



Food & Wine

MAGAZINE FOR MEMBERS OF THE
INTERNATIONAL WINE & FOOD SOCIETY EUROPE AFRICA

Issue 134

March 2019



**SAKE: ITS CULTURE, HISTORY AND
'NEED TO KNOW' FACTS**

DE-LUXE CHAMPAGNE

**A JUST MEAL: DINING AT THE
INNS OF COURT**

Chairman's message



This edition of Food & Wine comes to you thanks to the volunteering of Sue Smith from Herefordshire & Monmouthshire Branch to take on the editor's role and produce the next editions of the magazine.

Please give Sue all your support, particularly getting copy in by the copy deadline and generating interesting articles for the main articles or your branch reports. The contact remains editor.eaz@iwfs.org.

Focus this year will be on attracting new members and new branches and we have committed to providing financial resources to branches to help back up ideas and initiatives. At this time of year Chris and I are heavily committed to organising and running CAMRA beer festivals. There is no lack of interest in these, but they are evolving to meet the changing demands of the audience, which covers the age range 20 to 80. In Manchester, I took note of the interest of the audience, which was obviously to try many new beers to the extent that 700 beers and ciders were provided, and it was popular for drinkers to try one third pint measures in order to try as many beers as possible over the four days of the festival. Traditional Real ales are being augmented by Craft beers which have intense and distinctive taste generated by using rare and unusual malts and hops. In turn these beers have a high price due to these more expensive ingredients and small batch volumes, but this does not appear to be a deterrent. Ciders have natural fruit and spice added such as Rhubarb and ginger to generate a new range of flavours. Tastings seminars prove popular to learn about the

elements of tasting, taste buds and understanding flavours, not just to taste a range of beers. Everybody will have different overall tastes but will find consensus when taste profiles are broken down into smaller elements.

Beer and Cider festivals are social events where visitors return year after year, in families or groups. 15,000 visit Manchester. Certain people may not be beer drinkers, through choice or allergies, so other offerings are now being made. For the first time a Gin Bar was opened to enable partners to join their beer drinking counterparts and was extremely busy and successful. Food at festivals may not be gourmet, but again there is demand for new tastes and street food vendors prove extremely popular.

What lessons can we glean from these observations. Well do we in IWFS fixate too much on the fine single vineyard wines, best vintages, famous labels as opposed to trying a wider range of tasteful wines. The era of the Flying Winemakers generating new flavours especially from the New World is probably behind us but the new world is probably where new flavours will still come from, especially as climate change enables new countries/areas to produce wine. I do not advocate adding flavourings to wine but over centuries natural herbs, spices and spirits have been added. Look at Retsina, Vermouths, Sherry, Port, Madeira, Orange (oxidised) Wines. Do you have events featuring these or even gin, rum, whisky or cocktails, which might appeal to a wider audience?

I know of two long standing members who are teetotal, so the attraction of the society to them must be Food and Camaraderie, again are we providing enough new experiences to enhance these areas? Plenty here to think about.

Ian Nicol
EAZ Chair

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 6,000 in 139 branches worldwide.

The Society, which is an independent non-profit making organisation run by volunteers, is divided into three areas – the Europe Africa Zone, the Asia 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 3 for details. Please also visit our website www.iwfs.org or for information about the Society in brief visit our Wikipedia page http://en.wikipedia.org/wiki/International_Wine_and_Food_Society



Editorial

I am slightly bemused to find I have inherited the role of editing Food & Wine for Europe & Africa. I have been a member for many years and the Society appears very successful in all three zones. Our branches in Europe and Africa offer a varied programme of locally based events which could be enjoyed by the wider membership if we took the opportunity to promote events in advance in Food & Wine and on the website, www.iwfs.org. We offer the Heptinstall Award for upcoming chefs whose careers we might follow – we have awards for restaurants that have innovative creations on their menus. As your new editor I want to encourage you to maintain contact and submit – in advance – details of events at which you would welcome members from other branches. Let us know where your expectations have been met or recommend ways in which Food & Wine can improve communication and offer opportunities for members to meet up with friends in other branches. It can only enhance our success.

In this edition we publish reports of events from around half of our branches – we would welcome reports from all, along with advance notice for events in the ensuing months. We plan to feature a photograph submitted by a branch as the cover picture, so if you have a photograph from an event – might be the venue, the food, the wine, the chef, the guests – that you would like to be considered as a cover picture please forward it to the editor with your report. Please send your reports, articles, pictures and details of forthcoming events to: editor.eaz@iwfs.org

The reality in this new century is that our membership in EAZ is declining – not disastrously, but we are not recruiting new younger members. Where are the Millennials? We applaud and award good gastronomic experiences, but do we comment on disappointments? We can influence trends in gastronomy and encourage improvement in the growing leisure and pleasure industry.

Our strength as a Society is in the range of experiences of our members and the gastronomic opportunities we offer – from modest home based lunches that explore and enjoy the talents of members, through unique owner enterprise gastronomic restaurants to the 5* International Festivals presided over by world renowned chefs. We offer wine tastings, visits to vineyards and to the producers of specialist and organic foods. There is so much more to discover and enjoy.

Later this year, from 4th to 6th October, we will be in Valencia for the EAZ AGM and Members Forum which will be just a part of what promises to be a Great IWFS Weekend. Eduardo and Sophie, who established the branch two years ago and who visited us in Bristol in 2018 for the AGM, have created a programme which will include dining at several renowned restaurants in the city and opportunities to visit the historical and modern sectors of this Mediterranean city. Booking details are published in this edition. Valencia is the newest branch for EAZ and has developed very successfully, with over 30 members so far. Look forward to meeting you there.

Sue Smith
Editor

PUBLICATION DATES

- **April: Food & Wine Online (e-newsletter)**
deadline for copy from contributors 31st March; publication mid April
- **June: Food & Wine (printed)**
deadline for copy from contributors 15th May; publication to members 30th June
- **August: Food & Wine Online (e-newsletter)**
deadline for copy from contributors 31st July; publication mid/end August (dependent on summer holidays)
- **October: Food & Wine (printed)**
deadline for copy from contributors 15th September; publication to members 31st October

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De Luxe Champagne

Jeffrey Benson is chairman of London Branch and 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. www.jeffreybenson.net

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A Just Meal: Dining at the Inns of Court

Steven Gasztowicz QC's father escaped from a German Second World War labour camp in his teens, and made his way through occupied territory to Britain, to become a sommelier. Steven is a barrister dealing with property and contract matters throughout the country. He has been a member of IWFS for several years, and is currently Treasurer of Leicester branch.



IWFS & the General Data Protection Regulation

Peter McGahey joined IWFS in Hereford about 20 years ago and has been variously Chairman, Secretary and Treasurer. He is currently a member of EAZ Executive Committee and with the introduction of the GDPR has taken on the role of Data



Controller for EAZ. Now retired, he lives with his partner Sue – who is a branch committee member. They enjoy their food and wines and grow some of their own produce.

News from the International Secretariat

Dear members

As the Society now embarks on its 86th year it has, under its rather large belt, another year of knowledge and experiences of the good, and the bad, in food and wine. You will be able to read more in-depth reports, in this issue, of the 85th anniversary celebrations held in the EAZ last year which all had their own theme and all involved in the arrangements should be congratulated.

The benefit the Society has, over us mere mortals, is that with today's technology the information built up over the years, is there for people to reference now (see Wine & Food update below) and in many years time. As mentioned in Ian's Chairman's letter – it is just up to the Society to attract new and younger members. Hopefully we can tempt new members in, to learn and enjoy this rich resource available but maybe also bring new ideas too. We have made additions on an international level to appeal to a more digitally savvy audience such as the online Grapevine newsletter, the new Vintage App which has now been updated and ready to load (see below) plus our monographs are being released as e-books. The new website will hopefully be a good launch pad for people to find out more about the Society and what is going on too.

I appreciate that to get the full benefit from being a member of the Society the new members need to actively attend events too – this may mean finding out where they go and see how the Society can bring a great food and wine experience to their party too.

As this is food for thought to me I have also summarised below the main activities at the International Secretariat since October last year and what is available to our members now.

Appointment of new global Chairman

On 1st October, the International Council of Management (ICM) held their third meeting of 2018 at the close of Americas Québec Great Weekend (which I joined via conference call from the UK).



As reported in the October issue of the Grapevine the new Chairman of the ICM was elected. It was the turn of the Americas to appoint their candidate as it was time for your Chairman, Ian Nicol to hand over the baton to a new Chairman. Andrew Jones (New York and Cayman Islands branches), member of the ICM since 2012 and Chairman of the Americas from 2014-2017 was successfully elected. An official item of regalia that is passed on is the "Chain of Office" which the Chairman is invited to wear at official IWFS events and Andrew is seen wearing here. Two extra members of Council were also appointed to provide additional representation on the ICM due to the growth in membership globally – in particular in the Asia Pacific Zone. The extra members of the ICM are James Lin (Taipei branch), Chairman of the Asia Pacific Zone and Antonio Escudero-Viera (Puerto Rico branch), Vice Chairman of the Americas. All were welcomed into their new roles by fellow Council members. Americas board members Steve Hipple and Carl Tinkelman were also appointed as members of IWFS Ltd.

At the close of the meeting Ian was thanked for all his work serving the Society over the past two years as global Chairman. He and his wife, Chris, had attended nearly every international festival during this time including Sonoma, Baltimore and more recently Québec, Canada. I am sure many of you who have met him at the regional and international events would join Council in the vote of thanks.

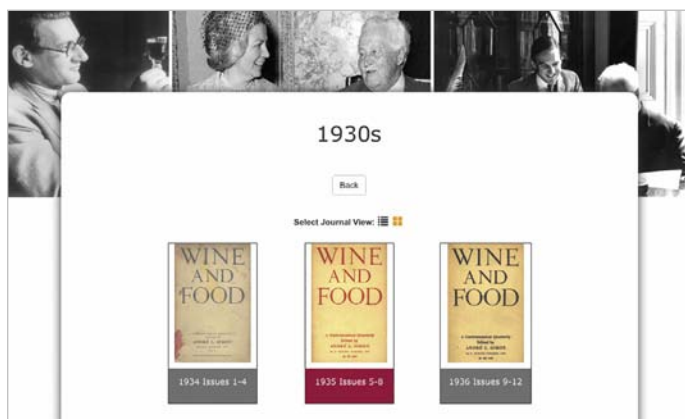
Vintage App – now available

I am pleased to advise that the latest IWFS Vintage App is now available for you to download from the website: https://www.iwfs.org/americas/publications/vintage_app_-_card Hopefully if you are already using it you will welcome the updates. For those of you who haven't yet taken advantage of this then can I urge you to please have a look. Once downloaded onto your mobile device, from the IWFS website, it is like having your own personal sommelier at your side – check what vintage to drink when at home or maybe when out dinner just check out the app on your mobile, which vintage is best, and the advice will be there in an instant. You won't look back!!

For those of you who prefer the printed version of the Card (which by the way the same layout is also available to view on the app) then you will receive this as your membership card from your branch when you renew in 2019. Or if you would like to share the information with friends and family then, as always, a non-member version is available for you to purchase, at a discounted price, from the website under the Secretariat pages: <https://www.iwfs.org/secretariat/iwfs-merchandise/latest-vintage-card> or email me on sec@iwfs.org to place an order.

2019 Vintage Card Pricing

Quantity	Unit Cost £	Members' Prices
12	£2.00	£24.00
25	£1.91	£47.75
50	£1.82	£91.00
100	£1.72	£172.00



Wine & Food – very first issues now available to view online

The first 12 issues, from Spring 1934 to Winter 1936, of the Society's international publication Wine & Food are now available for members to read online. It was felt that these first issues would be of great interest to our members particularly as the Society was at the forefront of the new concept of the enjoyment of good food and wine being accepted into modern society. Wine & Food captured the essence of this new cultural revolution. Ensuring that a record of this period in history had been archived was thought very important as it may also be of interest to food and wine historians now and in the future.

Wine & Food was published centrally for the global membership and evolved over the years. Starting off in 1934 as the two-colour cover, A5 black and white publication which ran until issue 118 in 1963, it then became a full colour glossy magazine until 1970, it was re-launched in 1974 as The Journal of the International Wine & Food Society, then from 1985 to 1989 it was an annual publication called World Gastronomy until

its final issues ended, as it had started, titled Food & Wine and the last issue (of 204) was published in 2000.

A wealth of history is held within this series – do explore the early years now available to read via the Society archives <https://www.iwfs.org/americas/branch-resources/society-archives>. Once you are on the Archives website click on Browse / Publications / Wine & Food and click on Display as a List – which will turn orange when you have made your selection. You can then make your choice of what to read – I typed in "California" and found – Summer 1935, Californian Wines by Andre L. Simon – much has changed.

Until next time.

Andrea Warren



Obituary: John Legg



VICTOR JOHN LEGG

9th December 1933 ~ 28th November 2018

John Legg was a gentleman of elegance and wit. Many chairmen will now feel more comfortable when they deal with matters arising or AOB. John's questions and comments at the end of a meeting were famous.

His work for the Society was significant not only for the Manchester Branch of which he was a past Chairman, but for his work on the National and International Committee. He would step in to provide support in time of crisis not only at branch level, but by filling gaps as national Chairman at short notice.

He and Eve were a strong team and the respect in which both were regarded was clearly shown by the number of IWFS members who attended their memorial services.

His greatest quality was his zest for life. He was a committed Christian and family man with an enthusiasm for the good things of life. He was delightful company. This we will miss. John personified why we are members of the IWFS.

Bill Redman
Manchester Branch

CELEBRATING THE SOCIETY'S 85th ANNIVERSARY

by Alan Shepherd, Deputy Chairman London Branch



It was 85 years ago that André Simon held the Society's inaugural meal at the Café Royal. It had an Alsace theme, and IWFS branches were encouraged to organise an event during the anniversary week in celebration of our foundation.

The London and St. James's Branches marked this event with a black tie dinner at the Livery Hall of the Worshipful Company of Innholders in the City on Tuesday 13th November. The menu and matched wines honoured the theme of the Society's inaugural meal, but with a 21st century twist.

Over 50 members attended, including some visitors from branches outside London, and overseas. We were joined by David Ling, Grand Conseiller International and former Grand Master of the Confrérie de St Etienne d'Alsace and Alsace Wine Advisor to the IWFS Wines Committee, who had very kindly arranged for the dessert wine to be donated by the Confrérie. In addition, Dopff au Moulin, whose wines had been featured at André Simon's original meal, kindly donated their Crémant d'Alsace for the aperitif.

The Innholders' Hall is housed in a Grade II listed building on College Street, the site of which has been in the possession of the Innholders' Livery Company since 1473. The original hall was destroyed in the Great Fire but has been rebuilt several times since, most recently in the late 1980's. It became a Grade II listed building in 1952.





The Hall is home to chef Herbert Berger and his talented team. Herbert Berger is the past winner of three Michelin Stars, notably at 1 Lombard Street, and at the Café Royal where he was Executive Chef – a fortunate twist as of course the original 1933 meal was at the Café Royal. He has been at the Innholders' since 2012 and has established the Hall as the City venue for fine dining. He has provided several memorable meals for London Branch in previous years, and is the holder of a Society award.

Herbert is very familiar with Alsace cuisine, and embraced our project with enthusiasm. The menu was as follows:

Reception

- Dopff au Moulin Cuvée Julien, Crémant d'Alsace, Brut NV (Kindly donated by Dopff au Moulin)
- Canapés: Alsace specialities; foie gras, tarte flambé, mini choucroute

Menu

- Fillet of zander with salsify; Riesling, crayfish and mushroom sauce
Riesling, Trimbach, Alsace 2016
- Roast partridge with braised Savoy cabbage and black forest ham, Pinot Noir jus, mash and root vegetable fondants
Pinot Noir Reserve, Trimbach, Alsace 2016
- Munster cheese with raisin bread and cheese crackers
Gewürztraminer, Trimbach, Alsace 2015
- Quetsche and almond tart with cinnamon, prune and vanilla ice cream



Gewürztraminer 2013, Sélection de Grains Nobles, Confrérie Saint-Etienne collection (Kindly donated by the Confrérie Saint-Etienne d'Alsace)

- Coffee and Gugelhupf

Herbert really did us proud. Every course was superb – 2018 Michelin Star standard food, but paying great respect to André Simon's original 1933 menu. And the wines matched the food perfectly.

Altogether a great evening to remember.



CELEBRATING THE 85th ANNIVERSARY OF THE IWFS

by Richard Grieve, Manchester Branch

On 30th July 2018 the Manchester Branch celebrated the 85th Anniversary of the International Wine & Food Society with Aiden Byrne at 20 Stories, Spinningfields, Manchester

MENU

Canapés on the Terrace

Truffle macaroni squares

Squid ink and tapioca cracker, pickled baby squid

Oxtail doughnuts, bone marrow emulsion

Filigree Blanc des Blancs 'Methode Cap Classique' NV

Beetroot poached salmon with fennel and orange

Circumstance Cape Coral Mourvèdre Rosé 2017

Grilled dover sole, lemon emulsion with white grapes and tarragon

Circle of Life White 2013

Warm ballotine of duck confit, truffle Jersey Royal potatoes

Waterkloof Seriously Cool Cinsault 2016

Waterkloof Circumstance Syrah 2016

'Strawberries and Cream'

Alasia Brachetto d'Acqui 2017

Tea and coffee

Around 50 members and guests of the Manchester IWFS Branch celebrated the 85th Anniversary by combining a memorable dinner at renowned chef Aiden Byrne's latest – and most ambitious – venue, together with a selection of wines from the Waterkloof estate in South Africa, star project of Manchurian Paul Boutinot, whose son Louis was present to introduce the wines.

The venue was the newest 'destination' restaurant in Manchester, 20 Stories, and from the terrace at the top of the tower we had a magnificent view across the city to the hills

beyond. Equally magnificent were the canapés served there – truffle macaroni squares, a squid and tapioca cracker and an oxtail doughnut were all very well received, and accompanied by Filigree Blanc de Blancs NV – light but with sufficient biscuity tones to be a pleasurable starter.

Once seated in the enormous and swanky (but noisy!) dining area, a beetroot poached salmon with fennel and orange provided satisfyingly contrasting flavours. Lightly cooked (for some a little too lightly) it went well with a Circumstance Cape Coral Mourvedre Rosé 2017. This was followed by grilled dover sole with a lemon emulsion, white grapes and tarragon – a beautifully delicate piece of fish complemented by Circle of Life White 2013.

Two contrasting red wines enhanced the flavours of a subsequent course of breast and confit of duck. Preferences were evenly divided between the delicate Waterkloof 'Seriously Cool' Consult 2016 and the more full-bodied Waterkloof 'Circumstance' Syrah 2016, and debate was equally balanced as to whether the confit was optimally piquant or a little too salty. Some subtle morel mushroom flavours attracted favourable comments.

Was there room left for pudding? Oh, yes, there was! The company enjoyed Aiden Byrne's take on 'Strawberries and Cream', very suitably paired with an Alasia Brachetto D'Acqui 2017, a sweet and slightly petillant red wine from Piedmont. Knowing that one diner was allergic to strawberries, the restaurant produced for him a rich dark chocolate tart with pistachio dressing, which returning diners are recommended to try. Service throughout was attentive, knowledgeable and helpful.

Welcome guest and old friend John Valentine proposed a Toast to 'The Society' and Chairman Ronnie Costello warmly thanked chef Aiden Byrne, speaker Louis Boutinot and all committee members who had contributed to the preparations for this landmark occasion.



85th ANNIVERSARY CELEBRATIONS

by Frank and Jean Whiteman, Merseyside & Mid-Cheshire Branch



We gathered at Restaurant Next Door for a very special event joined by friends from Manchester.

Our Committee had researched and recreated as near as possible an exact replica of the food and wine served at the Inaugural lunch.

Following the aperitif the meal proved very successful, starting with a trio of hors d'oeuvres including a chicken terrine with Riesling and raisin, a quail's egg en croute with celery plus cured trout with mustard cream and pickled slaw. The complementary flavours blended extremely well.



The main course comprised roast partridge, sausage, sauerkraut and walnut with buttered new potatoes – the partridge was moist and full of flavour.

The cheese course was a Munster soft cheese served with a savoury biscuit wafer and Mirabelle Compote.

The Gougloff de Colmar dessert, an Alsace festive favourite, provided a fitting finale to a very well crafted meal.

The Owner/Chef Richard and his Sommelier wife Vicki went to great effort to ensure we had the very best quality food and excellent service. Our Chairman Dr Paul Bishop sourced the wines. Val Bishop designed and printed the invitations, menu/place cards and seating plan.

The wines were chosen to be as close to the original as possible as was the food. The owner/chef of Next Door, Richard Nuttall, replicated the menu exactly. It was full of flavour and served to perfection. Dr Bishop is seen here thanking him on our behalf.

Aperitif

- *Dopff Irion Blanc de Blanc*
Delicate smooth palate and gentle mousse, very pleasant aftertaste.

Hors d'oeuvre

- *Gewürztraminer. D. I lwscc Silver Medal 2015*
Excellent floral nose and intense fruit on the palate, long and ultimately dry on the finish – a great example in a good vintage.

Main Partridge

- *D I Riesling 2016. Gold Medal San Francisco Wine Competition*
Displays an Intense fruit and acidity on the palate. It went well with the partridge.

Cheese

- *Gewürztraminer Vendange Tardive 12%*
Has an Intense aromatic nose with fruit and honey on the palate. This wine was ideal with a strong cheese.

Members were asked to dress in 1930s style.



85th CELEBRATIONS IN FINLAND

by Jaana Keränen, Helsinki Branch



Helsinki branch held their 85th celebrations on 24th November in true Finnish tradition and marked the occasion by treating members to both the favourite dishes and music of their great, famous composer and violinist, Jean Sibelius. The dishes included Skagenröra (Prawn sandwich), clear soup, Kurnik wedding pasty (Osborne Manzanilla Sherry), smoked lavaret

and glazed beetroots (Georg Breuer Sauvage Riesling 2016), roast veal with morel sauce (Louis Jadot Pernand-Vergelesses Clos de la Croix de Pierre 2014), finishing with Jasnaja Poljanan apple pie (Puklus Pincészet Tokaji Aszú 5 Puttonyos 2013). A celebration of two masters – Andre Simon and Jean Sibelius.

THE MENU

Sibeliuksen pöydässä 24.11.2018
IWFS 85-vuotta

Puljonki
Kurnik, hääpiirakka
Osborne Manzanilla Sherry

Savusiikaa ja glaseerattuja punajuuria
Georg Breuer Sauvage Riesling 2016

Vasikanpaisti uunissa, kermakastike, ryöpytyt herneet
Louis Jadot Pernand-Vergelesses Clos de la Croix de Pierre 2014

Jasnaja Poljanan omenakakkara
Puklus Pincészet Tokaji Aszú 5 Puttonyos 2013

*Celebrating
85 Years*

NORTHERN 85th ANNIVERSARY CELEBRATIONS

by Ron Barker, Blackpool & Fylde Coast Branch



Ian Nicol (EAZ Chairman) organised a joint celebration on behalf of four UK Northern Branches (Blackpool & Fylde Coast, Liverpool, Manchester and West Yorkshire) at Northcote in the Ribble Valley on the actual birthday of the Society – 14th November. Some 37 members and guests enjoyed Alsace canapes and a Crémant d'Alsace followed by a five course menu based on the original luncheon but brought up to date by

Michelin Starred Northcote Executive Chef Lisa Goodwin-Allen. Lisa emerged from her kitchen to talk to her menu and guest of honour, David Ling, (Grand Conseiller International of the Confrérie de St Etienne d'Alsace and the Society's Alsace Wine Consultant) described the seven Alsace wines, each from a different Alsace winemaker, that were served.



SAKE: Its Culture, History And 'Need To Know' Facts

by Marie Cheong-Thong

Sake also known as Nihon Shu or Seishu has been drunk for around 2,000 years. A wonderful beverage – clean, delicious, mostly vegan with low acidity and no chemicals added, is enjoyed by millions around the world. 21st Century Japan sees sake bars, izakayas and even Philip Starck style drinking holes in atmosphere-less malls serving a multitude of sakes including draft namazake sakes from numbered (no name) sealed aluminium kegs. Today sake is no longer just found in Japanese and Chinese eateries. Fast becoming a fashionable drink, Sake lists can now be found on, albeit, last page of many michelin starred wine and drinks menus. More so in the Far East and USA. There are skae distributors and courses readily available in most big cities around the world.

Originally from China, the simple rice wine was brought into Japan around 7AD. Records dating back to the third century show that an intoxicating drink called “Kuchikami” was made by young maidens chewing grains, such as millet, rice, chestnuts and acorns. Highly prized, Emperors, Shoguns, nobility and foreign dignities, priests and monks were the only people with access to this brew in the early years. Used as an offering to the Gods, sake was only made in shrines till Sudo Honke Brewery, in Ibaraki Prefecture opened it's doors in 1141. As early as the twelfth century, historians noted that sake was offered to important guests both hot or chilled. Sake has been the chosen drink for auspicious events such as weddings, celebrations and company achievements with Kagami Biraki (barrel breaking)



over the centuries and now, of course, drunk by friends with or without food, regularly.

Over the past couple of millennia, sake has improved tremendously and certainly diversified with the use of better ingredients, more advanced techniques and definitely no more chewing and spitting! Besides the everyday and the eight premium sakes, now available are also specialist sakes created for a more global palate including sparkling sake, aged sake, sake made with wine yeasts, barrel matured sake and fruit infused sake.

Sake is made from rice, water, koji and yeast. Good sake has no other ingredients other than maybe a little Jozo alcohol added to balance the taste and texture. Contrary to misnomer, Sake is *not distilled*. Sake is *not* a spirit. Sake is more akin to wine, or beer; the starch from the steamed rice grains is converted into sugar whilst the yeasts work on the newly made saccharide mixture, turning it into an average 14-16%ABV alcoholic drink. Sparkling sake can have a low alcohol content of 8%ABV. Undiluted sake or Genshu can have an alcohol content of up to a maximum of 22%ABV. Sake is less acidic, more alcoholic, cleaner and often sweeter than wine and beer. Sake can be crystal clear, cloudy, murky, sparkling or a combination of all the above.

Today sees many styles of sake with different aromas, taste and textures. Cloudy, aged, unpasteurised, flavoured, made with different varieties of rice, different koji and different yeasts. Some typical sakes:





Nigorizake: Cloudy sake

Sparkling sake: Champagne like sake with delicate bubbles

Yamahai/Kimoto: A very interesting old method of making sake

Taruzake: Cedar cask sake

Koshu: Aged sake

Genshu: Undiluted sake

Ume shu: Plum wine

Yuzushu: Yuzu wine

Muroka: Sake that has not gone through charcoal filtration

Ultimately only drink sake with good company. When in Japan:

Rule number 1: Choose your preferred vessel from a large tray of beautiful cups and little glasses. The cup or choko can be made of glass, porcelain, clay or even wood (masu).

Rule number 2: Pour each other sake throughout the evening, serving each other regularly and often, enjoying each other's company. *Never ever fill your own choko. Considered rude, this is not acceptable.*

Rule number 3: Sake is usually drunk with food. Otsumami (meaning a little pinch) is the term used for a little bite to be enjoyed with sake, be it just a simple rice cracker (sembei) to a curly crispy baby kuuri (cucumber) self dunked into a bowl of homemade miso to more elaborate shiokara (salt matured seafood innards) or some freshest of fresh slices of sashimi (raw fish). Hot morsels like succulent pieces of chicken karaage and big fat prawn tempura match very well with a glass of cold sake. Tapas.

There are approximately 1,200 sake breweries left in Japan making different styles and types of sake. A brewery can make many styles of sake depending on rice variety, koji and yeast. They can also make unfiltered sake, undiluted sake and even

unpasteurised sake. Tonoike Shuzo in Tochigi is a classic boutique brewery making a variety of sakes and Shochu (distilled sake spirit). Based in the heart of Japan's most famous pottery district Mashiko, this brewery is blessed with the most exquisite pieces of pottery as well as famous strawberries and the grilled Ayu fish restaurants by the fast flowing rivers.



Besides Japan, sake is now made all over the world using local and imported rice, local water and yeasts. England has its first multimillion pound Sake brewery in Ely Cambridgeshire. Three sakes have been brewed including the Dojima, Kai and a kijoshu that is still 'resting'. Dojima will open its doors to the public in October. Spain has Antonio Campins Chaler brewing his sakes in Catalunya under his Seda Liquida Kura. Gekkeikan in California is humongous, producing vast quantities of excellent sakes. Boutique brewery Brooklyn Kura in New York is doing great guns. Sydney's Sun Masamune (Go-Shu) is another success story. The list goes on.

Breweries vary in size with the big names like Dassai to tiny Jikon, Aramasa and Juyondai. The quality of sake generally depends on how much of the rice grain is polished, the yeast, the koji style and the fermentation method. Unlike wine, sake is very dependent on the Toji (the sake maker) not so much the ingredients.

Choosing a sake

- Will it be an Everyday Sake or Premium sake?
- Junmai or non Junmai (based on whether alcohol is added or not)?
- Hot or cold?

As a general rule of thumb, sake should always be bought and drunk fresh. The better the sake the more polished the rice grain is. The better the sake is the cooler the temperature is for drinking. However, this is a general guide and sake is versatile and really a personal choice.

General classification of sakes

Some brewers make Tokubetsu ("Special") sakes.

Remember *all* styles of sake are delicious. The labels are always pretty and give some indication of style, aroma and taste. Sometimes the label indicates the sake meter value, a measure of how dry or sweet a sake is. A rather sweet sake would be -15 whilst +15 a pretty dry sake. A very clean drink that cannot be kept under the bed in hope of increasing its value unlike vintage wines. Of course, there are special Koshu sakes that are made to be stored and drunk many years later.

Everyday Futsushu and low polish (basic) Junmai are "relatively" cheaper but just as tasty. Drunk hot or cold, they keep pretty

well for a couple of weeks after opening if refrigerated. They tend to be pasteurised and more flavourful. The beginners sake is very versatile and can be drunk with or without food. Futsushu will have added Jozo alcohol and possibly other ingredients like sugars and amino acids from further additions of extra rice during fermentation. Fresh, aromatic, spicy, much richer with bucket loads of Umami. These sakes are wonderful not just with Japanese food but also with stronger flavoured foods like spicy curries and well grilled meats, fish and vegetables. Delicious and so full of aromatic melon, pineapple and tropical fruits. Yes, banana too! Spices like white pepper can be found in Futsushu. For creamy dishes like pastas, casseroles and pies, choose a basic Junmai which is made purely from rice, water, koji and yeast. NO added jozo alcohol. Hints of steamed rice, bran and toasted cereal. This sake can be almost savoury and sometimes yoghurt like with hints of buttery lactic-ness in the nicest possible way. Pairs beautifully with cheeses, creamy dishes and spicy ones too.

Premium sakes like Honjozo, some Junmai shu and its tokubetsu versions, Ginjo, Junmai Ginjo, Daiginjo and Junmai Daiginjo are probably more expensive. The rice grains are milled to at least 70% of its original size. Milling is a long process done slowly so as not to crack nor break the grains. With this, a lot of vitamins, proteins and minerals are removed giving the sake a more delicate flavour.

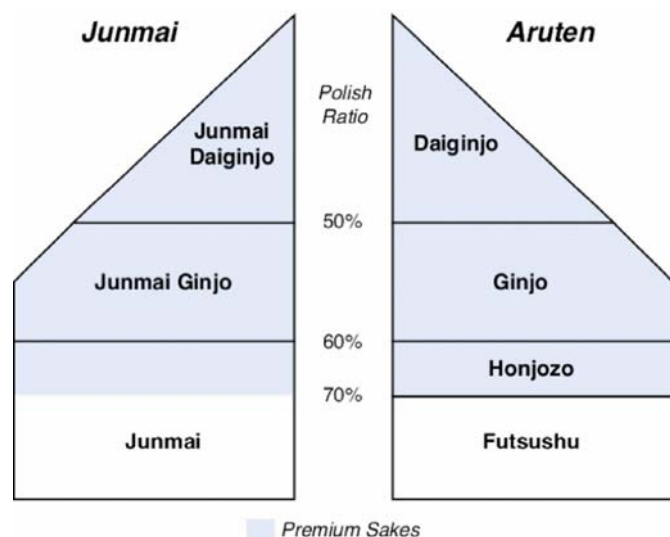
Honjozo and Junmai shu, being the lesser premium sakes are still delicious on their own, warm or cold. These work very well with spicier, bigger, heavier dishes like hamburgers, turkish grills and even Persian rice. Stews and Casseroles. Richer and oily Chinese food works well too.

The higher premium sakes of Ginjo and Daiginjos (polish rates of below 60%) tend to have what is known as ginjo-ka, the distinctly floral and fruity aromas with an almost bubblegummy nose. These delicate sakes are more sensitive to temperature and have to be stored cool. They need to be drunk within a couple of years from purchase and once opened to be drunk within a week. They must be kept refrigerated at all times. Premium sakes are better drunk cold with more delicate dishes like sushi, sashimi and clear clean broths, rice with delicate fish. And the most popular drinking of premium sakes would be with otsumami served at sake bars and izakayas.

No one is perfect. Not even the best of the best sakes. Most sakes bought in reputable stores will be fine but occasionally, due to unforeseen circumstances, the odd faulty sake can be found. Sake's biggest enemies are temperature, light or oxidation.

Rule of thumb: Keep sake cool, in the dark and drink within two years of purchase.

- Ponshukan Sake Museum (ぼんしゅ館) 1-96-47 Hanazono, Chuo-ku, Niigata-shi, Niigata-ken
- Tonoike Shuzoten www.Sanran-Sake.com
- Dojima www.dojimabrewery.com/
- Go-Shu sake <http://sun-masamune.com.au/go-shu-sake/>
- Gekkeikan sake <http://www.gekkeikan-sake.com>
- Brooklyn Kura <https://www.brooklynkura.com>



DE-LUXE CHAMPAGNE

by Jeffrey Benson, Chairman of London Branch



De-Luxe champagnes are the prestige brands of the champagne houses – the crème de la crème. They represent, at least in theory, the absolute summit of what the region can produce. In principle they are made from the best cuvées from the best vineyards, from the finest quality vintages, and are wines, which have been carefully aged after blending so that they have a depth and complexity of maturity as well as all the breed and distinction of the original cuvée. Most of them are marketed in fancy bottles, often copies, like Dom Perignon, of an eighteenth century shape. Naturally they are highly priced. Dom Perignon, Louis Roederer Cristal, Perrier Jouet Belle Epoque, and Taittinger Comtes de Champagne, Blanc de Blancs, four of the best known. This makes them double the price of the same firm's ordinary vintage blends and treble their non-vintage. As such a question immediately poses itself. Are they worth it? Today when almost every house – not just the most respected – now offers a luxury cuvée, and all at equally inflated prices, are we entitled to curve a slightly cynical eyebrow above all this fuss and activity.

With two exceptions the de luxe cuvée is a recent phenomenon. A hundred years ago Alexander II, Tsar of all the Russia's, commanded that the champagne he served to his guests should be presented in clear bottles so that, even when

wrapped in a linen cloth for serving, it should be clearly identifiable as his own personal selection, unique to the imperial court, Louis Roederer was his supplier; Cristal was born. Until the Revolution 40 years later Cristal, then a sweet wine, was exclusively produced for the Tsar and his successors. The real pioneer in the concept of prestige champagne was Moët et Chandon. In 1930 Moët purchased the unused brand name of Dom Perignon from Mercier – it was to purchase Mercier itself 40 years later – and in 1937 it launched the first de-luxe cuvée under this name in an elegant reproduction of the sort of bottle the firm itself had used prior to the French Revolution. Today it is the brand leader.

What should you expect from a de luxe champagne? The short answer is: what you get (or should get) from a vintage as opposed to a non-vintage, only more so. Class, complexity, depth and elegance, and maturity without age. If, by definition, all vintage champagne like all vintage port is very good wine, i.e. the wine is only produced with a vintage label if that vintage and that blend thereof has been especially successful, then, even more decidedly, a de luxe champagne should invariably be a stunning product. Sadly it isn't. Like all too many vintage champagnes the wines are frequently marketed too young. If a quality non vintage should be – I'm not talking about what the legal requirements stipulate – a wine of at least three years of age by the time it reaches the consumer, then a vintage wine six or seven, and the deluxe wines should be, if not older, at least wines of greater ageing potential. Well-made champagne can easily take ten or even fifteen years bottle age.

Champagne is the most versatile of all wines as it the perfect aperitif, goes well with fish and also can be drunk throughout the rest of the meal, pairing well with meat such as lamb and with cheese and dessert.

In short a drink for any time – to celebrate or commiserate, one can always find a reason to drink champagne.



A JUST MEAL: DINING AT THE INNS OF COURT

by *Steven Gasztowicz QC, Treasurer of Leicester Branch*



Achieving a first class result in the Bar exams is not enough for anyone wanting to become a barrister. Eating a certain number of dinners in one of the four Inns of Court (Gray's Inn, Lincoln's Inn, Middle Temple or Inner Temple) has always been an additional requirement of being called to the Bar. This has been the rule from ancient times. Over the years, the number of dinners students have to eat before being called has been reduced – but not removed. When I was called in the early 1980s there were a greater number that had to be taken, but the requirement now is that students have to eat 12 formal dinners in their Inn before they can become a barrister.

At first sight, this seems very odd to modern eyes. Indeed, such a requirement is an easy thing to attack, particularly as the dining Hall of each of the Inns has the appearance of a grand Oxbridge college – or the Harry Potter hall at Hogwarts, as one may now alternatively describe it. It could easily be thought at best a silly tradition, and at worse, something exclusionary or detrimental to students from a non-privileged background.

In fact, it is the very opposite. I need hardly tell members of the IWFS there is more to eating dinners than just the consumption of food and drink for sustenance, and nowhere is that more true than in this case.

First, the idea of dinners at the Inns of Court has always been to enable students to learn over the dinner table from practising barristers and judges. Originally, it was the way for them to learn the law. Now that is the job of the Universities and schools of law. However, it provides an opportunity for learning that which does not appear in the books, and comes only from practice at the Bar – ranging from what the best sort of gowns are (lightweight, though they cost more!) to how to deal with irascible judges (everybody has their own tips!) and how to counter first appearance nerves.

Second, dinner is often followed by something like a moot or a talk by a senior barrister or judge. Moots – mock legal cases, with students or pupil barristers acting as counsel on each side – are presided over by a panel of judges of the Supreme Court, Court of Appeal and elsewhere, who are also members of the Inn. In what other profession are those at the very bottom able –

whatever their background – to learn in this sort of way from those at the very top?

Third, in no other profession do students from the very beginning have the opportunity to mix with senior members of it informally in a setting where they are not just able, but compelled, to talk to them, and their contemporaries, for a period of time and exchange information (or worries). For those from non-privileged backgrounds, this is especially valuable, and reduces, the advantages some may otherwise have in terms of knowing members of the profession when others know none.

Fourthly, it fosters a collegiate atmosphere, and the ethos of “doing the right thing” when practising – i.e. not pulling a fast one. Members realise they are not just a paper (or these days, electronic) number to their professional body, and that they and their contemporaries are all in it together, learning the best traditions of the Bar, which they are expected to follow. Your opponent in court may be someone you have had dinner with previously and is not just seen as an enemy, notwithstanding that, like you, they will be pressing their case as strongly as they can!

Finally, of course, there is the food. It is not at all bad. It is also an absolute bargain. What other profession provides its students with a four course dinner, with as much wine as you want, coffee and port, for little more than £20 all-in?

I hope any misconceptions about the value of dinners at the Bar may by now have been corrected – but how do you choose your Inn of Court? My Inn is Gray's Inn, but why did I chose it, rather than one of the other three excellent Inns? This will naturally be a personal decision for everyone, influenced by different things. However, I grew up to become a member of IWFS of course, so some of the factors at work may not be a surprise to you.

Henry Cecil was author of “*Brothers at Law*” and the subsequent series of 1950s and '60s humorous novels following the fictional adventures and cases of the hapless Roger Thursby from student barrister to High Court Judge. Henry Cecil (pseudonym) was himself a barrister and subsequently county court judge (real identity His Honour Judge Leon). I enjoyed his novels very much, and in choosing Gray's Inn, when I was studying for the Bar, one of the things I was influenced by was the following description in his memoirs of his first dinner there:

“For each dinner I had to pay 3s 6d. We dined in messes of four and each mess was allotted a bottle of wine and a bottle of port, the charge for which was included in the 3s 6d. My taste for claret stems from that first dinner at Gray's Inn. My father knew quite a lot about wine, while I knew nothing. But I made a note of the bottle of claret which we drank at my first dinner. It was Chateau Lafite 1899. When I told my father, he asked me to enquire whether it was too late for him to become a student.”

I am afraid the cellar had declined a little by the time I started, but dinner in Hall was – and is – a fine start to a career nonetheless.

IWFS And The General Data Protection Regulation

by *Peter McGahey*

Reminder for branches from The Data Controller

It is coming up to the end of the first year of the GDPR, and IWFS branches appear to be in full compliance. But here are a few key points just to remind you of the main requirements of the Regulation and how we should record and secure members' data.

The most likely way in which the Regulation may be infringed is in the sending of emails to members; all emails should be transmitted as **Blind Copies** (BCC) to ensure the addresses of other members are not made available to all recipients and, personal details of members must not be given to third parties without their express permission.

Personal data

IWFS records the following personal details of members and new applicants:

Names, address and contact details as well as dates of birth of members and applicants under age 36 whilst they can benefit from lower annual fees.

IWFS may also retain data on members' participation in events. Individual members and applicants for membership have the following rights over the gathering, retention and use of their personal data:

1. They can request IWFS to confirm what data is stored and to provide a copy
2. They have the right to review that data and to amend it for accuracy
3. They can require IWFS to delete any data that is not relevant or to delete the records entirely

IWFS process

IWFS Ltd, EAZ and branches may store data as hard copy or electronically on a cloud, on servers and other memory storage devices in UK and USA. Data will be stored securely – i.e: encrypted or password protected. Hard copy will be stored in locked cabinets.

Data will be retained and used only where the society has a legitimate interest.



IWFS will delete or destroy personal data when it is no longer required for the established aims of the society or if there is no legitimate interest in retaining them.

IWFS may retain some records for statistical or historical purposes.

Data controller

Peter McGahey has been appointed as Data Controller for EAZ and each branch is required to nominate a Data Processor as the liaison officer with the Data Controller.

IWFS must at all times be able to provide evidence to the Information Commissioners Office that adequate data security is in place and will report any unauthorised access or use to the ICO.

All enquiries from members and branches on the implementation of the regulation should, in the first instance, be addressed to the EAZ Data Controller. A separate Data Controller is being appointed for IWFS Ltd.

PRIVACY NOTICE: April 2018

IWFS Ltd and EAZ gather, store and process only such personal data in which they have a legitimate interest. Any member may confirm or withdraw their consent for its use by contacting the Data Controller at EAZ or the Data Processor at their branch. New applicants for membership will be required to give positive consent for their data to be stored and processed.

IWFS Ltd and EAZ will not provide access to, nor sell, nor share personal data with third parties for marketing or other commercial purposes – with the exception that names and addresses may be shared with mailing houses and publishers for the purpose of distributing material directly related to IWFS (e.g. Food & Wine magazine in hard copy or electronically).

Contact

EAZ Data Controller: Peter McGahey, IWFS, Elms Cottage, Elms Road, Raglan NP15 2EY, UK
Email: peter.mcgahey@btinternet.com
Telephone: +44(0)1291 690825, Mobile: +44(0)7850 635367



IWFS EAZ AWARDS FOR 2018

by *Tricia Fletcher*

My first year as EAZ Awards Officer has been a sharp learning curve, and I have been amazed to learn not only about the extent of the work done and the commitment given by our members on behalf of our Society, but also of the achievements and talents of chefs and restaurants and others.

IWFS Awards are given to members for Personal Service, to Restaurants for excellence and to those whether members or not, who have served the Society well over a long period. And the Society is pleased to acknowledge those who support and live up to the André Simon's standard of good food, good wine, good service with good fellowship and friendship.

In 2018 the EAZ Awards Committee approved 27 Awards, 22 of which have been presented. Three are yet to be presented. Two of the unpresented Awards have become invalid, sadly, because the Restaurant has still to be in existence and the Chef who cooked the meal, still has to be cooking at that restaurant. Restaurants closing and Chefs moving happens. Therefore, I urge you to apply for Awards as soon as possible and if approved, please present the Award as soon as you can, and within three months of approval. It is disappointing not to be able to recognise outstanding restaurants with talented chefs. Another bonus for early presentation of Awards is the increased length of publicity on the IWFS Website. Restaurants, Chef's and their Awards can only be recognised on the Society's Website after the Award has been presented, and they only stay on the Website for three years from the Date that the Meal took place, not three years from the date of the presentation.

It was with pride that three André Simon Medals were presented. A Bronze Medal to **Peter McGahey** (Herefordshire & Monmouthshire) and Silver Medals to **Ian Nicol** (Blackpool & Fylde Coast) and **Stephanie Shepherd** (London), for their

services to their Branches, the EAZ Committee and their International work and support for the Society.

The EAZ was pleased and proud to award six Long Service Diplomas and Medallions. These are given to recognise at least 10 years personal active service as an active Branch Committee member or Event Organiser. In 2018, **Christina Holding**, **Doug Holding** and **Rhetta Holman** (Lusaka), **Penny Harrison** (West Yorkshire), **Victoria New** and **Ailsa Smith** (Harare) all received these awards.

The EAZ is delighted to present a Long Service Medallion to those members with a minimum of 25 years uninterrupted membership with a commendable record of support and attendance. This year nine such awards were made to **Judith Adams**, **Jane Chapman**, **Derek Fletcher**, **Pam Lloyd**, **Gillian Neill**, **Jean Owen**, and **Bill Redman** (Manchester), **Caron Naylor** and **Malcolm Simm** (West Yorkshire).

This year it was a pleasure to approve nine Restaurant Awards for outstanding restaurants and chefs. Four of these have been presented to **Core by Claire Smyth and Chef Jonny Bone** (St James's), **Gauthier Solo and Chef Gerard Virolle** (St James's), **The Ninth and Chef Jun Tanala** (London Festival) and **Northcote and Chef Lisa Goodwin-Allen** (Northern Branches). Three Awards have still to be presented. I cannot reveal the names as that would take away the element of surprise and confidentiality.

In 2018 EAZ has been proud to recognise our members and support those who provided us with food, wine and the ambience that is the Society's vision and André Simon's legacy.

ANDRÉ SIMON BRONZE AWARD



Peter McGahey (Herefordshire & Monmouthshire) was awarded the André Simon Bronze award on Thursday 13th December at the branch Christmas Dinner at Glewstone Court Country House Hotel near Ross-on-Wye.

Peter was presented with the award for his services to the EAZ Committee (formerly EAC) where he served on the marketing subcommittee and then on the EAC in a marketing and financial role. After a short break he re-joined the ExCo and has been involved for over ten years in total.

Peter interpreted the new GDPR regulations and recommended the actions that IWFS Europe Africa Ltd and IWFS Ltd needed to take.

Peter served two terms as Chairman of the branch and has been Secretary of his Branch for many years promoting many events which help maintain levels of membership and attract the support of neighbouring branches. A well deserved award.

THE WILLIAM HEPTINSTALL AWARD

by John Valentine

William Heptinstall was one of the first chefs to write full length books on the art of cookery. He travelled extensively during his career, and realised the benefits of this experience on his skills and achievements. After he died in 1971 his niece, using the royalties from his books, set up a charitable trust to help future young chefs benefit from similar experiences. For more than 45 years the trust, aided by the Cooks Livery Company and the European & African Zone of the International Wine & Food Society, has made this award. Many of our previous winners have gone on to establish highly successful careers in the hospitality industry around the world.

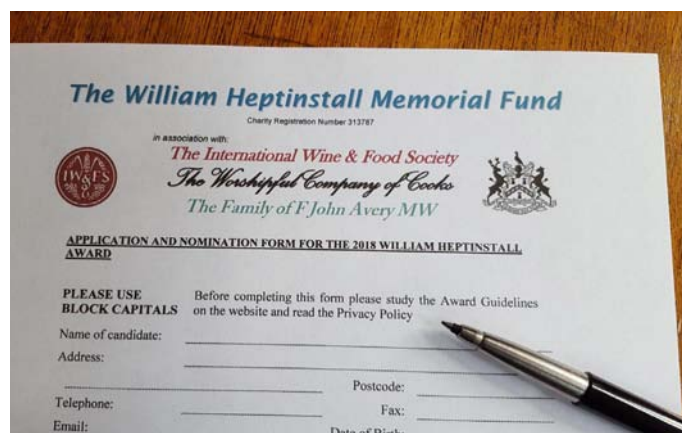
From its foundation the administration of the Heptinstall Award was undertaken at cost by the IWFS. In 2002 the trustees set up a corporate trustee, with the individual trustees at that time becoming its original directors, and in 2008 the trustee took over the full administration of the Award. Today the trustee directors are volunteers drawn from members of the EAZ (Chris Bonsall, Janet Davies and John Valentine) and from the Royal Academy of Culinary Arts (Brian Turner and John Williams), supported by Simon Fooks from the Cooks Livery Company.

F John Avery MW was associated with the Award from 1996 and was trustee chairman from 2005 until his death in March 2012. Avery's family was very keen to honour his memory and his contribution to both the Award and the IWFS, and made a generous donation to the Fund, enabling the Trustee Directors expand the scope of the Award. From 2018 the value of the Award has increased by £500 to £4,000 for the Award Winner to undertake a stage or course to improve his or her vinous knowledge.

The quality of nearly all candidates continues to impress, year after year. Some are encouraged to return within a year or two, once they have developed further to benefit more fully from the Award, given that maturity, self-confidence, communication skills and independence are key requirements along with the ability to perform in the kitchen.

Earlier Award Winners have acquitted themselves well in the culinary world. Eighteen of the twenty-six awards claimed through 2001 have been active as chef-patrons, senior chefs or executives in the hotel or catering industry, although some have now retired. For winners between 1980 and 2001 seventeen of the twenty awards are in such roles. We confidently anticipate seeing subsequent winners in similar positions.

While the quality of applicants remains high, it's always a challenge to attract sufficient applicants each year to compete for the Award. The ability to attract applicants is limited by the need to control administration costs while maintaining a valuable and worthwhile Award. More recently we have benefited by sending application forms to the finalists of major UK catering awards, including the RACA Annual Awards of Excellence, the Young National Chef Of The Year, and the British Culinary Federation Young Chef of the Year.



The William Heptinstall Memorial Fund
Charity Registration Number 313787

In association with:
The International Wine & Food Society
The Worshipful Company of Cooks
The Family of F John Avery MW

APPLICATION AND NOMINATION FORM FOR THE 2018 WILLIAM HEPTINSTALL AWARD

PLEASE USE BLOCK CAPITALS Before completing this form please study the Award Guidelines on the website and read the Privacy Policy

Name of candidate: _____
Address: _____
Postcode: _____
Telephone: _____ Fax: _____
Email: _____ Date of Birth: _____

Experienced young chefs are accustomed to cooking under competitive conditions but may be less comfortable in writing down their ambitions and then being interviewed about them. However, the undoubted life changing experiences enjoyed by our winners encourages us to continue to seek creative ways to continue to provide this benefit on a sustainable basis.

Our website allows young chefs to read about the Award, review the experiences of previous winners, and then download or register for an application form. In recent years we have used Twitter and Facebook to raise awareness of the Award and attract applicants.

Verbatim comments from Award Winners include:

"I always knew that my trip would be tough; nothing in this life is easy. But I didn't quite anticipate how hard it would actually be!! Overall my trip was a great learning curve, not only in the kitchen, I learnt a lot about myself when I was away. I will be recommending young chefs in the trade to seriously think about working abroad, I had a great time, and it will benefit my career a tremendous amount."

"This was a real journey, one that was not only long and hard but also very rewarding and educational. I had a life-changing experience and when you enjoy yourself as much as I did, you forget about the cost. Don't look at your report as a downside to the reward, think of it as a bonus – you get to relive the whole experience and look back and share with others for years to come. And remember that this Award has the potential to be a life-changing experience; it can change you and make you grow as a person and a young professional, realising what a great thing the Award is for people that want it to help change them and their lives."

"What I want from the industry has evolved. Has the direction I want to take changed? What do I want to do next? My time spent abroad has been a real eye opener and help to give me a lot of direction in answering these questions. My time abroad has given me the confidence and the opportunity to do what I want next in my career."

"I can honestly say that my time in New York was one of the greatest highlights of my career so far. The people I've met, the

things I've seen and done and the places I've worked have all played a part in me becoming a more mature cook and an enriched individual. None of this would have been possible without me being given the William Heptinstall Award, so I would like to thank all those involved and urge young people within our industry to work as hard as they can and to grasp opportunity firmly. It will make them all better cooks and, most importantly, better people."

"I can't quite believe the adventure I have had – it was the BEST time! I met so many wonderful people and made some friends for life. I've learnt lots about cooking but even more so about myself. Winning the award has without doubt changed my life, the amount of doors it's lead to opening is ridiculous. It's been life changing, you get out what you put in – especially in our industry! I can't begin to thank the judges for giving me the opportunity, I really did take it with both hands, and hope I can convey in it just how much I enjoyed it."

"In summary I got out far more out of my journey than I would have ever expected. You can take a step back and look at the operation as a whole, analyse how people work, relate that to yourself and see if you can improve on what they do if you were

in their shoes. You get more time to hone your skills and have your mis-en-place as perfect as perfect can be."

"To really understand a foreign food culture you have to work, live, visit farms, producers, supermarkets and markets. I embraced a new way of life, new working methods and new attitudes. Everything I did from driving through the countryside, shopping in supermarkets, eating in restaurants and cooking for myself broadened my understanding of food. Everything I learnt outside the restaurant has been as valuable as my time in the restaurant. All of it will directly influence me as a chef, as a cook and beyond in ways that I am sure will manifest themselves in the future."

We hope reading these comments helps you appreciate the extent to which this Award can bring life changing experiences to young chefs at a key stage in their careers. If so, you can help us by spreading the word locally and by helping hoteliers and chefs to encourage their talented young staff to apply for the Award.

Please pass on information about the Award and help us continue to give these young people a step up in their careers and their personal development.

The William Heptinstall Award For 2018

At the end of May the William Heptinstall Award was delighted to name Charlotte Whatcott as the winner of its 2018 Award. A latecomer to the industry, Charlotte has been employed at The Royal Air Force Club in Piccadilly for the last eighteen months. During this time she has shown a natural talent within a busy kitchen and has, what Executive Chef Michael Dutnall MCA describes as, 'true passion cooking'.



This passion for food and wine began sitting on kitchen counters watching her parents cooking, asking whether she could stir or have a sip of wine. Her ambition is to gain the experience to build a strong platform of skills, eventually to run her own business.

The choice of destination for stages is Montreal, Canada, with its rich tapestry of indigenous cuisines ranging from the colonial to the influences of the more recent immigrant cultures. She hopes to work with David McMillan and Federic Morin at their acclaimed trio of restaurants which operate with a commitment to local and seasonal menus, alongside a carefully selected wine list to complement the food.

For more than 45 years the William Heptinstall Trust, aided by the Cooks Livery Company and the European & African Zone of the International Wine & Food Society, has made this award. Many of our previous winners have gone on to establish highly successful careers in the hospitality industry around the world. Today the trustee directors are volunteers drawn from members of the EAZ (Chris Bonsall, Janet Davies & John Valentine) and from the Royal Academy of Culinary Arts (Brian Turner & John Williams), supported by Simon Fooks from the Cooks Livery Company.

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Berkshire Branch

WINES OF VIRGINIA WITH CHRIS PEARMUND

During the recent wine-tasting tour by some Berkshire Branch members to Virginia, we met up with Chris Pearmund and had an excellent tasting of his wines at Effingham Manor. Chris was born in the UK and, although raised in California, still maintains close ties with the UK as his family is in the UK. We were lucky enough to persuade him (although it didn't require much!) to come and give the whole Branch a presentation during his most recent visit to the UK. To support this tasting he shipped over a selection of his wines for 45 members and guests to try.

Chris's impressive resumé in the wine making industry includes wine making in five countries, starting up 18 US wineries, starting the second WSET wine school in the USA and establishing numerous wine clubs in the Washington DC area. Among his current interests are Effingham Manor, Vint Hill and Pearmund Cellars wineries. From the UK he was going on to Barcelona and then on to host a group touring the Rhône River focusing on several wine growing regions in southern France. Not for relaxation, you understand, but in both cases to teach wine classes ! His enthusiasm for the subject, and his knowledge of winemaking is boundless.

In 1619 the first representative assembly in the Americas, the House of Burgesses, convened for the first time in Jamestown, Virginia to pass the first legislation of the colony. This year also saw the beginning of the slave trade. Further, King James decreed that every household in the new colony must produce wine. To support his decree King James I sent over 10,000 vines and hence the wine industry in Virginia was born. The early days of the wine growing in the colony was fraught with challenges not the least of which was a climate not suited to the French varietals sent by the Crown. In 1920, the onset of Prohibition prohibited alcohol production and hence the wine industry in Virginia became essentially extinct. During the middle 1970s, Virginia saw a resurgence of interest in the industry and the craft, both from the farming and cultivation of grape varietals perspective, as well as the wine making discipline and in 1979 there were six wineries in Virginia. Today Virginia is home to over 300 wineries and a host more wine growers representing four decades of experimentation to develop the varietals and styles best suited to Virginia's unique climate and terroir.

Chris shared that Virginia is arguably one of the worst places to grow vines in the world. With such a high rainfall, humidity levels and high temperatures coupled with lots of sun, it takes 250-300 manhours per acre per year tending the vines, spraying copper sulphate against downy mildew, adding nutrients and pruning, etc. Chris typically employs vertical training on his North-South orientated rows, whereby the sides of the vines are exposing fruit to the early morning and late afternoon sun, whilst the top remains covered with foliage protecting the grapes from the intense sun.

Chris suggests Virginia poses as a hybrid region somewhere between the Old World and New World in styles but not in terms of grape varieties. Chardonnay represents by far the largest acreage followed by Cabernet Franc (the Father of



Cabernet Sauvignon) and then Viognier which delivers mainly tropical flavours because of the higher phenolic ripeness achieved in this region.

We had six wines to taste over the evening, interspersed with excellent food from our Chef Mark Robertson. First up were two whites, a Viognier which exhibited good fruit with some spice and a very long finish, and a Petit Manseng which had strong Sauvignon-Blanc type flavours with Apple and light Coriander. These were followed by a dish of crab cakes served with a vegetable mayonnaise salad.

The reds began with a Cabernet Franc which, in Virginia, makes a medium bodied wine rich in colour and with vegetal notes. Excellent. The Petit Verdot grape also does well here and this example had good fruit/acid balance with a hint of green pepper (pyrozenes). These two reds were followed by a main course of meat loaf accompanied by creamed spinach, creamed sweet corn and onion rings.

Then we tasted the Tannat, which can be very tannic from some regions but here it was a full bodied, deep red wine which was well balanced with a hint of liquorice, and finally the Virginia's Heritage. This wine is rather special having been created by Chris to celebrate 400 years of wine in Virginia. He had the help of 15 other wineries who each contributed a barrel of their best wine from which he blended the final product. The blend represents 25% Petit-Verdot, 25% Merlot and 10% each of Tannat, Cabernet Sauvignon and Cabernet France with small amounts of other varieties. Aged 18 months in 32 wine barrels at the Effingham Manor winery, this blend was bottled in August in 10,000 bottles representing the original 10,000 vinifera vines planted in Virginia by the Virginia Company, 400 years ago. This wine has been selected by Virginia State as the single product to represent Virginia nationwide this year. An accolade which is fully deserved ; the wine achieving the highest score of the evening.

The evening was rounded off with a classic Sweet potato and Pecan pie served with Crème Fraîche complementing this fascinating insight into the very different grapes grown in Virginia and the excellent wines that result.

Helsinki Branch

BREXIT: EXPERIENCE BRITAIN WHILE IT IS STILL POSSIBLE!

How will the British culinary art and drinking culture be remembered? Perhaps from Afternoon Tea at 5.00pm, from Fish and Chips, from Roast Beef and Yorkshire pudding, from Port and Stilton cheese... and do not forget beer, gin, whisky and other classic drinks.

So, before the British leave the European gourmet-map in March, we tasted and we reminisced about English tastes on Saturday on January 26th 2019.

The Brexit Menu

- Afternoon Tea
- Fish and Chips
- Sunday Roast: beef with its accompaniments, greens and roast potatoes
- Cheese: Blue Stilton and Port
- And to finish, the staple of the British parsonage, Eggnog Trifle.



Herefordshire & Monmouthshire Branch

NOVEMBER COUNTRY LUNCH AT KILCOT INN, GLOUCESTERSHIRE

Within easy reach of our two counties we are fortunate to border on Gloucestershire, a county that offers a diverse range of boutique and unique dining opportunities. In November we selected the Kilcot Inn, just into Gloucestershire and with convenient access to M50. The Kilcot Inn reopened quite recently after several years and the new owners have created a menu which features predominantly local ingredients – wild boar from the Forest of Dean, fish and local cheeses from the Severn & Wye Smokery, Weston's Cider from Hereford, Gloucester Old Spot pork and ham, free range eggs that are still warm, all offered with fresh vegetables from nearby market gardens. The wine list is broad, features local wines, beers and cider and is realistically priced.

Our programme always includes several 'pay as you go' 'taster events' at new locations where, after enjoying a welcome aperitif hosted by the branch, all guests select their meal and wines from the daily menu. For starters choices included goat's cheese cheesecake with orange and black onion seed dressed salad, wild mushroom and truffle arancini with shallot and thyme purée, pear and walnut salad. The vegetarian selection included



mushroom rotollo, with Dauphinoise potatoes filled with mushroom duxelle, and cep cream sauce accompanied by tenderstem and kale crisps.

Main courses featured Gloucester Old Spot pork chops served with Bramley apple sauce, parsnip and butternut squash and curly kale. Honey roast dry cured ham with local free range eggs. The recommended fish of the day, admittedly not local, were whole plaice larger than the plate and stone bass.

Favoured desserts were Herefordshire apple and apple brandy crème brûlée, lemon posset and Kilcot Crumble based on local fruits. The presentation of each course could not be faulted, the staff were attentive and the service exemplary.

Our members were delighted to be joined on this occasion by EAZ committee member Peter Diamond (London branch), his wife Katrina and his son and mother in law.

Peter McGahey



Herefordshire & Monmouthshire Branch

THE SEVERN AND WYE VALLEY SMOKERY

A new venue was our choice to celebrate the autumn season. The Severn and Wye Valley Smokery is on the edge of the Forest of Dean between two of England's most celebrated salmon rivers, and 14 of us gathered in the rather stunning new premises which were opened in October 2017.

In addition to the smokery there is now an impressive fish market, chef's larder, gift shop and café, together with a state of the art kitchen. The main restaurant upstairs is an open-plan arrangement, flooded with light, and we were able to enjoy an aperitif before being shown to our table. We had ordered a bespoke menu off the substantial selection on offer.

The head chef, Mike Benjamin, was formerly executive chef at Calcot Manor, a well-known and much admired eatery in the Cotswolds, so expectations were high and we were not disappointed. Starters included a choice of smoked sea bass paté; smoked haddock, mozzarella and spring onion croquettes; moules marinière, or Lebanese salad with pine nuts, olives, couscous and herbs.

The most popular choice for main course was a traditional kedgeree with smoked haddock, spinach, almonds and a

poached egg. We could also have had a cold fish platter, roasted hake from the charcoal oven or the veggie option of potato gnocchi with local asparagus, wild mushrooms and truffles. Wine by the glass or bottle and a selection of beers met with universal approval.

A couple of meat dishes, again from the charcoal oven, were available, but with such expertise in the fish department they were politely ignored. A selection of cheeses and puddings is also offered, but our weight-watching company elected to stick with two courses and coffee.

As a new venue for our branch we were delighted with the experience, even though the service was rather slow. But the spacious and comfortable surroundings kept us content and interested, even though one of our members managed to get stuck in the lift – fortunately released in time for the meal!

We shall certainly be arranging a return visit – the glamorous deli counter and fish market alone are a big draw, and several of us purchased sophisticated titbits to take home.

Judith Stares



Herefordshire & Monmouthshire Branch A TRADITIONAL BURNS SUPPER

Dry January was not on the calendar for our branch this year – instead we decided to hold a traditional Burns Supper.

The home of former Chairman John Boyd was transformed into tartan splendour and, thanks to the combined efforts of our lady members, the assembled company of 18 were treated to an authentic Scottish menu.

After smoked Scottish salmon canapés guests were invited into the banqueting suite to the sound of bagpipes. The Selkirk Grace was intoned by Alex Boswell, a descendent of Robert the Bruce, followed by the Address to the Haggis in a brogue incomprehensible to most of the Sassenachs present!

The first course of Cullen Skink (a smoked haddock-based chowder) provided a base for the Haggis, neeps and tatties (including a vegetarian option), accompanied by a cranberry and orange compôte. Cranachan with fresh Scottish raspberries was the traditional dessert, before a selection of fine Scottish cheeses and oatcakes. This was not an evening for weight-watchers!

Branch Chairman Judith Stares gave the Immortal Memory in tribute to the Bard, and this was followed by the Toast to and Response from the Lassies. Bowmore whisky was consumed steadily throughout the evening, though for the non-purists St. Emilion was also available.

Scottish 'tablet' – a calorie laden hard fudge – and coffee ended the evening, along with the strains of Auld Lang Syne.



For several members it was their first introduction to this annual occasion, and to rustic Scottish cuisine. It was a memorable evening. Robbie Burns would have been proud of us!

Judith Stares

Leicestershire Branch

CHRISTMAS 2018 AT THE GEORGE HOTEL, STAMFORD

The Great North Road was the main highway between London and York and became the coaching route for mail and passengers. Travelling from York to London today on A1(M) can be a testing journey at the best of times, even with the comfort



and power of the modern car. Think back then to the Georgians and Victorians, for whom this journey would take four days not four hours. They were jolting about in the back of a cold, uncomfortable horse-drawn coach, with the ever-present danger of high-way robbery. The passengers needed somewhere warm to stay and for the horses to be fed and watered. Small inns en-route, originally meant for post boys, were extended. New and more palatial ones were built to provide soft beds, hot water and hearty meals, with rich ales flowing freely. The great age of the coaching inn had begun. These staging posts became a familiar sight and although many eventually closed following the invention of the steam train, fortunately some have survived.

One such is The George Hotel, serving travellers as a hostelry for over a thousand years. The main building is eighteenth century but the gardens date from the Middle Ages. To either side of the main entrance are two doors marked London and York, remnants of the two waiting rooms from coaching days.

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London Branch

A FANTASTIC FINE WINE DINNER AT LONDON BRANCH



London Branch is very fortunate in having a number of members with superb cellars of mature wines that they are happy to share with Branch members from time to time. Lancelot Jaundoo is one of these, and this time it was 1988 Bordeaux. But instead of a conventional tasting he decided upon a wine dinner and London Branch member Julian Ellis, who is a member there, kindly arranged for this to be hosted at the Cavalry and Guards Club.

This was the perfect setting for such an event. After an aperitif of Moutard Rosé Champagne, in magnum, kindly provided by Jeffrey Benson, the thirty participants sat down to a starter of ham hock and smoked Long Acre cheddar with tomato and red pepper chutney. This was served with three 1988 wines from Lance's cellar: Château Pichon-Longueville Baron (second growth Pauillac), Château Ducru Beaucaillou (second growth St Julien), and Château Lynch Bages (fifth growth Pauillac), all of which were showing perfectly.

Then for the main course there was a fillet of Beef Wellington, with Madeira sauce, Dauphinoise potatoes and glazed carrots. This came with another trio of Lance's 1988 wines: Domaine de Chevalier (Graves Grand Cru Classé), Château Pape Clement (also Graves Grand Cru Classé) and Château Cheval Blanc (St Emilion Premier Grand Cru Classé). All three were of such a high standard that there was no consensus on which was best.

For the dessert, the Club served a vanilla panacotta with passion fruit and orange sauce. To accompany this, Jeffrey Benson had kindly provided a circa 1930s D'Oliveiras Golden Malmsey Madeira. The meal concluded with a cheese board and coffee.

All in all a splendid evening, and one that will be long remembered. Many thanks to all those who made it possible.

Alan Shepherd

➡ *continued from page 24*

We were welcomed into The London Room, and what a splendid setting for our Christmas meal. Oak panelling provided the dark backdrop for a sparkling display of decorations over a classically laid oval table. We took in the history of the room with a glass of Winston Churchill's favourite champagne Pol Roger whilst perusing the menu. Paul Reseigh, Chef Patron, has worked at The George since 1998 and we chose from a balanced offering with a nod to the festive season. Particularly special was the English Sirloin of beef, beautifully presented on a beautiful silver covered platter. The George's

own Christmas pudding was a winner, filled with rich fruit and spices. The Chateau Teyssier 2012 complimented this beautifully. Layers of plum, cinnamon and nutmeg unfolded with each sip... Delicious! Service was excellent with cheerful staff and a knowledgeable sommelier.

Whilst coach travel could not be recommended, it may have been worth the discomfort for a meal at The George Hotel. Many thanks to Sarah Nicholson for organising a wonderful afternoon.

London Branch

ENGLISH VERSUS FRENCH WINES – BLIND



On the 25th October, some very experienced wine-tasters met at the Naval Club, Mayfair, London, for a blind tasting of English versus French wines, over six rounds. The wines were roughly price-matched. The English wines were chosen by the organiser, Bernard Lamb, a long-term amateur member of Wines of Great Britain, and the French ones by the branch chairman, Jeffrey Benson, with 35 years of experience in the wine trade. The wines were served in pairs of similar style, one English, one French, in random order, with the people voting for which was the better wine, and trying to guess which was the English. Not everyone voted each time. It is a pity that so few people came to what proved to be a fascinating and exciting evening.

Round 1: Sparkling wine, Camel Valley Pinot Noir 2014, Brut, Cornwall, versus NV Champagne Hebrat Brut Cuvée Selection Vieilles Vignes. Both wines had a good mousse of small bubbles. Camel Valley had a lovely bouquet and flavour. The Hebrat had a more mature biscuit-like nose and flavour, and the better length, and was more Champagne-like. It had benefited from the addition of reserve wines from older vintages. Voting for the better wine was very close, with three for the Champagne and two for the English, with five getting the Champagne right and one getting it wrong.

Round 2: Bolney Foxhole Vineyard Pinot Gris 2017, West Sussex, versus 2016 Dopff Au Moulin Pinot Gris, Alsace. Both wines had good flavour, taste and length. The Alsace had a bit more fruit and a little residual sugar; the Bolney had a bigger bouquet. Four voted for the French and two for the English, and all six identified the English correctly.

Round 3: Chapel Down Kit's Coty Chardonnay, 2013, oaked, Kent, versus 2015 Rully 'Saint Jacques' Domaine Antoine Olivier, Côte Chalonnaise, Burgundy, Chardonnay. Both wines had good oak-plus-fruit bouquets, and good length. I thought that the English had more depth and was the more interesting wine, but it received no votes while the Rully had six. Five put the French as French and one put it as English. With three straight wins so far for the French wines, a Gallic whitewash looked possible.

Round 4: Furleigh Estate Bacchus Fumé, 2015, Dorset, versus 2016 Pouilly Fumé Domaine Tabordet, Sauvignon Blanc, Loire. The French wine had a good bouquet, with some oak, a moderately good flavour but was thin. The English Bacchus had a lovely bouquet with grassy and herbaceous notes and lots of flavour. It was a big wine, with more body and complexity than the French one. The Bacchus received five votes, with only one for the Pouilly. Interestingly, five voters put the English wine as French and only one put it as English. Could it be that they thought that the better wine should be the French one?

Round 5: Adgestone Full Bodied Red 2016, Isle of Wight, Rondo, versus 2016 Bourgogne Pinot Noir, Domaine René Monnier. Both wines were black/purple, with the Adgestone one deeper. Both wines had good fruity bouquets and flavour, and soft tannins, with the Rondo being smoother. The English wine received four votes, with two for the French. Four thought the English wine was English and two put it as French. Jeffrey said that he preferred the English wine. With the score now France three rounds, England two, all depended on the sweet wines.

Round 6: Denbies Noble Harvest Vineyard Select 2016, Ortega, Surrey versus 2008 Castenau de Suduiraut, Sauternes. This was the only case of a big disparity in vintages, and the English wine was less alcoholic (12% compared with 14%). The Sauternes was gold, with a lovely rich noble rot bouquet, a big body, a very good flavour, and was sweet and delicious. The English wine was much paler. It too had a rich lovely bouquet but less noble rot. It was less sweet than the Sauternes, but was elegant and very appealing. They were two gorgeous sweet wines, different in age and style. Voting was four to two in favour of the French wine. Two thought the French wine was English but four got it right.

The overall result was a win for Jeffrey's choice of French wines over my choice of English wines by four rounds to two. In 2016 my choice of English sparkling wines beat his Champagnes by four rounds to one, to his astonishment. Tonight's results were rather as expected, given that the French have had centuries to get their wines right, with 755,200 hectares producing about 3.45 billion bottles a year, while the English have only had a few decades, with 2,500 ha. producing about 5 million bottles a year on average: Goliath versus David? Richard Jackson said that such a contest would have been unthinkable 20 years ago. It is very expensive to set up a new vineyard and winery in England, whereas many French vineyards and wineries have been handed down for centuries through the family, reducing costs. For example, Dopff au Moulin has been in the family at Riquewihr since 1574. Congratulations to Jeffrey for his excellent choice of wines.

The evening finished with a cold supper, including puddings, provided by Brenda Lamb. The three bottles of supper wine were not needed as there was plenty left of the tasting wines.

Bernard Lamb

London Branch

REVISITING BORDEAUX 2005

On 29th January in London the IWFS London Branch held the first of two tastings looking back at the 2005 vintage Bordeaux wines. The wines were from a members cellar and the tasting was led by London Branch Chairman Jeffrey Benson, attended by 18 London Branch members.

The ten wines included in the tasting were:

- Chateau Ausone
- Chateau Haut-Brion
- Chateau La Mission Haut-Brion
- Pavillon Rouge du Chateau Margaux
- Chateau Leoville Las Cases
- Chateau Pichon Longueville Comtesse de Lalande
- Chateau Talbot
- Chateau Lagrange
- Chateau La Lagune
- Chateau Vray Croix de Gay

We can all remember the hype surrounding the 2005 vintage, a little forgotten now since several vintages since have also received the same type of plaudits. However 2005 remains a vintage that enjoyed near perfect conditions and three of the wines included in this tasting garnered 100 points from Parker.

This tasting, and the second part in next quarter, was a chance to taste some of the vintage to see if, fourteen years on, it was

delivering the promise despite the fact that in some cases it may be expected that there still some time needed before the wines reach their peak.

Overall the wines delivered very well and were surprisingly approachable, even the Ausone, which has the depth and complexity to develop for years to come, was delicious.

By general consent the stars of the evening were probably the Ausone, the Haut-Brion, and the La Lagune, but this was within the context of a very high overall standard. The wines exhibited all the characteristics one associates with quality Bordeaux wine on the nose, palate and finish.

The use of a high proportion of new oak by several of the producers created a perfect balance, demonstrating the concentration and intensity of the grapes that the perfect conditions had produced. Likewise the higher proportion of Merlot in some of the wines was obviously exactly the right decision by the winemakers, still allowing tanins to be evident but not overwhelming.

This was a very enjoyable event much appreciated by the members attending and certainly wet the appetite for the next batch of wines from the same vintage in the second part of the look-back in the next quarter.



Manchester Branch

LUNCH AT ASPIRE



On 9th November we re-visited Aspire Restaurant in Trafford College. The students were preparing the food and covering food and wine service with a light touch of supervision from their tutors. We were warmly greeted as we entered, and soon glasses of a South African sparkling wine were distributed.

Whilst waiting for the starters enjoyed generous baskets of homemade cheese bread and rolls. The choices of starter were a pork terrine with homemade piccalilli and toast, or roasted

butternut squash with feta, rocket, walnuts and pomegranate. Both were delicious and well presented. The chardonnay was a good accompaniment to both dishes.

For the main course we were offered a beef or a fish dish. The beef was a casserole served in a piped nest of potato and swede puree with a melange of green vegetables and chestnuts. This was a very seasonal and satisfying dish. The fish was a fillet of seabass served alongside an autumnal Puy lentil and chorizo stew and Hasselback potato which was a bold and interesting combination, well executed. With the main courses we enjoyed a Montepulciano d'Abruzzo which was full bodied and redolent of spiced red and black fruits.

The desserts were a surprise on the day and we had no less than three to choose from! The chocoholics went for a hot chocolate pudding with chocolate sauce and ice cream and black cherries. This was a rich and decadent dessert. There was also a spiced fruit pavlova with Chantilly cream and fragrant compote which was a very pretty light dish with a punchy flavour. Finally, there was a layered lime and raspberry panacotta topped with white chocolate and a yellow pansy contrasting with the deep ruby topping. This was classic and faultless.

We rounded off our lunch with tea and coffee served with both hot and cold milk for individual preference.

The standard of food and service was very high and it was easy to forget that most of the work was done by students in the 16–18 age group. They are to be congratulated on their professionalism and confidence.

Nicola McLoughlin



Merseyside & Mid-Cheshire Branch

PANORAMIC RESTAURANT LIVERPOOL

This event was another happy lunchtime with old friends and some new ones as well. It was our second visit to the Panoramic which affords excellent views of the Liverpool waterfront and the Liver Building. Unfortunately it was very misty so the distant views were hidden. Again we were well looked after and the food was excellent. As it was 5th November the theme was Fireworks and Val Bishop did some marvellous artwork on the place-cards and table labels.

MENU

- **Aperitif:** *Bolney Rose, Bolney Estate, England.* The fresh gooseberry and apple flavours and smooth finish set the scene for the food to follow.
- **Starter:** Seared tuna loin with garlic, soy, sesame, apple and radish. This had lots of flavours which blended well with the lightly seared fish.
Oltre Passo Falanghina, Botter 25. A fine nose, with a deep fruity flavour and some citrus notes. The taste is thick with blackberry, citrus and grape. The flavour has a fine texture but still with its thickness. The alcohol is also a bit sharp, but in a fine balanced way.



- **Main:** Braised beef feather blade, carrot purée, Lancashire cheese, macaroni tart. An unusual combination with the beef served pulled and complemented with the macaroni tart and carrot purée. Good flavours but dry on the palate. A little more jus would have improved the overall experience.
Cabernet/Merlot, Cranswick, Smith Estate. Deep purple ruby in colour, this wine has a very attractive nose showing ripe bramble fruit, damson and mulled spice. The palate is fresh and juicy whilst retaining some elegance. There are notes of baked plum and blackberries with a white pepper finish. Overall, a very good match for the beef.
- **Dessert:** Exotic Coconut. A mango coconut meringue on chocolate sponge with passion fruit and tropical sorbet. The combination of sweet and sharp flavours highlighted the different parts of the dessert giving a satisfying conclusion to the lunch.
- Coffee/Tea

Frank and Jean Whiteman



Merseyside & Mid-Cheshire Branch

CHRISTMAS 2018 AT NUNSMERE HALL HOTEL

Nunsmere was the chosen venue for the Christmas Celebration. The hotel is set in a large estate and bordered by a 60 acre lake. Around thirty four members attended the event and we were so pleased that Ian and Chris Nicol and Ron and Val Barker were able to join us.

Menu

Aperitif

Sherry – Manzanilla

Starters

Salmon mousse with dill, crème fraiche and lemon.

Duck and foie gras terrine

Merrymole Chardonnay

Main

Pheasant duo with confit leg

Hake fillet with butterbean cassette

Titterelli Malbec

Desserts

Egg custard tart with winter berry compote

Cheese Board with vine fruits

The Manzilla sherry aperitif made a pleasant change from a sparkling wine with its slight almond and citrus overtones.



The starters were nicely displayed and full of flavour complemented with a Merrymole Chardonnay. This Moldovan wine was a lightly oaked variety with plenty of fruit and body. It was also available for the main course fish dish.

The main courses were in sharp contrast to each other with the fish nicely cooked and the pheasant accompanied by a rustic display of traditional vegetables. The Titterelli Malbec was lighter in style than some Argentinian examples with good red fruit flavours and not too much tannin. The service of the main courses did not ensure that each table was served with the chosen dishes together, leading to unnecessary delays.

To finish, the cheese board had a good choice of varieties but the egg custard tart dessert was rather dry and lacked sufficient filling.

In spite of the shortcomings the evening proved an enjoyable occasion to complete our programme for 2018.

Frank and Jean Whiteman

Gift of Membership

The gift of a year's IWFS membership to friends or relatives could be the ideal birthday, Christmas or 'thank you' present. When someone purchases such a gift they will receive a certificate, as shown, and an IWFS membership application form to give to the recipient(s).

The cost is the same as current membership rates for the Europe Africa Zone of IWFS which are:

Single	£42.00
Joint	£55.00
Young Single*	£21.00
Young Joint*	£27.50

Some branches have an additional branch membership fee which should be paid locally by the new member(s).



Membership can be redeemed for the calendar year in which the certificate was issued or the following year. If redeemed after 1st November in the year of issue it will cover membership up to the end of the following year.

Anyone wishing to purchase a gift of membership certificate should contact me, preferably by email eazmembership@outlook.com, giving their name, address, IWFS branch (if any), type of membership required and the name(s) of the intended recipient(s) and I will send them the required certificate.

Margaret Chippendale
EAZ Membership Registrar

* Young members, both parties in the case of joint membership, should be under 36 on 1st January in the year the certificate is used.



Northampton Branch ANNUAL DINNER



The 21st October not only celebrated Trafalgar Day but also the 48th Anniversary of the founding of the Northampton Branch of IWFS, when the members again returned to their favourite Hambleton Hall for their annual dinner.

As has been her long-standing custom, Betty Meadows had collaborated with owner Tim Hart and chef Aaron Patterson to plan an adventurous menu. Although Tim Hart was unable to be with us in the evening, (he greeted guests at breakfast the following day), and Aaron Patterson was guest chef at Gravetye Manor, their influence was still manifest.

After a reception with canapés and ample supplies of champagne Bedel NV (with a large proportion of Pinot Meunier), we took our places in the beautifully laid out dining room to taste a starter of Carrot Terrine with star anise. Although some found it a little bland, visually it almost resembled the Buchanan tartan with its squares of orange and yellow and a little quenelle of ice cream. Glasses were filled from a splendid magnum of Bandol Rosé "Coeur de Vigne" from Domaine Castell Reynoard (80% Mourvèdre).

Next came a real highlight: sautéed langoustine with langoustine tortellini in a divine bisque and – originally but effectively – some pear. This was accompanied by 2016 Stina Cuvée Bijeli from Croatia, an unoaked star dominantly Vugava with a little Chardonnay – new to most of us but generally approved.

The main course consisted of beef short rib which had been slow cooked for 30 hours in vacuum at 63°, resulting in a full flavoured melt-in-the-mouth treat still keeping its pink colour. Dominique Baduel, the extraordinarily knowledgeable sommelier, matched this dish with a 2010 Sjinn Malgas Red from Breede River Valley in South Africa. Several of our members had

actually visited many South African vineyards, but they still had some difficulty in identifying the Syrah 40%, Touriga Nacional 40%, Mourvèdre 18% and a dash of Cabernet Sauvignon constituents. The resulting bouquet and flavour were highly praised.

At this stage, our Chairman, Piers Smith-Cresswell, rose to propose not only the loyal toast to the Queen, but also one to the immortal memory of Lord Nelson and all who fell with him. The cheese course consisted of a long spike of 24-month Comté served with a 2014 vin jaune from Jura: Arbois "Bethanie" sous voile, a tasty blend of 50% Chardonnay and 40% Sauvignon Blanc.

The banquet concluded with a visually stunning Chocolate Orange which also tasted excellent once the outside crust had been penetrated. This dessert was matched with a marvellous Graham's 40 year old Tawny Port. All the kitchen staff and those who had waited at table were called in to receive our thanks and to respond to our questions about how they had created such superb dishes.



Zürich Branch

REBIRTH OF AN EXTRAORDINARY HOTEL



The Atlantis Hotel started to be one of the leading contemporary hotels in Zürich. Built in the seventies as a luxury 'designer hotel' overlooking Zürich, it was setting a new standard. Unfortunately, the place went bankrupt in the early 2000s and then served first as home for fugitives, and then for students. In 2014 it was completely renovated for over 60 Million Swiss Francs by people from Qatar and reopened under the management of the Swiss Giardino Group, promoting the hotel as 'urban retreat'.

The 'new' Atlantis Hotel features now also an excellent restaurant named Ecco, which runs under executive chef Stefan Heilemann, who was awarded 2 Michelin stars for his outstanding creations. Place and cuisine were chosen by the Zurich Branch for the Annual Gala Dinner; it was a good choice in every respect.

After starting the evening with a welcome drink, the chef created for us a seasonal four-course menu with wine pairings:

Food

- Alaskan King Crab with Carrot, Curry and Sudachi
- Skate wings from Brittany with Jerusalem artichoke, Bottarga and Sherry vinegar
- Swiss veal filet with Porcini mushrooms, parsley root and Périgord truffle
- "Grand Cru Chuao" chocolate Felchlin with pickled sour cherries and tonka beans

Wines

- Sancerre «Les Chailloux» 2017, Claude Riffault, Loire, France
- Camalaione 2013 (Cabernet Sauvignon, Syrah, Merlot), Podere le Cinciole, Tuscany, Italy

The Branch celebrated also the 11th year of existence with slow but steady growth and looks forward to the New Year with another exciting programme of events and on-going pleasant camaraderie.



A report from our New York branch in the Americas Zone

A WALKING TOUR THROUGH CENTRAL PARK

Here is why New York is the most exciting city in the world! The New York branch held amazing events combining the passion of the Society with the resources and opportunities afforded by New York City.

The New York branch annually does a "Walking Tour Event", selecting a neighborhood in New York (its only Saturday event). Past Walking Tours included Arthur Avenue, Harlem, The Highline, The Financial District, Brooklyn/Williamsburg, the Lower East Side, and Chinatown. The event typically starts with a brunch or lunch and then a walking tour of the neighbourhood and then an early dinner. This year the New York branch selected Central Park, one of the more extraordinary parks in the world as its walking tour venue.

We started at the historic Tavern on the Green for a wonderful brunch/lunch – a three course lunch served with champagne starting with Greek Yogurt, Berries, Almonds; Roasted Figs, Honey; Goat Cheese and Arugula; and Tavern Maple Brown Sugar Bacon, Watercress and Frisée, Sherry Vinaigrette.

That was followed with Eggs Benedict Florentine with grilled Canadian Bacon, Creamed Spinach and Hollandaise; Brioche French Toast with Fresh Blueberries, Vanilla Whipped Cream and Candied Sliced Almonds; and Organic Scottish Salmon with Italian Farro, Braised Leeks, Beurre Blanc; The Tavern Burger – Dry Aged Ground Beef, American Cheese, Dill Pickle, Salt and Vinegar Chips.

We then sampled all of the dessert choices: New York Cheesecake with Macerated Strawberries and Whipped Cream; Carrot Cake with Cream Cheese Icing and Caramelised Pineapple; and Chocolate Lava Cake with Whipped Cream.

The tour was conducted by the Central Park Conservancy. This tour gave us a brief history of the Park including principal park designers Frederick Law Olmstead and Calvert Daux. We passed the Civil War Memorial, Sheep Meadow parade, the Navy Walk commemorating WWII Naval Battles and of course The Architectural Heart of the Park, Bethesda Fountain, the Lake and the Arcade. We exited the park on Fifth Avenue and 64th Street and convened for dinner at the elegant Altese restaurant. Housed in SoHo for many years, this restaurant opened a second branch on the Upper East Side and has been making extraordinary Italian food for last 24 years. Our menu started with Carciofi: fried artichokes "Roman Jewish style" and Bufala mozzarella with heirloom tomatoes and basil pesto paired with a 2016 Falanghina, Feudi di San Gregorio.

A pasta course followed – Fettucini: Veal ragu "Bolognese style" and Pappardelle: Fresh porcini mushroom and melted pecorino Toscana paired with a 2015 Badaiola "Super Tuscan", Mazzei.

Our entrée course consisted of roasted rack of lamb with mustard and parsley crust with carrots and spinach and a beautiful sautéed Mediterranean sea bass with leeks, mushrooms and blood orange paired with a 2013 Barolo, Tenimenti Ca' Bianca. Finally, we were treated to a luscious dessert of pistachio Tartufo and an extraordinary Tiramisu – Soft mascarpone cake paired with Aversa or Limoncello. Thanks to Bob Pisani and Angela Grande for their extraordinary work in putting this tour together and Rose Clemson for her invaluable support in administering the event.

Read about 'The Hidden Treasures of New York' in the next issue.



GREAT WEEKEND: VALENCIA

Friday 4th to Sunday 6th October 2019

This weekend has been organised by one of the most recently formed branches in the Europe Africa Zone. The event will incorporate a Members' Forum and the Annual General Meeting of IWFS Africa Europe Ltd, following the success of the Forum/AGM format held in Bristol in 2018.

The cost for the weekend excluding hotel accommodation and flights will be €400 euros for members and €440 euros for non-members. Payment can be made as set out below to EAZ's euro bank account in the UK. However, you may also pay in GBP to EAZ's UK GBP bank account (the amounts to be paid in GBP are shown below). Payment must be made in full on booking.

The weekend will be based at the SH Valencia Palace (<https://www.hotel-valencia-palace.com/en/>). You may arrange to stay elsewhere but be sure that you can easily access the SH Valencia Palace as all transport and walks will start from there. Room rates, including breakfast, for a double room (single or double occupancy) are either €125 (euros) or €135 (euros). You will need to contact the hotel directly by email to grupos@sh-hoteles.com, referring to IWFS Valencia Great Weekend or by telephone (+34 96 091 1900).

There are many budget airline flights to Valencia from many airports in both UK and continental Europe. Valencia airport is 8 kilometers (5 miles) from the City centre. There is a train service from the airport.

The maximum number who can attend, other than Valencia Branch members, is 50.

Outline of Activities

The event will start at 6.00pm on Friday evening with a reception and members' forum where members will have an opportunity to help develop the Society, in particular EAZ, through discussion and interaction with members of EAZ's Executive Committee. This will be followed by dinner in one of Valencia's best restaurants, Restaurante La Sucursal, which has one Michelin Star.

On Saturday morning, there will be a guided visit to Valencia's Central Market in the Old Town, followed by a visit to a local winery, Bodegas Hispano-Suizas, where we will experience traditional Valencian meats and tapas paired with regional wines from this representative vineyard. On Saturday evening, a tasting menu together with a selection of prize-winning wines will be presented to you, prepared by two Michelin Star Chef, Ricard Camarena at a private event in the Mercado de Colon.

On Sunday morning, the formalities of the Annual General Meeting will take place, but there should be time to stroll around the area of the promenade and harbour. At 12 noon, we will depart from the hotel and be taken on a boat tour around the rice fields followed by a traditional Valencian Paella for lunch. The event will end at around 4.00pm and we will get back to the hotel at around 5.00pm. Please take this information into account when booking flights back if you are thinking of travelling on Sunday evening.

For those staying on Sunday evening, restaurants for dinner will be suggested and tables booked as required, but the cost is not included in the weekend event cost.





Payment and Cancellation Policy

Acceptance of registration will be receipt of payment and as there are limited spaces, acceptance will be based on the date and time of receipt of payment. Please send an email to John Nicholas johnsnicholas@aol.com. to confirm your registration.

Payments

Payments should be made in euros to the EAZ euro account as follows.

If paying in euros from a UK based bank:

Account name: IWFS Europe Africa Limited with HSBC UK Commercial
Sort Code: 401276
Account No: 76001304
Reference: Valencia

Depending on your bank's treatment of payments in currencies other than GBP, you may have to use your bank's International payment system to make the payment online.

If paying in euros from a non-UK based bank:

Account name and address: IWFS Europe Africa Limited, The Pavilion, Botleigh Grange Business Park, Hedge End, Southampton
Bank: HSBC UK Commercial
IBAN: GB41 HBUK 4012 7676 0013 04
BIC: HBUKGB4B

Payment in GBP:

We would prefer payments in euros by electronic bank transfer, but should you wish to pay in GBP, the cost will be £370 for members and £410 for non-members – the GBP amount may be changed if the euro exchange rate changes significantly. Please email John Nicholas for the GBP bank details or for the appropriate address to send a cheque.

Cooling-off period

Registrants have a cooling-off period of 14 days from the date of their booking during which they can cancel their reservation and receive a full refund. Please email John Nicholas.

Cancellation

Any subsequent cancellations must be sent by email to John Nicholas.

- Up to 31st May 2019, a refund of 60% i.e. €240 euros (non-members €264 euros).
- From 1st June to 31st August 2019, a refund of 40% i.e. €160 euros. (non-members €175 euros).
- After 31st August 2019, there will be no refunds.

Cancellation and Medical Insurance

All those who register for the festival are strongly advised to take out travel insurance which covers cancellation (to apply from the date of the end of the cooling-off period) as well as medical insurance, particularly as EU health cover through the EHIC card may change post-Brexit.

CONFRÉRIE SAINT-ETIENNE D'ALSACE

Tuesday 26th November 2019

Are you an Alsace wine lover? Would you like to broaden your knowledge of Alsace wine in the company of experts?

After several years' absence from the UK, the Confrérie Saint-Etienne d'Alsace will be hosting a ceremonial Chapter event at The Vintners' Hall, London on Tuesday 26th November 2019 starting at 5.00 pm. This will include a formal commented wine tasting showing the key Alsace grapes, an induction ceremony, a Crémant d'Alsace reception and a 5-course Black Tie Banquet featuring Alsace wines. During the evening there will be opportunities to demonstrate your knowledge by identifying a mystery wine (and win a prize), and to join the Confrérie by taking a simple tasting test. The Confrérie will be supplying all of the wine for this event directly from Alsace and the wines served at dinner will be specially chosen to complement the menu.

The Confrérie St Etienne d'Alsace, one of the oldest wine guilds in France, can trace its roots back to the fourteenth century. Today it is a group of wine producers and lovers of Alsace wines whose declared mission is to have fun while promoting the wine and food culture of Alsace. The Confrérie is based in the Chateau de Kientzheim where there is a museum devoted to Alsace wine and they have a legendary cellar with wines dating back to 1834. Besides hosting tastings and events at Kientzheim all through the year, they also have active Chapters in Europe, Scandinavia, Ireland, America and elsewhere which have their own events programmes. The Confrérie is hoping that this event at Vintners' Hall will mark the birth of a new London Chapter.

IWFS has been helping to make the arrangements for this event and we are very much hoping that some of our members will attend.

Prices and payment

The ticket price will be €190 (£170, at the current exchange rate on 25th January). If you would like to attend please contact Eric Fargeas at chancellerie@confrerie-st-etienne.com (copy to David Ling at lingd1950@yahoo.com) for details or write to Confrérie Saint-Etienne, Château de Kientzheim, 1 Grand'rue, Kientzheim, 68240 Kaysersberg-Vignoble, France.

Payment can be made by direct bank transfer to the Confrérie: IBAN: FR76 1027 8034 2000 0317 0084 529 – BIC : CMCIFR2A Please ensure that any bank charges are charged to your account and not that of the Confrérie.

It is not necessary to join the Confrérie if you wish to attend this evening but if you would like to join please register at the above address. The cost of €55 includes the tasting test, medal and ribbon, diploma, newsletter and one year's membership.

Places will be reserved in order of receipt but will not be confirmed until your funds reach the Confrérie's account. Final confirmation of your ticket(s) will be made by email from the Confrérie.

DATES FOR YOUR DIARY

UK Manchester

7th March 2019

Wine Tasting and Supper at St. James's Club, Manchester. Contact Ali Graham at Brackenridge.amg@btinternet.com.

NEW ZEALAND Auckland

8th to 10th March 2019

2019 APZ AGM Weekend will be held in Auckland, with a pre-tour in the North Island and a post-tour to the fabulous Central Otago wine region in the South Island. Last few places available. Full details on the IWFS website APZ pages.

UK Herefordshire & Monmouthshire

17th March 2019

St Patrick's Day Lunch. Contact Peter.McGahey@btinternet.com

UK Bath & Bristol

21st March 2019

Dinner at Il Giardino Clevedon. Contact tonygriffin987@gmail.com

FINLAND Helsinki

30th March 2019

Catalonia and Cava. Contact Jaana.Keranen@dlapiper.com

UK Manchester

8th April 2019

Hawksmoor. Contact Ali Graham at Brackenridge.amg@btinternet.com

UK Bath & Bristol

16th April 2019

Somerset Cider Tasting and Lunch at Brown & Forest Smokery. Contact tonygriffin987@gmail.com

FINLAND Helsinki

27th April 2019

Asparagus. Contact Jaana.Keranen@dlapiper.com

UK Bath & Bristol

15th May 2019

Black Tie Dinner at Lucknam Park, Bath. Contact tonygriffin987@gmail.com

UK Manchester

16th May 2019

Adam Reid at The French. For details contact Ali Graham at Brackenridge.amg@btinternet.com

SWITZERLAND Zürich

16th to 19th May 2019

Barcelona Weekend. For details contact elinaselin90@gmail.com.

FINLAND Helsinki

25th May 2019

Argentinian BBQ. Contact Jaana.Keranen@dlapiper.com



FRANCE Bordeaux

4th to 8th June 2019

Visits to chateaux in Pessac-Léognan, Pauillac, Margaux and St-Emilion are amongst those on the itinerary to this classic region. This event is now sold out. Details and email eaz@iwfs.org to be placed on the wait list.

PORTUGAL Douro River Cruise

9th to 16th June 2019

A wonderful cruise is planned by the Americas along the Douro and a pre-tour in Lisbon from 6th to 8th June. Sold out. Email Stephanie.Schmitz@aaane.com to be added to the wait list.

UK Bath & Bristol

12th June 2019

Lunch at the Chapel Restaurant and visit to Hauser & Wirth Gallery and Gardens. Contact tonygriffin987@gmail.com

UK Manchester

23rd June 2019

The Lowry Hotel. Contact Ali Graham at Brackenridge.amg@btinternet.com

UK Manchester

6th September 2019

Gonbay Chinese Restaurant in Altrincham. Contact Ali Graham at Brackenridge.amg@btinternet.com

SPAIN Valencia

4th to 7th October 2019

Venture to Valencia for the EAZ Great Weekend, AGM and Members' Forum. All members are invited to experience the cultural and culinary delights of this coastal city port. More details to follow shortly.

AMERICA Charleston

16th to 19th October 2019

Join the Americas for a tour of this wonderful South Carolina city. The best Southern cuisine will be perfectly paired with world-class wines.

Looking to further ahead....

FRANCE Bordeaux

April 2020

The Americas are also planning a trip to Bordeaux in April 2020.

PORTUGAL Madeira

2nd to 8th November 2020

Visit this historic winemaking island and you will have the chance to taste Sercial, Verdelho, Bual and Malmsey on home ground. More details as they become available.

HONG KONG

10th to 13th November 2020

The Asia Pacific Zone is planning a wonderful festival in Hong Kong open to all members. There will be a Macau pre-tour from 8th to 9th November and a Gourmet Hong Kong post-tour from 15th to 16th November. Stay tuned for further details.

ARGENTINA Triennial International Festival

November 2021

Although still in the planning stage, mark this month in your calendar for a true South American experience enjoying the culture and energy of Buenos Aires for a pre-tour and then visiting the wonderful wine region of Mendoza for the main festival.

If you are interested in joining an event that is full, or reservations closed, then please contact the organiser in case