

Food & Wine



September 2014

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

Free to European & African Region Members - one per address - Issue 180

Mallorcan Almonds

Bottarga - Caviar of the Mediterranean

Matching Wine & Food



CHAIRMAN'S MESSAGE

Dear Members

It was nice to welcome a record number of 32 branch representatives to Eynsham Hall for our Annual Branch Representatives Meeting, ABRM. including from Zurich and Estonia.

During the normal business, the Treasurer's report highlighted the fact that, although the reserves are healthy, the income/expenditure account has been in the red for a number of years, if you exclude extraordinary items, such as Society rebates and festival surpluses. The Treasurer hoped ways to address this could be found.

Pam Brunning stood for re-election as Editor and Andrew Brodie as Webmaster. Both were re-elected back onto the EAC at the meeting.

A lively question and answer session on 'Incorporation' followed and points made have been included in the continuing development of documentation. By now you should have received the Society Annual Report and Accounts, Notice of the AGM, Incorporation resolution and explanation, Articles of Association, and proxy voting forms. If for some reason you have not received these please email Andrea Warren sec@IWFS.org. Members of your committee has been heavily involved in drafting these documents and the EAC recommend that you support the Incorporation Resolution as a way of progressing and safeguarding the Society in this modern and challenging world.

Following the close of the formal ABRM, a session on what we do well and where we want the society to go was led by Alan Shepherd and Kurt Haering with much participation from the audience. Discussions on how we retain members and attract new members were very constructive. Suggestions were noted, and your committee will address them. For my part I was tasked with setting more specific targets. On membership, I don't expect a mature zone like ours can see significant increases but we need to reverse the slow decline, which impacts the finances. My target therefore is for every 30 members a branch has, ensure a net gain of 1 member each year.

On the less serious side an excellent evening at Eynsham with dinner, wines, more discussion, reminiscences, and a fun wine auction, led by master of ceremonies Michael Messent, showed what the zone does well in practice.

Ian Nicol

The Society was formed on 20th October 1933 in London by wine writer André L Simon and bibliophile A. J. Symons. Within a month there were 230 members. Today there are over 6,660 in 133 branches worldwide.

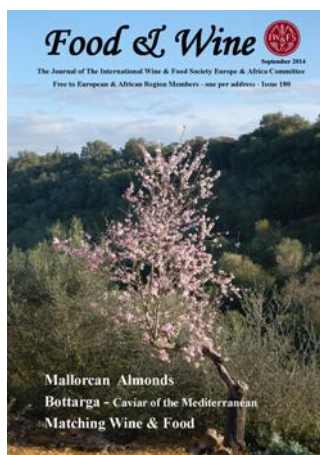
The Society, which is an independent non profit making organisation run by volunteers, is divided into three areas – the European & African Region, the Asian Pacific Zone and The Americas.

In André's words,

"The purpose of the Society is to bring together and serve all who believe that a right understanding of good food and wine is an essential part of personal contentment and health and that an intelligent approach to the pleasures and problems of the table offers far greater rewards than mere satisfaction of appetites."

In the over indulgent society of the 21st century we endeavour to examine some of the excesses of the western diet and to persuade consumers of the need for quality rather than quantity in the food and drink they consume. To this end we support suppliers of quality produce worldwide.

New members are always welcome, please see page three for details.



Editorial

Well most of us have enjoyed a lovely summer with dry days and warm summer evenings. Just the job for sitting outside and relaxing for a few hours in one of the increasing number of gastro pubs that are proliferating in the country today. Have you a pub convenient to you that has a good menu and is user friendly? So often these days the food is just a bit different with imagination and flare and right down to the seating outside, quick drying woven plastic that dries out in a very short time. Whether they be individual or part of a small chain they are often excellent value for good dining out.

Ron Barker visited one such establishment and reports on it on page 34 and 35 this month.

We also have a lot of reports from good lunch venues in our branch reports.

We have a lot of interesting articles on different foods, olive oil, bottarga, - the caviar of the Mediterranean and almonds of Mallorca.

Jan in Mallorca also tells us of an English guy that has made a go of it running a Michelin star restaurant in Mallorca.

Jeffery Benson has written an article for us on matching food and wine and we also have a fascinating article written by James Halliday on a dinner held in Melbourne with some top European wines.

Well I have one page to fill and I don't know where I am going at the moment but I will soon have to make a decision, do I report on another gastro pub or put some interesting foodie pieces in or what? Decisions have to be made.

Best wishes
Pam Brunning

Food & Wine

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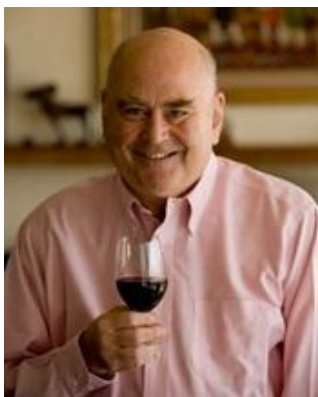
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CONTENTS

Chairman's Column	2	Our founder's voice 2	16 - 17
Editorial	3	SIMPLY SUCCESSFUL	18 - 19
Secretariat News	5	Bottarga - Caviar of the Mediterranean	20 - 21
	6	Madeira in May	22 - 23
ABRM Dinner	7	Around the Branches	24 - 32
A tasting of European greats in Melbourne	8 - 9	The Best of Savoie	33
Matching Wine & Food	10 - 11	The White Swan at Shawell	34 - 35
MALLORCAN ALMONDS	12 -14	Annual Dinner 2014	36
Tasting Olive Oil	15		

A Tasting of European greats in Melbourne



James Halliday is generally regarded as the foremost observer of and commentator on the Australian wine scene, with a career stretching back 40 years during which time he has written, or contributed to, over 60 books (some translated into five languages) and was a senior wine show judge for 35 years. He writes each weekend for The Australian and for each issue of Gourmet Traveller Wine Magazine. He has won numerous awards and prizes, the most significant the 1995 Maurice O'Shea Award for Outstanding Contribution to the Wine Industry, the James Beard Award, Julia Child Award and Louis Roederer Award. He is Patron of Wine Communicators Australia. He co-founded Brokenwood (Hunter Valley) in 1970, and founded (with wife Suzanne) Coldstream Hills (Yarra Valley) in 1985; he was an executive winemaker for 40 years. In 2010 James was made a Member of the Order of Australia in the Queen's Birthday Honours List for his contribution to the wine industry.



Matching Wine & Food

Jeffrey Benson has been in the wine trade for 35 years. He meets producers worldwide as a buyer and wine maker, conveying his knowledge through his lectures and consultancy work. He was involved in the formation of 'Wines of Canada' and was the only non-North American judge to join their tasting panel at a three day event evaluating over 200 wines to determine medal winners.

For twelve years, Jeffrey ran the annual evening wine school for the Society. He continues to lecture and adjudicate the Wine and Spirit Education Trust examinations and has written and contributed to seven books and many articles on food, wine and travel.



MALLORCAN ALMONDS and SIMPLY SUCCESSFUL

Jan Edwards is a former BBC local radio presenter and Mallorca resident since 2004. A freelance writer, she contributes articles – including restaurant reviews – to luxury lifestyle magazine abcMallorca, and is also assistant editor. Her articles have been published in the UK in The Telegraph (weekly expat edition), Living Spain, The Business Travel News, and A Luxury Travel Blog. Jan is passionate about Mallorca's gastronomy: she's eaten in all five restaurants with Michelin-starred cuisine, and contributed most of the writing for abcMallorca's 101 Best Restaurants Guide. Jan also writes about the island's gastronomy and hotels on www.eatdrinksleepmallorca.com.

Tasting Olive Oil and Bottarga - Caviar of the Mediterranean



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.

Dear All

Hello from London - the summer months are as ever some of the busiest in the year at the IS.

You should by now also have received the annual mailing of the **Report & Accounts** and the **Directory of Branch Contacts** plus the **2014 AGM Notice of Meeting and Explanation of Incorporation** information which were also included in the mailing.

This year's Vintage Card will once again be available for you to purchase from me at the IS, in October, and is an ideal gift to include with your seasonal messages to family, friends and colleagues.

One other area of activity at the IS, as part of Council's ongoing aim to add value to your membership, is putting together a number of articles on up-to-the-minute topics from the world of wine for you to enjoy at your leisure. By the time this reaches you there will be four pieces, all written by leading communicators in their field so they are definitely worth a read. Three, this time, have a European focus and the fourth covers a number of different wine topics.

Firstly I would like to draw your attention to Nick Belfrage's article "Chianti and its Grapes" which features on pages 17-19 of this year's Report and Directory booklet. Nick, writer and author, was one of Britain's first Italian wine experts in the 1980s and is still recognized for his expertise in these wines today. Nick combines his in-depth knowledge with a nicely written article which talks us through the well known, and also the lesser known, grapes of this famous region and adding in a bit of history too. Please make sure you don't miss this as we heard that some members were not aware that an article was now being included within this annual publication (if you missed last year's why not hunt out your copy and read Bob Campbell's article on "The Rise and Rise of Kiwi Pinot Noir").

Secondly, moving on from Italy to Greece, this year's André Simon Lecture is now available for you to download from the website via the following link - <http://www.iwfs.org/about/publications/andre-l-simon-lectures>. The lecture "Rediscovering Greek Wines" was presented by Greek wines expert Konstantinos Lazarakis MW at the EAC Regional Festival in Santorini earlier this year. Konstantinos imparts his enthusiasm and knowledge of the wines of this relative newcomer to the global wine scene. He gives us an insight how Greek producers may consolidate their success into the future with the help of both the indigenous and international grape varieties. Reading both Nick's article and Konstantinos' lecture it will be interesting to see whether the Greek producers take heed from the experience of the Super Tuscan approach.

Thirdly there is a French focus in the fascinating article featured in this issue on pages 8 and 9 written by James Halliday from Australia - "A tasting of European greats in Melbourne with James Halliday". Oh, to have been a guest at the event, being a fly on the wall just wouldn't have done.

And last, but certainly not least, the next monograph is close to publication and is scheduled for release towards the end of this year when you will be able to enjoy Bob Campbell MW's collection of eight essays on contemporary wine issues. He covers a number of topics some technical and others are more insightful giving the reader pointers as to how they can enhance their enjoyment of wine. We will let you know once this is available.

Until next time....

Kind regards

Andrea Warren

Collectanea - solina



A Thick Gloopy Drink

Have you heard of Soylent?

Soylent is a concoction of chemistry lab ingredients put together in America by some students to substitute for food. It contains all the elements required for a complete diet in powder form which is mixed with water and oil making a thick gloopy drink you can sip throughout the day. Robert Rhi-nehart an engineering graduate from Atlanta was broke and living off fast food, he said he was unhealthy, hated cooking and shop-

ping and decided to come up with all the chemicals that would give him all the nutrients required to maintain his health. At first he felt terrible because he didn't have the right balance, no fibre and he suffered potassium poisoning but after three months he got things right and was feeling 'like a six million dollar man.' In May Soylent went on sale commercially in the US with 30,000 orders and they are currently struggling to meet demand.

Organic is Best

Organic food is the best according to the University of Newcastle. Students conducted a meta-analysis of 343 pre-reviewed studies from around the world. They found that overall organic crops contain at least 19% more antioxidants than conventionally grown produce. They also said that organic crops have lower levels of toxic metals and pesticides than conventionally grown crops.

Poor Old Animals?

Walk into any pub or restaurant and you will find people enjoying alcoholic beverages. A new evolutionary perspective termed the 'drunken monkey hypothesis' links the psychoactive effects of alcohol to our ancestral exposure to the molecule as fruit eating primates. Fruit contains sugars that form the basis of the diet of thousands of species of birds and mammals. This is particularly in the moist tropics where temperatures are high and yeasts abound, these fruits have a high al-



coholic content. There are numerous birds, insects and mammals that love alcohol. Primates like the western lowland gorilla developed stereoscopic colour vision and a keen sense of smell to detect fermenting fruit in the jungle. Fruit feeding butterflies visit fallen and fermenting fruits rather than flowers and cedar waxwings turn up drunk on the ground and unable to fly. So you see we are not unique in succumbing to the dreaded scourge alcohol.

Fat is good for you

New research suggests that saturated fat in dairy products such as butter cheese etc are not so bad for you after all, it may even be beneficial. Cambridge university studied 340,000 people to see if there was a link between saturated fat and type 2 diabetes and found that dairy foods seemed to protect against it.

Fresh Water Tea?

Do you always use fresh water to make your tea? Evidently there is no evidence to prove that fresh water makes better tea. When a kettle boils all the oxygen in the water boils out long before it boils so there is none left in the water when the kettle has boiled, so freshly boiled water is no different to stale water and can make no difference to the taste of the tea.

Too much Fast Food?

Do you often feel hungry after a meal? It may be due to the food you are eating not releasing enough acetate. Large amounts of the molecule are produced when vegetables are digested by bacteria in the colon but that is not the case with processed foods. When researchers injected mice with acetate they consumed less. The findings could result in the development of a pill to help control the appetites of overeaters.

Preserving Film

Scientists at Pennsylvania State University have developed a film that could be used to keep meat and poultry products from spoiling. The film is made of pullulan - an edible mostly tasteless transparent polymer that is produced by the fungus *Aureobasidium pullulans* - and impregnated with nanoparticles and essential oils derived from rosemary and oregano in tests it kept meat free from bacteria for up to three weeks.



Fat Pays

Overweight children are being paid gold to lose weight if they live in Dubai. The emirate famed for its glitzy shopping malls, has one of the worst child obesity rates in the world, to combat the problem its rulers are offering parents 2g of gold (worth around £55) for every kilo their children lose.

155 Years Old

Aie, believed to be the world's oldest eel, who has died aged 155. Something of a celebrity in its native Sweden - the eel which was apparently born in 1859 - spent at least 100 years living at the bottom of a well in a little fishing town of Brantevik.

Bigger Butts

Britons are getting so large they can no longer fit into standard deckchairs. Responding to complaints that its 22 inch chair was a bit of a squeeze Southsea Deckchairs is bringing out a new line that is an inch wider.

Frilly Butts

Chinese fruit vendors have been dressing peaches in tiny pairs of knickers, in celebration of the Qixi festival - China's version of Valentine's Day. The craze started with one fruit seller in Nanjing, who charged £48 for a chiffon-lined box of nine "Ripe Fruit". But now fruit sellers all over the country are adorning their "sexy peach butts" in delicate lingerie.





ABRM Dinner at Eynsham Hall By Alan Shepherd

Eynsham Hall has had a chequered history since its origins in Victorian times a stately home, built in Jacobean style. During the Second World War, it served as a hospital, and more recently as a Police College, when a num-

ber of student residence blocks were added. It was fully refurbished as a hotel and conference centre in 2005.

The original building was grandly built in the Jacobean style, and served as a perfect setting for the Annual Branch Representatives Meeting, and the subsequent dinner. It is perhaps worth noting that, whilst only accredited branch representatives could vote at the meeting, all IWFS members were invited to participate in the dinner, and the next day's visit to Rousham Hall.

The wines featured were all of Greek origin, and most were among those specially selected for the recent EAC Festival on Santorini. Chris Bonsall, one of the organisers of that festival, and Chairman of the Wine Committee was kind enough to introduce them.

The aperitif was a blanc de noirs sparkling wine made from the xinomavro grape, using the traditional method - Domaine Karaninaka Brut, Cuvee Special NV, from Amynton in NW Macedonia. A sparkling wine from this region was a new experience for almost everybody, and it had gone down really well on Santorini. Unfortunately it was not as well chilled as it should have been - the hotel had started pouring a little too early - so maybe it was not showing at its best.

The second wine, on the other hand was for me a triumph. This was Salto Skouras 2012, from Argolida in the Peloponnese, made from the mavrofilero grape. It was served with a crayfish tian, with mango, coriander and lime salsa, and the fairly light body, high acidity and citrus flavours were a perfect match.

The main dish was a fillet of pork with asparagus and parma ham, and a calvados sauce. Two red wines were offered for tasting with this course - Skouras Grande Cuvee 2007 from Nemea, and Thymiopoulos Jeunes Vignes 2012 from Naoussa. The former was made from the agioritiko grape, and the latter from xinomavro: these are the two major red grape varieties from the south and the north of Greece respectively. The agiortiko was served at room temperature, and displayed typically soft tannins, low acidity and a velvety texture. The xinomavro was higher in acid and tannins, and served at cellar temperature in line with the recommendations of the importer, who likened it to a light pinot noir, although Chris felt that it was more like nebbiolo. Opinions varied on this, and on which went better with the pork, but it was an interesting opportunity to try the two major Greek red varieties with food.

The dessert was a summer pudding, bursting as always with very sweet berries, and not the easiest of dishes to match with wine. Some of us who still had some of the chilled xinomavro left over thought that it was actually rather nice with the summer pudding, but was very much a matter of opinion! The dessert wine was actually Samos Vin Doux 2012 - a fortified wine after the 'muscat a petit grains' model, with the explosive floral and lychee aromas that one would expect. I thought that it was really lovely, but preferred to drink it on its own.

The dinner was followed by a wine auction, conducted by Michael Messent, where members had the opportunity to bid for surplus wine from previous EAC events.

The next day we paid a visit to nearby Rousham Hall. Whilst the



extensive grounds are readily visited, the Hall itself is not normally open to the public, so this provided a very special opportunity, which was much enjoyed..



A tasting of European greats in Melbourne with James Halliday

A charity dinner held in one of Melbourne's top restaurants, the Estelle Restaurant, took place on 31 August 2013. The event was attended by James Halliday (one of our longest standing vintage card consultants and Australian wine expert), and 13 others, to raise funds for the Len Evans Foundation. The dinner was held on Len Evans' birthday which James thought Len would have approved. Many members would probably also agree particularly those who would have known Len Evans as he was a great friend of the Society and a member of The Wine & Food Society of NSW during the 1960s and 70s. Andrea Warren.

The wines donated for the event were some truly fine wines which covered top champagnes, Burgundies, a Bordeaux sweetie and a Madeira. Think of the best, some of them were there to be savoured and enjoyed. We hope that you enjoy reading James's most fascinating tasting notes and comparisons of these wonderful wines...

"1996 Krug and 1996 Salon, stylistically at the extremes of champagne, had been the original selections, bolstered by two bottles of Pipe Heidsieck Sauvage 1982, one disgorged in 1989, the other in 2013 (both flown to Australia for the dinner). If properly cellared, it is hard to imagine when the Krug or the Salon will near the end of their life

In both instances the very high acidity of the vintage was matched by higher than usual baume levels, resulting in exceptional concentration in the base wine. Getting it right wasn't as easy as it might seem, but Krug (majestically complex) and Salon (ravishingly pure) made it seem easy.

Murphy struck with what should have been a seriously interesting comparison of the '82 (itself a top vintage) Pipers: the '89 disgorgement was corked, and the '13 disgorgement was somewhat aldehydic. But the dish which accompanied the champagnes got the food underway in spectacular fashion: Beetroot and horse-radish bavarois, king salmon, shaved calamari, oyster, squid ink and saffron, sounding fussy and contrived, but came together in the mouth in brilliant fashion. And the presentation on the plate was a work of art.

La Belle Voisine Montrachet 2008 (under screwcap) and Bouchard Pere et Fils Montrachet 2004 were matched with John Dory, pickled shimeji and bonito, the crisp skinned fish stacked with flavour, an (unspecified) broth added at the table likewise. The '08 Montrachet was still very, very tight, pure, intense and long, with a touch of Emile Peynaud's 'pleasant reduction'.

The '04 demonstrated that a good cork can do the job: fresh as a daisy, precise and detailed. There were a few murmurs of Socratean dissatisfaction about the oak treatment and/or the lean mouthfeel, but life is never perfect, and - besides - the real point of being at the dinner was about to arrive: 12 vintages of Domaine de la Romanée-Conti La Tache from 2009 to 1942.

The first bracket of four - 2009, '05, '01 and '99 - were served with an appropriately rich dish of Rangers Valley beef cheek, celeriac and jamon. Ever since chefs discovered that beef cheek had a higher and better use than pet food, it has become something of a cliché, waygu most clichéd (and suspect) of all.

This version, by contrast, restored my faith, splendidly unctuous, its flavours leisurely uncoiling with each mouthful.

The '09 had very good colour, the bouquet and palate full to the gills with plum and black cherry primary fruit, still to move to the first phase of development, but exceedingly long on the palate. The '09 vintage has already been rated and re-rated several times, but this wine shows no hint of being too friendly. The '05 was controversial: I loved its satin texture, beautiful line and length, but the majority were put off to a greater or lesser degree by brett. Once upon a time (1990) I was a hound dog with brett, now I wear an eye patch. The good thing is I am easily satisfied.

There has long been a view that if you were to buy '01 red Burgundies, restrict yourself to grand crus. Why? Because it is a terroir vintage, restrained rather than flattering. As the '01 developed and changed in the glass, it became obvious that this was the wine to drink tonight (of this flight). The '99 was, if anything, even more controversial than the '05. As ever, deeper in colour than any DRC in living memory, lauded to the skies when first tasted in barrel and when first released. Now some question whether it was picked too ripe. I don't believe so, but I do think it's going through a change of life, and should be left alone until it comes out the other side.





The next flight was of '95, '86, '85 and '72, the chosen dish the most tender venison I have ever eaten, and amazing beetroot reduction (I don't like beetroot much, but this was something else), a ball of depth-charged flavour of shredded venison wrapped in caul, and sprouting broccoli. A perfect match for some magnificent wines, starting with the '95. How, I wondered, could a wine be so calm and soothing when it is so charged with the perfume of violets, just starting to reveal its effortless beauty? Perhaps because there was no need for even the slightest make up.

The surprise of the flight was the '86, theoretically the least vintage of the whole night. Instead, it took a leaf out of the '01's book, saying I am DRC first, La Tache second. Its savoury/forestry/stemmy palate had unbridled power and length, standing resolutely against the reputation of the vintage. The '85 shares some things in common with the '09: the early suspicion was of being too perfect too soon, seemingly falling off a cliff in the early '90s. The trouble is great Burgundy is the ultimate unknowable, and by the late '90s, the '85s had been redeemed. The totally delicious, perfectly balanced La Tache presented in this flight was that, and then some.

The '72 vintage has long been one of my favourites, partly because it has a poor reputation with Bordeaux lovers, and partly because it has a savoury, wild edge stemming from its high acidity. Against all the odds, it has (or had) elements in common with the sublime '78, which was to start the final bracket of '78, '69, '66 and '42.

Indeed, I managed to keep an extra glass so I could compare the two directly and managed a gracious retreat in the face of the sheer blissful perfection of the younger wine. Its spiced fragrance is of extraordinary complexity, the silky palate of unbelievable length. Only '78 Romanée-Conti stands in front of it.

The opulence of the wines - in the best possible sense, and which none of the other wines had - was tempered by its complexity, and ultimately morphing into finesse. The 1966 has always been a great wine, its bouquet exuding a rainbow of spices, with a subtext of some forestry notes; the texture was sheer perfection, languorous yet riveting.

And if you wanted proof that La Tache can prosper for over 70 years, the '42 (not a great vintage in Burgundy) provided it in spades, a heavenly cocktail of earth, truffle, spice and berry in a finest-spun web of flavours. The bracket was perfectly matched by one of Estelle's signature dishes, Grimaud duck with mandarin and pumpkin, the accompaniment sounding contrived, but Brian Flaherty and Scott Pickett are culinary magicians.

Two Ch d'Yquems were next, the '03 starting to come around, but still very youthful, needing another decade or two. The other was a '38, donated by Daryl Somers, not youthful, but doing every bit as well, if not better than I am - it celebrated my 75th birthday, 17 days earlier than the dinner.

Deep walnut-brown, but healthy, it filled the mouth with cumquat and brandy snap, a great match for the Pineapple, coriander and white chocolate dessert. If I had seen that description on a menu, it would have been dismissed with a shudder, and I would have missed a blissful dish.

And so to an infinitely complex Madeira, 1853 Tarquinio Camara Lomelino Solera, quality coffee all that was needed. Well, not for some (not including myself), who went on to investigate some very expensive champagnes at a Melbourne wine bar."

James Halliday



Matching Wine & Food

Chairman of the London branch, Jeffrey Benson takes a fresh look at this intriguing subject

For some people the business of finding the right wine to go with a particular dish is something approaching an exact science. As with any scientific discipline, they feel, it must have its founding principles and its eternal laws, and the slightest intrusion of human error can result in just as much of a calamity as a civil engineer's slip with a protractor might do with a suspension bridge. I would like to make it clear here and now that I do not belong to this school of thought.

It is certainly true that there are food and wine combinations that simply don't work, for example where too strong a wine overpowers the flavour of a dish, or vice versa. Partnering a high-acid dry white wine with a richly creamy dessert will produce tears before bedtime, and if you have laboured all afternoon over a recipe that involves fine ingredients and a complex and enticing range of flavours, it would rather be letting the side down to serve a very basic *vin de table* with it. The exercise of sheer common sense, more than the mobilisation of any in-depth wine knowledge, is enough of a guide in these cases.

Perhaps this isn't an entirely new phenomenon after all. I had the profoundly instructive experience in the 1960s of finding myself seated next to an eminent eye surgeon at a smart New York dinner party. As though the world of ophthalmology were not demanding enough, this gentleman had managed to find time to pursue a sideline in gastronomic studies with singular fervour. He was of confirmed opinions as to which wine made the perfect fit with practically any classic dish, but one match had for many years continued to elude him. What was the best wine to drink with spaghetti bolognese?

Although it may not seem like the most difficult of dishes to please, nothing had quite met with the doctor's unqualified approval. Oh, there were wines that just about worked if you were prepared not to think about it too closely, but then he did think about it closely. The problem all but kept him awake at nights until one day, in the kind of sweet serendipity with which the history of scientific investigation is strewn, revelation happily dawned. There was only one wine ultimately – just as he knew there would be – that properly went with spaghetti bolognese. And it wasn't an Italian wine, as one might have expected, given the provenance of the dish. It was Château Lafite, a *premier cru* claret from the Médoc district of Bordeaux. Not even any old Lafite either, but specifically the 1953 vintage.

The triumphant medic was in deadly earnest, and was able to justify his conclusions with impeccable logic. And it has to be admitted that, had the occasion arisen to put them to the test, not many of us would turn down the chance of drinking a top Bordeaux in a fine vintage as against the corner-store Chianti we might otherwise be faced with. The point, of course, is that one can go too far. Anybody tempted to try out the combination today should bear in mind that the '53 Lafite will taste rather different now to how it tasted in the 1960s, and so it isn't even as if the finding will stand us in good stead for all time.

It is precisely this sort of manic precision that alienates those who have neither the inclination (nor the budget) to go into the subject in such detail, and readers may be relieved to hear that Château Lafite is not one of my suggestions to drink with spaghetti bolognese. That said, there has since been something of a backlash against this type of approach, in the course of which it has got about that there isn't really any point at all in worrying about whether a particular combination of food and wine actually 'works' or not, in some arcane technical sense. Just simply choose a wine you like, and get on with it. This sounds beguiling enough – refreshingly free of snobbery, you might think – but it can lead, as suggested above, to pairings that spoil the enjoyment of either the food or the wine or both. What would be the point of drinking a powerful red Australian Shiraz with a starter of lightly grilled scallops, and a delicate, youthful Muscadet with casseroled beef, when the pairings would so obviously work better the other way around?

I am not telling you what you should and shouldn't drink. Even today, when a lot of the snootiness has been removed from the topic of wine and wine consumption is on a seemingly unstoppable upward curve in many countries and in all sectors of society, people can still be far too shy about expressing preferences and stating opinions when it comes to wine. There is still an inbuilt fear of 'getting it wrong'.

In the dim, distant past, the basic rules of choosing wine with food amounted to little more than drinking dry white wine with fish and red wine with meats. If you wanted a drink beforehand, you had a sherry or a gin and tonic, and if you wanted something at the end of the meal, you had a brandy or a liqueur. There was champagne for special occasions, and dessert wines for – well, desserts. And that was about it. What *type* of dry white wine went with the Dover sole, or red with the roast beef, didn't really much matter in an era when there was a far narrower range of wine to be had than there is these days. Most of it, in any case, was French, with the other main western European countries (Italy, Germany, Spain and Portugal) putting in only sporadic appearances for curiosity value.

Eventually, by about the 1970s, these apparently hard-and-fast rules got a little altered in the wash, so that it became permissible to drink a dry white wine with a white meat such as pork or poultry, while reserving the red wines for the darker meats like beef and lamb. The method of cooking turned out to make a difference. A poached chicken breast with a light creamy sauce was better served by a white wine, but a whole roast chicken seemed somehow to be done more obvious justice by a light to mid-weight red. There were even reports of some adventurous souls – avant-garde mavericks, clearly – who had been known to drink light red wines with certain fish dishes.

What has happened, broadly speaking, since then is that, just as the array of available wines has expanded, so too has the range of types of food we eat. Classic French and Italian dishes have now been joined by Far Eastern and Oriental cuisines such as those of India, Japan, China, Sri Lanka, and Thailand where the superb range of dishes can now be accompanied by a fine selection of wines of the world. The changes in climate in the various regions make it possible to match this wide selection to suit the fine cuisine.

Some time ago I was asked with a few colleagues from the International Circle of Wine Writers to a tasting of wine and beer against Indian food and to mark from zero to ten which we thought was the best partner for the five dishes specially prepared. The one product, which was unanimously voted as zero against each dish was Lager, which was interesting as this is the most commonly consumed drink with spicy dishes, I found it metallic and distracted from the subtle flavours of the dishes, the overall consensus for the best partner was red Burgundy.

During my frequent visits abroad and sampling the superbly varied cuisine I compiled a list of my favourite wines to match:

Seafood, this is perfect with a dry white wine such as Muscadet from the Loire valley or Chablis from the Burgundy region.

Fish dishes go very well with a New Zealand Sauvignon Blanc

Spicy rice dishes go very well with an Australian Chardonnay

Chicken, I like a light red wine such as Beaujolais or a dry rose

Pork, again a dry rose or red wine from the south of France

Beef, this really shows well with a full-bodied red wine from Bordeaux or the Rhone Valley.

For very strong flavoured dishes I would recommend a full-bodied red wine such as an Australian Shiraz

London Branch Members Gain the Level 3 Advanced Certificate from the WSET.



In the September 2013 issue of Food and Wine, I outlined the experience of London Branch members in preparing for the Intermediate Level 2 Certificate examination from the Wine and Spirits Education Trust. Our Chairman Jeffrey Benson kindly offered to take us on to the next level, and, bolstered by the euphoria of our initial success, a number of us decided to go ahead.

The Level 3 course proved to be very much more challenging experience than Level 2. The study book was twice as thick for a start, with a great deal more detail than before, and we had to taste over 80 wines as part of the course. The examination format was also more demanding, with a written examination and a blind tasting in addition to the multiple choice format that we had met at the Intermediate level.

Nevertheless, five of us managed a Pass with Merit, and one, Bernard Lamb, achieved a Distinction. All in all a tremendously valuable and informative experience, and we are really grateful to Jeffrey for making it possible.

The next level is the Diploma, but somehow I do not think many of us are going to feel up to taking that on! WSET issue colour coded badges for the different levels - it can be fun to see which one the sommelier is wearing, when visiting a new restaurant!

Alan Shepherd



MALLORCAN ALMONDS: A BLOSSOMING CROP

by Jan Edwards

One of Mallorca's most common trees is not only the source of the nutritious nut that features so prominently in the Mediterranean island's traditional cuisine, but also a tourist attraction. During January and February each year the ubiquitous almond tree is cloaked in pink and white almond blossom. From the vantage point of one of Mallorca's several hilltop former monasteries, the blossom in the extensive almond orchards looks like snowfall – although the real thing is quite rare, except in the Tramuntana mountains. This spectacle of nature attracts thousands of camera-clutching visitors and islanders each year and provides a valuable boost to winter tourism.

The Moors – the less benign visitors who were in occupation in the 10th century – planted the first almond trees on Mallorca. In the 1800s, when the phylloxera plague devastated the island's many vineyards, farmers replaced the vines with huge groves of almond trees. Today there are said to be some five million on the island and almond tree cultivation covers more of Mallorca than any other crop. Most of the trees are on small farms of five or six hectares located across the centre of the island, from the foothills of the Tramuntana in the west to the town of Son Servera in the east.

In the first half of the 20th century, these trees also provided fuel of a non-culinary nature. The shells were burned in special stoves that provided warmth for homes during the island's damp winters. We still have one of these stoves in our rural Mallorcan home, although it was disconnected from any flue it once would have had long before we bought the place, and now has only nostalgia value. In the 1940s and '50s, there was even a particular type of car on the island which ran on burning almond shells.

The slide into almond-farming unprofitability began in the middle of the 20th century: farmers received a pittance for their almonds, and older trees were no longer capable of producing large enough crops to compete with the larger scale almond-farming operations of California. Ironically, it was a Mallorcan who introduced almonds there: Fray Junipero Serra – known as the 'Apostle of California' – was an 18th century missionary who left the island for the west coast of America, where he founded missions that grew into what are today's major towns and cities. But Mallorcans will tell you that their island's almonds are of a better quality; they have a higher fat content and sweeter flavour than those grown elsewhere.

Botanically speaking, the almond is a drupe, rather than a nut: it has a thick velvety outer hull which encases a hard shell containing the edible seed – which we know as the nut. It's a nutritional powerhouse, rich in fibre, vitamin E, B vitamins, minerals, polyunsaturated fats, phytosterols (thought to reduce 'bad' cholesterol) and more. No wonder the Mallorcans have found so many ways to incorporate almonds into their everyday diet.

In savoury dishes, ground almonds add flavour and thicken sauces; almonds are also an ingredient of the stuffing for ‘porcella’, the roast suckling pig served at Christmas. Sweet-toothed visitors to Mallorca should try the rich, but surprisingly light almond cake known as ‘gató’ – dusted with icing sugar and usually served with almond ice cream (because you can’t have too much of a good thing). A recommended place to try this combination is Palma’s oldest ice cream parlour and café, Can Joan de s’Aigo – first opened in 1700.

You will find traditional almond cake in bakeries and cafés all over the island, and it’s offered as a dessert in many restaurants. The authentic version contains no flour, making ‘gató’ the perfect cake for coeliacs. But those on gluten-free diets should always check before ordering this typically Mallorcan treat, or buying one in a bakery: it’s not unknown for flour to be substituted for some of the ground almonds, to reduce costs. Other sweet foodstuffs made from the nutritious nuts include the traditional Spanish festive confection known as ‘turrón’, marzipan, crisp almond biscuits, and sugared almonds.

This year’s nuts will by now have been harvested – a process that is still done manually on many smaller farms. Nets are spread on the ground underneath the trees and the nuts are knocked from the branches using large sticks or metal poles. This is often a family task, ending with a celebratory lunch before the harvest is either stored for shelling later, or put into sacks to take to the local farmers’ co-operative. Larger farms – and richer farmers – use a more mechanized harvesting method: a tractor fitted with what looks like an upside-down umbrella, which opens out and wraps itself around the tree’s trunk. The contraption shakes the tree, causing the nuts to fall into the ‘umbrella’ below.

It’s not just the edible parts of the almond tree that contribute to the local economy. As well as attracting visitors to the island early in the year, the delicate blossom is used by perfumer Miguel Ángel Benito in the manufacture of Flor d’Ametler fragrance. The flowers are carefully selected and hand-picked and soaked for three to four years until their essence is fully extracted. Flora d’Ametler has been made for more than 70 years but has been updated recently with the addition of lighter fragrances and new almond-based beauty products.

Mallorca’s almonds at last seem to be going through something of a renaissance and one company that has contributed to that is Ametlla+. The business was started by five women who wanted to ensure the future of almond-farming on the island, to help preserve the winter tourism potential of the famous almond blossom. Their products include three flavour combinations of a healthy time-saving preparation containing a blend of ground Mallorcan almonds and ingredients including tomato, spices, apricots, garlic and lemon rind. These versatile ‘mixes’ can be used in a variety of ways in the kitchen to add flavour and substance to dishes. Ametlla+ also produces almond oil and different flavours of toasted almonds, made using nuts hand-picked on a farm in the northeast of the island. Most importantly, they are paying fair prices to the farmers who supply them. ➡





Almond milk has recently become widely available on Mallorca, commercially produced by a modern business called Mallorca Fruits (which offers a range of flavoured almonds for snacking) – but records show that almond milk was being made on the island as long ago as the 17th century.

Like other Mallorcan products – such as olive oil – almonds have now been officially designated a quality guarantee label: ‘Ametlla Mallorquina’ identifies

almonds of the variety *Prunus Amygdalus B*, renowned for their flavour and oiliness.

And there’s been further acknowledgement of their value. Mallorca has a strong tradition of annual village fairs, each dedicated to one particular product of the island. These include olives, apricots, melons, and honey. In 2010, almonds were officially given annual fair status. Held in the grounds of the old mansion Ca s’Hereu in the town of Son Servera, the almond fair in early February is packed with stalls selling a wide range of almond products and displays of equipment used in almond cultivation and harvesting. It’s perfectly timed to coincide with nature’s beautiful almond blossom spectacle.

Recipe

Mallorcan Almond Cake

Ingredients:

160g ground almonds

4 large eggs, separated

160g caster sugar

Finely grated zest of half a lemon

Half a teaspoon of ground cinnamon

Icing sugar for dusting

Grease a 21cm cake tin with butter and dust with flour. Heat oven to 170°C/Gas Mark 3.

Method:

Beat egg yolks and sugar together for 4-5 minutes until creamy and pale. Fold in the ground almonds, lemon zest and the cinnamon, to give a stiff mixture. Clean your whisk beaters thoroughly then beat egg whites in a separate bowl until they form soft peaks. Loosen the stiff almond mixture by adding a couple of large spoonfuls of the egg whites, before gently folding in the remainder of the egg whites. Transfer mixture to the cake tin and bake for 35-40 minutes. When a knife inserted into the cake comes out clean, it’s cooked. Leave it to cool in the tin, then turn out and dust with icing sugar.

Almond cake for sale in Palma



Mallorca Almond tart with Almond Ice cream



Tasting Olive Oil by Stephanie Shepherd

Has your Branch ever done an Olive Oil tasting. I'm pretty sure mine hasn't. (There's a hostage to fortune, I fully expect a queue of people waiting to tell me that it was sensational and I missed it.) And yet, why not. A glance at the supermarket shelves will tell you that Olive Oil (Extra Virgin, of course - is there any other kind worth using) comes from a variety of places. There are over 1,000 different varieties of olive trees. Surely the same variations in soils, climate, rainfall etc. which affect vines will also affect them to different degrees. And Oil-Seed Rape and Sunflowers come to that provided one can find a 'single-estate' product, the possibilities are endless.

How to do it? It seems there are two basic methods which might be characterised as the amateur and the professional. Amateurs will pour some 15 - 20 ml into a wine glass, cup the glass in the hand to warm the oil and simply smell it. You should detect a certain fruitiness. The aroma should be pleasant, like freshly mown grass. You might also find notes of olives and olive leaves. Be careful to take only the tiniest sip: the burning sensation the oil creates in the throat is not pleasant in quantity.

The professional method is essentially similar but more complex. Formally trained assessors accredited by the International Olive Council will use a special glass tasting cup with a removable lid allowing them to swirl the oil, look at the colour, sniff and slurp - just as at a wine tasting - before spitting out the oil. They use 10 point scale to describe, as scientifically as possible, the characteristics of a particular oil. They will ask:

Does the oil smell of:

Artichokes Green Peppers, Olive Leaves
Tomatoes Green Banana Skins Walnuts or green grass.

Is it Greenly Fruity, typical of an oil harvested before or during colour change

Ripely Fruity, typical of oils harvested from fully ripe fruit

Bitter, characteristic of green olives or olives turning colour

Pungent, typical of oils produced at the start of the season from unripe fruit

Does it have retronasal persistence: how long do the sensations stay in the mouth when the sip of oil is not present.

Fluidity: the mouth-feel of the oil.

Overall they are looking for clean fresh non-rancid aromas. The oil should be fruity with balanced pepper and bitterness which comes from the choice and percentage of the olive varietal planted.

There is also a cheat which doesn't require tasting at all. Take a freshly cooked potato (baked or boiled) mash it slightly with a fork pour over some olive oil and smell. A good quality Extra Virgin Olive Oil will smell pleasantly of freshly mown grass, olives and olive leaves - the aromas associated with fruitiness. A poor quality oil will release heavy unpleasant aromas. No need to waste the potato - it makes a very good warm potato salad.

Although it is the fruitiness of the oil which is initially attractive, it is the spicy bitter flavours which are good for us. Olive oil naturally contains Oleocanthal which has similar anti-inflammatory properties to Ibuprofen. Both cause a similar burning sensation in the throat when swallowed. 50 gms of high quality Extra Virgin Olive Oil is said to be equal to 10% of the adult therapeutic dose of Ibuprofen. Extra Virgin Olive Oil is also rich in antioxidants, beta-carotene and Omega 3 all of which have a specific role to play in maintaining good health at a cellular level.

It is a paradox that the traditional Greek diet which derives 35% of its calorie intake from Extra Virgin Olive Oil is considered to be the healthiest diet in the world. Yet as we learnt during our Santorini visit the Greeks use more Extra Virgin Olive Oil than anyone else, 17 litres per person per annum. In Northern Europe we use less than a litre. 80% of their production is Extra Virgin quality compared with just 20% in Spain and 50% in Italy.

The Gaea Company which introduced us to the mysteries of Olive Oil tasting has been promoting Greek meze for the past 15 years. It's an interesting organisation in its own right aiming to combine the traditions of Greek cuisine, and Greek products with modern innovation.

One of its oils is produced on Lesbos Island in the northeast Aegean, using the wild olive 'Agrielia' which is unique to this part of Greece. The trees receive more than 3,000 hours of sunshine a year and are well known for the quality of oil they produce. The fruit is harvested by hand and are carefully monitored during crushing to ensure that the temperature does not rise above 19 degrees C, the result is an elegant intensely fruity oil with a very low acidity level. But more than that; the oil is produced using an early 20th century steam press. The press and the factory which houses it are part of the industrial heritage of Lesbos and now form the Vranas Olive Press Museum but they had fallen into disuse for some 50 years until an extensive restoration project completed in 2005. (For us children of the Swinging 60's an interesting side note is that the factory in Athens which supplied the original machinery was run by Essigonis the grandfather of that Issigonis who designed the Mini!) Proceeds from the sale of the oil support the museum.

Although they are keen to promote traditional Greek culture and lifestyle, regarding the Meze concept, with its emphasis on sharing and conviviality, as particularly relevant to modern lives, satisfying several different sorts of hunger, Gaea are also mindful of the pressures of today. Traditionally preserved in brine or oil, few would regard the olive as a natural part of their lunchbox, but packaged in a modified atmosphere and a resealable container olives can take their place as a 21st century snack. And find themselves travelling the world courtesy of EasyJet.

Our founder's voice - on wine and food - 2

A selection from André Simon's numerous publications - compiled by Prof. Alan F Harrison
The source of this text is within the Guildhall Library, London - André Simon Collection.

The Blood of the Grape: the Wine Trade Text Book - 1920 pp 4 & 5

Our needs are numerous and varied and the traders upon whom we depend for the satisfaction of our needs are many and different, but none among them should be made to realize more forcibly the true purpose of commerce than those who are responsible for the supply of our food and drink.

The supply of precious stones may fail for a time or their price may rise considerably without the moral and physical well-being of the race being seriously affected; but no sooner is there any falling off in the quantity or quality of our supplies of food and drink, or an appreciable increase in their cost, than the whole people suffer; their grievance is immediate and universal, the amount and quality of their work falls off, and the cost of everything goes up.

Our usefulness in life as well as our enjoyment of life depend largely upon our bodily and mental health, and our health depends largely upon what we eat and drink. The trader who poisons his fellow men is a rogue if the greed of gain be his incentive; he is only a fool but he is just as dangerous if he commits the same offence through sheer ignorance. There is more harm done in the world by people who mean well but know no better than by those who do not mean well but know better.

First of all you must mean well; mean to be straight and to do the right thing, always mean to learn and to know. You must be honest at heart and willing of mind; if you are not, I cannot hope to teach you anything but, if you are, I will do my best to make you take a legitimate pride in your trade and an intelligent interest in the living blood of the grape.

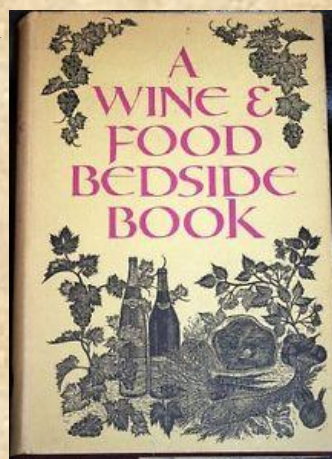
No time given nor trouble taken by me shall I grudge, if only it may be my good fortune to teach you to value honest wine, to love it, and to make others appreciate its great charm and its greater worth. Before telling you anything about what wine is, how it should be treated and whence it comes, I am anxious to impress upon you the fact that you belong to a branch of commerce than which there is none more honourable nor of greater antiquity, none possessing more possibilities for good and evil, none more responsible, none requiring greater knowledge and none more difficult to master. In the United States, they killed off the native races with raw, poisonous rye spirit thanks to which fortunes were made and chapels built.

A Wine and Food Bedside Book - H W Yoxall, Claude Morny, André Simon c 1940

(Foreword by H W Yoxall.) I was a subscriber to Wine and Food from its first volume to its lamented demise; and as I re-read this selection from its pages the first effect, naturally, was the evocation of the person and personality of the magazine's founder and long-time editor, André L. Simon. If ever there was anyone to whom the overworked vogue-epithet 'charismatic' can legitimately be applied it was to André - as everyone called him, *tout court*. With his pink complexion, his lovely white hair, his *rusé* smile and his charming French accent — the last, I think, somewhat consciously preserved during his lengthy residence in England - he certainly had charisma.

(And now our founder:) The world, we know, is made up of all sorts of people; young old, good and bad, dull and brilliant. God loves them all, there are very few of them whom we like at all times of day and night, yet many do we welcome when in the mood for them; there are also quite a few for whom we have use at any time. It is the same with wine. There are all sorts of wine, young and old, good and bad, still and sparkling. There are times, moods and occasions, when young wine will give us greater pleasure than the old; others when we shall enjoy the company of the old far more than that of the young. There are people who have been known to prefer bad wine to good, just as there are men who are fascinated by bad women.

Of course, there are also wines and women as dull as they are good. Let us be fair. Are we not to blame? Quite possibly, it may be our faulty technique or the wrong dish that makes them dull. Diamonds sparkle on a woman's hands or head, not because you look at them or because they do their best to dazzle you, but because that is the way they happen to be; they sparkle just as much when locked up in their case. Wine and women are not made that way. They sparkle when you look at them, when you like them and they like you. Not otherwise. That is why the same wine and the same man may be overrated luxuries and the dearest of minister-angels. That is also why it is so fascinating to understand wine.



The Gourmet's Weekend Book -1952 The Introduction

"Gourmets", did you say? Are there any left in our austerity times? Of course there are; there are more and keener Gourmets to-day than ever before, not so much in spite of austerity as because of austerity. Let me remind you first of all that a Gourmet is not a fellow who makes a fad of his belly, but one who has the good sense to mind his belly, and the courtesy or gratefulness to thank God for his daily bread and butter, and jam. In the good old days, when there was always plenty and to spare, there was little need to bother about one's meals: we could leave it to cook and be tolerably sure that there would always be something good on the table, and often something new as well. But times have changed. Meals to-day are news.

There are some foods, and some of the best, like cream, which are no longer available; there are others which are in short supply and of distinctly poorer quality: what makes it worse is the fact that the same may truly be said of cooks: good cooks are in very short supply and so dear that most of us have no option but to do without them and look after ourselves. This is by no means a major disaster. It merely means that we have to take more immediate and a more intelligent interest in that incapable necessity of keeping body and soul together.

The Sale of Wine: the Supply, the Care and the Sale of Wine - 1923

MAN—and needless to say man embraces woman —has a body which requires food and rest just as much as the body of all living creatures. But man—even when he is a brute—is never a mere animal; he is blessed or cursed not only with a restless soul but also with a mind that requires, just like the body, both food and relaxation. In all times and among all civilised peoples, this imperious want has been felt and has been supplied by literature and by Wine.

Literature in all its forms—that is the written or spoken word —supplies both food and relaxation such as are needed by the brain to grow and attain to its full development. Wine is closely allied to literature ; it has also supplied man's brain from the earliest times with both food and relaxation. The cinema has shattered the monopoly which the drama held for many centuries in popular favour, and ardent spirits have, in a like manner, undermined the ancient fame of Wine.

The Wine Trade is not in a nourishing condition, neither is the drama, but both have lived so long and passed through so many crises that I, for one, refuse to believe either is doomed. All I am prepared to grant to pessimists is that, if dramatists equal in every way in talent and genius to those who graced the reign of Queen Elizabeth were to grace the Court of King George V, their plays would not receive the same measure of popular support as did those of the Elizabethan dramatists ...

Everybody's Guide to Wines and Spirits -1966

Chapter 1 - The Wine Trade

Commerce is a public service and not merely a money-making device. A teacher is a bad teacher whose paramount concern is his pay and not his pupils. So also is he a bad trader whose sole ambition is to buy cheaply and to sell quickly, one who takes no pride in his trade, whose greed is his law and whose least concern is the good of his fellow men.

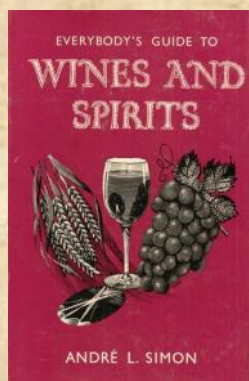
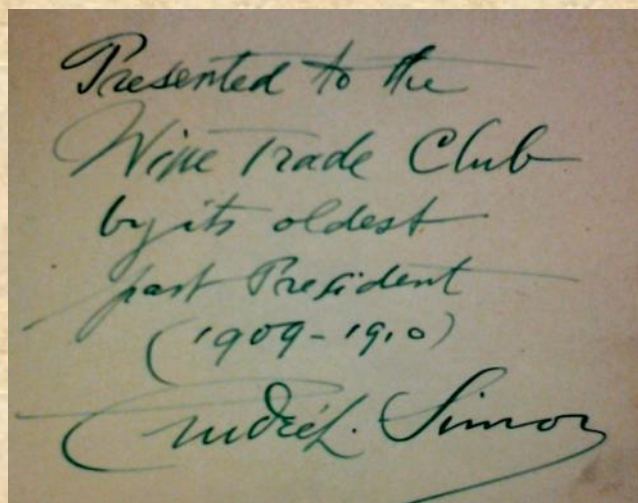
The trader needs to know all he can about his trade, since he has to secure the supplies which he will distribute, and, without knowledge, it will be impossible for him to secure the right quality of goods at the right price.

There are times when supplies are so scarce and so difficult to procure that the question of fair quality and fair prices no longer exists. It is our misfortune to labour under abnormal conditions, born of war, and to live in times when dark

clouds completely hide from view the bright star which should be the guiding light of all trades



Edited cover. The author's name is illegible.



More including library references via enjoydrink.co.uk



SIMPLY SUCCESSFUL

by Jan Edwards

In 2002 Marc Fosh achieved something unique. He became the first British chef in Spain to boast a Michelin star for his cuisine. The down-to-earth Londoner – who began his career washing dishes in the early ‘80s – was then executive chef at Reads Hotel in rural Mallorca.

He left Reads – and the Michelin star – in 2009 to open his own restaurant in Palma de Mallorca, the island’s cosmopolitan capital. Naming it Simply Fosh enabled him to trade on his good reputation and raise awareness of his new simpler cuisine, which he calls “clean food”. Creative, modern and Mediterranean, it’s based on fresh high-quality ingredients, many of which are sourced from Palma’s excellent nearby indoor market *Mercat de l’Olivar*.

Simply Fosh offers three tasting menus and a weekly-changing three-course lunch menu. In 2011, Marc opened a second restaurant: Misa Braseria is more informal, offering an à la carte menu and its own weekly-changing lunch menu.

As well as owning two restaurants and a successful catering business, Marc undertakes consultancy, guest chef, and promotional work, and has a reputation that extends beyond the shores of the Spanish island he calls home. *The Wall Street Journal*, *Financial Times* and *Condé Nast Traveller* have all critically acclaimed Marc and Simply Fosh. *The New York Times*, *GQ*, and *Harper’s Bazaar* have praised Misa. Not bad for a self-confessed “working-class kid” who admits he was drawn to working in a kitchen for the camaraderie of being part of a team, rather than a great passion for food. That came later.

Marc’s London CV includes The Greenhouse and The Chelsea Room (Carlton Tower Hotel). Which of the chefs he worked for most influenced him? “I was never really in one place for that long because I wanted to work with different people, pick their brains, see what they were doing, and then move on,” Marc says. “There are so many great chefs, you learn a bit from each one you’ve worked with.” From Brian Turner, for instance, he learned the importance of coming out of the kitchen and talking to diners at their tables.

“I always remember Richard Smith, who became head chef at The Greenhouse. He was a former public schoolboy with an impeccable accent,” Marc says. “Kitchens at the start of the ‘80s were still very tough working environments and generally a working-class domain, and it was a shock for us to hear him calling out the checks in his perfect English and trying to be incredibly correct with us all. It made me realise the importance of treating staff with respect, making sure there’s a calm environment, and cutting through some of the often testosterone-charged atmosphere.”

Marc’s passion for discovering new dishes, and a desire to become part of the Spanish resurgence on the global gastronomy map, brought him to mainland Spain in 1991, then to Mallorca. The Michelin star his cuisine gained at Reads Hotel led to a new opportunity.

One evening, two Russian men came to dine and ordered every dish on the menu. The restaurant manager explained that this would be a lot of food and tried to persuade them to order only a few dishes, but the Russians were adamant about tasting the whole menu. “We all thought it was bizarre,” Marc recalls. “But in restaurants you sometimes get extremely strange people!” The men tasted every dish, paid their (substantial) bill and left – only to return a week or so later to eat their way through the menu in the hotel’s other restaurant, a bistro. Afterwards they asked to speak to Marc. “They’d read that Spain was where it was all happening gastronomically and were trying every Michelin-starred restaurant in the country – not a bad gig!” They were looking for a chef to open their new restaurant in Moscow and offered Marc the opportunity.

Initially he dismissed the idea, but his sous chef Adrian persuaded him that they should go and check out the possibilities. “We both went and spent a few days in Moscow with these guys, visiting the best restaurants and staying in wonderful hotels,” Marc says. “With the location where they were opening, and the money they were spending on the restaurant, we knew it would be fantastic – so we went for it.”

Adrian offered to move to Moscow to run Cipollino; Marc spent almost seven years in a consultancy role, until around 18 months ago. “Adrian is still in Moscow. He’s grown a lot and is now consulting for about 10 different restaurants, so he’s doing really well. It’s a good story, with a happy ending.”

Marc remembers his first dinner in Moscow was in the best restaurant at that time. “I was incredibly surprised that every time you finished your last bite and put down the cutlery, the waiter would clear your plate – it didn’t matter whether everyone had finished or not.” He found the scene very trendy – “definitely design over substance” – and says that when a new restaurant opens everyone goes there until they tire of it and go on to the next one. “So the lifespan of restaurants is generally very short.”

The affable and surprisingly modest chef enjoys consulting: “You get to work in different environments and with different people, and learn to adapt accordingly. And it helps you to come back and look at your own restaurant with fresh eyes.” He is currently looking at an interesting project in China, still in the embryonic stage. “I’ll be travelling to Beijing in the next couple of months in connection with a project that will be more like a cookery school.”

His priorities, of course, are his two Palma restaurants. “I’m very lucky to have good teams in both, so it does give me a certain amount of freedom. We opened Simply Fosh five-and-a-half years ago and for the first couple of years I was the first in and last out through the doors,” he says. “I was very attached to my life in Simply Fosh, but opening Misa around the corner and having to look after that too, made me free myself up more and now my life is so much better in lots of ways.” He believes that you can get a distorted view of a restaurant from the confines of a kitchen: “We need to come out and see everything.”

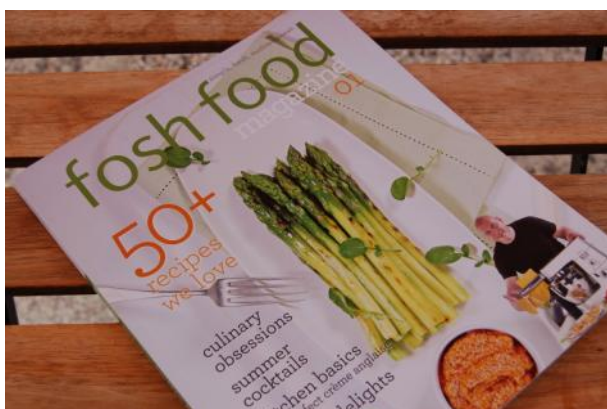
For some five years now, Marc has been global brand ambassador for Braun kitchen gadgets, devising recipes and appearing in instructional videos on the company’s website – although he does not believe he’s a natural on camera. As a guest chef, he has created special menus for Lufthansa’s first- and business-class passengers – an experience he’d love to repeat, with the knowledge he gained about cuisine at high altitude. “Our food is about clean and natural flavours but, at thirty-thousand feet, your taste buds and aroma response react differently and you need more flavour enhancers and salt to get the same flavour,” he says. He was lucky enough to fly first class with Lufthansa and says the attention to detail in their food is incredible, “but it’s still an enormous challenge to get it anywhere like restaurant food.”

Browse through a copy of the compendium *Where Chefs Eat* (Phaidon) and you’ll find Marc among the world’s 400 best chefs mentioned within its pages. (One of his favourite restaurants outside Mallorca is Trattoria da Romana in Venice). He’s just published the first edition of his

Fosh Food Magazine – containing 50 home-cooking recipes and, by the time you read this, it should also be available in major airports in Germany. His fame continues to spread.

To date, no other British chef’s cuisine in Spain has been awarded a Michelin star but, as Marc Fosh has proved, the highly coveted accolade is not necessarily an essential ingredient in the recipe for culinary success.

www.simplyfosh.com
www.misabraseria.com



Bottarga - Caviar of the Mediterranean

Bottarga; the Spanish, Portuguese, Italians, Lebanese, Arabs and Greeks, all have a word for it. The English version 'Bottarga' is merely borrowed from the Italian. It has been known and prized since antiquity: the Phoenicians and ancient Egyptians used it as gifts and in trade. It appears, c. 1474, in an early printed cook book Bartolomeo Platina's 'De Honesta Voluptate'. In 21st Century Greece, Avgotaraho is considered a delicacy. Like Marmite, however, it has had its detractors as well as its fans; Simeon Seth writing in the 11th Century described it as something to be 'avoided totally.'

One might think that there would be nothing new to say about, or do to, a product of such antiquity. However, as we discovered during the recent IWFS visit to Santorini, this is not the case.

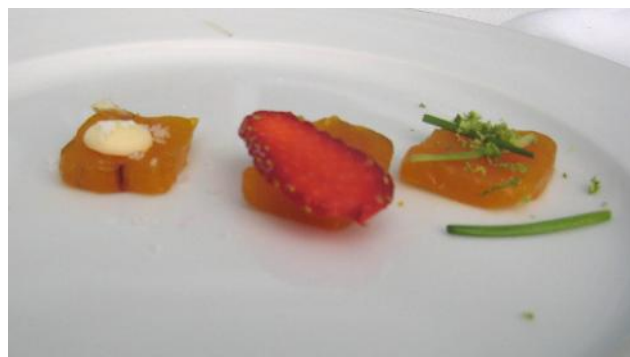
To make Bottarga, the ovaries of the Grey Mullet are removed whole, washed, salted and dried. Some producers then coat the dried product in beeswax which improves its shelf-life. Different producers will cure the roe for different lengths of time. The longer the cure the harder and denser the product. Around the Mediterranean individual cultures have particular preferences for longer or shorter cures. In Sicily and Sardinia they tend to use Tuna roe rather than Mullet, whereas in Greece it is the Mullet roe which is particularly prized. If you look on-line you will find instructions for a d-i-y version and a list of fish to try.

In Etolika, where they have been making Bottarga since 1100, the Trikalinos family have been in the business since 1856. The current CEO of the family business, who firmly believes that 'research never stops', has developed a technique which uses less salt in the cure and a shorter curing time. The resulting product has a distinctive silky, velvety texture, a savoury but distinctly fishy taste and, although no preservatives are used, a shelf life of twelve months. Avgotaraho Messalonghiou produced from fish caught in the Messolonghi-Etolika Lagoons has a European and Greek Protected Designation of Origin - one of few seafood products to have a PDO. Trikalinos Avgotaraho has the added distinction of being included in Hannah Collins' book 'The Fragile Feast: Routes to Ferran Adria'. Published in 2011, this collaboration between the photographer Collins and the chef Adria looked at just 30 of the many foodstuffs used by Adria in his cuisine. To have been selected for inclusion in such a book is no mean accolade and one of which the Trikalinos Company is justly proud.

There seems to be something of a trend among certain food producers to subject their products to detailed scientific analysis whether for medicinal reasons or simply to provide a scientific basis for food pairing. In the case of Trikalinos Avgotaraho this has produced a fascinating food pairing tree. On Santorini we were given the opportunity to try some of these combinations for ourselves. Tasting portions of Bottarga were served with White Chocolate, Strawberry and with Lime Juice and Chives. We were asked to take each portion of Bottarga with its accompaniment into the mouth, chew and hold it in the mouth for a few seconds to allow the flavours to develop before swallowing. Which flavour combination one preferred was apparently down to the individuals' own combination of flavour receptors. Fascinating! I'm sure it was no surprise to anyone to know that different people preferred different tastes.

Medicinally, according to the Hellenic Pasteur Institute, studies in mice have suggested that Bottarga has the ability to reduce cholesterol, improve liver function, and inhibit the production of atheromatic plaques which are the third most frequent cause of death after cancer. These are very significant findings, particularly as they were observed both in animals with an inherent tendency to heart disease and in healthy subjects, but so far the studies have only been carried out on mice. The next stage is to see whether the same effect is observable in human subjects. This would also give us information on the amount of Bottarga needed to create this beneficial effect. It is interesting to note that these beneficial properties have been observed in a foodstuff preserved by salting. Salt has long been promoted as a baddie in the health stakes, maybe it's due for rehabilitation?

If, like me, you are open to the challenge of discovering how to use a new ingredient, Bottarga is available in the UK. Fortnum's stock it, and Amazon and The Fish Society will supply it by post. It can be used sparingly - in many different ways: crumbled into salads, grated over pasta or combined into a pasta source, or simply on crostini as a canape. Trikalinos have very kindly made some of their recipes available for you to try. Those who came to Santorini were given a pack to try, so look out for it being served at IWFS events in the not too distant future.



AVGOTARAHO CANAPÉS

INGREDIENTS (serves 4)

20 thin slices of avgotaraho
10 thin baguette slices
5 dried apricots or figs, cut in half
1 ½ tablespoons of cream cheese
1 tablespoon of honey
1 teaspoon of balsamic vinegar

Spread the cream cheese on the bread slices and top with either the apricot or fig half, along with two avgotaraho slices. Mix the honey with the balsamic vinegar and drizzle, using a toothpick.

SPAGHETTI WITH AVGOTARAHO

INGREDIENTS (serves 4)

1 packet of spaghetti (500 g)
25 slices of avgotaraho
8 tablespoons of olive oil
1 cup of finely chopped leek
1/2 of lemon both juice and zest
salt and freshly ground pepper

Boil the spaghetti according to the instructions on the package. Heat 4 tablespoons of olive oil over a medium flame and sauté the leek for 8-10 min, until smooth. Add the salt and pepper. Cut the avgotaraho in thin, transparent slices and mix with the lemon juice and 4 tablespoons olive oil. Strain the spaghetti, add the leek, stir, add the avgotaraho and mix. Sprinkle the lemon zest and a generous amount of pepper. Serve immediately.

BLACK LINGUINE, CHERRY TOMATOES, ASPARAGUS AND BOTTARGA POWDER

INGREDIENTS (serves 2)

200 g black linguine (or regular pasta)
6 cherry tomatoes
6 asparagus, chopped
1 spoonful of bottarga powder
1 garlic, crushed
extra virgin olive oil
zest of a lime
1 spoonful of chopped chives
salt & pepper

Boil the linguine according to the cooking time suggested on the package.

In the meantime, sauté garlic in a saucepan with extra virgin olive oil. When garlic turns golden, discard it. Add the cherry tomatoes and toss in the oil for about 2 minutes. Pour in the asparagus and stir until softened. Add cooked pasta to the saucepan with a couple of tablespoons of water – in which the pasta was boiled and add the bottarga powder. Stir for 2 minutes and sprinkle chopped chives, lime zest, season with salt and pepper. Serve in two dishes and drizzle with more extra virgin olive oil.

Madeira in May



Merseyside and Mid Cheshire have been on their travels again, this time to the beautiful floral island of Madeira. Val Bishop Tours, in association with Ace Cultural Tours, took a party of 28 members and friends to this lovely Portuguese outpost in the Atlantic, where we enjoyed a week of good food, excellent wines and superb company.

Our base for the week was Hotel Quinta Bela Sao Tiago, in Funchal. The hotel commands wonderful views of the city and the sea, and it was very pleasant to breakfast on the beautiful terrace.

We were fortunate to have Martin Symington as our tour director. Martin accompanied us on the Douro in 2011 and he is an expert on Portuguese wines, Port wines and Madeira wines. He offered us three wine tastings based in the hotel, as well as a visit to Blandy's Wine Lodge.

The tastings covered the three main wine production areas of Portugal.

Table wines North to South on the main land -the Douro for Port and Madeira for its indigenous fortified wines. The table wines were both old style and modern. Vino Verde and Dao were the old, Alentejo and Douro for the new. All were interesting and very good quality.

The Madeira tasting showed all styles from Sercial to Malmsey and began with 5 year old wines -all based on Tintanegra. Then the specialist wines, Sercial, Bual, Vedelho and Malmsey. These were all 10 years old at least. The final Malmsey was particularly excellent.

The Port tasting showed white, ruby, tawny and vintage Port. All from Symington Empire. The 10 year old tawny was a new style with a paler colour and a very attractive slightly sweeter style. The 20 year old tawny was superb. The vintage Quinta de Malvedos was dark with a chocolate centre and complex finish. A suitable finale.

The wines with the meals were almost all Alentejo because this is the area producing modern wines of reliable quality, reasonable variety and suitable for early drinking. They were all pleasant and some very good indeed.

Food was also a highlight of the week. At the internationally famous Belmond Reid's Palace Hotel we enjoyed a tour of the hotel and gardens, before being served champagne on the terrace, overlooking the Atlantic Ocean.

This was followed by an alfresco dinner at their Villa Cipriani. The menu was as follows:

Sautéed linguini with scampi sauce and aromatic herbs

Saltimbocca of veal fillet with ham and sage, potato puree with celeriac

Apple tart tatin with almond biscuit and walnut cream

Coffee and petits fours

The accompanying white and red wines were from the Reid's Collection Premium 2012.

The meal was excellent and such a high standard was set on the first evening, that

one wondered was it going to be downhill for the rest of the week? We soon realised that the highest standards were to be maintained with lunch, the following day, at

Vila do Peixe, in Camara de Lobos. This was continued throughout the week with dinner at Restaurant Armazem do Sal, in Funchal and a traditional Madeiran meal at Adega de Quinta, high in the hills, to the west of the city. This meal consisted of:

Madeiran stone baked bread, with garlic butter and a variety of appetizers.

MEATS

Typical "Espetada" of fresh rump of beef cooked and served on a spit

Roasted chicken served in the pot

Chargrilled Picanha – a rump steak from Brazil

ACCOMPANIMENTS

Fried maize, homemade chips, sweet potatoes with molasses, country rice and mixed salad.

A selection of deserts, including the custard tarts for which Madeira is renowned.

When the meal was over we were treated to traditional Madeiran folk music, singing and dancing, with many of our party participating!

For our farewell dinner we enjoyed the gastronomic delights of Quinta Bel Vista –

Casa Mae. We were greeted in the gardens with a glass of Buck's Fizz before being escorted into an elegant dining room.

Our menu:

Salted foie gras with nut bread and rocket salad (Madeira wine Barbeito Sercial 10 Year Old Reserve)

*

Rolled fillet of sea bass with vegetables and carrot cream (Donna Maria 2013 – Vinho regional Alentejano)

*

Mandarin sorbet

*

Le porc bajoue with "alheiras" marinated in Casa de Santar Reserva 2008

(Casa de Santar Reserva 2008 – Dao)

*

Almond cone with ice cream and custard.

There was time to explore the many restaurants of Funchal, independently, and one which I think deserves to be mentioned is Restaurant do Forte, situated in the 17th century Fort of Sao Tiago, overlooking the harbour. The 39 Euro five course menu, with accompanying wines and coffee, provided excellent value for money, as well as being a delight to both the eye and the palate.

Some of our party returned to Reid's Hotel for afternoon tea on the terrace accompanied by Pommery Champagne. I had the gluten free option, which was delicious, especially the scones. Madeira was able to provide some excellent gluten free alternatives, available in many restaurants without pre ordering.

Besides visiting Funchal, with its delightful 15th century cobbled streets and interesting farmers market, we enjoyed excursions to a banana plantation and to two magnificent gardens. These were Quinta do Palheiro Ferreiro, the beautiful Blandy Estate and Garden, and Quinta Palmeira. Both offered a variety of exotic flowers, old trees and different species of flora native to Madeira.

The sun shone and the temperature was very pleasant, without being too warm for comfort. Comfortable shoes and a walking stick are important accessories for any traveller to this beautiful island and if you have never ventured there, you don't know what you are missing!

Where to next, Mrs Bishop?

around the branches - Malmoe



By the sea

On a sunny Sunday afternoon our branch finished the spring season at Nina Christenson's new success story, Strandhuset opened last year by the beach Sibbarp in Limhamn. She also runs the luncheon restaurant SMAK, much appreciated by our members and others, as well as one of the first and still one of the best nose-to-tail restaurants in Sweden, Bastard.

Twenty two happy (at least those who did not follow the instruction in the invitation to jump off the bus at the end stop and had to take a 10 minute walk back!) members and guests enjoyed a delicious BBQ together with a number of various wines and had a good

time in good company as start of the summer.



Rolf Fransson Photos: Pierre Mens



1934 to 2014

MERSEYSIDE & MID-CHESHIRE BRANCH
are CELEBRATING their
80th ANNIVERSARY and CHRISTMAS
PARTY DINNER at the
CHESTER GROSVENOR HOTEL
Belgrave Suite. Michelin Star Chef - Simon
Radley

has created a special menu for the occasion -
paired with appropriate wines.

Cost will be £80 per person including a Com-
memorative Gift

This event has been subsidised by the Branch

Sunday 14th December 2014

Aperitif - 7.30pm for 8.00pm

A special room rate has been arranged at the hotel
and contact hotel direct to reserve a room.

01244 324024

For the dinner - contact

Val Bishop 01745860136

karnak.fvb@btinternet.com

around the branches - Manchester



SUMMER GARDEN PARTY

What a lovely day it was! The event was held at Astle Edge, the lovely home of our hosts, Raymond and Marie Gould, in Chelford. They had suggested that we hold the event in June rather than July or August, because the garden would be at its best, and how right they were. It was absolutely beautiful, and we were lucky enough to choose a glorious day.

The meal was catered by Gastronomy, but served by the Committee. On arrival we served a glass of Nua Rose Prosecco Veneto, which tasted even better drunk in the sunshine. The

first course was Smoked salmon mousse, with pickled cucumber, dill salad with melba toast

The wine with this was Cousino Macul Chardonnay, Maipo valley, very refreshing.

The helping of mousse was rather large, and a bit salty, but the wine ameliorated that. The main course was Seared beef with fresh horseradish, potato salad and French bean salad. The beef was very tasty, and very tender. The wine to go with this was Côtes du Rhône Massif D'Uchaux. This continued with the Pont l'Eveque and H S Bourne's Mature cheddar cheeses.

The pudding was a delicious and very light Lime and coffee meringue, with lime zest and coffee cream. The wine was Conchay Toro Late Harvest Sauvignon Blanc, very rich and a beautiful colour.

All in all, a lovely day out

Valerie Hall

Gonbay Chinese Restaurant

The Gonbay ("Cheers" in Cantonese) Restaurant with its connection via the owner/chef to the highly rated "Wings" Restaurant on Albert Square in Manchester has brought Chinese fine dining to the Altrincham area. Dim Sum are a particular speciality of the house.

On the night, front-of-house manager Ming gave a warm welcome to The Society. Service was generally excellent although perhaps a little too enthusiastic with regard to wine, stocks of which had to be replenished by the Society during the meal.

Needless to say the initial Dim Sum course, comprising of two crispy and two steamed dumplings and steamed fresh scallops in shell, was good to eat and was presented with superb carved vegetable figures. This course was well complemented by the half-dry Chenin Blanc (Fistful of Schist Reserve, Coastal 2013, RSA) without overwhelming the delicate flavours. The second course of Chicken and Lettuce Wrap was a nice variation on the "wrap" theme and the unoaked Chardonnay (Winery of Good Hope, 2012, RSA) provided an appropriate accompaniment.

The four "main" courses, Steamed Sea Bass with spring onion & ginger, Prawns & seasonal vegetables with XO sauce in a birds nest, Cantonese Fillet Steak on a sizzling dish and Lamb with black bean sauce & spring onion in a clay pot were each very tasty in their own way. At this point as well as the Chardonnay an alternative in the form of a Chilean Shiraz (Tabali Reserva Especial, Limari Valley, 2011) was also offered but seemed rather too heavy against the delicate flavouring of the food.

The deep fried ice-cream was a refreshing finale.

All in all a very pleasant social evening was enjoyed (judging by the noise levels) by everyone, not least by the two birthday boys Bill Redman and Alan Flinn.

John Chippendale



around the branches - Zürich



Barbecue Course on 21 May 2014

Event:

The Bahnhof Restaurant in Mettmenstetten near Zurich is known for its barbecues. According to the owner, Urs Koffel, first class ingredients and the perfect temperature of either direct or indirect heat are the secret. He shared his expertise recently with members of the Zurich IWFS Branch, which culminated in a feast of fish, meat and desserts with matching Italian wines. Those with a real thirst could also indulge in beer made in the restaurant's own brewery. Urs provided us all with gas grills (although the restaurant itself uses charcoal) which were used by all with great enthusiasm and fun.

The menu started with the creation of small pizzas and Flammekueche (imagine here something like a pizza base topped with sour cream, onion and chopped bacon) to whet our appetites.

There followed a lecture on fish barbecuing, which was put into practise with beautifully fresh whole local salmon trout, salmon and tuna fillet.

The next round included beef, horse and veal, where we learned about strict control of the flames and the temperature of the meat, which almost took on scientific dimensions!

Not to forget grilled vegetables- healthy and tasty.

We tasted Urs' speciality "drunken chicken" (open the beer can, take a swig yourself, stand the can upright in the grill with a whole chicken carefully pushed on top of it. Cook and carve!).

Finally, ever thought of cooking chocolate muffins on the barbecue? No, nor had I, but take it from me, it was a delicious way to end the evening.

Food:

Pizza (8 min, 300°C, indirect heat)
'Flammekueche' (8 min, 300°C, indirect heat)
Tuna (6 min, 200°C, indirect heat)
Salmon (12 min, 150°C, indirect heat)
Salmon Trout (2 x 10 min, 200°C, direct heat)
Veal Chop (2 x 8 min, 200°C, direct heat, core temperature 62°C)
Beef Sirloin Steak (2 x 7 min, 200°C, direct heat, core temperature 52°C)
Horse Fillet (2 x 10 min, 200°C, direct heat, core temperature 48°C)
Drunken Chicken (90 min, 200°C, indirect heat)
Roast Pork (50 min, 200°C, indirect heat, core temperature 78°C)
Chocolate Muffins (6 min, 300°C, indirect heat)

Wines:

Prosecco Alexander Brut, Bottega, Treviso DOC (Treviso)
Grívó, Volpe Pasini, Pinot Grigio DOC, 2013 (Friuli)
Ripasso la Cassetta, Valpolicella classico superiore DOC, 2011 - 70% Corvina, 15% Corvinone, 15% Rondinella – 18 months in barriques (Veneto)
Primitivo Villa Santera, Manduria IGT, 2012, 6 months in barriques (Puglia)

Grappa Moscato 'L'Anima di Vergani'
Grappa Amarone 'L'Anima di Vergani'
Grappa Prosecco 'L'Anima di Vergani'

Beer:

'Mättmibräu' (local mini brewery)

Kurt Haering

26



Urs Kaffel



around the branches - Helsinki



Taste of Helsinki

What does Helsinki taste of? Of lamb in liquorice sauce, or of pork in coconut sauce, or of lobster sausage in risotto with saffron, or of liquorice tiramisu – all served outdoors in warm summer rain, with exquisite wines. The first glass is always the best one – Taittinger les Folies de la Marquetterie – but the Mistral by the Jolie/Pitt couple was not bad either.

On the 12th of June, 2014, the IWFS Helsinki Branch arranged an event visiting the "Taste of Helsinki" where several top restaurants of

Helsinki were demonstrating their skills by selling small sample portions of their best menu items at affordable prices. The prices were kept low by using cardboard plates and plastic cutlery, and the cooking was made in temporary tents in the Central Park of Helsinki. Only the wine glasses were genuine – they were rented to the public for the low price of 2 Euros per glass.

Susanna Heikkinen and Jaakko Rahola



Surrey Hills



Lunch at The Royal Oak

In July we went to The Royal Oak, Paley Street near Maidenhead. Here an old Inn has been transformed into a restaurant which holds a Michelin star. Chef Dominic Chapman has worked in a number of kitchens, Kensington Palace, The Fat Duck and at the Hinds Head in Bray. He has also been seen on TV in the Great British Menu.

Our lunch of three courses consisted of a choice of three Starters: Gazpacho Andaluz: Beetroot and Pear Salad with Innes Goats Cheese and Walnuts. For the mains there was Confit of Duck with Savoy Cabbage, Carrots Bacon and Peas: Roast Scottish Sea Trout with Braised Gem Lettuce, Spring On-

ions, Peas and Girolles: Navarin of Cornish Spring Lamb with Carrots Turnips and Peas.

Desserts were Apple Tart with Vanilla Ice Cream: Elderflower Arctic Roll with Strawberry Salad and Honeycomb: Brown Butter Panna Cotta, Chocolate Mousse with Banana Sorbet.

Our welcoming wines were Badassiere Sauvignon Blanc and Syrah and through the meal we drank a Corrailillo Pinot Noir Matetic and Picpoul de Pinet finishing of course with tea, coffee and Petits Fours.

It was a lovely summer's day and the ambience with the doors wide open to the terrace and garden set the seal on a delightful lunch.

Helen Mills, Chairman



around the branches - Devon



Visit to Brixham

The quaint fishing port of Brixham was the destination for members of the Devonshire branch for their May meeting. Although close to home the branch had not visited Brixham for many years and members were most enthusiastic, enjoying the amazing views of the fishing fleet immediately outside the windows whilst they tucked into a delightful six course meal on a pleasant Spring evening. Only a few yards from one of the country's most renowned fish markets the chefs take full advantage of having access to the freshest fish available and Brixham has the highest catch in the country. After enjoying a Pinot Grigio blush rose with canapés the meal naturally started with a traditional bouillabaisse with garlic croutons and herb oil, followed by Brixham potted mackerel, gooseberry jelly and mustard salad. Roasted hake with chorizo, chickpeas and coriander followed, both courses being full of delightful flavours. A cheese course followed consisting of Devon blue and Somerset brie served with quiche jelly and

orange chutney. Sauvignon blanc from Chile and Trivento Malbec from Argentina was served throughout the meal to choice. Dark chocolate bread and butter pudding with creme anglaise or toasted lemon crepes with crystalised lemon were the choices for dessert, and members finished the evening with convivial chatter whilst drinking their coffee and petit fours and viewing the scene of the town ablaze with light. For those members not choosing fish throughout there was a choice of pea and mint soup and coq au vin. A truly enjoyable evening.

June Rallison.



Black tie dinner at Gorton's restaurant, Tavistock

Following a successful event at Gorton's in 2013, the Devonshire Branch paid a return visit to Tavistock on 11th June. This time the sun was shining and we were able to have the pre-dinner drinks in the courtyard, a wall of which once formed part of Tavistock Abbey and dates back to the 14th century. The aperitifs were two Viogniers, tasted blind, which were Condrieu Clos Boucher and Yalumba Virgilius Viognier, both from 2008. The fresh-tasting Australian wine won on points.

Twenty-four members and their guests filled the modest-sized premises almost to capacity. The principal speaker was Mark Hellyar, owner and winemaker of Château Civrac in the Côtes de Bourg, Bordeaux. Mark divides his time between France and his home in Cornwall, just across the river Tamar from Tavistock. The main course – roast loin of Devonshire lamb with shank tortellini and red wine rosemary sauce – was accompanied by Château Civrac 2006. This wine is unusual for a red Bordeaux in that it contains 25% Malbec as well as Merlot and Cabernet Sauvignon. Jancis Robinson describes it as having a "Dark, slightly smoky nose of cedar and cassis in a restrained style."

The *amuse bouche* was Italian mushroom soup with pesto, accompanied by Kumeu River Pinot Gris 2011 from New Zealand. With the fish course – Loch Duart salmon and sea bass terrine – we drank an Alsace Riesling, Grand Cru Brand, Cave de Turckheim 2008. This was followed by crispy duck confit on wild rice pancake, with red wine shallot and truffle dressing. To go with that we had another New Zealand wine: Mount Koina Pinot Noir 2012.

During the now traditional "pudding wine pause" we were served an icewine – Inniskillin Vidal 2012 from Niagara, Canada. Peter Gorton is a master of the pudding course, and created an *assiette* of desserts: chocolate pithivier; vanilla pannacotta and blackcurrent sorbet terrine. We finished with a choice of digestifs: 30-year-old Osborne Venerable Pedro Ximénez or Château de Tariquet VSOP Armagnac.

The evening was voted another success and Branch members were genuinely sorry to hear that it would be the last at that particular venue. Peter Gorton, formerly of the nearby Horn of Plenty, has since closed his Tavistock restaurant and is opening a training academy for aspiring chefs in Plymouth.

Philip Clark



around the branches - Merseyside and Mid Cheshire



Sunday Lunch At 'Oddfellows' Chester

Merseyside and Mid - Cheshire Branch enjoyed an interesting and very enjoyable Sunday lunch at the sophisticated and yet displaying modern chic, restaurant in the heart of the City of Chester and minutes from the River Dee.

The 17th century facade encourages one to enter into an exciting new innovation for Chester. It is one of a rare breed of Bistro Boutique Hotels and is supported by some of the more discerning patrons of the travel business. The restaurant can be available on two floors and supports a wonderful roof garden which gives Oddfellows a flamboyant twist.

We shared our lunch with members of Manchester Branch - always a pleasure to intermingle with those of like minds and we enjoyed a delicious meal consisting of ~

MENU

Aperitif

Pinot Grigio Blush ~ 2013 ~ Cantina La Delizia ~ Italy

Gravadlax- Cured Salmon, sour apples, lemon and vanilla

2011 Chenin Blanc Kleine Zalze Vineyard Selection, South Africa

Roast Cheshire Pork Loin, Roasted Potatoes, truffled greens, mustard sauce, sweet apples

2012 Rioja Tinto Senorio de Espiga, Spain

Panacotta – Basil flavours, strawberry soup, biscotti

Tea/Coffee

The Chester Grosvenor Hotel are associated with the Oddfellows and the Garden Restaurant is under the jurisdiction of Simon Radley but chef Steven Tuke, who organises the main restaurant, certainly created a fine meal for our Branch and we heard praise and no complaints!

Val Brookfield-Bishop

Jabula South African Restaurant Ellesmere Port



On 19th June 2014, members of the Merseyside & Mid-Cheshire and several guests from the Manchester Branch visited this attractive restaurant, situated beside the Manchester Ship Canal adjacent to the Boat Museum.

It was a pleasant, sunny if slightly breezy evening and the aperitif was taken outside. The Franschoek Sauvignon Blanc was particularly fruity and clean with a long after taste and much appreciated.

The first course was a taster of South African specialties. Crocodile on a crouton, frikkadel (a meat ball in Sheba sauce), goats cheese and creamy mushrooms. With these we drank Boschendal Chenin Blanc which was well balanced and particularly typical of the grape, with a long creamy finish.

The main course was a triumvirate of Cape Bobotie, a Game platter of Ostrich, Zebra and Springbok (hot) and Pot Luck - a local Cape casserole - fried lamb with vegetables in a rich sauce.

The Bobotie was particularly appreciated. The O.K.S was a curiosity most people feeling that the Ostrich was the best and the casserole could well have been Welsh! With this we drank Pinotage from Franschoek, by the same producer as the Sauvignon Blanc. This was juicy, quite young and went particularly well with the spicy Bobotie.

For dessert we had a choice of interesting 'cakes', four in all. Each interesting and very calorific!

To complete the entertainment the proprietor took each table in turn to play the Bongos!! There were a few decliners but not many and the Chairman of the Manchester Branch stood out as a 'natural'.

In conclusion this was a most enjoyable evening and I think many of us will return.

Paul Bishop

around the branches -London



A Zinfandel Tasting and Dinner

On 8th July, London Branch held an exceptional celebration of American Zinfandels. The evening began with of a tasting of five wines followed by a dinner composed by James Cattle, the chef of the Naval Club, to allow us to continue with the zinfandels throughout !

Richard Duncan and Andrew Brodie, both great fans of Californian Zinfandel were

able to raid their collections and to demonstrate that properly cellared New World Wines from as far back as 1976 last well and are delicious. All examples were very good, with only one slightly spoiled by cork taint.

Twenty members gathered in the Sergeant's Room at the Naval Club, London, with the room carefully laid out for a comparative tasting.

We tasted:-

Ravenswood Lodi old vine '02.

Mayacamas Napa Valley '83,

Rosenblum Cellars Allegria Vineyard, Russian River '97,

Joseph Phelps old vine, Napa Valley '78,

The Mayacamas '83 had a little cork taint, so we then opened the 'reserve player', **Sausal Alexander Valley '88.** This was perhaps the best of the wines in the tasting part of the event, so indeed we were lucky. All of the wines remained visually dense but with varying degrees of orange, still fine mature fruit on the nose and a nice complex palate with good acid.

We then moved into the Cunliffe-Owen room where the table was set out as a big oval allowing a very convivial meal. We were now able to try similarly aged but a little more recent wines with food.

The menu was

Salt Beef terrine with quince jelly and sweet pickle,

Breast of Gressingham duck with passion fruit sauce,

Dark Chocolate Delice, hazelnuts and espresso ice cream;

With this we enjoyed -

Robert Biale Aldo's Vineyard Napa '98,

Karly Sadie Upton Amador '02,

Ravenswood Chauvet Vineyard Sonoma '06,

Ridge Geyserville Sonoma '10.

As planned, the wines matched well with the food, and indeed the chocolate was not a clash at all!

Finally, encouraged by the assembled company, Mr Brodie was persuaded to open the very rare **Magnum of Mayacamas Late Harvest'76 (17%!!)**. Thus, allowing us to sip and relax with the Lincolnshire Poacher & Tete de Moine cheeses at the end of a thoroughly enjoyable event.

Andrew Brodie

around the branches - Munster



Heather Restaurant, Gap of Dunloe, Killarney

The newly opened restaurant in the foothills of the McGillicuddy Reeks **'Heather'**, welcomed the International Wine and Food Society (IWFS) Munster Branch last Friday evening at their picturesque venue in the Gap of Dunloe

'Heather' which opened its' doors a number of weeks ago has been hailed as a local food mecca in Co. Kerry and is attracting visitors from all over. Speaking recently, owner Denis Pio Moriarty, whose family have run the well known gift store **'Moriarty's'** in the **Gap of Dunloe for 50 years** said *"we were delighted that the IWFS decided to choose 'Heather' as a destination to host their first ever event in Kerry. As food lovers, we're very proud of our menu and all our ingredients are sourced locally. I think this was very attractive to the IWFS as it's what the society firmly believes in and we are delighted to welcome them to the Gap"*

Last Friday evening Richard Nash, of Newcastlewest, who is responsible for opening the Munster branch of the International Wine and Food Society stated *"This is just the third outing in Munster of the IWFS. Our aim is to showcase and experience all the leading lights in the food and wine industry – high quality restaurants, wine importers and indigenous food producers. Our first event was hosted by Myrtle Allen in Ballymaloe, the second with Beverley Mathews and Emmanuelle Legrand of L'Attitude 51 in Cork city. 'Heather' is the perfect follow on from these two leading culinary venues and we are delighted to be bringing our Society to such a beautiful location. Heather's menu is absolutely delicious and along with the spectacular backdrop of the McGillicuddy Reeks and the fabulous atmosphere, it's been a thoroughly enjoyable evening. We will certainly be back"*.

A range of wines were carefully chosen by Donie O'Brien of Eno wines to go with each of the courses. Richard Nash stated *"The team at Heather are doing something very special here, with delicious dishes, using the best of local produce and stocking the best of wines. This is a culinary gem in the heart of the Kingdom"*

'Heather' restaurant is now open and will be in operation 7 days a week during the forthcoming summer season. For further information please see www.moriartys.com

For more information on the **International Wine and Food Society – Munster Branch** please see: www.facebook.com/pages/International-Wine-and-Food-Society-Munster-Branch



around the branches - Manchester



Summer Lunch at Hipping Hall

On Sunday 6th July, 22 members and guests visited Hipping Hall at Cowan Bridge, near Kirby Lonsdale for Summer Lunch. Our guests were Ian & Chris Nicol (EAC Chairman), Ron Barker (Immediate past Chairman) & Val Ramsay, all from Blackpool Branch. Valerie Brookfield-Bishop and her friend Veronica from Merseyside & Mid Cheshire Branch.

A selection of canapés had already been eaten and enjoyed when my wife and I arrived, as we had been delayed by a motorbike accident. Accompanying the canapés was a Marie Courtin Resonance Polisot from France NV bio dynamic sparkling wine, which most had enjoyed, however I found it quite bland with very little mousse.

We were seated and Robert, Specialist Biodynamic Wine Merchant of Buon Vino gave an enthusiastic talk about the wines

that would be served with our meal.

Our first course Cheese Custard, Asparagus, Truffle and Sourdough, a delightful little dish which went well with a Gewurtztraminer from Albert Mann, Alsace 2011, a wine with a taste of its own, not everybody's choice, but certainly mine.

This was followed by Fresh & Smoked Mackerel, Cucumber, Wasabi Yoghurt and Black Sesami. The freshness and smokiness of the mackerel gave the dish great texture – one member said it was one of the best mackerel dishes we have had. The Arbois wine from Domaine de la Tournelle went quite well with the food, but was not a favourite on my table.

Next we were served Stewart Lamberts Lamb (a locally bred Swaledale lamb), Peas, Broad Beans and Lamb jus as our main course. It was exceptional, delightfully tender and tasty, cooked to pink perfection. The accompanying wine was Chateau le Puy from Cotes de Francs Bordeaux France 2009. A great vintage and it showed well, with lovely soft blackberry fruits and well balanced with a long pleasant finish. It complemented the food admirably, although I was rather surprised to see it on the hotel wine list at £63 per bottle!

The dessert of strawberries, black pepper, sorbet and basil granite was superb, an explosion of flavours accompanied by a sweet wine from Gaillac Grain de Foulie Causse Marines which went well with it – a pleasing course,

We then sat on the sunny patio for the Petit Fours, Chocolate & Mint Gell, Hazelnut Parfait with assorted caramel and pistachio crumbs on top followed by coffee.

An outstanding lunch and at £60 very good value. It was an absolute shame that it did not receive the support from the members that it deserved.

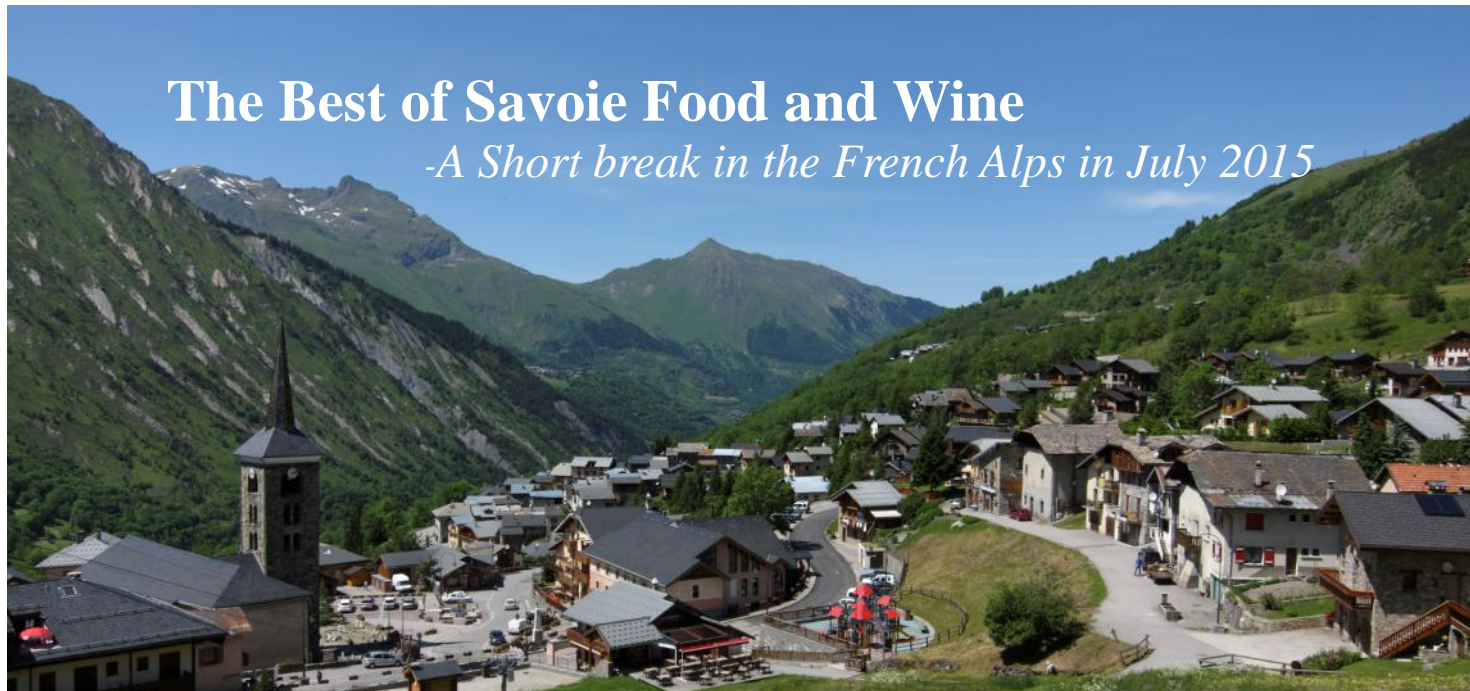
Our thanks to Head Chef Brent Hulena, from New Zealand, and Sous Chef Oliver Martin.

Bob Lloyd



The Best of Savoie Food and Wine

-A Short break in the French Alps in July 2015



The Savoie has a long and interesting history. The Duchy of Savoy, as it used to be known, occupied a strategic position on the main route between France and Italy, and the Dukes of Savoy were important and powerful people. Wine has been made there from the earliest times, but today most of it is consumed locally, and is little-known outside the area. Some will have experienced the fresh local whites and lightish reds on skiing holidays, but the best producers in the Combe de Savoie are capable of more than that, and according to some can rival the Northern Rhone.

Those whose memories of Savoie food are dominated by vast quantities of potatoes and cheese may be surprised to learn that a number of local restaurants now sport several Michelin stars, and some have acquired an international reputation. Many of the more traditional establishments have improved beyond recognition.

This four night break will be an opportunity to experience some of the best food and wine that the Savoie has to offer, as well as learning more about local history and traditions, all against a background of spectacular mountain scenery.

Details have yet to be finalised, but the break will include

4 nights at a comfortable mountain inn in St Martin de Belleville, a pretty mountain village with a history of farming and cheese production.

Dinners at well-known local restaurants, including La Bouitte and the Oxalys, both of which sport two Michelin Stars, as well as several more traditional establishments.

A wine making tour of some of the best local producers.

Visits to traditional farms and cheese-making establishments

And generally light lunches, depending upon where we are at the time.

The cost, excluding transport to and from St Martin de Belleville will be of the order of £950 per person, based upon double occupancy. Moutiers rail station is a half an hour's drive, Geneva and Lyon airports about 2.5 hours. Various public transport options are possible, and we will arrange a shared minibus from Geneva airport if there is enough demand.

The proposed dates are 6th - 10th July 2015. Full details will be confirmed in September, but we need an early assessment of numbers to secure the booking. To reserve your place for this very special event please send your details as soon as possible, as outlined below, together with a refundable deposit of £50.00 per person. All IWFS Members are welcome to book this event.

1. Book by sending an email to the EAC Treasurer, John Nicholas, at johnsnicholas@aol.com stating the name of your Branch, the full name of each person for whom you are reserving a place, a telephone number and whether or not any of the party are guests We would prefer payment by electronic transfer in GBP (£ sterling) as follows:

Bank: NatWest Branch: NorwichCity Office Sort Code: 60-15-31

Account Number: 68005652 Account Name: IWFS-EAC

IBAN: GB 33 NWBK 6015 3168 0056 52; BIC: NWBK GB2L

Please include the reference: EAC SAVOIE 2015

If you wish to pay by credit card please contact John either by email or mobile: (00) 41 79 753 68 81. Payments by credit card will incur a 3% surcharge.

2. If you prefer to book by post, please send the same information with a cheque as follows:

J. S. Nicholas (for IWFS EAC), c/o Mrs G S Moore, 2 Stevenson Close, East Hanney,
Oxfordshire OX12 0FF

Ron Barker has a smashing good time at The White Swan at Shawell



We were driving towards Oxfordshire to represent Blackpool Branch at the Annual Branch Representatives meeting and decided to overnight at the home of Ken, my brother, on the boundary between Leicestershire and Warwickshire. It is nearly 50 years since I moved to Merseyside from the Heart of England so I relied on my brother's recommendation for somewhere to eat. To prove that it was a genuine recommendation both he and his wife chose to join us for dinner.

Shawell is a small village near the junction of the M1 and the M6 but giving the appearance of being in the middle of nowhere. It is perhaps mid

way between Rugby and Lutterworth. Although it's address is Main Street it is not on a thoroughfare and it must rely on its reputation to attract customers; there is little 'passing trade'. We arrived in a thunder storm and had to return the following day to take the outside photograph. However it was immediately apparent that this was not an ordinary village public house. It has been recently refurbished and has been awarded 1st place in the CAMRA design awards for best refurbished pub. Apparently the judges praised the "attention to detail which takes it well beyond the normal pub makeover". The quality was apparent both inside and out.

We were welcomed at the door and saw that the restaurant was already busy. We were pleased that my brother had phoned in advance to reserve a table. We were offered 3 different menus and studied them all. They have a "Pub Menu" (served all day), a "Restaurant menu" (served 6 pm to 10 pm), and a "Wednesday Wine & Dine Menu offering 2 or 3 courses with matching wine., but we were told we could order anything off any of the menus as all the food comes from the same kitchen.

I wanted to learn more about the chef/proprietor. Rory McClean and his partner Samantha, purchased the pub in late 2012 and supervised the extensive refurbishment, aiming to ensure that 'The White Swan' remains a traditional country pub but with a more contemporary feel and top class food. Rory was educated at Rugby School and Loughborough University before learning his trade. from the Michelin starred masters. He trained under Marcus Wareing and then worked for Jason Atherton, before deciding to set up his own business.

Now all I needed to know was had the training worked! I decided to test the offer of mixing menus by ordering a starter from the pub menu and a main course from the restaurant menu. Ken went one better by mixing a starter from the 'Wine & Dine' but selecting a main from the normal menu. The ladies were content to stick to the normal menu enhanced by some 'specials'. The wine list had 47 items; 26 of which were also available by the glass (175 ml). The bottle price varied from £14.95 for House Sauvignon blanc (from Chile) or House Chardonnay (from Macon), both available at £4.30 a glass; to three non vintage Champagnes (Veuve Clicquot; Bollinger Secial Cuvee and Taittinger Prestige Rosé) priced at just under £65



. We ordered a selection of different whites by the glass including a good South African Chenin blanc (£5.30) and an excellent Albarinô (£6.15) followed by a bottle of 1998 Casado Morales Gran Reserva Rioja (£39.50)

Before the expected food arrived the waiter brought us all an 'amuse bouche, a tall shot glass of orange coloured soup with a foam head. The waiter said it was carrot soup but I thought that I also detected some citrus flavour: orange or grapefruit? But the biggest surprise was the foam flavoured of licorice. And the combination of flavours blended superbly! Thank goodness I didn't have to choose a wine to match. It was as delicious as it looked and gave us confidence in what was to follow. My starter was the pub 'Runny venison scotch egg', served pub style without garnish; a fresh boiled egg, coated in venison sausage meat and deep fried; served hot but when I cut into it, the yolk was still runny whilst the egg white and sausage meat were properly cooked. Delicious and impressive cooking. The ladies were very happy with their chosen 'Asparagus & golden cross tart with cherry tomatoes'; and 'Pan fried scallops with egg yolk, peas and bacon'. Ken had ordered the 'Smoked ham hock with minted peas, egg yolk and bacon sauce' from the wine and dine menu which was served with a tasting glass of Mercury blanc 2011 Les Carabys Domaine Chanzy from Burgundy which is not normally available by the glass. You will note that the kitchen has a water bath and seems to specialise in long slow low temperature cooking of eggs. I usually have problems finding a wine that will accompany eggs so I was pleased that the restaurant had successfully made the decision for me.

I do not normally order a steak in a restaurant as I usually want a dish that gives the chef an opportunity to demonstrate all his skills; in fact in a pub I would normally choose a pie as I find this is the best item to judge the kitchen, but on this occasion I felt the need of red meat. The 10 oz rib-eye was served with béarnaise sauce and fat chips that tasted as if they were double fried in duck fat (delicious) and a tomato and rocket salad (see I can eat healthy!). The steak had obviously been well hung and was both tasty and tender. If I was looking for a moan it may have been too big; I must be getting old!

My wife ordered the Herb crusted rack of lamb with Niçoise vegetables, potato & shoulder terrine, a version of lamb cooked two ways. She was particularly impressed with the contrast between the roasted rack (served pink as requested) and the casseroled shoulder. The well flavoured Rioja complimented both of them.

When we got onto desserts we were getting full and our constitutions were suffering; but the restaurant was happy to let us share desserts and brought spare plates and cutlery. The star dessert was a 'dark chocolate Moelleux with espresso ice cream & salted caramel popcorn which was served with a glass of Reciutto da Gambellara 2006. The other, more cosmopolitan dessert was a well made apple tarte tatin with vanilla ice cream. And when I had difficulty choosing between dessert wines they allowed me tasting samples to compare. I selected a glass of the Château Perrou Saussignac.

Together with coffee and petit fours, the meal for 4 and the pre-dinner drinks and wine came to £175. Service was not included but well deserved a gratuity and the cooking was as good as I have had in Michelin starred establishments. I do not like to be too positive in any review so I tried to think of the worst aspect of the evening; and then I remembered. In his attempt to get us as close as possible to the door when we arrived in the thunder storm my brother backed his car into the restaurant wall. But try as I might I cannot find a way to blame that on the restaurant.



The White Swan, Main Street, Shawell, LE17 6AG
Tel: 01788 860357

IWFS - EAC Annual Dinner 2014

Friday, 21st November 2014 : 7.00 for 7.30 pm

The Innholders Hall, 30 College Street, London, EC4R 2RH

(nearest Tube Stations: Cannon Street and Bank, but please note that Cannon Street closes early and will not be open for your return journey).

Cost: £129.00 per head for members and £135.00 for guests **DRESS CODE: BLACK TIE**

Following the tremendous success of the Avery memorial dinner and the Roux lunches last year, the EAC has decided to institute an annual dinner. For 2014, this will be held at the Innholders Hall in the City of London. The Innholders



can trace their origins as a craft guild back to the early 1300s, and their historic Hall, which dates back in part to the 1500s, is the perfect setting for a prestigious dinner. More important from our point of view, it differs from most London livery halls, which use external mass-catering companies, in having a top-ranking chef on site, with an explicit mission to establishing the Innholders as the premier destination for fine food in the square mile of the City of London.

Herbert Berger has held Michelin Stars on three occasions: as executive chef at the Cafe Royal, as chef partner at 1 Lombard St and at the Connoisseur. He has also served as head chef at the Mirabelle as well as working at the Connaught Hotel, and at Claridges, and has received many accolades and awards. He is really keen to show IWFS members what his team at the Innholders can do.

The evening will commence at 7.00 pm with a Reception followed by a seasonal four course menu, specially created for us by Chef Berger, with matching wines.

The price will be £129 per person for members and £135 for guests. We need an early assessment of numbers to secure the booking. To reserve your place for this very special event please send your details as soon as possible as outlined below, together with a deposit of £50.00 per person. The balance will be payable on or before 6th October 2014

How to Book

1. Book by sending an email to the EAC Treasurer, John Nicholas, at johnsnicholas@aol.com stating the name of your Branch, the full name of each person for whom you are reserving a place, a telephone number and whether or not any of the party are guests.

We would prefer payment by electronic transfer in GBP (£ sterling) as follows:

Bank: NatWest Branch: Norwich City Office Sort Code: 60-15-31

Account Number: 68005652 Account Name: IWFS-EAC

IBAN: GB 33 NWBK 6015 3168 0056 52; BIC: NWBK GB2L

Please include the reference: EAC Innholders dinner 2014

If you wish to pay by credit card please contact John either by email or mobile: (00) 41 79 753 68 81. Payments by credit card will incur a 3% surcharge.

2. If you prefer to book by post, please send the same information with a cheque as follows:

J. S. Nicholas (for IWFS EAC), c/o Mrs G S Moore, 2 Stevenson Close, East Hanney, Oxfordshire OX12 0FF

Cancellation Policy:

Members will have a 14 day cooling off period from receipt of their payment during which they can cancel and receive a full refund. After the 14 day cooling off period, payments will not be refunded unless a replacement registration is received. You are advised to have full insurance to cover cancellation.



Herbert Berger