacterial, fungal or pesticide contamination. Two studies of children found lower levels of pesticide residues in the urine of those on organic diets, though of all those studied the levels were below allowable safety thresholds.

Organic farmers are required to maintain habitats for wildlife, such as hedges and field margins. **These days' conventional farmers are advised that it is necessary to provide such habitats. Organic** farmers say pests and weeds are controlled by habitat management, crop rotation, choice of varieties and mechanical cultivation. This same principle is considered good farming practice and is used in most modern farming systems today.

The production of a litre of organic milk requires eighty per cent more land than conventional milk to produce. A hectare of conventionally farmed land produces 2.5 times more potatoes than an organic one. Heated greenhouse tomatoes, that in Britain use up to 100 times more energy than those grown in warmer climates and the organic yield is only 75% of a conventional tomato crop.

Oxford University scientists have also concluded that organic farming may not be better for the environment. They found organic milk, cereals, and pork all generated higher greenhouse gas emissions than their conventionally farmed counterparts. Only organic beef and olives produced lower emissions.

Scientists found no consistent differences in the vitamin content of various foods tested. They also found no difference in protein or fat content between organic and conventional milk. They were also unable to identify the difference in specific fruits.

**In 2010 Waitrose took over the Prince of Wales's organic brand Duchy Originals, when it was hit hard by the recession.** Turnover almost halved from £4.06 million to £2.2 million, while an operating profit of £57,000 turned into a loss of £3.3 million. Despite falling sales Waitrose says it believes in the future of organics and under a licensing and distribution agreement, the supermarket has promised to **give £1m a year to the Prince's Charity Foundation**

Also in 2010, the UK sales of organic products fell 5.9% to £1.73 billion. Today 4.2% of UK farmland is organically managed with the crops fetching up to a third more than conventionally grown produce.

The question is, with a rising population, not only throughout the world but notably on our small island, can we afford to tie up land producing a product that is destined to solely feed a small socio-economic group. The rapid rise of food banks throughout the country in the past year indicated a need for good food, cheaply produced, to nourish our ever expanding population.

Guy Watson of Riverford Organics says he likes to be able to walk his fields and taste his produce with no fear of contamination but how ethical is that when the land is not being used to its full potential and food banks are being set up to feed the hungry? ★



## 'The Marmite Man' - Michael Winner 1935 - 2013



Whilst reflecting on the demise of famous foodies of the 20th century I felt we must look at a man that was not 'into' food, as we in the Society are, but none the less had a marked influence on the restaurant scene today. Michael Winner - the Marmite man - you either loved him or hated him. Many found him intolerable. It is said that he loved to shoot squirrels out of his bedroom window and toss them into his neighbours garden. He maintained that he didn't go out much because, "I get bored sitting next to the same person for three hours", and "because I started giving my hostess marks out of ten for their cooking".

It is said that the reason for Winner's lifelong search for attention was caused by his mothers neglect, as a young child he soon realised that 'Mumsy' was much more interested in gambling than raising her son, reported the Daily Mail. When graduating from Cambridge he was determined to become a film maker, his first film, a travelogue about Belgium, filmed in

East Grinstead, was a disaster. His father then agreed to put money into *Play it Cool* in 1962, starring Billy Fury. It was a big hit and he never looked back, directing over forty films in more than thirty years. When his films started to flop in the late eighties he decided to reinvent himself as a food critic.

What distinguished him from other reviewers said Jay Rayner in *The Guardian* was that, "he didn't really give a toss about the food". For Winner it was more about ambiance and service, selling newspapers and grabbing the limelight, as he had been doing all his life.

Restaurateurs dreaded Winner's arrival. In his weekly restaurant column, *Winner's Dinners*, he once wrote that Antony Worrall Thompson's cooking was so heavy that, had he been the chef on the Titanic, "it would have sunk long before it hit the iceberg". Waitresses came to dread his wrath and he was banned from Le Gavroche 'for being so rude and abusive when demanding a table that he drove one member of staff to tears'.

Winner was always insensitive to criticism, "Only fools ban critics like me," he retorts. "It's absolutely dreadful that chefs have become celebrities. They should stay in the kitchen and cook. No one should ever hear of them. They talk piffle. Piffle! Look at Gordon Ramsay!"

Once rated the 38th most annoying person in Britain he was nevertheless loved by many. He died, aged 77, after struggling with poor health since eating bad oysters while on holiday in Barbados five years ago. His caustic humour will be missed.

Editor

## A Memorable Champagne Experience - your Editor Reminisces

Twenty, just married, my first formal dinner, a Round Table Ladies Night.

It was whirlwind six week engagement, we couldn't stand being apart for a moment longer. The small family wedding was followed by a four day honeymoon, as we had to get back to the farm.

Tonight I was to meet my husband's associates, tonight I was on display. His solicitor and wife sat down the table, accountant and lady opposite, banker to the left, dentist to the right, all my senior by many years. The wine list arrived, the banker made a quick decision, "We'll have a Sauterne, the ladies like it". How I came to groan at those words in the ensuing years.

My husband nudged me and pointed to the list, a bottle of 1959 Louis Roederer Crystal, only a fraction over retail price. 'I don't like Champagne,' muttered our accountant.

It was ethereal, I can still recall the wonderful colour, its soft mousse and delicious fragrance. The company was scandalised, I think they thought my husband was going to drink it out of my slipper!

We educated them eventually, none complained of the magnums of Grande Réserve Gosset we served at our Ruby Wedding a while ago.



I came across this lovely description of a wine being served by KLM on a flight from Russia.

*"Cabinet Sauvignon-Carmenere - Chile - Colchagua Valley. - A bicycle wine ruled only by nature's cycles. This Cabernet-Carmenere made from organically grown grapes certified by BCS Oeko Garantie GmbH, carries the spirit of our farmworkers pedalling their way to the Cono Sur vineyards every day. A winery whose commitment with the environment has created this smooth & juicy wine with crispy notes of red fruits."*

I would add that it was a pleasure to drink and deserved the extravagant commendation.

**Submitted by Peter McGahey, Hereford Branch**



# Grumpy Old Gourmet!



## **The ruination of the British pig by the consumer and the 'Food Police'**

As any connoisseur knows to get flavour from a farmed animal you must have intramuscular fat. **Guided by the 'food police' the public have shunned fat and demanded leaner and leaner joints.** The livestock producer has had to cater to this demand as abattoirs and meat processing plants enforced higher and higher penalties on fat carcasses. If you look at modern day breeds of cattle, sheep, pigs and poultry they are all huge double muscled, walking lean meat machines. Often when it comes to poultry they go off their legs before maturity because their legs have difficulty carrying such weight.

Livestock with so little fat is dry and flavourless. How often have you had a pork chop recently that is dry and tasteless? Consequently the demand for loin and pork leg has dropped considerably and much of the production now goes into the manufacture of bacon and gammons (ham). During the curing process flavourings and water retaining chemicals are pumped into the meat to make it palatable. The only part of a modern pig carcass that has any fat left is the belly. The breeders have **n't yet worked out how to produce super lean bellies with no fat but even so it is often difficult to find a belly with a good fat to lean ratio.** The surge in demand from the catering trade for, what is now, the premium joint in a pig carcass, has resulted in a steep increase in the price of what was always in the past considered a low quality joint.

**The strains that are today termed 'rare breeds' became rare solely because their carcasses were so fat that they were completely uneconomical to produce as much of the bark (outside) fat had to be trimmed before sale.** Today these breeds are highly sought after and fetch a premium. It is testament **to some unprincipled restaurants that there is much more 'Gloucester Old Spot' pork on menus than is ever produced in the country.**

This picture shows a well proportioned joint of belly pork that has been home cured in a brine solution for four days then dried before slicing. It can then be grilled so that the fat is rendered and the remaining **tissues and lean are crisped. No, you can't cook good bacon properly in the microwave as Mr Blumenthal suggests.**

Beef and lamb has also fallen foul of the anti fat brigade. The meat from some of the huge, double muscled Continental beef breeds is pale, lean and lacking in flavour, even in stews and casseroles it is a poor substitute for a properly fattened Hereford or Dexter. At Christmas we had a forerib of beef that had a coating of bark fat but unfortunately, when cut through, not enough intramuscular fat, thus it was lacking in flavour. Our daughter had a similar joint from the same butcher that was very fat and it was pronounced delicious.

Game on the other hand carries very little fat due to the amount of exercise it gets so relies on being hung for a considerable time to develop flavour as it decomposes.



# The Fajã dos Padres

## Madeira's Historic Vineyard is Experiencing a Renaissance By Tom Murnan

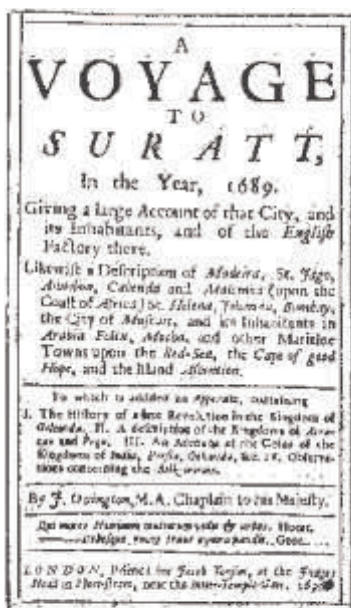
One of the most famous vineyards in the world has slipped into obscurity, but recent events have given hope that it may be coming back. It is located on the southern side of the island of Madeira and was well known by the 18<sup>th</sup> century. It was renowned for the quality of its Malvasia, or Malmsey wine, the scarcest and sweetest of the various Madeira styles.

It is rare in Madeira to have a vineyard-designated wine. Typically, small plots of land are laboriously hewn out of the steep mountainsides here. Grapes come from hundreds of farmers, who take their crop to the Lodges for crushing. The biggest vineyard currently belongs to H&H, and it is only 10 hectares, small by any standard. One named vineyard in Madeira is the **Fajã dos Padres**. Its history is fascinating. When Madeira was discovered in 1419 by João Gonçalves Zarco and his two other captains, the Portuguese crown granted them the land under the Sesmaria system whereby they had to settle and develop the land, and in return, they became the land-owners. The island was divided, and Zarco's portion included the Fajã. Fajã is Portuguese for a piece of land that has fallen off a cliff and formed a base at the bottom. Just to the west of Cabo Girão, the fifth highest cliff in Europe, and on the south side of the island not far from the capital Funchal, it is the only vineyard in Madeira that is mere feet higher than the Atlantic Ocean. It was early on recognized as a good microclimate for growing grapes, especially Malvasia, which thrives in warmer areas. The spectacular 900 foot sheer wall behind it reflects the sun back onto the grapes. Malvasia is a finicky grape that requires a lot of sunlight and a sheltered position. The Fajã provides just this perfect microclimate and in addition, the soil is volcanic and fertile. There are only two ways to reach this isolated area: by boat or to come down from the top in a kind of funicular that holds eight persons, this is not for the claustrophobic! The total Fajã area is small, about 9 hectares and this unique microclimate particularly suits Malvasia, which does best at lower altitudes. You can't get much lower than just a few meters above sea level.

The Malvasia Cândida was introduced to Madeira from Crete around 1450. Prince Henry the Navigator is said to have wanted a sweet wine that could compete with wine from Venice, and Malvasia was just the grape. The descendants of Zarco owned the plot until it was donated to the Jesuits, who arrived in 1595 to found schools and do parish work. They had a small colony on the Fajã, a series of buildings, and a chapel. They planted Malvasia, Sercial and Terrantez. The Jesuits made their Malvasia famous due to its quality, and were accused of cornering the Malvasia market. Having visited Madeira as a Chaplain in the Royal Navy, Sir John Ovington, in his **A Voyage to Suratt in the Year 1689**, wrote that the Jesuits had a monopoly:

*'The Product of the Vine is equally divided between the Proprietor and him that gathers and presses the Grapes; and yet for the most part the Merchant is Thriving and Rich, whilst the Grape-gatherer, employed by him is but poor. Among the Merchants, the Jesuits are none of the meanest, who every where contend for precedence in Fortune, as well as in place; and have here secured the Monopoly of Malmsey, of which there is but one good Vineyard in the whole Island, which is entirely in their possession'*

It is highly unlikely that the Jesuits cornered the market, but Ovington mentioned that the best Malvasia was coming from the Fajã, which was under Jesuit control. More likely, the production was so limited that the price went up.



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**Newly planted upper vineyard**



**Mario Fernandez in the Faja vineyard.**

In the mid 18th century, the effort to eliminate the Jesuits came to a head. The order was hated by certain ruling houses in Europe (notably Portugal, Spain, and France) for their independence, their loyalty to the pope, and for papal privileges granted them. In 1759, The Marquês de Pombal, the defacto head of government in Portugal, struck first, despite the support of Pope Clement XIII. All Jesuit properties were confiscated and auctioned off in Portugal and Madeira. By 1769, the Society of Jesus was suppressed throughout Europe by the newly elected Clement XIV, who succumbed to pressure from the crowns of the afore mentioned countries. The order survived in Protestant countries, like England, and in Russia, who received the protection of Catherine the Great. Even though the Jesuits no longer owned the property, the Fajã's name stuck, and even to this day the Fajã of the Priests is remembered.

Thereafter, there was a series of owners, and the double viticultural disasters of Oidium in the 1850's and Phylloxera in the 1870's. The government nationalized the land but asked a high price. Fewer grapes were grown, and the crop switched to bananas and fruit trees. Author Alex Liddel in his book Madeira writes that the Fajã was finally purchased in 1919 by Joaquim Carlos de Mendonça, the paternal grandfather of the wife of the present owner, Mario Eugénio Jardim Fernandez. At the time, there were Malvasia and Terrantez vines. By the mid 1940's, there was only one Malvasia Cândida vine left on the Fajã. The owner at the time had cuttings made and planted. But by the late 1970's, those replanted Malvasia vines were mostly gone, again except for one vine. Again, cuttings were made and the Malvasia was replanted using the traditional training method. Modern production of Malvasia is about 1500 to 3000 litres. Currently, this spit of land is undergoing a renovation. There is a nice restaurant and facilities for swimmers. The Internet is full of advertisements for vacationing in the cottages.

I was part of a wine tour organized by the on-line newsletter For The Love Of Port. Proprietor Roy Hersh arranged for our group to visit Fajã dos Padres and talk with Mario Fernandez on the 9th of June of 2012. Roy has been to the Fajã several times, and Mario told him that he was the first American to visit when he initially made the trek to this historic vineyard. Although Mario had replanted Malvasia, Roy noticed on a visit in 2006 that there were still six Terrantez vines remaining from previous times. At the time, Roy was lobbying all the producers he visited to plant Terrantez. He tried to get Mario to plant more Terrantez vines.

Barbeito, the famous Madeira Lodge, was celebrating their 50th anniversary. They arranged to buy a barrel of the Fajã's 1950 vintage and bottled what remained. Only 36 bottles were sent to the Rare Wine Company for the United States. Roy wanted Mario to experience this rarity, so he brought a bottle of the 1950 on his next trip in 2007. Mario, his wife and daughter, and a very small group were present at the uncorking. Mario was overwhelmed by the quality and breeding of this, by Maderian standards, fairly young wine. Mario told Roy he would think about planting Terrantez, and between 2010 and 2011 he planted 500 Terrantez vines. Our group tasted barrel samples from the small Canterio (gentle aging room) that included the 2001, 1996, 1993 Malvasia, the 2011 Malvasia Cândida, and finally, the 2011 Terrantez. Unless you are a Madeira aficionado, most people don't realize that vintage barrel samples on the island, common in most of the world's wine districts, are quite rare. Due to IBVAM regulations (Instituto do Vinho, do Bordado e do Artesanato da Madeira, the institute that controls Madeira wine production), barrel samples are not allowed in Madeira for vintage wine because the casks have been sealed shut. Sealing wax and ribbons around the bung prevent sampling until the wine is ready for bottling. Unless the wine is not meant for sale or export, barrel samples are not permitted. Production at this time is so small at the Fajã that the wine is used for family, friends or, in our case, a specially arranged visit. ➡

### ***Mario Fernandez & the author in Canterio***



Here are a few tasting notes from our cask samples. Unfortunately, I only made sketchy tasting notes during our short visit. In Madeira terms, where wine is just getting good at 100 years old, these were all way too young, but what a learning moment to taste Madeira in such an early state that typically only winemakers get to experience: from the cask. In general, these were all promising, wonderful wines.

**2011 Terrantez.** Oxidized apple nose and apple flavors on the palate. Very refreshing. A slight bitterness on the finish. Wonderful.

**2001 Malvasia** Golden amber color. Extremely young, giving the impression that it is definitely not ready to drink. Slightly out of balance, perhaps in an awkward phase. Surprisingly, not very sweet.

**1996 Malvasia** Light amber color. Surprising what another five years aging in cask makes. Approachable now, and taking on the complex flavors of the wood. Much better impression than the 2001, and sweeter as well.

**1993 Malvasia** Wonderful! Medium amber color. Nuts and toffee on the palate. Sweet. Great balance of acidity and fruit. Gaining complexity from the wood. Great promise.

**2011 Malvasia Cândida.** Lighter in weight than the Terrantez. Some noticeable tannins. Moderate sweetness.

All the wines had great potential.

Until 1984, when the funicular was added, access by the sea was the only way to reach the Fajã. Today, the Fajã is a garden that features bananas, pineapples, avocados, mango papaya, Surinam cherry and passion fruit besides grapes. There are nine cottages that are advertised on the Internet that consist of a fully equipped kitchenette, satellite TV and private bathroom. A number of cottages were being remodeled when we were there.

After our tour, we dined alfresco in the shade overlooking the Atlantic Ocean. The restaurant provided us with Bolo de Caco, a traditional garlic bread made from sweet potatoes, Tuna cooked rare topped with onions in olive oil, and baked potato. Often wondered what a fresh, ripe banana would taste like, one that hadn't been picked green six weeks earlier and ripened with gas. Well, I had one at the restaurant, grown at the Fajã. It was the sweetest banana I have ever had, but the texture was firmer than those overripe bananas going black that we get at home. It was wonderful! So, all indications point to a revitalization of a historic and important vineyard. Kudos to Mario Fernandez for the re-plantings and renovations, and to Roy Hersh who reconnected Mario to the Fajã's glorious past and bright future. Perhaps one day there will be commercially viable quantities of wine that will be placed on the international market.

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## Are You A Food Dunce?

Are you a food dunce? How much do you know about what you are eating?

According to the Department of Health's Change4Life survey 77% of Britons are ignorant on the amount of salt, sugar and fat there is in different foods.

**More than four out of five people didn't realise that a supermarket ham and cheese sandwich contains more salt than a packet of ready salted crisps.** Of 2,000 adults questioned 77% got fewer than half the questions right and one in ten could answer only four questions correctly.

How ignorant are you? Try your food IQ.

- 1) Which of these meals has the most saturated fat? a) Regular burger & medium chips. b) Regular portion of fish & chips, c) Small pepperoni pizza
- 2) How many cubes of sugar are in one can of regular cola? a) 11, b) 7, c) 3,
- 3) How much salt would you find in a portion of canned tomato soup? a) About 1g. b) About 5g. c) About 15g.
- 4) Which of these has the most calories?
  - a) Regular burger & medium chips in a restaurant
  - b) 2 sausages & mash in a restaurant
  - c) Macaroni & cheese ready meal
- 5) A large takeaway pepperoni pizza would provide how much of your daily maximum saturated fat intake?
  - a) About half, b) About twice c) About four times
- 6) Which of these has the most sugar per portion?
  - a) Cornflakes with semi-skimmed milk
  - b) Cup of black coffee with 2 sugars
  - c) Fat free or low fat strawberry yoghurt
- 7) Which of these has the most salt?
  - a) Ham & cheese sandwich b) Regular pack of ready salted crisps c) Chicken tikka masala ready meal
- 8) Which is the lowest in calories?
  - a) A regular takeaway burger and medium chips? b) Spaghetti carbonara ready meal? c) Homemade chicken stir-fry with rice
- 9) Which of the following contains the most saturated fat? a) A large sausage roll b) Ham & cheese baguette c) A scotch egg
- 10) Which of the following would provide more than half of your daily maximum amount of sugar?
  - a) 250ml squash drink (diluted with water) b) 330ml can of lemonade c) 150ml fruit juice
- 11) Which of the following is the daily maximum amount of salt for an adult? a) One teaspoon, b) Two teaspoons, c) Four teaspoons
- 12) Which of these snacks contains the most calories? a) Slice of malt loaf b) Fruit cereal bar c) Pack of raisins

Answers on Page 26



# Collectanea - solina

## Did you Know -

China produced 50 million tonnes of pork last year - more than half the worlds total. In 1980 the average Chinese person ate 14kg of meat, now they eat almost 60kg. The average Briton eats 85kg. - *The Guardian*.

In March 2010 a modified Volkswagen Scirocco was driven 337km (209miles) from London to Manchester fuelled by coffee. It was the longest journey ever powered by coffee. The coffee granules were heated to release hydrogen, which was then combusted to drive the engine. *Focus Magazine*

Global demand for British food and drink has reached a record high. Foreign sales of, what are termed as 'heritage brands', such as Jammie Dodgers and Typhoo Tea have fuelled an 11% year on year rise in the export of food and non-alcoholic drinks. In China, where they love our honey roast pork sausages, British imports rose by 55%. In Russia they love our Wagon Wheels! Even the French, who have always hated the food of '*les Rosbifs*', are buying *les biscuits Rich Tea*, stilton, cheddar and even Branston Pickle.

Dr Tom Parry Jones, the inventor of the electronic breathalyser died on 11th January aged 77.

The older you get the more likely you are to drink every day, 22% of men and 12% of women over 65 drink almost every day!

## Shaken & Stirred!

Heston started it all, now bartenders are following suit with scientific inspired cocktails. The new jazz words are 'molecular mixology'. Amit Sood, who is head of training at Shaker Bar School says, "These cocktails use cutting-edge kitchen science to change a drink's texture, aroma and taste. We use unusual tools such as smoking guns, induction hobs, battery-powered milk whisks and cream siphons along with gelling agents from soya beans and seaweed". Award winning 'mixologist' Tony Conigliaro serves a gelled Bloody Mary that looks like an oyster and is drunk in one gulp from a shell, at London's 'Bar With No Name'. So be careful in future when ordering a Bloody Mary. If you want to experiment at home you can buy a beginners kit at [www.molecularmixology.co.uk](http://www.molecularmixology.co.uk) for £44.



## Orange for Strong - Cream for Sweet?

Scientists have now discovered that the colour of your crockery dictates to your taste buds. A new survey has indicated that the colour of china can effect the flavour of your food. A team from Oxford University and the Polytechnic University of Valencia gave 57 volunteers the same chocolate drink from white, red,

cream and orange cups. The drink was judged to have the most intense flavour when served in an orange cup while cream cups made it taste extra sweet. This may explain why often people prefer to drink out of a favourite cup. If you take sugar and want to diet it may be an idea to use a cream cup in future.



## Did they use Sniffer Dogs?

In Gothenburg, Sweden, police have busted a garlic smuggling ring! They have issued international arrest warrants for two British men accused of illegally importing €10m-worth of Chinese garlic. In 2001 the EU imposed a 9.6% duty on imported garlic in an attempt to stop Europe's garlic producers being driven out of business. Since the ban a hugely profitable illicit trade has developed. The garlic is shipped to Norway, who have no import duty, then smuggled across the boarder in lorries, into Sweden and the rest of Europe. Police say smugglers imported garlic worth €3m last year, and Swedish officials state the British suspects smuggled 1.2million kilos or 50 lorry loads



## Waste Not Want Not

According to a survey conducted by the UK's Institution of Mechanical Engineers (IMechE) as much as half of all the food produced in the world, equivalent to around 2bn tonnes every year ends up as waste. They blame these shocking new figures on unnecessarily strict sell-by dates and the Western consumer demand for cosmetically perfect food, along with "poor engineering and agricultural practices", inadequate infrastructure and poor storage facilities.

Their report, *Global Food; Waste Not, Want Not*, found that between 30% and 50% or 1.2-2bn tonnes of food produced around the world never makes it on to a plate. They maintain that in the UK as much as 30% of vegetable crops are not harvested due to their failure to meet retailers' exacting standards on physical appearance, while up to half of the food that is bought in Europe and the US is thrown away by consumers. The IMechE estimate that about 550bn cubic meters of water is wasted globally in growing crops that never reach the consumer. The survey claims that there is the potential to provide 60-100% more food by eliminating losses and waste while at the same time freeing up land, energy and water resources.

Food waste was first identified as a problem in the UK as early as World War 1. Combating food waste was one of the initial goals of the Woman's Institute, when it was set up in 1915. In August 1940, legislation was passed that made the wasting of food a prisonable offence. Posters encouraged kitchen waste to be used for feeding animals and for a long time after the war the majority of food waste was processed to feed livestock until the practice was banned in May 2001 due to the fear that insufficient processing had caused an outbreak of Foot & Mouth disease.

In June 2009, the Environment Secretary Hilary Benn announced the government's "War on waste", a programme aimed at reducing Britain's food waste. The proposed plans under the scheme include: scrapping best before and limiting sell by labels on food, creating new food packaging sizes, constructing more "on-the-go" recycling points and unveiling five flagship anaerobic digestion plants. In 2012 the "Love Food, Hate Waste" campaign was claiming it has already prevented 137,000 tonnes of waste and, through the help it has given to over two million households, has made savings of £300 million. Supermarkets must take much of the blame, even those that claim to be ethical, such as Waitrose, cause waste by offering special discounts if customers buy two or three of an item. This over buying makes up a large proportion of household waste.

The problem is that, with the increased production in recent years food has become too cheap. In 1950 we spent around 25% of our income on food and drink. Now we spend 10%, less than any other country in Europe. We just don't value our food anymore.





## Val Brookfield Takes Merseyside & Mid-Cheshire and Manchester Members on a Winter Visit To Prague.



As the Branch now tend to organise a Spring/Summer and Autumn/Winter holiday together and we had enjoyed a memorable cruise to see the Northern Lights in February, we decided on a Winter sojourn to Prague as a prelude to the Christmas Festivities here in the UK.

Sixteen members of the branches spent four super nights in the City and enjoyed the splendour of the sights and sounds of Christmas Markets, wonderful architecture and elegance of our hotel ~ the Palace Praha. I had stayed at the establishment on a previous occasion and was not disappointed on returning.

The hotel offered us a private dining room in their Gourmet Club Restaurant where we enjoyed varied and delicious menus of such dishes as the Hotel Specialty of organic beef Goulash with homemade dumplings and Bermuda onion, steaks of butter fish with shallot butter sauce and mint risotto and locally sourced meats, all expertly prepared by their award winning chef, Josef Brda.

My personal favourite meal was one using, as the main ingredient, Tilapia fish which had been caught in the Vitava River. Lincolnshire-farmed Tilapia makes perfect sustainable sense, and it is easy to cook as well. There are plenty of tasty and flavoursome meals from lunch to supper which can be prepared from this variety of fish. Tilapia is a delicious firm-fleshed, versatile white fish that can be cooked whole, or in fillets. You can grill, pan fry, poach and bake tilapia or even BBQ it!

Tilapia has been farmed all over the world for centuries – as far back as ancient Egypt. In fact, many believe tilapia is the fish Jesus used to feed the 5,000. Tilapia is now growing in popularity here too. The sweets were creations such as Creme Brulee with Kumquats, which had been marinated in apricot jus and Hot Chocolate Tart with coffee Anglaise sauce, Spiced orange jelly and a favourite of mine, Pear strudel.

Most of the group arranged to take advantage of a City Tour which was hosted by a highly trained guide who accompanied us on a cruise along the Vitava. The river, runs through Prague and during the cruise we enjoyed mulled wine and a local speciality cake, after which we ate lunch in a restaurant which was located in a spectacular cave, situated on the 'Original lower level' area of the City.

We understand there are over 100 varieties of 'Dumplings' produced in Czechoslovakia and one speciality pastry was to be found in the Christmas Markets ~ Trdelnik. This pastry is basically made of a sweet dough, rolled into a snake shape and 'spit baked' on open coal ovens on 4 foot long wooden rollers called 'Trido'. The pastries are then rolled in sugar, nuts, syrup and whatever flavour takes your fancy!

We can recommend a fun few nights in this glorious City where some fine restaurants and cafes are to be found.



# around the branches - Society Awards

## LONDON - Janet Davies Awarded the Society's Bronze Medal

The London Branch Christmas Dinner at The Information Technologists' Livery Hall was the occasion for the award of the Society's Bronze medal to Janet Davies, on her retirement from the role of membership Secretary for the Branch. The medal was presented by John Valentine, on behalf of the EAC.

Janet has been involved with IWFS since 1975, and has previously served for many years in other roles on the London Branch Committee, as well as undertaking a number of important tasks for the EAC.

The dinner, which was provided by the leading event caterers 'The Cook and The Butler', included a starter of sauté scallops, followed by roast breast and confit leg of goose, and a dessert based upon a cylinder of dark chocolate, with winter berry mousse and a white chocolate, ginger and malt whisky ice cream. The meal was rounded off with a chicken liver and streaky bacon 'Pirozhki' savoury, plus of course, coffee and mince pies.

*Alan Shepherd, Vice Chairman*



## DEVONSHIRE - Restaurant Award for The Orange Tree, Torquay

On Tuesday June 7th 2012, thirty seven members attended a dinner at The Orange Tree which merited the Society's Restaurant Award.

At our AGM in September our Chairman, John Slater, reported that he had received the IWFS Merit Award for this Restaurant and suggested a few people may like to revisit The Orange Tree to present it to the Proprietors, Bernd Wolf (Head Chef) and Sharon Bernd (Front of House) but such is the popularity of this Restaurant that, on the 23rd November 2012, we once again took over the restaurant. After another sumptuous re-past of Brill and Crayfish tails, Supreme of Pheasant and the renowned Trio of Orange Tree desserts with wines complimenting each course, the Award was handed to Bernd and Sharon Wolf, perhaps proving once again that a good husband and wife team is hard to beat!

*Cynthia Head, Secretary*



## ZURICH - Restaurant Award for Restaurant Rathaus Rapperswil

The Zurich Great Weekend committee met for lunch at the Restaurant Rathaus Rapperswil to award the Chef, Markus Karle the EAC Restaurant award for the spectacular dinner served during the Zürich Great Weekend.

Markus Karle prepared another wonderful lunch for the committee with superb accompanying wines. On the menu was Getrübefelte Schwarzwurzelshaumsuppe (Salsify) mit Blätterteig accompanied by a Sauvignon Blanc from the Zürich region. This was followed by a Bündner Lammrücken accompanied by a Artischockenrisotto plus a medley of miniature winter veggies. This was washed down by magnums of 2009 Rubio Barrique aged Merlot from the Tessin. Dessert was a degustation of various exotic creations.

Needless to say Markus was ecstatic that he was so honoured by our Society and as we left late in the afternoon he was already looking for a place on the wall to hang this special EAC award.

*John Macdonald, Chairman*



## ST JAMES'S - Restaurant Award for Gauthier in Soho, London

Following a very enjoyable dinner in September 2010, the St James's Branch paid a return visit to Gauthier Soho on 15th October 2012. This time round, Chef Alexis Gauthier and his team truly surpassed themselves as they served us exquisite dishes, matched with wines masterfully chosen by Sommelier Roberto Dellapietra. In particular the cut of Wagyu beef, served with its jus, roasted roots and sprouting broccoli was a dish to die for!

The 19 members who attended unanimously agreed that the restaurant deserved an Award for Excellence, which was duly presented to Alexis and Roberto at a Champagne Reception attended by 6 Branch members on 15th January. This was followed by a superb lunch in which, at our request, we were served the Wagyu beef again!

*Ari Sofianos, Chairman*



# around the branches - Zürich

## Zurich Branch At Mesa



In November we had our final dinner of the year at Mesa Restaurant in central Zurich. Mesa is considered one of THE restaurants and our old friend Antonio Colaïanni has recently moved to Mesa as the Chef de Cuisine. Our evening began with a welcoming glass or two of Cava Raventos I Blanc Rosé while members chatted about this and that.

Our first course was a delicious and beautifully presented dish of Mariniert Saibling, Gurken und Sauerrahm accompanied by a stunning Grand Cour 2008 AOC Geneva from the wine grower J.P Pellegrin. This wine is a blend of Riesling and Kerner and went spectacularly with the Saibling (Char).

Soup followed in the form of a Schwarzwurzel (Salsify) Velouté mit Kräuter, the Kräuter came in the form of a quenelle sitting on a bed of crushed croutons. The soup was then ladled into the bowl around the quenelle, quite the presentation (see photos). The main course was a Schottisch Hirschrücken mit Wildjus, Kartoffel-Frappé und Wirz (Savoy cabbage). Once again it was not only a superb presentation but delectable as well. The meat was cooked to perfection, the Savoy cabbage was beautifully presented as a supporting bed with a little brunoise of root vegetables, outstanding. The course was accompanied by a plentiful supply of Chateau Charmail 2003, Saint-Seurin de Cadourne, Haut Medoc, a wonderful partner to the venison.

Dessert comprised exotic fruit, a coconut ice cream ball and a Crème Brûlée. As usual, the dessert was a two part extravaganza with Feingebäck und Friandises, a chocolate lovers delight.



Antonio outdid himself once again and he was greeted in the dining room after his hard work with a resounding round of applause from the members, who then asked questions on various aspects of the dinner, what was in this and that, what spice here, what herb there, an animated question and answer session ensued. When the members questions were all answered the Chef retired for a well earned rest. The members on the other hand sat around enjoying Espresso, and the various Grappas and Eaux de Vie on offer and it was quite late into the evening when we all finally departed into the night to our various homes. A wonderful evening was had by all.

For anybody visiting Zürich, here are the details for an excellent meal near the centre of the city.  
Restaurant Mesa, Weinbergstrasse 75 8006 Zürich. Tel: - 043-321-7577. [www.mesa-restaurant.ch](http://www.mesa-restaurant.ch)  
Superb food, Superb wine cellar, Tram accessible #15 & #7. Sonnenegg stop.

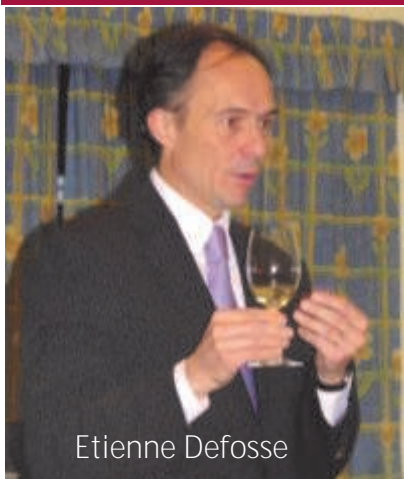
*John Macdonald*

Answers to Food Dunces Quiz on Page 22 and the percent of 2,000 people that answered correctly:

1 (c) 37%	2 (a) 50%	3 (a) 19%	4 (b) 11%	5 (b) 51%	6 (c) 42%
7 (a) 15%	8 (c) 90%	9 (a) 67%	10 (b) 65%	11 (a) 40%	12 (b) 51%



# around the branches - Berkshire



Etienne Defosse

## Deutz Delas Wine Review

In November we were pleased to welcome back Duncan Ross from Berkman Cellars to one of our tastings. Duncan brought with him Etienne Défossé from Champagne Deutz, Delas Frères – Vins de la Vallée du Rhône, to do the work of presenting.

Deutz was founded in 1838 and was one of the first wineries to understand how to manage the secondary fermentation in the bottle and now produces 2 million bottles a year - a mere drop in the ocean of champagne! Situated in Ay, which means “near Epernay” in old

French, they own 42 Ha of vines and buy in the rest of the 200 Ha of grapes they need to feed their winery. The aperitif wine for the evening was Deutz Brut Classic NV Champagne. For this wine Deutz take only grapes from Premier Cru and Grand Cru vines, using the first pressing (selling the 2<sup>nd</sup> and later pressings) and leaving the champagne in the bottle for 3 years compared with the minimum period under AC rules which is 15 months. The cepage is 1/3 Chardonnay, 1/3 Petit Meunier and 1/3 Pinot Noir and the base is 2008 with up to 30% of more recent wine. The style is very fresh but with



no greenness and the result is a lovely biscuit nose, lots of fine bubbles and a mouth filling experience which lasts. Excellent!

Deutz have owned Delas Frères since 1979 but the two wineries are run separately and make use of central sales, marketing and administration. Delas make 20 Rhône wines and they are both an Owner and Negotiant. Their objective is to make wines for food, not “competition” wines. The Rhône Valley has 300 days of sun and a strong wind – the Mistral which is attracted to the south by the Mediterranean sea making for hot days and cold nights. This diurnal variation is good for grape concentration and colour giving wines which have body but which are never heady.

We started with two white wines: a typical Viognier with real freshness and bite followed by their Hermitage Blanc. Made from 50% Roussanne and 50% Marsanne, this wine was much more complex and had more than a hint of white Burgundy about it – it also needed a clean palate to appreciate properly.

We then tried their Côte du Ventoux (80% Syrah, 20% Grenache), Côte du Tricastin (20% Syrah, 70% Grenache and 10% Cinsault) (that Appellation is now neatly to be called Grignan Les Adhémar because of a nearby power station using the original name) and the Côtes-du-Rhône St-Esprit (80% Syrah and 20% Grenache). The last 2 scored very well and were well priced – excellent value for quality wines.

Finally on to the Hermitage wines: Syrah is a grape that Etienne believes opens slowly – taste and come back to it to get the best results and every time it is tasted it gives something new. There are 1000 Ha of Crozes Hermitage and Delas owns 25 Ha. Crozes-Hermitage (means “around Hermitage”) can age 5 years whereas Hermitage can age 10 years.

The Hermitage vineyard was first planted on the hill by the Romans in the 1<sup>st</sup> Century AD. These wines are able to age because of the acidity in the soil. Of the 134 Ha of Syrah planted on the hill producing 100,000 bottles for the world, Delas, one of 100 growers, owns 10 Ha. Le Bessas is their best parcel which, in a good year, gives only 3000 bottles.

Their Crozes-Hermitage les Launes and their Hermitage, Marquise de la Tourette were both outstanding scoring 8.5 and 9 respectively. The first was light and bright in the mouth with lots of black fruit, leather, some marmalade and a little pepper. The Hermitage was smooth as silk, again black fruits, autumn and pepper. This will keep but the fruit will decrease a little over time. Finally we finished with a Muscat de Beaumes de Venise made from Muscat and Petit Grain grapes harvested at optimum maturity and with the fermentation stopped at 100 g/l of sugar. This had some vivacity but left no sugary taste in the mouth.

Charlotte provided some delicious food to accompany this tasting including Crêpes Franc Comptoise (Ham & Mushroom pancakes) from a Raymond Blanc recipe served with a tian of courgettes and tomatoes followed by Plum Tarte Fine and Crème Fraîche.

This was an excellent tasting confirmed by the orders which followed. In addition your author had the chance to visit Delas Frères in Tournon-sur-Rhône the following week and we can definitely say that their Côte-Rôtie and their Condrieu are also both outstanding.

## Christmas Lunch

Every year we choose a new and interesting restaurant to have Sunday lunch around Christmas time. This year 26 members visited the Belgian Arms at Holyport. Over the years this pub has been a favourite local watering hole with a growing emphasis on food. In the late summer 2012, the pub re-opened under the ownership and guidance of Nick Parkinson, whose Royal Oak at Paley street achieved its first Michelin Star in 2009.

Organising the event was easy and everyone we met was very helpful. This continued on to the actual lunch where we were served efficiently by the friendly staff who ensured that the food was delivered to the table promptly.

The glass of house Prosecco on arrival was excellent, setting one in the right mood. The star starter on the menu, for me, was the Wild Mushrooms on Toast with a Poached Egg but the Paté de Campagne and the Pumpkin and Ginger soup were also appreciated. Mains included deliciously cooked beef, still red in the middle, but also provided better done for those who wanted it that way, and Skate wing. There was a vegetarian option based on Spätzle. Puds included a very tasty Crème Brûlée with Shortbread, Chocolate Tarte or Cheese and Biscuits.

This was accompanied by two of Nick’s house wines. Nick has negotiated a deal which allows him to provide a range of his own wines rather than those from the brewery. This enables him to offer the Picpoul de Pinet and an excellent South African Shiraz from Partnership Vineyards which we all enjoyed. These, and other house wines, are available in half litre carafes, a very suitable quantity for two people dining together.

Altogether a very pleasant environment to have Sunday Lunch with friends and enjoy good food and good wine – it even came in on budget! We wish Nick, the head Chef Dominic Chapman and their team all the best and look forward to visiting again soon.

Chris Graham

# around the branches - Cape Town



Every chef needs a little encouragement!

## BABETTE'S FEAST

Cape Town Branch Chairman Davis Swingler admits that he has dreamt for around 20 years about creating and enjoying a feast. Not just any feast, but one from the movie **Babette's Feast**.

The actual event planning started 18 months ago, and has been at the forefront of a lot of minds for the past 2 months.

The invitation started like this:

*A fabulous confluence of circumstance allows me to bring down the curtain on my tenure at the helm of the Cape Town Branch with my swan-song Chairman's Dinner: Babette's Feast. A stunning setting in Leigh de Decker's Welbeloond (which will become uncharacteristically pious and austere for the night, initially at least!), willing enthusiast member-chefs and unique wine opportunities – including a parcel of mature Grand Cru red burgundy in our cellar that would have no better showcase – all conspire!*

The jostle for places at this limited table began, finally 36 people sat down to share the repast.

Determined to build the hype, bi-weekly snippets arrive on the screen: *The venue is taking shape, dishes are being test driven again and fine-tuned for the last time, and excitement ahead of the Feast is building: a passing idea is about to become reality.*

The final instruction put the attendees in a spin: *Dress: Jutland Pious (black and white, but more black than white)*

*General Lowenhielm would consider Medals to be mandatory. Rows of World War 2 medals decorated severe suits. U tube was open in every household, and the dress horrors of that Puritanical village were*

*exposed. It was a case of in for a penny.... The guests came dressed in their best Jut-*

*land Pious (which I might add) isn't exactly Cape Town Style!*

'In Norway there is a fjord... named Berlevaag,' writes Karen Blixen of *Out of Africa* fame in the opening line of her lyrical, poetic novella *Babette's Feast*. First written in English as a short story for *Ladies Home Journal* in 1953, Blixen translated it into Danish as part of a collection of short stories published as *Anecdotes of Destiny* in 1958. When Gabriel Axel set about crafting it as a film he found the Norwegian coast 'too idyllic' and reverted to a forsaken, windswept littoral patch of western Jutland in Denmark as a suitably austere backdrop for this allegorical tale. The 1987 film – the first Danish production to win an Academy Award as Best Foreign Language Film – precipitated a global cult of recreating the meal, a notion I have nurtured over the years...

Simple indeed. In a remote Scandinavian coastal village in the late 19th century, two maiden sisters preside over a small – and dwindling – Lutheran pious sect founded by their father. Both women, now middle aged, eschewed earthly love while beautiful young girls – 'flowering fruit trees' – as a trivial matter in line with father's austere faith, renouncing the pleasures of the world to fill soup-pails and baskets for the poor. Babette was swept up on their shores by the French Civil War and they took her in as a cook (for staple dried cod & swill...), blind to her Parisian chef past.

Fourteen years later, they plan to celebrate their long-deceased father's 100th birthday. Babette, having won the French lottery – shock, horror, mortification for the pious – offers to cook... She recreates a dinner she prepared while chef at Paris' famous Café Anglais. One of the guests, the re-visiting Swedish Cavalry General Lorens Lowenhielm – with local unrequited love in his pocket – has enjoyed this repast before. The brethren pray forgiveness, undertake to neither talk of the food and wine nor find enjoyment in it, and meet for an aperitif of prayer...

As Jungian writer Wanda Avila puts it, the tale 'is about a great deal more than the pleasures of eating (and drinking). It is about the discovery of meaning.' The communion of the feast brings about transformation in all the players, all with incomplete facets before the feast began. 'Mercy and Truth have met together. Righteousness and Bliss shall kiss one another,' avers the General, echoing the late Dean. 'Old wrongs are forgotten, ancient loves rekindled, and a mystical redemption of the human spirit settles over the table.'

Graham Blackshaw & Chairman Dave look after the Mock Turtle Soup





# around the branches - Cape Town

## THE MENU

On arrival - Welbeloond Spring Water - *prayers optional*

\*\*\*\*\*

Potage a la Tortue – Re created by Michelle and Graham Blackshaw – *an eco- friendly mock Turtle Soup*

Emilio Lustau VORS Dry Amontillado

\*\*\*\*\*

Blinis Demidoff - *created by Sharon Ball*

Veuve Clicquot 2004 Vintage Champagne

\*\*\*\*\*

Caille en Sarcophage avec Sauce Perigourdine

*There is something special when you send a complicated, five-page recipe that will take several days to prepare, to friends and say: please cook this for 40! Family Rich – Sue, Mike, children and better halves – instantly accepted. They prepared not just the deboned, foie gras and truffle stuffed quail en croute, but the Sauce Perigourdine to accompany it.*

Domaine Jacques Prieur 1996 Musigny Grand Cru

Les Fromage – Nurtured for weeks by Dave and Lindsay Swingler

***With a local twist, yours truly will offer Dalewood Fromage's best; the brushed-rind Huguenot and washed-rind Languedoc, depending on ripeness and availability.***

Chateau Marjosse 2009

\*\*\*\*\*

Savarin au Rhum avec des Figues et Fruits Glacees – *light as a cloud, although full of Rhum Syrup, the wizardry of Shirley and Joe Kiian*

Chateau Rayne Vigneau 2005 Sauternes

The soup was created from a conglomerate of ancient recipe books, tweaked by Chelle and Graham Blackshaw, even a 2 kg can of Mock turtle soup was brought in by plane, by friends (good friends I would say) – just to give it the final flavour, finally tasted with passion by the Swinglers – a little sherry going down with it I am sure!

**The Rich's en famille cooked for days on end – in fact Sue was almost in a daze come the night – what a huge task this had been! Six pages of recipe just for 1 dish....all the sauces were made from scratch with exceptional ingredients.**

The evening was marvelous from start to finish. The cooks went through the final throws of preparation, laughter and champagne a plenty, this was a real celebration. The wine committee held their breath as they opened up the precious bottles – there was no more wine, what if a bottle or two was corked –all the bottles were perfect.. This was a team, indeed this is what belonging to the IWFS is all about. Learning, sharing and enjoying wine and the re-creation of a menu that could not be found in a restaurant anywhere in the world.

Well done to the group, special thanks were made to those who created the menu of the evening, and just as many thanks to the guests who entered into the spirit of the evening with such enthusiasm. The Cape Town Branch have been privileged to have Dave Swingler at the helm – he has with the help of his equally enthusiastic committee put together a number of unique functions.

*Shirley Kilian*

### Perfectly dressed for the evening



# around the branches - Merseyside & Mid-Cheshire



## Christmas Party At The Chester Grosvenor

Following the success of our 2011 Christmas Party at the Chester Grosvenor, we decided to hold the 2012 event at the same venue. Members of our own branch, Blackpool and Manchester branches, were present and as expected, the evening was splendid with good food, super company and fine wine and hosted in the exquisite Westminster Suite. The management at the Grosvenor suggested we celebrate as a private function and everyone enjoyed the ambience of the superb dining room. Our menu was created by Michelin Star Chef Simon Radley and as usual, it was imaginative and excellent ~ The Chester Grosvenor being a multi award winning establishment. I am informed by the management, that the International Wine & Food Society are a pleasure to deal with and are welcome at any time!

Our Black-Tie evening began with a Taittinger Champagne Reception, followed by :-

*Lemon brioche, Smoked salmon coddled egg and brown shrimp sabayon*

\*\*\*\*

*Conwy Valley beef fillet, Burgundy cheeks, Chestnut dumpling*

\*\*\*\*

*Vegetarian Main Course : Heritage potato rostie, artichokes and ceps truffle salad*

\*\*\*\*

*Flavours of Arabica, Iced Gingerbread latte*

\*\*\*\*

*Sweetmeats of :*

*Mince pies, Stollen doughnuts, Plum pate de fruit, Turkish delight, Vanilla fudge, Pistachio financier, Le becogau biscuit.*

*Wines :*

*Domaine de Laballe, Cotes de Gasgogne, Gascony, France*

*Chateau Famaey, Malbec, Vin de Pays du Lot*

Those who attended the event praised the quality of the food and service and we look forward to arranging a visit in 2013, to the **Chester Grosvenor's newly acquired establishment, the 'Odd Fellows Arms' also in Chester. The venue is 'Bistro' style and will provide the same high standards as the parent company.**

## 'Olympic' Wine Tasting At La Boheme

After the games it occurred to me that it would be interesting to have a tasting of wines from each of the top eight countries in the medal table. Fortunately apart from South Korea, the other seven gave plenty of choice.

For the tasting, conducted by Paul Bishop, China contributed a product from its oldest **modern vineyard, Changyu Cabernet d' Este from Nangxia region. This was youthful and fresh with a typical palate of a Cabernet Franc wine from the Loire Valley.**

The USA offered a really good Zinfandel 2009 Foxglove Estate Peso Robles.

The UK example was chosen from the white wines served on the Royal Barge during the Royal Jubilee, Stopham Estate, Pinot Blanc 2011. This was an excellent choice recommended to me by Byrnes of Clitheroe, who supplied all the wines for the tasting.

The old USSR regions supplied the Russian wine, actually from Georgia. Chateaux Mukhrani made with the Saperavi grape had an intense Venous bouquet, a powerful flavour and a long lingering after taste. Although 2007, it was recommended that this wine be kept for much longer. It was not yet balanced but never the less, a good experience.

Germany supplied the wine for the first course, Gunderloch Riesling 2011, an almost dry, aromatic and elegant example from the Rheinhessen. This wine matched beautifully with Bouride De Thailande with lemon grass, ginger, chiles, coconut milk and coriander.

France yielded Chateaux Neuf du Pape Chante Cigale 2010, being on the young side this was decanted two hours before drinking. It drank beautifully being well balanced and rela-

tively moderate in weight. This partnered a venison fillet in a Wellington herb crust surrounded by a very good sauce made with high quality red wine.

To finish, an excellent subtle Italian red wine from Trentino, Rupe Re Vendemmia Tardiva. This is particularly good with medium sweet desserts and blue cheese.

The wines were well received and the Stopham Estate surprised many members with its high quality from such a young vineyard. All the others, exhibited grape varieties native to the region and, had strong individual character.

The meal provided by Olivier Troalen as a partner to the wines was very good as always.

*Val Brookfield-Bishop*





# around the branches - Leicester

## Autumn Events 2012

In October Jan Leaf arranged a very interesting evening at the gastropub, The Finchs Arms at Hambleton on Rutland Water. The pub has been recently extended and we were in a new room with large windows overlooking the garden and the lake.

Jan thought we should have a less formal evening and so we enjoyed a tapas - sharing menu able to make our own selection and eat as much or as little as we liked from the dishes presented. There were five first course dishes: Chicken Liver Parfait, Freshwater Crayfish Risotto, Baby Chorizo sausages, Roasted Partridge with Caramelised Apple and Grilled Halloumi with deep fried Courgettes in a saffron and pepper dressing. All the dishes were delicious, the trouble was the helpings were very generous and I tended to eat too much of everything. We drank Sauvignon Blanc. Rocket 2011 from New Zealand.

Fortunately we had a break before the main course selection arrived: Five more dishes - Sirloin of beef with Oyster mushrooms, Fillet of Sea bream with basil mash, Loin of lamb with parsnips and cabbage, Pheasant breast with Juniper sauce and Shallot Tart Tatin with baked goat's cheese. **There was a side dish of salt bake potatoes. A Shiraz/Cabernet Mullu Grubber 2011 from Australia complimented the food.** Three puddings followed, Apple Tart Tatin, Chocolate Marquise and Crème Brulée with glazed bananas. Colston Basset Stilton with Pear chutney completed the feast.

All the dishes were well presented and the sharing meant that we all served each other and commented on the different dishes. It made a very convivial evening. The chefs must have worked very hard indeed and the service was excellent.



Sea Bream with Basil Mash



Apple Tart Tatin



Crème Brulée with Glazed Bananas

In November Bethan Griffiths arranged for us to have lunch at the Falcon Inn, Fotheringhay. Some arrived in time to visit the church with its Plantagenet tombs and the ruined castle where Mary Queen of Scots was imprisoned. We enjoyed a sparkling Spanish aperitif, Perelada Brut Rosada NV in the main pub. before moving into a separate, very pleasant, dining room.

For the first course we chose between a Ham hock Terrine and a Crab and King Prawn Tian accompanied by Sauvignon Blanc Montevista 2010 from Chile. Main courses were Braised shin of beef with mustard mash and roasted root vegetables, saddle of lamb with dauphinoise potatoes and wilted spinach or fillet of salmon with crushed potatoes, sugar snap peas and sauce vierge. We drank Les Cou-teaux, Côtes du Rhone Villages 2000 Boutinot from France.

We had a choice of two puddings, a Pannetone bread and butter pudding with orange and marmalade ice cream or Bakewell tart with clotted cream and plum compote. Some enjoyed a generous helping of Colston Basset Stilton with grapes and celery.

The service was friendly, the cooking very good and we enjoyed a very pleasant luncheon resolving to visit the Falcon again.

*Mary Jewell*



Salmon with sugar snap peas



Lamb with Dauphinoise Potatoes



Beef with roasted vegetables



Bread pudding with ice cream

## Capital's AGM Followed by Hyn's Thai Banquet

After a year that was short on events due to a variety of reasons, we had an excellent turn out of 26 members for our AGM on December 1st. As is often the way with our meetings the nucleus of just 8 Capital Branch members were happy to welcome friends from four other branches to join us. The business was over in twenty minutes with the committee being re-elected, the auditor being thanked and a resolution made that we must plan more events next year and endeavour to recruit more members.

**We celebrated the Chinese new year last year at Hyn's and they welcomed us back for our AGM with a fantastic Thai Banquet.**

Our first course consisted of two trays with a selection of six starters on each ranging from Crispy Fry King Prawns, to Spicy Spare Ribs with Chilli & Garlic, to Seaweed with Grated Scallops and Crispy Fry Prawn dumplings to name just some. These disappeared very rapidly and were followed by large dishes of Crispy Aromatic Duck with all the trimmings and also large dishes of Lobster baked with Ginger and Spring Onions. Next came the main courses! Another two trays of six dishes per table. Everything from Sea Spiced Chicken in Szechuan Sauce to Sizzling King Prawns in Black Bean sauce and Crispy Beef with Chillies and much more. By this time the diners were slowing down considerably and fourteen bottles of Hugel Gewurztraminer and two bottles of Pinot Noir had disappeared.

Most only just had room for deliciously crispy caramel coated apple and banana segments served with vanilla ice cream.

Hyn's is an oasis in our yuppied area, where most restaurants charge way over the top. Everything is cooked fresh to order, the wine prices are very reasonable (£24 a bottle for the Gewurztraminer) and the staff, lead by Lily their super efficient head waitress, are charming and competent.

Members wandered off into the sunset to catch their trains feeling they had enjoyed a good value event at £36 a head!

*Pam Brunning*



# around the branches - West Yorkshire



## Diamond Jubilee Dinner

The 450<sup>th</sup> branch event, our Diamond Jubilee Dinner, was held 60 years to the very day after the first branch function, on Dec 8<sup>th</sup> 1952.

The venue was the Food Academy at Flannels, Leeds City College's flagship restaurant for its most talented trainees, the chefs and front of house staff of the future. We have always supported local catering colleges and this was the 7<sup>th</sup> function with this College. We felt it was an ideal location to celebrate our anniversary.

In 1952 a tasting of red and white burgundy, was given by Ronald Avery, of renowned merchant Avery's of Bristol. For many years the association continued, with the branch buying some fabulous wines from Avery's. In fact the champagne we drank at

the 60th Anniversary was the special cuvee which Ronald originally blended.

Ronald's son John was the guest of honour at our 50<sup>th</sup> Anniversary, and we were really pleased to welcome to the 60<sup>th</sup> Anniversary dinner John's daughter, Mimi, who has taken on his role as Ambassador for Avery's and therefore is the third generation of the family to be connected to our branch.

We also welcomed some special IWFS guests who joined us. Brian Sager and Pat & David James represented the Blackpool branch. Our guests of honour were Ron Barker and his wife Val Ramsay, to mark Ron's retirement as Chairman of the Europe and Africa Committee and Val's unstinting support to him in that role. We thanked Ron for all he has done for the Society, at a critical and difficult time in its history, and wished him and Val a very happy retirement.

Ron's last official task as EAC chairman was to present awards to some well deserving West Yorkshire members. Richard Roper and David Rae were presented with IWFS Long Service Medallions. Ron then announced that the EAC had decided to present the André Simon Bronze Medal to Bruce Naylor. Bruce has attended Society events since the mid 1970's, when he was in his early 20's, and became a committee member and Treasurer of the then West Riding Branch in 1998, posts he has held continuously ever since.

The dinner had been a long time in the planning. In the wine and food choices we wanted somehow to reflect the previous 60 years. We decided that the menu should follow the classical formats that were a feature of previous anniversary dinners, but with a contemporary interpretation. To reflect the wines that the branch used to drink would be nigh on impossible. Instead we chose to have at least one wine from each of the seven decades. So extensive research into wines was undertaken, and numerous wine and food combinations were rehearsed. With the support of some generous donations from members and friends, we were able to enjoy some magnificent wines, and the pairing with the menu worked superbly.

Special thanks was given to the three people who used their creative skills to great effect for the dinner – Caron Naylor for the wonderful place names, John Lee for the amazing flower display and Malcolm Simm for his artwork on the menus and table settings.

Chairman Tim Gittins thanked all the other members who had made the dinner a success, and, in proposing a toast to the guests, reflected on how the pattern of recruiting new members following their attendance at functions was following the principle that Andre Simon had established at the very first Society function in 1933. M. Simon had said "We propose to hold lunches, dinners and tastings for the sole purpose of creating a wider interest in food and wine among a greater number of people, not to show them how much better and cheaper meals can be, but merely, by adding the spice of novelty, to make it worth their while to attend such functions and meet other people who share the same enthusiasm in the art of good living." Tim closed by inviting the guests to attend more of the branch's functions, and then to consider membership and help continue the Society's traditions.

The Menu

Canapés

*Champagne - Avery's Special Cuveé*

Pan seared Orkney scallop with apple, smoked eel, & truffle dressing -

*Trimbach Pinot Gris Reserve Personnelle 2005*

Textures of Quail roasted breast & confit of leg with Jerusalem artichoke & foraged leaves

*Nuits St Georges Les Pruliers (Potel) 2002 Gevrey Chambertin 1969*

Prime roasted Yorkshire smoked sirloin, 48 hour cooked shoulder, cubes of sticky glazed tongue, parsley risotto, celeriac fondant, roasted shallot purée

*Chateau Lafleur 1994*

Mushroom bouchée ragoût with a hint of tarragon, in a butter puff case

*Mouton Rothschild 1976*

*Mouton Rothschild 1952*

Yorkshire cheese board Shepherd's Purse Harrogate blue, Ribblesdale mature goats cheese

*Crofts 1975 port*

Assiette of desserts Caramelised lemon tart; chocolate praline mousse; griotte cherry sorbet on a pistachio crumb

*Rieussec 1983*

*Tim Gittins, Chairman*



Mimi decanting the wines



Ron presented the Andre Simon Bronze Medal to Bruce Naylor, left, and Long Service Medallions to David Rae, far left, and Richard Roper, right



## around the branches - Helsinki



### Alsatian Food and Wines in Helsinki

Since the 110 year old Finnish home economics organization **"Martha Society"**, in whos training kitchen and meeting rooms we used to meet, sold its property, we have not had any meeting rooms, as their new training center is far too expensive for the Branch to rent. Now, however, a new venue has been found in a school outside the City. It does have its disadvantages, the main ones being the bad public transport connections from the City of Helsinki, and the fact that it is a school, where all consumption of alcohol is restricted. One more disadvantage is that the cooking and dining space is much smaller than in our previous kitchen, with maximum 20 seats at the tables. Still, the Branch has already had a few cookery events in the well-equipped training kitchen of the new school.

The latest being the first of a planned series of presentation of different **"national kitchens"** of Europe. It was a 5-course dinner with typical Alsatian dishes, accompanied by suitable wines.

The very special Alsatian taste, that made the Flammekueche differ from a similar pizza, was the abundant use of Munster cheese in the topping. The second course, Choucroute garnie, was signified by the garnish of different Alsatian-type sausages and blood pudding. But the real, delicate taste of Alsace was in the perfectly cooked trout with its exquisite Gewurztraminer sauce. After that, the chicken leg, although cooked in the Alsatian way with wine, Cognac and cream in the sauce, still tasted like any supermarket chicken...!

*Jaakko Rahola*

## around the branches - Blackpool



Serrano ham

### Pig & Wine In Blackpool

At the beginning of February 25 members and guests met at Aysgarth Court to celebrate the Pig and try and select wines that best expressed its many personalities.

It was not supposed to be a meal but a selection of tasting samples. Members provided slivers of Serrano ham; spiced pork belly; Pork Pate, Pork Rillettes; Pork brawn; pork pie and two types of pork scratching while resident chef John Gledhill cooked a magnificent pork loin, followed by pork sausages, bacon and black pudding.

We consulted the experts via the internet and paid much attention to the book written by London Branch Chairman Jeffrey Benson **"The Right**

**Wine with the Right Food"**. It is clear that there is no consensus about wine selection when it comes to Piggy. Should it be red or white? Should there be any element of sweetness? We finished with ten wines supplied

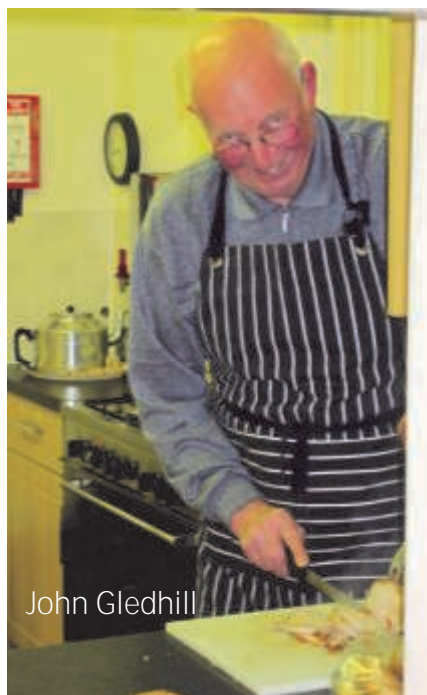
through three wine merchants. They included Cru Beaujolais, Argentinian unoaked chardonnay, German Halbtrocken Riesling, Chilean Carmenare, and wines from Italy, Spain and Australia

By a show of hands the best white match was a wine from the Greek Island of Santorini, Hatzidakis Assyrtiko 2011. This had been purchased because we were aware that the EAC was contemplating a festival on the Island, but it went exceedingly well with the pork nibbles. Incidentally the English pork scratching were darker, had more flavour and salt and were a greater danger to members' teeth. The alternate ones from Spain were preferred by many.

The most popular red was from Portugal, Casa de Saima, Beiras Colheita 2010. It is made in an area where the regional dish is suckling pig so it is not surprising that it matched the belly and pork loin. The biggest debate was over the wine from Alsace, Domaines Schlumberger Pinot Gris Grand Cru Spiegel 2007. This has a definite sweet edge and in many opinions matched the pork loin when it was accompanied by Bramley Apple sauce, but seemed incongruous without the fruit for those who prefer their meat unadulterated.

An extremely enjoyable and educational evening concluded with a wine chosen more for its label than it flavour. This wine, made in the Riojan area of Spain is dedicated **"to the bank executives that denied loans to us"** in the hope that one day **"these greasy and sweaty corporate suits will find that the best things in life cannot be impounded"**

*Ron Barker*



John Gledhill



# around the branches - Manchester

## A Taste of Paris.....



The Northern Quarter of Manchester has become well known for its nightlife, bars, and restaurants. It is an amazing buzzing area.

The Manchester branch recently enjoyed an evening of French dining at the restaurant, 63 degrees, based in the heart of the Northern Quarter. A simple name derived from a unique cooking style.

Tripadvisor has reports from diners which puts its rating at twenty third of almost one thousand restaurants in Manchester and some rate it No 1 and, further to the evening's dining, its rating is well deserved.

The restaurant was established when Alexandre Moreau convinced his Father, Executive Chef Eric Moreau, and his Mother, Florence, to move from their base in Paris to Manchester and together they opened the Moreau family restaurant offering food which is an expression of modern French cuisine .

Moreau has spent many years perfecting a unique cooking technique of cooking long and low at 63 degrees and produces poultry like you never tasted before. This is the signature dish on an interesting menu.

On arrival the guests were treated to an aperitif sparkling Lourent Breandon blancs de blancs one of the wines selected for the evening by Chairman Bob Lloyd.

To accompany the starter of Pan Fried Scallops with leek fondue and herring caviar a Torres Vina Sol was served. Fabulous.

The main course had to be the signature dish of stuffed chicken 63 degrees style and members were not disappointed with this excellent presentation accompanied by a Castillon , Château de l'Estang and, to complete the meal, strawberry cake.

General opinion was an excellent choice of venue, food and wine and another successful evening for the Manchester branch.

*Ron Cowley*



## Learning About Tapas and Pinchos

The Cheshire Cookery School welcomed members for a demonstration and tasting of tapas and pinchos with paired wines chosen by our chairman, Bob Lloyd. Tapas we all know but not so pinchos. These are similar to tapas but mainly served in the Basque Country and spiked with a skewer or toothpick to keep the contents together, pincho meaning spike.

On arrival we enjoyed a glass of Manzanilla "La Gitana", Bodegas Hidalgo which evoked memories for many, sherry being more popular in the past.

After meeting and greeting we assembled in the school's kitchen where chef Jason Palin began preparing the first of six dishes, patatas bravas, enjoyed by most but some found the spicy tomato sauce too spicy - these were paired with a glass of Pizarras De Otero 2011 Bierzo Mencía which coped well with the chilli. Chef's tip if you don't want a dish too spicy, don't chop the chilli add whole for easy removal.

Garlic chicken pinchos were served with Rioja Reserva 2006, Bodegas Beronia perhaps the least interesting of the dishes but we did have a skewer.

Chef next entertained us by cooking berenjenas frites con miel. The aubergine was prepared by slicing and soaking in milk to draw out the bitterness, dried, coated in seasoned flour and fried in olive oil, drained and drizzled with honey, delicious. This was accompanied by Pedro Ximénez Triana, Bodegas Hidalgo which was perfect with the sweetness of the honey.

Iberian chorizo and deep-fried Manchego cheese followed, which is one of the easiest tapas to prepare but full of flavour, a dry Cardela Crianza, Ribera Del Duero 2008 from the Duero Valley to the south of Rioja was served with this.

Tapas with baby squid - chipirones - was prepared by chef while regaling us with tales of his exploits around the world, Albariño Caixas, Rias Baixas 2011 from Galicia was enthusiastically received with this dish, many members saying it was their preferred wine of the evening.

Finally we enjoyed pimientos de Padron with the surprise or fear as to who would be the person to get a very hot one as about one in ten is a fiery hot chilli. These are simply cooked by dropping in hot oil for about twenty seconds, drained and then sprinkled with sea salt, delicious.

An enjoyable, informative and entertaining evening was had by all and, as San Sebastián has recently been voted food capital of the world, we hope we are keeping our members up to date with culinary trends.

*Ronnie Costello*





## around the branches - Malmo



### Atmosfär

In a comparatively small town like ours we do not have too many restaurants matching our requirements as to food and wines. It is necessary therefore to re-visit some of them, provided of course that they compose a special menu for us on every occasion. We therefore traditionally ended our autumn season at the Atmosfär as they always fully meet our expectations. After a delicious spoonful of pig's cheek and foie gras together with a crispy 2011 Chablis from Christian Moreau we were treated with the following 5-course meal:

*Lobster, Jerusalem artichoke with browned butter*

*2010 Meursault Les Tillet, Patrick Javillier*

*Confit de canard with foie gras, lukewarm salad*

*2010 Pinot gris Grand cru Furstentum, Jean-Marc Bernard*

*Roe deer with autumn accessories*

*2005 Côte Rôtie, Dom. Patrick Jasmin*

*2007 Cabernet Sauvignon, Jonkershoek Valley, Neil Ellis*

*Cheeses*

*2006 Brunello di Montalcino, Tenuta Col d'Orcia*

*Apple terrine with passion fruit*

*2010 Chenin blanc, Carte d'Or, Coteaux du Layon, Dom. Des Baumard*

After this delicious meal with well-chosen wines to go with the different dishes we were able to put questions to the chef, Daniel Lindgren. He himself was pleased with the result and indicated that some of the dishes might show up on their ordinary menu in the future. Some negative comments were heard as to the lobster dish which to some of us was "utterly butterly", a bit too much melted butter. However, as a whole we were, again, very pleased with what Daniel had presented this evening and the kitchen brigade received well deserved applause. There is absolutely no reason to break the tradition and end the autumn season somewhere else!

*Rolf Fransson Secretary, Photo Birgitta Buxrud*



## Manchester - continued



### Christmas lunch in the Rose Room, King Street, Manchester.

Jamie the General Manager greeted members on a crisp, sunny Manchester day with a warm welcome and a crisp glass of Laurent Breban blanc de blanc, a light fresh dry wine that was much appreciated by members and set the scene for a most enjoyable lunch.

James the Executive Chef and his team prepared a most memorable meal. We started with Festive soup which consisted of Jerusalem artichokes, celeriac, chestnuts and cream, served with a drizzle of truffle oil. Bob Lloyd our Chairman matched the food and wines and we drank Macon Peronne 2009 light, dry and pleasant. The main course was traditional Roast Lancashire turkey with sage, thyme and apricot stuffing, creamy breadsauce with a hint of nutmeg, cranberry and Port sauce and a

good old-fashioned rich gravy. Served with honey glazed parsnips, carrots, sprouts and roast potatoes. Blason d'Aussuieres 2009 was a good choice, a wine characterised by its fruit maturity and fleshy texture with spicy aromas. The next course was Toasted marshmallow with mulled winter fruits deliciously refreshing and our Chairman provided from his own cellar Chateau Loupiac which was rich and intense and very much enjoyed. Artisan local cheeses followed, then coffee and light as a feather Mince pies with Brandy butter.

A most enjoyable lunch, an amazing atmosphere - the Rose Room is rather unique and we look forward to our next visit.

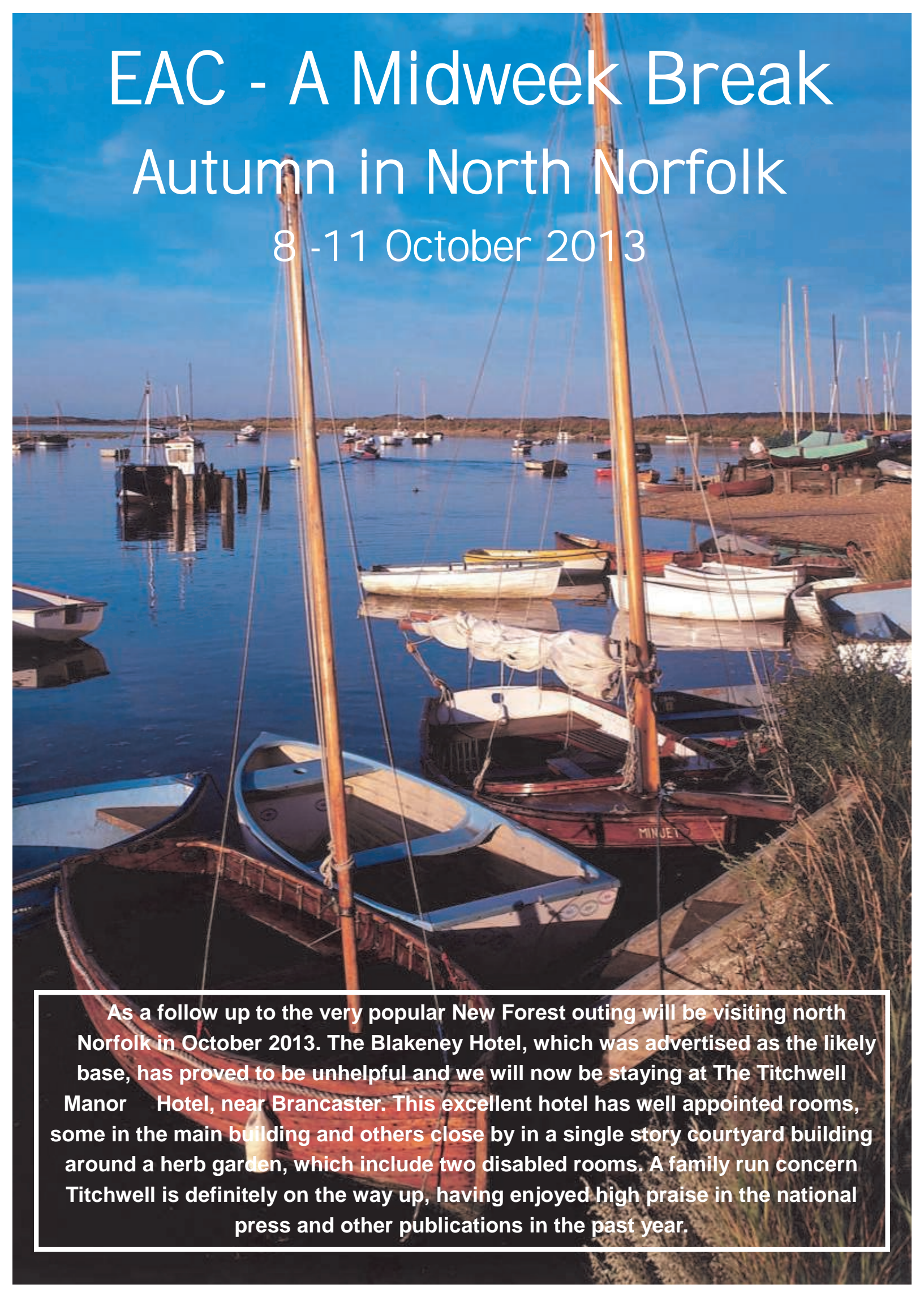
*Patrick Trodden*



# EAC - A Midweek Break

## Autumn in North Norfolk

8 -11 October 2013



As a follow up to the very popular New Forest outing will be visiting north Norfolk in October 2013. The Blakeney Hotel, which was advertised as the likely base, has proved to be unhelpful and we will now be staying at The Titchwell Manor Hotel, near Brancaster. This excellent hotel has well appointed rooms, some in the main building and others close by in a single story courtyard building around a herb garden, which include two disabled rooms. A family run concern Titchwell is definitely on the way up, having enjoyed high praise in the national press and other publications in the past year.



On the evening of Tuesday 8 October 2013, we will start with a wine tasting tutored by Steve Daniel, the Buying Director of Hallgarten Druitt, specialist importers of fine wines and the company which supplies the hotel. The tasting will be followed by dinner in the hotel's conservatory restaurant. The food at Titchwell has secured three AA rosettes and a mention in the Good Food Guide.

On Wednesday morning, a coach will take us to the Queen's home at Sandringham for a private tour of the house giving a great opportunity to see the fascinating interior, without the crowds. There will then be a chance to spend time in the museum and the fine gardens before we re-board the coach and travel to The Victoria Arms at Holkham for a light lunch. It is owned by the Holkham Estate and is a lovely building, recently refurbished and with a reputation for really good food.

We then return to our hotel via Burnham Market in time to prepare for a coach journey to Morston Hall for a feast of fine dining in the evening. The Head Chef, Galton Blackiston, has a string of awards to his name, including a Michelin star and three AA rosettes, and the food and the wine should be the highlight of the trip.

Those who wish, can depart on Thursday morning but there will be an optional third night and those who stay will be taken on a foodie coach tour of some of the specialist food and drink suppliers of north Norfolk. We shall return for dinner at Titchwell Manor which will be an informal evening with freedom to select and pay for your meal, off the á La Carte Menu.

**Those wishing to attend are requested to make their own hotel reservations direct with The Titchwell Manor, telephone 01485 210221, as there are a wide range of room types, costing from £115.00 per room (including breakfast) to £165.00. Singles from £100.00. You will be asked to secure your booking with a credit card and please mention that you will be with the IWFS group. You will pay upon departure for your accommodation and any incidentals and for your Thursday night meal and wines, if applicable.**

**The cost of the trip, excluding accommodation, is £220 per person.**

This amount covers, the wine tasting, dinner and wine on Tuesday evening, and on Wednesday, the cost of special pre public opening admission to Sandringham House, lunch and wine at the Victoria Arms, a gala dinner, with wines, at Morston Hall and coach travel.

It follows that by selecting the lowest priced category of room (i.e. £115 per night) for two persons sharing and staying for just two nights the total expenditure would be £670.00. This is considerably less than the original estimate, due to judicious negotiation.

If you stay for Thursday the cost of coach travel and other expenses involved in visiting venues and lunch will be £55.00 per person.

In addition you will be paying the hotel for the extra night's stay and dinner and wine on Thursday evening.

To book please send the names of attendees, branch, address, phone number and email address to:

**EAC Treasurer – Jim Muir, The Old School House, Llanhennock, Monmouthshire, NP18 1LT before the 31st May 2013. Cheques for £220 or £275 per person, depending whether you are joining the activities for two days or three, should be made payable to IWFS – EAC.**

Alternatively you can make an online transfer to our EAC Current Account 68005652 at Nat West, Sort Code 60-15-31, identifying your payment by entering your surname in the Payee Reference box.

Should you wish to pay by credit card please contact Jim Muir on 01633 420278 or email him at [muir112@btinternet.com](mailto:muir112@btinternet.com) - a 3% handling charge will apply

You are advised to ensure that you have adequate travel insurance as a refund would only be possible if all the places are taken and if there were members willing to take up the vacant places.

**Just to be clear, you are asked to pay now £220 per person to the EAC for two days of activities or £275.00 per person for a three days of activities.**

**All members are responsible for booking and paying for their own accommodation and dinner on Thursday night.**

Members worldwide are very welcome. This trip provides an opportunity to see a lovely and relatively unspoilt part of England. Overseas member should apply to Jim Muir to arrange payment; we now have a euro account which should make things easier for our mainland Europe members.

The total number of people is strictly limited to 50, so to avoid disappointment, please apply promptly.

### **EAC – Two very special events in London - 12 & 13 November 2013**

There is to be a Black Tie Dinner at Vintners' Hall in the City of London on Tuesday 12 November in memory of our late President, John Avery. The outstanding setting of this great venue and a fine meal will be complemented by wines selected by Mimi Avery. It will be an opportunity for our Members in the UK, Europe, Africa and around the world to gather and honour the memory of John.

The following day, on Wednesday 13 November, there will be a very special lunch in recognition of the 80<sup>th</sup> anniversary year of the foundation of our Society. It will be a different style of event and will be in a prestigious location in London's West End.

Please make a note in your diaries of these dates. Full details and the invitation to apply for tickets will appear in the June edition of Food and Wine and on the website.

# EAC Regional Festival

## Santorini Greece

6-11 May 2014

Leonard G

The magical Greek island of Santorini is a relic of what was probably the biggest volcanic eruption in recorded history, about 3,600 years ago. Santorini has become one of the most sought after tourist destinations in the world, thanks to its breathtaking views, spectacular sunsets, a unique archaeological site, and its traditional Cycladic architecture. Santorini also boasts some outstanding restaurants and produces the best white wines in the whole of Greece (based on the world famous Assyrtico grape variety), as well as some excellent red wines. The aim of the organisers is to offer a balanced program of gastronomy and culture. The weather in early May should be perfect (sunshine, temperature about 25 degrees C) and the crowds will not yet have stormed the island.

The program has not been finalised yet, but the following are some of the intended highlights:

- 5 dinners and 3 lunches, including an opening reception and dinner on Tuesday 6 May and a closing one on Saturday 10 May; there will be a free morning and no lunch on one day, probably on Friday.
- **The Andre Simon lecture on 'The Wines of Greece', delivered by Konstantinos Lazarakis, the one and only Greek MW, followed by a tutored tasting intended to show the amazing diversity and quality of Greek wines today**
- a visit to the Sigalas winery (arguably the best on the island), followed by a tasting and lunch
- a conference on olive oil, followed by a tasting from various regions.
- a lecture/tutored tasting of Greek cheeses from various regions.
- a boat trip and guided visit to the island of Nea Kameni, where the volcano lies
- a guided visit to the archaeological pre-historic site of Akrotiri

The Festival Chairman is Chris Bonsall, Chairman of the IWFS 2008-2010 and Chairman of the **Hong Kong Festival 2001. He is assisted by Ari Sofianos, Chairman of The St James's Branch of the IWFS.** There is no IWFS branch in Greece, but Ari has secured the full collaboration of Yannis Theodorou, President of The Hellenic Academy of Gastronomy, who has organised two extremely successful similar international events in Greece in the past 5 years. Yannis is passionate about food and wine and has already purchased about half of the wines for the event, including some very rare specimens! The organisers are confident that this will be a memorable Festival and invite you to join them in this unique experience.

The dates have been chosen on the basis of the current direct London-Santorini flights on Easyjet on Tuesdays and Sundays (as well as on Mondays and Thursdays). In any event, there are also several flights every day via Athens.

The organisers are currently working hard on finding a suitable hotel and an announcement will be made in July. We expect the accommodation to be around £150 per night per room, including breakfast. Excluding accommodation and airfares, the full cost of the Festival will be £1,150 per person. This cost is based on the current GBP/Euro exchange rate. IWFS reserves the right to amend the GBP amount for the final payment if there is a significant change in the exchange rate.



Numbers will have to be restricted to 60 participants due to the size of some of the selected venues. A waiting list will be opened once this number has been reached. A deposit of £550 per person will be required by 31 March 2013 to secure your registration. As this is an EAC Regional Festival, priority will be given to members within the EAC Zone who register by 31 March 2013.

To register, please email your name (and that of your partner), address, phone number, and name of your branch to the Assistant EAC Treasurer, John Nicholas, [johnsnicholas@aol.com](mailto:johnsnicholas@aol.com)

Payment is preferred by electronic transfer in GBP (£ sterling). If you would like to make payment in Euros please contact John Nicholas.

For payments in GBP:

Bank: NatWest  
Branch: Norwich City Office  
Sort Code: 60-15-31  
Account No: 68005652  
Account Name: IWFS-EAC  
IBAN: GB 33 NWBK 6015 3168 0056 52  
BIC: NWBK GB2L

**Please include the reference: “Deposit EAC 2014 Festival Santorini”**

Receipt of the money (£550) will be deemed to be your confirmed registration. Please ensure that all **bank transfer charges (particularly for those sending money from outside the UK) are for the sender’s account.**

Alternatively send a cheque (£550) and your registration details as above plus an email address to:

Mr J S Nicholas (for IW&FS EAC)

c/o Mrs G S Moore

35 Aldworth Avenue

Wantage, Oxfordshire

OX12 7EJ, UK

If you wish to pay by credit card, please email John Nicholas or Tel:- (00) 41 79 753 68 81

Payment of initial deposits will be acknowledged by email. An email will be sent in October reminding all registrants that final payment will be due by 31 October and this notice will include details of payment methods.

#### Cancellation policy

After payment of the deposit (£550) per person, the cancellation policy is as follows:

- Members will have a 14 day cooling off period from receipt of the deposit during which they can cancel and receive their deposit back in full.
- Cancellations must be notified in writing.
- Balance of price (£600) must be received by 31<sup>st</sup> October 2013
- Non receipt of the balance will be treated as a cancellation
- Effects of cancellation are:-

Prior to 1 <sup>st</sup> June 2013	Loss of half deposit (£275)
Between 1 <sup>st</sup> June and 31 <sup>st</sup> October 2013	Loss of Deposit (£550)
Between 1 <sup>st</sup> November and 31 <sup>st</sup> December 2013	Loss of 60% of total price (£690)
After 1 <sup>st</sup> January 2014	Loss of 100% of total price
- You are advised to have full insurance to cover cancellation.

# EAC 'Awayday' in Bath

## Cruising The Avon with Avery's Wines

### Wednesday 5th June 2013

**There has been a good response to the notice, in the last Journal, of the wine tasting and river cruise. Those who wish to attend this 'Awayday' should book promptly as numbers are limited to 55.**

**We shall embark on the 'Penny Lane' between 11:45am and 12 noon on Wednesday 5 June. The moorings are off North Parade, on the east bank by the road bridge (BA2 4EU). The nearest car park is the Cricket Club long stay which is about 100 yards away in North Parade Road. Bath railway station is about 300 yards away and is recommended as the best way of travelling to the city centre.**

**We set off at 12 noon, cruise for 2 hours and have a close up view of Pulteney Weir (see picture) before heading downstream through the city. Whilst on board we will enjoy a wine tasting tutored by Mimi Avery, the daughter of our late President. She is currently a brand ambassador at Avery's and is working towards her MW. She plans to take us through six interesting wines from the company's range.**

**We shall then moor for about an hour and enjoy a 2 course buffet meal provided by specialist caterers and accompanied by Avery's wines. We return to North Parade by 3pm. The cost will be £55 per person.**



**For those wishing to stay overnight there is a huge range of hotels in Bath.**

**The Halcyon Tel:- 01225 444100, is about 200 yards from the moorings. The Abbey Hotel, which is a privately owned Best Western, Tel:- 0203 027 8675, is a similar distance away. It has the attraction of the Allium Brasserie, presided over by Chris Staines, the Michelin chef who was head of the team at the Mandarin Oriental when the Society had an outstanding lunch as part of the 75th Anniversary celebrations.**

**Alternatively the Travel Lodge, which is near to the station, does have its own car park.**

**To book please send the names of attendees, branch, address, phone number and email address to:  
EAC Treasurer – Jim Muir, The Old School House, Llanhennock, Monmouthshire, NP18 1LT  
before the 30 April 2013. Cheques for £55 per person should be payable to IWFS – EAC.**

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**EAC Current Account 68005652, NatWest Sort Code 60-15-31.**

**Please enter your surname in the Payee Reference box.**

**If you wish to pay by credit card please contact Jim Muir Tel:- 01633 420278  
or email [muir112@btinternet.com](mailto:muir112@btinternet.com) - a 3% handling charge will apply.**

**Members from Europe & Africa are very welcome and should contact the Treasurer to arrange details**