

# *Food & Wine*



June 2014

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

Free to European & African Region Members - one per address - Issue 179



**Santorini Festival**

**Food Photography**

**Greek Feast**





# CHAIRMAN'S MESSAGE

## Dear Members

I am encouraged that two members have shown interest in assisting with the committee's activities following the appeal in the last issue. The committee welcomes their interest. We would still appreciate some IT input, and PR expertise so that the issue of attracting new members can be addressed. Indications on membership are following the usual pattern, where we start after renewals around 5% down on membership, and then with late renewals, new members and new branches, we end the year 1%-2% down. Our aim this year is to reverse this trend. Each branch will need to make an extra effort and the committee will give backup in whichever way it can.

The ABRM (Annual Branch Representatives Meeting) has been well advertised and as well as the usual business two significant issues will be debated. For those who will not be there I will summarise the aspects of 'Incorporation' and the planned timetable here.

1. The Society 'IWFS Ltd' is a company whose office and directors are registered in the UK.

The Directors form the Council and the EAC, BGA, and APZ are committees running the zones. No change to the Society is proposed. It will remain with the same representation from the zones, the same objectives, the same funding and reserve targets.

2. The Zones will become limited companies in their own right and will be licensed by the Society to use the name, logo, and participate in International festivals and events. Each company will post financial results and hold an AGM each year where all members can vote.

3. The Branches will remain as they are with Charters issued by the Zones. Wording on charters in the future may reflect the new structure of the Society.

There are three main reasons for making this change. Presently committee members have dubious legal status being members of an unincorporated association, and although protected to some extent with insurance, they can be at risk. Unincorporated associations are finding it increasingly difficult to set up bank accounts and move money around the world (as we do with festivals) due to stricter money laundering checks. Thirdly in this litigious society assets of the society and zones are all at risk from one significant claim in one country not covered by insurance. Many organisations are incorporating for similar reasons.

The proposal is due to be voted on at the Society AGM in September with every member eligible to vote. Your Committee is presently giving support to the proposals but working through the detail. Costs are relatively low, £100 to set up a limited company and a similar amount each year to maintain a registered company address. Legal work is being done as far as possible in house by members. A full explanation will be issued to each member prior to voting in September.

The second element of business at the ABRM is to discuss the future and the way you would like the committee to set future targets, goals and activities. Put your ideas to your Branch Representative so you have a voice at the meeting. Hope to see many of you there.

## Ian Nicol

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

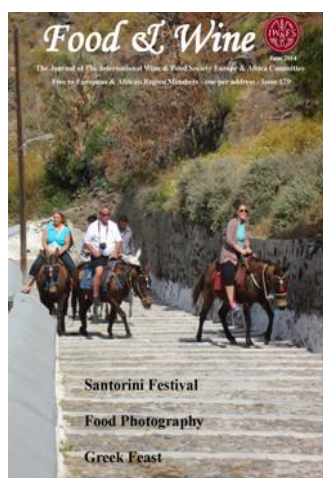
The Society, which is an independent non profit making organisation run by volunteers, is divided into three areas – the European & African Region, the Asian Pacific Zone and The Americas.

In André's words,

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

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

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



## Food & Wine

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the Editor

## Editorial

Well, I am still here. Mind you I wondered if I would be in the last few months. Having suffered an aortic dissection on 28th December 2013 followed by a stroke, things have looked very bleak these last few months. Suffice to say I am recovering slowly but surely, to the point where I am putting this magazine together again myself.

This edition is dominated by the Santorini Festival. Stephanie Shepherd has written about the Festival, Ron Barker has concentrated on the food and wine and Ari has given a run down of the grapes drunk. A marvellous event put on by some very dedicated members.

We have an article by Brian Worley on photographing food. Brian came to the meeting in London in November last year to explain the ins and outs of food photography and very interesting it was too.

Alex Bielak is a member of the Niagara Chapter in Canada is an epicure and story-teller. He has written an article on eating in Greece to continue our Greek theme.

Kari Poikolaine, a member of the IWFS Helsinki branch, is a doctor of medical science and we feature his book Perfect Drinking and its Enemies.

We have a large section for around the branches with some interesting events displayed.

I am sorry that this edition is late arriving but it has been a challenge to put it together and I am hoping we will get back to normal as the year goes on.

Very best wishes  
To you all.

*Pam Brunning*

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Kari Poikolainen is a member of the IWFS Helsinki branch, a doctor of medical science and adjunct professor in public health (since 1983) at the University of Helsinki in Finland. His research has focused on the causes and consequences of alcohol intake. He has authored 290 scientific publications. He was the Research Director at the Finnish Foundation for Alcohol Studies before he retired to write this book.



Alex Bielak is a member of the Niagara Chapter in Canada. A passionate cook, epicure and story-teller, his engaging writing and photos have appeared in various Canadian and international media. He is BCity Magazine's Food and Drink Editor and writes a regular online column in The Hamiltonian. Follow him on Twitter: @AlexBielak



Brian Worley is a photographer and photographic tutor based in Oxfordshire. He has previously delivered a seminar to a group of IWFS members who wished to improve their photographs of the food and events organized by the IWFS. He is available for photographic commissions and personal photography tuition. Please contact Brian via his website [www.p4pictures.com](http://www.p4pictures.com)



My husband Geoffrey and I joined the IWFS in 1974. We have always hugely enjoyed our Wine and Food Society and the friendships made. All but four of our 34 members are now retired and so we have less home events than 40 years ago. I have been branch secretary since 1996. In the last year we have attended 3 International Events in Norfolk, London and Yorkshire. They were so good and the people so friendly. We wondered why we never tried them before!  
Mary Jewell

The financial statements for 2013 for the Europe and Africa Zone have now been uploaded on the [www.IWFS.org](http://www.IWFS.org) website. The document can be found under the tab "Resources" and the drop down from that tab "Membership Info - ABRM - Accounts". If you have any questions or comments, please send our Treasurer, John Nicholas, an email at [johnsnicholas@aol.com](mailto:johnsnicholas@aol.com)."



## Dear Members

As the year unfolds and a new season approaches you may well be reading this with a fresher, lighter wine, maybe even a rosé, to hand.

Since I last wrote the IWFS Council had a teleconference meeting in February with the meeting being based from Tokyo, Japan where events were being held by the Tokyo Bay branch and the newly formed Roppongi branch. Council members from Australia and the Americas were present with others joining in remotely. Many matters are discussed at these meetings and mainly focusing on how we can offer more for the members.

I am pleased to advise that we are currently working on a new monograph which will be available later in the year – it will feature a series of approximately eight essays on contemporary wine issues which we think will be of interest to those of you who enjoy reading around the topic as well as savouring it from a glass.

You may also be aware that, but incase you are not, your IWFS Vintage Card is now available for you to download in pdf format on your phone, laptop or tablet. Just go to [www.iwfs.org](http://www.iwfs.org), click on the name of your zone and look under the "Publications" tab (please note you will have to log in to see and access this page). Once downloaded you will be able to reference at the click of a button - what to drink and when, plus new vintages to maybe buy now to enjoy in a few years time.

This issue our featured wine consultant is your fellow EAC member in South Africa – David Swingler and to whom we are very grateful for his continued advice on the country's wines.

David Swingler is a long-standing member of the IWFS, and was Director of Wine for the celebrated 2009 IWFS Cape Town Festival. He is immediate-past Chairman of the Cape Town Branch and its current Cellarmaster. While David earns his keep outside the drinks trade, he has blended his love of both the good things of the table and words by writing about food and wine for nearly twenty years. Co-author of *One Hundred Wines – an insiders' guide to South African wine* and drinks contributor to the award-winning *Posh Nosh*, David is a taster and writer for the seminal *John Platter South African Wine Guide* ("Platter's" [www.wineonaplatter.com](http://www.wineonaplatter.com)) since the late Nineties. He has, over the years, consulted to restaurants, game lodges and convention centres, taught wine courses and contributed to various radio, print and other media. He is blessed to have tasted the great wines of the world, particularly those of his first love, Burgundy.

"My recent wine & food experience: For some, wine is a commodity. For others, a thing of generosity. A friend recently celebrated his milestone birthday by inviting us to a wild game farm in the beautifully stark Karoo. On what became known as 'Grand Cru Saturday', we enjoyed a wide array of only the best Burgundy has to offer. You'd expect wine of such quality to be served discretely in a silver-service context, but not for our James! We gathered around a lunchtime *braai* – a South African open wood-burning barbecue – and enjoyed a rolling repast that lasted past dinner. Amongst other more celebrated names and vintages, I was enchanted by two wines that, when they hit the sweet spot as these did, reaffirm one's love affair with great Burgundy in spite of her capricious nature.

My white of the day was the Domaine Louis Carillon 1999 Bienvenue Batard Montrachet from magnum. It was the perfect foil – believe it or not – for succulent peri-peri Portuguese-styled baby chicken, hot off the coals. And then Domaine A-F Gros 2000 Richebourg hit the high notes with an Epoisses, perfectly ripe with an oozing paste." D Swingler

Thank you David.

The next IWFS Council meeting will have been held during the EAC Regional Festival in Santorini in May. I trust a good time was had by all who went along and look forward to hearing all about it.

I would also like to take this opportunity to wish Pam well and say how I am quite amazed how she has been ready and willing to prepare this issue of Food & Wine.

Until next time.....

**Best wishes**

**Andrea**



# IWFS Santorini 6th - 10th May 2014

By  
Stephanie Shepherd



**T**he guide books may talk about volcanoes and beaches and the 'wine dark sea' but many members will remember Santorini as the Isle of the Roosters. Was there only one? Or was it a veritable Greek Chorus which heralded the dawn? It was difficult to tell at 3.00 am, especially when one hadn't gone to bed much before midnight, but it certainly added a certain spice to the dish of Rooster with Potato Pasta which we all enjoyed during the festival.

Santorini was billed as a Regional Festival but it was a truly international group which assembled at the Hotel Aressana in Fira. The Aressana proved an inspired choice of base for our visit. Built on the hillside, with rooms grouped around small courtyards like a miniature Greek village, it proved to have more than enough facilities to satisfy all but the most fussy. The major gripe was the size of the bathrooms, which were on the small side although they boasted all the usual facilities. Its location, just a little short of the lip of the caldera, allowed an easy walk into the main shopping area and fabulous views across the island.

Fira is the major town and capital of the island. One says 'town' but the reality is a large village of sparkling white buildings and churches with cobalt blue domes perched higgledy piggledy on the wall of the caldera commanding far-reaching views, as far as Crete if weather conditions permit. As we discovered during our stay, there are no street names on Santorini. None of the villages are large enough to need them. The name of the recipient and the name of their village will find any resident: a difficult concept to fully grasp for those more accustomed to an urban lifestyle. Fira is also the destination for visiting cruise ships, at least one, sometimes two, called each day during our visit. The result, in May, is a bustling community with a wide choice of restaurants and ample opportunities for retail therapy. There are more jewellery shops than I have ever seen in one place. What it would be like in peak season is perhaps a question one should not ask.

Several of the festival events took place in Fira. The welcome dinner on our first evening was in the Hotel Aressana itself. Chef Yannis Baxevanis had flown over from Athens to mastermind the dinner. Chef Baxevanis is very well known in Greece where he has twice been voted Chef of the Year by the Greek public as well as gaining many professional accolades. He has become Greece's de facto gastronomic ambassador representing OPE (Greek External Commerce Organisation) at the United Nations, 'Greece at Fouquet' in Paris during the Greek Presidency of the EU and at the Culinary Institute of America in San Francisco. He is Executive Chef at the Majestic Hotel in Dubai and since 2011 has run an annual Festival of Greek Gastronomy at the Lausanne Palace Hotel.

Ron Barker writes elsewhere about the details of the food and wine we enjoyed. Suffice it to say here that the food was delicious, if generous. The major problem was that our numbers challenged the hotel staff to their limit and mistakes - in the timing of wine service, for example - did occur. It was particularly unfortunate that we were left for some minutes without the red wine for the main course and watched the beef cooling on the plates while the wine was served. It was also unfortunate that the shape of the room meant that it was difficult for some to hear the speeches.

The hiccups in service continued at breakfast when it was sometimes difficult to track down the coffee pot. These little niggles were particularly disappointing because the staff were obviously trying hard and were really interested in IWFS and our programme. Breakfast itself was perfect, the buffet groaning with cooked food for those who wanted it and a wide variety of Greek specialities, fruit, yoghurt, breads etc for those who fancied something lighter. The hotel even laid on a series of demonstrations showing how some traditional dishes were made. It was particularly pleasing to see most of the kitchen staff standing in the background during the Bottarga presentation evidently keen to learn about a new interpretation of a traditional delicacy.





Our first full day saw the group departing by coach for Pyrgos. Set around a key road junction, the village became a familiar destination and key way-point during our stay. Restaurant Pyrgos hosted the Andre Simon Lecture and wine tasting. It was a delightful spot with views across the island and a lovely garden which some of us would have liked time to explore. The Andre Simon Lecture 'Rediscovering Greek Wines' was delivered by Konstantinos Lazarakis MW. Konstantinos became the first Greek MW in 2002. He is a passionate advocate for Greek wines and delivered a highly stimulating, enjoyable and informative lecture. This was followed by a tutored wine tasting. We sampled five whites and five reds and, unusually, were provided with five wine glasses so that we could compare all of the whites against each other and then all of the reds. Everyone had their personal favourites and we all learnt a great deal about Greek wines and the level of sophistication they are capable of achieving. One interesting sidebar was that Konstantinos was adamant that we should not rinse our glasses in water. He pointed out that water does have a flavour and that it also has a pH value, both of which can affect the taste of subsequent wines. He recommended rinsing with wine instead.

Leaving Pyrgos, the coaches took us to Vlychada for lunch at a seafood taverna, 'To Psaraki', overlooking the marina. For many



of us this was our first introduction to a 'proper' Greek lunch: and what an introduction. The meze arrived one dish at a time, accompanied by fresh, and delicious, bread. They proved to be the undoing of many members who tucked in, not realising that more was to come. By the time we had devoured the Sea Urchin eggs, the Anchovies marinated in oil and lemon, the grilled octopus and the homemade vine leaves stuffed with rice, we had very little room left. Still, the fresh sardines with herbs were very tempting! However, by the time the 'Fish of the Day' arrived accompanied by Greek Salad and potatoes and a selection of vegetables, many of us had reached our limit. Any sampling we did was for politeness sake only and the dessert of pears poached in assyrtico with ice cream was largely ignored. It was such a shame. I think we all felt guilty that the staff had worked so hard to produce a delicious lunch for 62 people only to find a good deal of their hard work going to waste.

I was certainly not alone in thinking that this amount of food was the equivalent of two normal meals.

It was 4.00 pm by the time we left Vlychada for the hotel and a welcome rest. With a group of 62 it would have been difficult, if not impossible, to get a single coach through the villages. So the organisers had decided to split the party into two groups. On this first evening group A were due to dine at Nichteri in Kamari and group B at Selene in Pyrgos. But before dinner each group was to visit the Hadjidakis vineyards.

Ari described Mr. Hadjidakis as having a touch of Cretan madness about him. Madness or enthusiasm, he made a very informative and entertaining host; meeting us at the vineyard and discussing in depth the challenges of growing vines on Santorini. Very unusually, the majority of vines are not supported on trellis but lie on the ground each vine being trained into a circular basket shape reminiscent of a Christmas Wreath. This provides some protection from the island's strong winds, but it also means that the grapes must be harvested on hands and knees - no automation here. There were no volunteers to return to help with the harvest. One glance at the ground told you why. The volcanic 'soil' may be very fertile but it bears no relation to the fine tilth beloved of English horticulturalists. Everywhere you look there are tiny pieces of pumice, just waiting to turn desirable exfoliation into raw abraded skin in no time at all. Alongside the traditionally trained vines was a second area where the vines were being grown organically. Again they were not supported but allowed to grow naturally. 'Pruned' by the wind they were forming multi stemmed bushes. Neither group was irrigated relying on natural rainfall of which there is very little, and the water storing properties of porous rock. Although there is very little actual



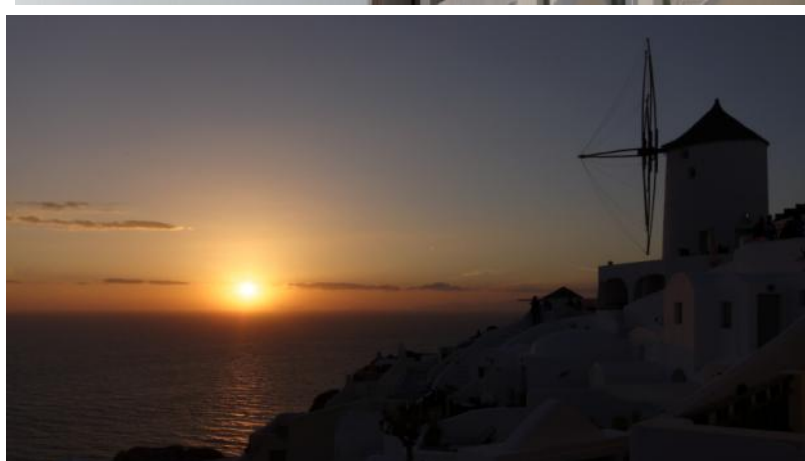
rain on Santorini it does experience regular sea fets which provide enough moisture to support plant growth. In many ways it was a pity that we did not have time to visit Mr. Hadjidakis' winery for a tasting it would have been interesting to taste the results.

Day two started with a brisk walk through Fira to the cable car and a descent to the old port for a cruise around the caldera stop-



ping off for a close look at the volcano. It had been a late night and we were all feeling the effects of over-eating so a lazy day was definitely called for. We were able to disembark on the volcano where the guide gave us a detailed history of the geological development of Santorini as it is today. Some of us hiked to the top and were rewarded with impressive views, others, finding the footing on the path somewhat treacherous, opted to return to the quay and sit in the sun. Much to the delight of most we had found ourselves on a sailing ship. It took a little effort, but there was a good wind, so the crew allowed themselves to be persuaded to break out the sails on the return voyage. We didn't sail for very long but it was a welcome respite from the noise of the engine and it seemed fitting.





The ship set us down at the new port where the coaches met us for the drive to Perivolos for lunch at Ta Diktya. We were all wise to Greek lunches by now and were more restrained with the meze leaving space for the Red Mullet which was to follow. Nevertheless we were all glad to have a free evening, to dine or not as we chose. Some took the opportunity to sample frozen Greek yoghurt. There were several establishments in Fira offering this. One of which, Selatrevo, was highly recommended. They sold the yoghurt by weight and as it was self service one could have as much or as little as one wanted of the four flavours on offer either plain or adorned with your own choice of sprinkles or fruit. It was just what we needed.

Day 3 took us to Akrotiri, the Pompeii of the Aegean. After the discussion of the geological history of the island the day before we were to explore the archaeology. Once a major port Akrotiri now lies buried under 4 metres of volcanic ash. Only a tiny part of the city has been excavated to date but it is enormously evocative. The buildings are roofless, but within them pots and jars are perfectly preserved, still standing where they stood in 1600 BC when the volcano erupted. Our guide explained that the eruption had most likely been heralded by a series of earthquakes of increasing severity which had forewarned the inhabitants. As a major seafaring and trading community they had been able to evacuate the city. This accounted for the lack of human remains found among the ruins. The excavated area is now under cover. The construction of this protective building having proved a major engineering challenge in its own right. Because of the sensitivity of the site each supporting column had to be individually placed to avoid the delicate remains it was supposed to protect. The result was breathtaking. However, this is the first year that there will be no work done on site. The state of the Greek economy does not allow for luxuries like archaeology and the staff have been dismissed. It seems a real tragedy, although one can understand why the authorities have taken this step.

Once exposed to the air, ancient artefacts deteriorate without professional conservation so it is not just a simple matter of having them sit around on shelves until the economy turns up. Some will deteriorate past the point of no return.

After Akrotiri we returned to Fira for a tasting of Olive Oil led by Aris Kefalogiannis, founder and CEO of Gaea. We tasted two olive oils, Kalamata and Creta. The latter has an extended shelf life of 14 months. By adding Nitrogen to the head space in storage tanks and bottles Gaea excludes oxygen which would normally promote deterioration in the product. Olive Oil tasting was a new experience for some of us. Following the tasting we were served a buffet lunch of specialities from Santorini and other Greek islands which were delicious. They were accompanied by local Volkan Beers: white, blond and black and wine was available for those who preferred it. It was just a short stroll back to the hotel.

In the evening we travelled by coach to Oia. After some time exploring the village and its fortifications we met at the Hotel Fanari to watch the sunset from its terrace while enjoying an aperitif and canapés. Oia was a particular hit with many of us. Its shops were somewhat less touristy than Fira's and the village itself felt more authentic. Nevertheless every seaward terrace was crammed with people as the sun went down, all trying to capture that elusive perfect sunset snap. The sun having disappeared below the horizon we made our way back to the coaches for the trip to Selene for Group A and Nichteiri for Group B.



Our final day took us to the Pre-historic museum in Fira. This has the distinction of being the most ugly building in the area. Traditional arch-roofed Greek architecture doesn't scale up well although it does allow a large column-free interior space. We were expecting to see some of the pots and jars from Akrotiri but it was the wall paintings which really took the eye and captured the imagination. Reconstructing these had been a real feat. When the earthquakes and volcanic eruption struck the settlement, the plaster backed frescoes had simply fallen from the walls and ended up face down on the floors in thousands of pieces. The University of Princeton had created a computer program which aimed to help fit the fragments together but it seems that nothing beats the human eye. It is a painstaking process but the results are fabulous.

We returned to the hotel for a presentation and tasting of Bottarga by Trikalinos. Trikalinos are the foremost producer of this traditional Greek delicacy having pioneered a new process with uses much less salt in the curing process resulting in a product with a higher moisture content. We were invited to try the Bottarga with white chocolate, with strawberry and with lime. The resultant tastes were quite different, which one preferred being a matter of individual taste preferences. It was a really interesting experiment.



Lunch at a local restaurant, Assyrtico, followed the tasting. Although the organisers had warned us in advance, I think most of us had underestimated the wind on Santorini at this time of year. It was so cold and blowy that many of us rushed back to the hotel for sweaters and jackets and the tables on the terrace were shunned. Those of us who did brave the elements were rewarded with a spectacular view across the caldera. Once again lunch was delicious, I particularly enjoyed the Souvlaki and the Iced Halva Mousse. I remain astonished by the colour of the fava bean puree - is that psychedelic yellow truly natural?

Our final meal of the Festival was in many ways the least successful. We travelled back to Pyrgos, this time to the Orizontes Hotel and once again enjoyed the sunset from their terrace. We were served French Champagne which was rather disappointing. We had had so many delightful Greek wines during our stay it seemed a shame not to have something Greek on this occasion. We

were dining in the hotel's conference room and were served by the team from Selene who had been with us on several occasions during our stay. The food was as inventive and impressive as we had come to expect from them but they were fighting the facilities, or lack of them, all evening. Plates were cold and therefore the food at best tepid. At one point the staff were even moved to apologise; it was not their fault. The interpolation of speeches between courses did not improve matters and as time marched inexorably onwards many of us wished only to retire, indeed the majority seized the opportunity to get the first coach back to Fira, cheerfully abandoning all hope of coffee.

At the start of the evening Ari had promised us a surprise and it turned out to be a group of musicians playing, among other instruments, Greek bagpipes. We might have enjoyed the music more if we had taken our places at table first. As it was, those who were closest heard the explanation of what was being played, those at the back of the room did not. The music itself was quite loud enough to be heard throughout the hotel. Truly one cannot win them all.

Despite the niggles we had enjoyed a very informative and enjoyable four days. The organisers had obviously worked hard to ensure that the programme was delivered on time and that all the logistics worked. It was very disappointing that a key member of the team was unable to attend the Festival itself. Yannis Theodorou, President of the Hellenic Academy of Gastronomy had worked tirelessly to choose the wines and to devise the menus throughout the Festival. To give you some measure of his attention to detail; Ari told us that Yannis had tried 25 different Rosé wines alongside fried Red Mullet in order to find the perfect match for our lunch at Ta Diktya. That is dedication of no mean order and it was very disappointing not to be able to express our gratitude in person. Nevertheless the event was a testament to the hard work of the whole team Ari Sofianos, Chris and Sue Bonsall and their contacts on the island particularly George Hatziyannakis, owner of Selene and his staff and the staff of the Aressana Hotel. Thank you all.



# Santorini Festival Food & Wines

## By Ron Barker



Despite 40 years trying to learn about wines, and various initiatives from the Wine Society and Oddbins in the past, I did not take Greek ones seriously until the EAC event in Norfolk last year when we had a tutored tasting. Even so I did not expect such quality and diversity.

The opening dinner at any Festival sets the tone for the event. The organisers had flown in a celebrity Greek Chef from the mainland to oversee the meal. The appetiser was a sparkling wine from North West Macedonia. There was some bottle variation which was mainly evidenced in slight differences in colour but it all smelt and tasted magnificently, a fruity and refreshing wine with some acidity. With it we were served large canapés (this was hand food not finger food) which were tasty but difficult to handle.

When we were seated we were served two fish related starter dishes, the first based on soft shell shrimp (the menu said prawn but these were the size of Southport or Morecambe Bay brown shrimp with added crunch). The second, fillets of red mullet served with eggplant and orange sauce, was my fish dish of the Festival. With them we received two examples of Santorini Assyrtico. The first was younger, sharper and more acidic, cutting through the fish roe sauce served with the shrimp; the second, 5 years older, served in magnum, was fuller, more flavoursome, and I thought that I detected some oak influence although we were assured that it was unoaked.

The main course, fillet of beef from the mainland, with aromatic herbs and bergamot powder, was tender and tasty but far too large; half portions would have been more than sufficient. We had 2 2009 red wines to compare and contrast with the beef but unfortunately they were not served until the food was beginning to cool. The mavrotragano had the better nose (some likened it to Zinfandel) but the second (a blend of indigenous grapes) matched the food better.

I could not sample the dessert (allergy to coconut) but the dessert wine enabled Assyrtico (this time blended with a little aidani) to demonstrate that it can also, with late harvest and leaving the grapes to semi dry on straw mats, produce a low alcohol (9%) sweet wine. It was clear that we had a lot to learn about this variety. I did try it with little fruit tarts served with the coffee and it worked well.

The following morning we were treated to a tasting of ten Greek wines. The tasting was tutored by Greece's only Master of Wines who quickly proved his expertise to all concerned. He also had an extremely pleasant way of putting across his knowledge. He reminded me of a young John Avery. The Society should be encouraging him to join our Wine Committee.

Each participant was provided with 5 wine glasses so that they could compare the 5 different white wines. By now we felt that we knew a lot about Assyrtico but we were also introduced to moschofilero (a pink skinned grape that produces a white wine with a pink tinge that shows spicy flavours not unlike a light Alsace wine, and malagousia ~ a rare aromatic wine with lime notes that reminded me of some young Rieslings).

The last white was 10 years old and golden in colour, it was another Assyrtico but this time reminding me of old fashioned white Rioja particularly old Tondonia. Members were asked to express their preference by voting but all examples were popular with some.

Then we moved onto 5 red wines. The first surprise was that our MW advised us not to clean our white wine glasses with water because of the water flavour and the acid/alkali (ph.) would have an adverse impact on the wine. We cleaned the glasses with wine!





The five red wines also produced much debate. My favourite two were the first (a 14 year old blend made in Eastern Crete. It was the colour of pale onion skin with a brown edge, which looked like vintage Madeira and reminded me of Colares, the red wine made near Lisbon. It is also grown near the earth from pre phylloxera vines because the bug cannot travel through sand or volcanic rock.

The second was a blend of agiorgitico and Cabernet Sauvignon made in the Peloponnese. The wine maker uses a system similar to the Spanish Sherry Solara system so that it was non-vintage but included wine produced between 1999 and 2006. It showed a combination of black fruits, black berries and black currants. I wanted to try it with food but there is so little made that it is impossible.

After the tasting we were taken to a seafood taverna overlooking the Island's marina. The view was spectacular, the wind significant. The food was simple but excellent. The sardines had been filleted prior to grilling to remove the normal problems with fish bones. We drank Ouzo, Raki and a rose made in Macedonia from Syrah grapes. It was served in magnum and supplies were plentiful.

The dessert was a pear poached in Assyrtico served with a separate helping of ice cream. The dessert wine was a late harvest 2005 which was made from malagousia. In my opinion it went better with the ice cream than the pear because of the sweetness of the pear.

On Wednesday evening the group split into two sub groups (A for Ari and B for Bonsall). Each party comprised just over 30 members. One group went to Restaurant Selene whilst the other visited Restaurant Nichteri. Neither restaurant was big enough to cater for the whole party. Then on Friday evening the two groups swapped places so that everyone sampled each restaurant.

I preferred Selene particularly the main course of Rooster with potato "pasta" each piece the size of half a postage stamp. The portion size was more acceptable and each dish showed some refinement. The squid dish was transformed into a large crisp that resembled fish skin and placed over sautéed courgette. My favourite wine at Selene was again an Assyrtico but this time fermented with wild native yeasts to provide a longer fermentation that resulted in greater complexity.

My wife preferred Nichteri particularly the mackerel on black-eyed peas with Bergamot cream. This was the second use of bergamot (a spice I associate with essential oils and beauty products). I think the cream worked better with the mackerel than the powder with the beef fillet. We also agreed to disagree about the red wines at the two restaurants. I preferred the Mavrotragano from Santorini served at Selene; my wife preferred the two reds made from agiorgitico served at Nichteri. Both grapes had soft tannins but, to my mind, the Mavrotragano had more personality.

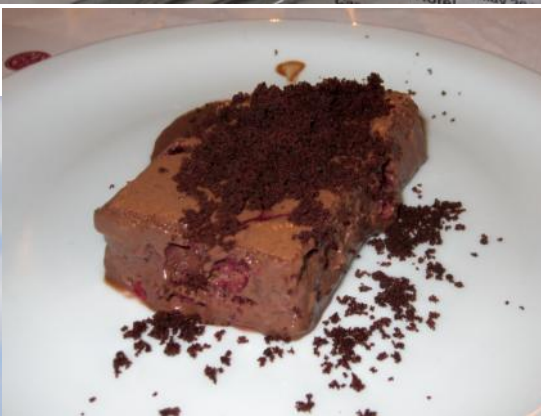
On Thursday, after an excellent trip on a sailing ship, we had another fish lunch, this time starring red mullet. The three wines were a white made from a blend of Assyrtico and malagousia, a rose made on Evia Island from vradiano and a sweet wine made from Muscat d'Alexandrie on Lemnos Island. None of these three wines would probably win awards in the UK, USA or Australia but in this setting they could not be bettered!

Just as the opening meal sets the tone, the final day produces many of the lasting memories. On our final day we had two very special meals. For lunch we went to Assyrtico, a restaurant facing the Caldera, just a few yards from our hotel. We had walked by on many occasions but resisted entering knowing it was on our programme. Normally the tables most in demand (Festival lunches were all free seating) would be those on the balcony with the best views but on this day the wind drove most members inside.

We started with the now normal hors d'oeuvres of Greek and Santorinian specialties of which the best was the Saganaki (local cheese wrapped in a pastry crust served with fig marmalade). The whole ensemble was accompanied by an Assyrtico (what else?) this time a 2011 made from old vines. Quite clearly this grape is the Greek equivalent of Chardonnay, a blank canvas on which the winemaker can paint his own individual picture. This one was good but overshadowed by the wines that followed it. The main course was a grilled pork dish served with yoghurt and pitta bread.

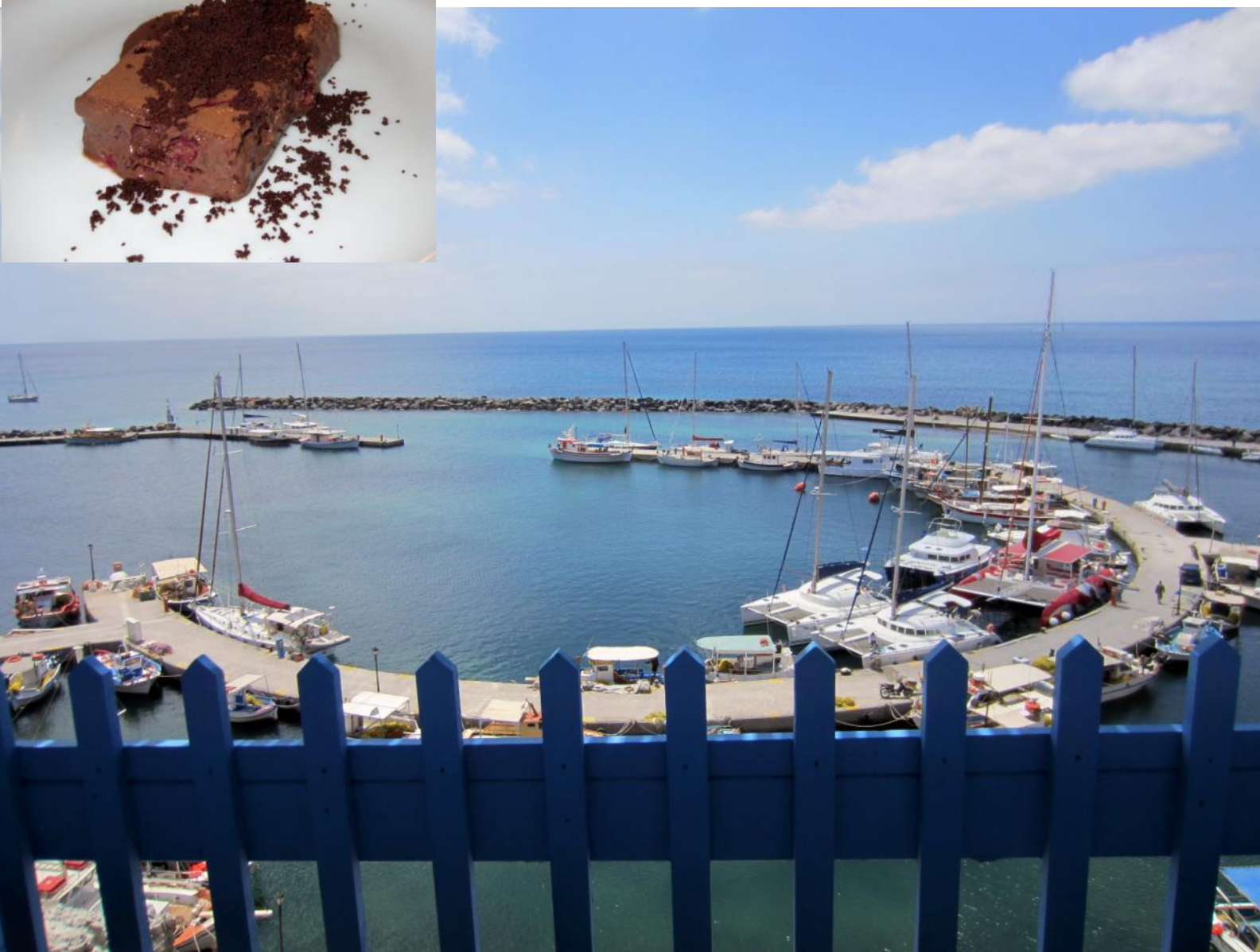
We had had a lot of pork over the Festival but this was particularly flavoursome. The red wine made from xinomavro in Macedonia was also a splendid match. But the star of the lunch was the pudding, an iced mousse of Greek halva (hazelnut cocoa powder, carrot and ginger sauce, homemade honey, nuts and sesame tuile). The dessert wine was one that I knew from before the Festival, and which remains one of my favourite sweet wines. It was a Samos Vin Doux, a fortified wine (15%) made from Muscat a petite grains on the Island of Samos. To me this was a match made in heaven, the rich dessert needed a strong sweet wine and this was it! Perfect.





Lunch finished mid-afternoon and we had nearly three hours rest before the coaches took us to the Orizontes hotel for our Gala final dinner which was to be cooked and served by the team from Selene. We started by the hotel pool overlooking the island and the sea. We were served the only non-Greek wine of the Festival, champagne from Louis Roederer. It was pleasant but I wondered why? The sparkling Greek wine at the opening dinner had more personality and it seemed a shame to have to bring in a French wine. After the musical interlude we sat down to a risotto made with courgettes (Santorini zucchini) decorated with Langoustines inside the courgette flowers. This tasted as good as it looked. With it was served one of my favourite wines from the tutored tasting, a wine made from the rare Malagousia grapes of Macedonia. The staff apologised prior to the next course, in the temporary kitchens set up behind the conference suite they were unable to cope with cooking sixty quail eggs so the Quail was served with aromatic potato purée and a piece of baked potato skin but without the egg and salami. It was obvious that they were also having difficulty keeping plates hot whilst meals were assembled to bring to table. This task was made more difficult because of the number of speeches that were inserted within the service. The next course, lamb with white aubergine balls and sun dried tomatoes was the least successful. Perhaps the quantity of food was beginning to over face me, or I was getting tired but I found it neither tender nor particularly tasty and the cold plates did not help.

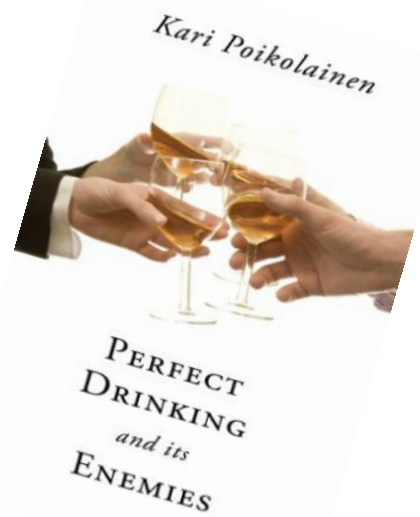
With the Quail and the lamb we were served two Macedonian reds both made from xinomavro. The older one, 2007, was served first, followed by the 2008 from magnum. The second should probably have been kept longer but I felt that this was one time the wines outshone the food. With a selection of cheese we drank our final wine of the Festival and it was Assyrtico. The kitchen produced an excellent chocolate dessert but it was accompanied by a Greek Brandy.





# Perfect Drinking and its Enemies

## By Kari Poikolainen



In April this year, the ever-so-clever Daily Mail claimed me saying that a "bottle of wine a day is 'not bad for you'." I wish that I could have said that to make utopia real. But I did not. If the masters of popularisation had read my book more carefully, they would have found its broad subject matter far more complex and complicated than what was unfurled. Simplistic, single-sentence retorts provide nothing in the way of an answer. Rather, the book invites you to study the evidence, deliberate on it and arrive at your own conclusions.

The book aims to help in perfecting the enjoyment and health benefits of drinking. And to avoid the pitfalls. I see four enemies of perfect drinking - abstinence, alcoholism, inadequate information and myopic alcohol policies. For most of us, moderate drinking is better than abstinence. Some have good moral or health reasons for abstinence. Let us respect them and feel compassion for alcoholics while following the path of moderation.

The book consists of seven essays. First, the effects of alcohol on health are reviewed. These are complex and reveal no absolute truths. However, a realistic summary can be reached. New estimates on the risk of death, corrected for sources of error, are presented, both for optimal and risk-level drinking. There is much individual variation and dubiety. Guidelines must be taken with a pinch of salt and be adapted to one's personal situation and well-being.

The second part deals with intoxication and blood alcohol levels. Drinking styles have much influence on health. Next, our favourite drinks are presented - wine, beer, liquor, water, coffee and tea, focusing on health and taste. Here I attempt to define what is good taste.

The fourth part shows how to keep a log of your alcohol intake and avoid the dangers of avid or professional patronizing. The well-meant intentions of some brief interventions may be counterproductive and harm the moderate drinker. The fifth part reviews major harms of alcohol use - liver disease, cancer, gout, aggression, accidents and fetal damage. The sixth part deals with the difficult conundrum of alcoholism.

The final section part looks at what ails the dominant tenet of alcohol policies. It is known as the total consumption model. It claims that to reduce harms, it is imperative to decrease total population alcohol consumption by increasing price and restricting availability. When the model was introduced in the 1970's, evidence available at that time seemed to support it. Today, new evidence speaks against it. Yet, a powerful lobby consisting of some alcohol researchers and public health advocates perseveres with this dogma. It is not in the best interests of moderate drinkers.

Lobbyists label all critics of it as underlings of the alcohol trade. I have received no funding or other support for this book from any enterprise producing, distributing, selling or advertising alcoholic beverages. All publication costs have been paid from my own pocket.

Kari Poikolainen is a member of the IWFS Helsinki branch, a doctor of medical science and adjunct professor in public health (since 1983) at the University of Helsinki in Finland. His research has focused on the causes and consequences of alcohol intake. He has authored 290 scientific publications. He was the Research Director at the Finnish Foundation for Alcohol Studies before he retired to write this book.

# Greek Feasts

## By Alex T. Bielak



When I was young and living in a London suburb, my best friend was a plump Greek boy, the scion of a shipping family. I learned to love his mother's Sunday meals (dolmades, lemon soup, spanakopita, roast lamb, moussaka, baklava) and yearned to visit Greece one day.

Over an outstanding supper at Milos Restaurant in the Athens Hilton, I reflected it might have taken me over 50 years to fulfil the wish, but it had been more than worth it: more on that particular meal, and a unique 95 year-old Athenian distillery and bar, later.

The family trip, last August, to Athens, Meteora and three of the Cycladic islands was spectacular: a comprehensive odyssey to meet the people, visit historic sites, lie by the Aegean, soak up the culture, and experience the best Greek food and wine.

But how do I say this politely? The Greek cuisine most visitors experience generally isn't terribly complicated or complex. (Tellingly, perhaps, there is no IWFS branch in Greece.) The casual summer tourist will generally eat well and likely lots, but will seemingly find no respite from the ubiquitous Souvlaki and Greek salad, or grilled fish with a side of (surprise!) Greek salad.

It is an easy trap to fall into and a perhaps a large part of the charm of Greece. The Taramosalata will be pink; the Tzatziki tinged with green cucumber and the bread crusty. The fish will be fresh from the sea, chunks of grilled meat juicy, and flecked with local herbs, and the tomatoes epitomize the taste of summer.

The feta will be salty, perhaps creamy, and the olives add a pungent punch of flavour unlike those in the supermarket back home. Hunks of juicy watermelon, generously on the house, will complete any given meal which was likely washed down with a Mythos beer (or perhaps a Fix, or in Santorini a Volkan – the debates will be endless) or a glass of local white wine.

However after a few days the novelty will have worn off and the palate will crave a challenge. That's where friends, or travel agents with good local connections, come into the picture. They can recommend that special spot where the ordinary is elevated to sublime. We were lucky in both respects.

Our travel agent True Greece provided a "welcome kit" that included suggestions for the better local offerings along with the expected maps, and 'must see' sites. They had done a very good job in tailoring our trip to include visits to some select restaurants and a winery along the way. IWFS connections also proved invaluable. EAC Santorini Festival Chairman, Chris Bonsall (a past IWFS Chairman) and Ari Sofianos, Chairman of The St James's Branch, generously provided suggestions for places to eat along our itinerary. Ari noted a few of the recommendations came from the "2011 Alpha Guide (the most reliable restaurant guide in Greece)."

But even Ari was stumped when we asked for a recommendation in Meteora, a few hours north of Athens, where we went to visit the stunning monasteries perched atop rock outcrops. (Both the monasteries and landscape have been designated as UNESCO World Heritage sites and truly deserve a visit.) He wrote "I'm afraid we can't suggest anywhere to eat in Meteora, it appears to be a gastronomic desert!"

Happily that was not the case, and we enjoyed two truly authentic meals at the "Restaurant Meteora" in the northern part of Kalambaka. We shared dinner there with an agreeable and cultured Greek-Spanish family (improbably, shipping magnates in their own right as it turned out) that we had serendipitously met by our hotel's pool.

The outside tables were packed, so we had a room in the interior of the family-run restaurant to ourselves. We asked for a light dinner and the cook's husband, Dimitris served us a wonderful fresh salad, eggplant, foraged mountain plants with beets (on the house), local olives, and saganaki. A light moussaka was consumed to the last morsel. Dessert was on the house too, and though our party was generally abstemious, the total bill may have also included a glass or two of wine! Unbelievably for seven of us the price for this feast was just north of 40 Euros!

Thinking that our meal the previous evening might have been a fluke, or "enhanced" because of our illustrious companions (they were well known throughout Greece it turned out), our family foursome went back for lunch, sitting outside this time. Each guest was invited into the kitchen to make a selection from shallow pots each harbouring a simmering delight.





If anything the meal was better than the night before including flavour-packed Stifado, a pork stew, stuffed peppers, and veal meatballs,. With beers and lemon pop, the bill was 50 Euros for the four of us. The price difference was because, this time around, we had each chosen a meat dish rather than the vegetarian options sampled the previous evening. Still outstanding value, for authentic home-cooked fare un-fussily served.

As we managed to find space for the complementary dessert (a pudding of sorts involving eggs, condensed milk, nuts, sugar and flour) the lady (and Chef) of the house, Palmyra, patiently and painstakingly helped us write out the recipe for the Stifado. The hearty veal neck stew, with lots of onions, was cooked in olive oil, vinegar, red pepper, garlic, cinnamon, allspice and cloves. We've tried it since to great success back home.

Later in the week, during our first stop in the Cyclades, and having had our fill of enjoyable, but more standard fare at seaside tavernas, we enjoyed some more upscale Naxian cuisine at our hotel. Lagos Mare is home to 1924 Restaurant, competently helmed by Chef de Cuisine, Dimitris Makrodimos. He subs for Greek celeb-chef Nikos Petrakis, a TV cooking-contest winner, whose name appears on the menu as Executive Chef and who we were told appears occasionally in between his main gigs in Thessaloniki and Athens.

Octopus atop a thick fava bean purée was good, as was a shrimp saganaki. My wife found rare means "rare" when you ask for your lamb that way: a good thing she loves lamb. Our girls had Greek and green salads respectively, the former studded with fat capers, the latter with a dressing that was a bit too acid. The presentation of our food was stylish, service agreeable, and with a decent bottle of rosé, dinner came in at about 50 euros.

On our first night in Greece, wandering through the Plaka district in Athens, we had stumbled on Brettos, the oldest distillery in Athens, presided over by quite the character, owner Pavlos Papanikolites. A wall of backlit bottles and another of wooden barrels make for an atmospheric setting where you can sample wines from all over Greece by the glass, as well as trying their own Ouzo and other liqueurs. Curious about the winery we were to visit later during our trip we tried their Assyrtiko. The auguries proved accurate!

Once we made it to his Domaine Sigalas in Santorini, the winemaker and his staff were generous with their time given they were in full harvest mode. Between the four of us we sampled all the 13 wines they had for sale including a blockbuster Nychteri from 60 year old vines retailing at 34 Euros. An appreciated bonus was the spectacular 2007 Assyrtiko Santorini that Paris Sigalas opened for us at the end of our afternoon at the winery.

While the wines were super and from grape varieties previously unknown to us, it was the simple, perfectly-paired appetizers accompanying our tasting that provided an enjoyable, surprise tour of regional produce. We loved the simple preparation of cod on potatoes with cucumbers, capers and dill. Simple, elevated, excellent.

A charcuterie platter included pastrami from Trikala, salami (Lefkada), lonza (Mykonos) and Ham (brizola from Thessaloniki). Good hearty bread accompanied it as well as cheeses (Chlorocheese from Santorini, Gravera from Ios, Tiniako from Tinos and Komos from Naxos.) "The sweet with the sweet" was an offering of gigantic mulberries in syrup. Sweet indeed.





In the town of Fira on the island of Santorini we had a pre-arranged and variable dinner at Archipelagos: Contrary to most places the service was indifferent and we got the feeling we were simply “covers” to be turned. The quickly-cooling dishes, some good - some not, paled by comparison to the setting on the caldera, mind-blowing sunset, and Ifestia festival of volcano-inspired fireworks.

We ate far better at out-of-the-way Saltsa, a good slow food movement eatery (who knew caper leaves were a thing) that has sadly now closed according to Chris. We were unable to get to the other spots Chris and Ari had recommended – some of which we understand will be showcased during the Santorini festival. Frankly, given our limited time and no

rental car - we opted to picnic in our villa on locally purchased food and wine while watching the sun set over Oia.

Our next stop in Crete proved far too brief as the cuisine there can be very fine: our experiences at Avli (where we had a delightful cooking lesson), To Pigadi and Ari-recommended, Taverna Proto Xelidoni are chronicled in the Winter, 2013 edition of Wine, Food and Friends. My wife and I hope to return for an extended visit in the future, and perhaps meet up with our new friends from Meteora who have a villa on the Island.

For Athens, Ari and Chris had made three suggestions noting “the 3 restaurants we would recommend are Spondi (2 fully deserved Michelin stars!), Milos (excellent fish restaurant inside the Athens Hilton) and Aleria (imaginative cooking served in the garden of a beautiful townhouse).”

Tired after an afternoon trot around the Parthenon and the superb new museum, and with a flight the next morning, we opted for a very light supper at Milos whose Montreal outpost I had visited quite often when I lived in that city. Expensive, for sure, but it was a meal that epitomised simplicity and interwove some of the best elements of our trip. We put ourselves in the hands of the welcoming Maitre d’, Konstantinos, who took our low-key, last-day-of-trip measure instantly.

He led me back to the impeccable display of fresh fish to select a cuttlefish that would shortly re-appear, grilled to perfection and drizzled with house olive oil, along with an exquisite and shimmering plate of Carpaccio: the translucent slices of sea bass were lightly dressed with several preparations, including fresh thyme and lemon, and chili and lime. Each of us savoured our allotted portion.

The best tomatoes I have ever eaten (organic and from Elafonisi, Crete) graced the Greek salad, and a signature tower of lightly fried eggplant and zucchini slices was served with tzatziki. There were other things we had wanted to try (sea urchin salad, cuttlefish ink risotto) but we opted to leave it there, savouring the resonant grace notes.

Our meal was accompanied with a barrel-aged Assyrtiko. From Domaine Sigalas of course. And naturally by now, a celebratory dessert was on Konstantinos. As we quietly sat in that cool white space, improbably reminiscent of the islands despite its setting in a downtown hotel, we collectively reflected on our trip.

It had surpassed expectations, and from the culinary perspective the bottom line was that with a little effort, the help of friends, and a slightly outdated guidebook, one can find superb fare pretty well anywhere in Greece, even in an apparent culinary desert!

Opa!

**NOTE:** Alex Bielak is a member of the Niagara, Ontario Branch. He writes a regular food and wine column for The Hamiltonian and is Contributing Editor to Rare Republic. Accompanying photos are by Alex and his daughter Ninka.





# Perceiving is deceiving

By Prof. Alan F Harrison



Alcohol is the primary factor in dictating a wine's weight and body. Typically the higher the alcohol level, the more weight the wine has. An increase in alcohol content will increase the perception of density and texture.

Acidity is a dominant player due to the pronounced and complex ways that it can heighten the perception of flavours. In wine tasting, acidity is perceived by a mouth-watering response by the salivary glands. This process applied to the right wine can also serve to stimulate the appetite. Applied to the wrong wine and perceptions can go haywire.

Thinking wider, psychology has much to offer in terms of insights into our relationship with wine. It can help us understand how our sensory processes work and why we have such varied responses to different wines. It can also help as to why being told a wine is more expensive can increase our enjoyment and why experts sometimes make mistakes when tasting wine.

You detect fruit in today's wine but is it strawberries or blackberries? Are you predisposed toward one of them and does it affect your perception? Someone tells you it's an expensive wine. How does that information affect your perception and, consequently, appreciation?

Pour a small amount of wine into a glass - one where the bowl is larger than the rim - and swirl it around. Examine the colour, but think beyond simple red, white or rosé. Is it brownish or pale cherry red? Is it the colour of straw or apricots? Think opacity next - is it watery or dark or are there burnt-orange tinges which denote an older wine? Does it stick to the glass? Thick viscosity denote high alcohol.

Swirl again really well and inhale the trapped aromas. What do you smell: freshly mowed lawns or old leather? Vanilla ice cream or lemon zest? Close your eyes for this wine and keep them open for the next. Summarise your perceptions. Evaluate.

Take a decent sip and swish it around your mouth and gums. You should first sense tannins, sugar and acidity or freshness, rather than specific flavours. Then your mid-palate should pick up things like spiciness or fruitiness - but what kind of fruit: apples or pears? Strawberries or blackberries? And spices: cloves or black pepper? You might get others, such as honey or tobacco, for instance.

Allow the finish to develop. How long does the wine linger on the back of your mouth and throat? A long finish, with flavours evolving and changing usually denotes a good, complex wine like an aged red. Think about other factors - was the wine a good balance between, say, fruit and spices or dominated by one flavour? Did the tannins pucker your mouth? Was it overly sweet or acidic?

A lot of thinking can go into serious evaluation of wine. A tasting note refers to a taster's written testimony about the colour, aroma, taste identification, acidity, structure, texture, and balance of a wine. Fine definition. But, as anyone who has ever tried writing one will know, it is can be hard to describe tastes and smells in words alone. Many wine words, after all is said and done, are just *agreed perceptions*. However, until scientifically-designed scratch and sniff patches that work for wine are available, tasting notes are our best attempt at conveying our impressions about wines.

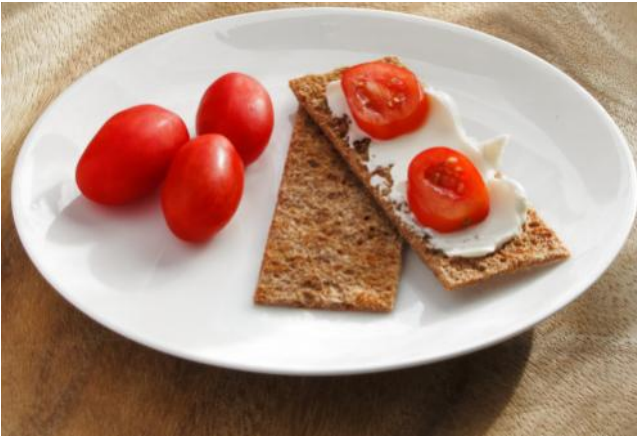
And even experts are impressionable. An experiment, in which the smell of a white wine artificially coloured red with an odourless dye was described by a panel of 54 tasters. They used words only associated with red wines. Because of the visual disinformation, the olfactory information went unnoticed by the tasters. However, another experiment showed that as far as taste buds are concerned, we differ markedly. We might be *nontasters* with 96 taste buds per square centimetre. *Medium tasters* have 184 and *supertasters* have 425. At your next social wine event, stick your tongues out at each other!

# Making Food Look Good in Pictures

## by Brian Worley

Quality food appeals in many ways, it should delight the palette, charm the nose and look beautiful. Photographing food so that it looks truly delicious requires more effort than simply pointing a camera at it and snapping. With a little knowledge of how cameras work, and how some easy tips can be applied, you will be able to take better food photographs with almost any kind of camera.

Food photography found in magazines and books shows common characteristics. Photographers strive to create images that capture the very essence of the food or ingredients. The best image-makers sculpt their food images with combinations of diffused and reflected light. Without light there is no photography, and there are several characteristics of light to consider; quality, quantity, direction and colour. Light can be hard or soft, the distant sun creates a hard light with sharp shadows, but on cloudy days the clouds soften the light, smooth out the shadows and reduce the contrast. Diffusion materials are commonly used just outside of the picture frame to bring a soft wrapping quality of light to food photography. While commercial materials are easy to find a thin paper napkin can be opened out to fashion a simple makeshift diffuser that provides softer light.



A simple plate lit with diffused daylight coming through a window

In the evening when the daylight has gone and the restaurant has subdued lighting for ambience the missing element is the quantity of light. Our eyes soon adjust but cameras, despite all their technical wizardry, have a tough time in low light. The solution that many cameras take is to add light from a flash. However on-camera flash is typically harsh and is not ideal for pictures of people or food. Without flash the camera will slow the shutter speed so that blurred pictures are created caused by small movement of the camera during the exposure. Professional photographers use a tripod to hold the camera steady, but what can you do if you don't have a tripod? Holding the camera at arms length so you can see the picture on the LCD screen is the least stable option; you need to place the camera on a stable surface. Simply holding the camera while resting it on top of a water glass yields surprisingly good results or you might find a pocket tripod helpful.



In low light a pocket tripod can help you get sharper photos

The position of the light source relative to the food is equally important. The direction of the light for food photography is usually from behind the food, a technique known as backlighting. If you place a plate of food near a window to photograph it you will often get better results than in the middle of the room. Bright light from behind can create deep shadows so a bounce card – a menu or white napkin can be pressed in to service – is used to reflect or bounce the light back in to the food that is facing the camera.



Without a bounce card the light from the window creates shadows on the side of the food facing the camera, using a bounce card fills in the shadows.



Daylight is popular with many food photographers. However daylight varies in colour throughout the day. Midday sunshine is bluer and evenings have warmer light. The human eye is a master of identifying what should be white and portraying it, cameras are good, but sometimes need a helping hand. It is well worth considering choosing the correct white balance setting for the environment you are photographing in. Cameras generally default to automatic white balance but you might get better results matching the camera's white balance setting to the light on your subject. Most cameras offer daylight, tungsten or fluorescent settings in addition to the automatic white balance.

Once you have considered the light, got the subject and light in the right place it's photography time, and cameras are the next topic to understand a little more about.

Cameras measure the light reflected from the scene in front of them, so called reflective metering. Most average scenes, landscapes, group photos and similar are on average, as reflective as a sheet of mid-grey coloured card. If the subject you need to photograph is elegant food on a bright white plate the camera will under expose the scene resulting in the plates appearing grey, not white. To get the white plates looking really white you need to overexpose the picture a little. It's perfectly acceptable for the white of a plate to be overexposed so that the detail is blown out, the aim is to photograph and show the food on the plate after all. With some restaurants using dark plates and even slate to serve food on watch out that the plate is not over exposed, making black mid-grey. Set the camera to underexpose in these situations.



Setting the camera to overexpose will ensure that the food is captured at it's best, the white plate should not be grey.

Drawing attention to the specific element of the food or plate that is most visually interesting often necessitates getting close to the subject. Many cameras feature a macro or close-up setting that will let the camera focus closer and fill the frame. If not then taking a step backwards and zooming in can often yield good results too.



Step back and zoom in to the details, it will also help in removing distracting background elements from the picture.

Food that is photographed is often pampered to the extreme. Food stylists may select the perfect ingredients individually for the single plate, arranging elements to align just so for the perfect picture. It doesn't stop there and just like supermodels, food images are often retouched. In a commercial studio plates can be whitened, textures enhanced, highlights made to sparkle and even a nip and tuck to shape things just perfectly. However it is still much better to capture a better image in-camera even if the pictures will be retouched later.

All images in this article were photographed with a Canon PowerShot S120 compact camera using window light, diffusion fabrics and white bounce cards.

### About Brian Worley

Brian Worley is a photographer and photographic tutor based in Oxfordshire. He has previously delivered a seminar to a group of IWFS members who wished to improve their photographs of the food and events organized by the IWFS. He is available for photographic commissions and personal photography tuition. Please contact Brian via his website [www.p4pictures.com](http://www.p4pictures.com)

# Santorini wines by Ari Sofianos

Santorini is not only one of the most beautiful islands in the world, but also produces some of the top wines in Greece. The predominant grape variety of **Santorini AC** is **assyrtico**, a top quality white wine grape variety, arguably the best in Greece and one of the finest in the Mediterranean. It is not very aromatic, but is capable of retaining its acidity in very hot climates and can produce an unusual combination of steely structure, minerality, extract, depth, high alcohol and high acidity. Two other grape varieties, **aidani** and **athiri**, are allowed into the blend in small quantities to add aroma, softness and complexity. Santorini AC comes oaked as well as unoaked, but my own preference is for unoaked, drunk at its best when young. There are a number of producers on the island, of which my favourites are Hadjidakis (whose vineyards we will be visiting), Sigalas, and Argyros. We have deliberately included several wines from these producers on the menus this week to illustrate the fascinating diversity which reflects not only the astonishing differences in terroir for such a small island, but also the personality of each producer. We will also be tasting a wine made from 100% aidani grapes, as well as a rich dessert wine called  **vinsanto**; the latter is made from assyrtico grapes which have been sun-dried for about 10 days and then aged in cask for several years to produce a concentrated wine with deep amber colour, a dry Oloroso-style nose and a palate of dates and dried figs.

While assyrtico is now universally recognised as a world class variety, few people realise that Santorini also produces a spectacular red wine, albeit in very small quantities, based on the **mavrotragano** grape. Traditionally used for the production of mediocre sweet red wines, this variety was uprooted almost to the point of extinction during Santorini's construction boom. Sigalas and Hadjidakis were the first to realise mavrotragano's potential for quality dry red wine. It is a dark, thick-skinned grape which produces dense wines, deep in colour with immense, but soft tannins. The palate is full-bodied, with an array of spicy, stewed fruits, laced with mineral, earth and leather. Winemakers are still experimenting in an effort to exploit the full potential of this variety. We shall be drinking two shining examples at Aressana and Selene, made by Sigalas and Hadjidakis respectively.

However, enough said about Santorini and below are a few words about some of the other grape varieties we shall be tasting this week:

**Moschofilero** is a pink-skinned grape variety that produces a fresh, light-bodied white wine with floral aromas, crisp acidity, a steely, nectarine fruity character and a citrus finish. It is best drunk young and makes an excellent aperitif, but does not often go well with Greek food. The best wines from this grape are to be found in the Mantinia Plateau in Central Peloponnese, and **Mantinia** is one of the first regions in Greece to have been awarded AC status. We shall be sampling one of the finest examples, made by Tselepos, during the tutored tasting and will be drinking two other examples as an aperitif with canapés before dinner.

**Malagousia** is a rare white grape variety discovered in the 70s by an agronomist from Thessaloniki University and was first vinified in the 90s by Evangelos Gerovassiliou, one of Greece's top winemakers, who recognised its potential and rightly considers himself the godfather of this up and coming variety. In his estate in Epanomi, Macedonia, Gerovassiliou blends his malagousia in a 20/80 % proportion with assyrtico to soften the latter's austerity and produce the beautifully balanced Ktima Gerovassiliou; this has a nose full of green peppers and peaches and is one of the best-selling wines in the Greek market; we will enjoy this wine over lunch at 'Ta Diktya' fish tavern. On the other hand, his 100% malagousia, which we will drink in our closing dinner, is snapped up every year by the export market and ends up mostly on the wine lists of Michelin-starred restaurants around the world. It is aromatic and very fruity, showing melon, ripe peaches and apricots, a very appealing freshness and good length. Gerovassiliou also produces an even rarer vendange tardive version, which we will be very privileged to savour with our dessert at fish taverna 'To Psaraki'.

**Xinomavro** is one of the most renowned red grape varieties in Greece and the backbone of quality appellations such as Naoussa and Goumenissa. It is relatively pale in colour and brings out subtle red fruit aromas with hints of olives, spices, cabbage and dried tomatoes; it is high in acidity and tannins, and thus capable of producing wines of excellent depth, complexity and character that have the longest ageing potential of all Greek wines—depending on terroir, vinification and age, it is sometimes reminiscent of nebbiolo or red burgundy. This week we will compare some of the finest expressions of xinomavro from some of the top producers (including one vinified into a white wine) and see for ourselves the fascinating diversity of this variety.

While xinomavro dominates northern Greece, **agiorgitico** (St George in translation) dominates the south. It was named after the tiny chapel of St George in **Nemea**, which produces the best wines from this variety and, like Mantinia, was one of the first regions in Greece to achieve AC status. It has a medium ruby colour, cherry nose, relatively low acidity, soft tannins and a velvety texture. It is a very versatile variety and, like with xinomavro.

**Liatiko** is a relatively rare red grape variety from Crete. The wines are light in colour, have intense fruit aromas and moderate acidity. We will taste a fascinating example from Sitia, Eastern Crete, where winemaker Economou blends it with 20% **mandilaria**, which is the darkest variety in Greece and very high in tannins.

**Limnio** is an ancient red grape variety, first mentioned by Homer, which originated in the island of Limnos but is now planted mostly in northern and central Greece. It has a deep ruby colour and intense fresh herb and blackberry aromas. On the palate it has moderate tannins, full body and relatively low acidity. Gerovassiliou makes an impressive full-bodied wine called Avaton, which is a blend of limnio, mavrotragano and mavroudi, another lesser known variety. We will be drinking the excellent 2009 vintage at the opening dinner.

**Limniona** (not to be confused with limnio) is an indigenous red grape variety from Thessaly, Central Greece, which was recently brought to prominence by young winemaker Christos Zafeirakis and is well adapted to the region's hot and dry climate. It is a large, thick-skinned grape which gives a ruby colour of medium intensity and a nose of cherries, strawberries and pungent spices, coupled with subtle notes of oak and earthiness. It is fresh and well balanced on the palate thanks to good acidity and fruit levels and powerful, yet not astringent tannins.

**Vradiano** is an extremely rare red grape variety indigenous to Central Greece, including Evia island. The wines are medium-bodied and show aromas of violets and black fruits. Strawberry, cherry, plum, pepper and cinnamon are all evident on the palate. When aged in oak, the wines have good ageing potential.

Greece produces some of the best value for money sweet wines in the world, most based on the white **muscat** grape. Greek muscats are rich, with floral and lychee explosive aromas, and sweet on the palate but not cloying, thanks to their balancing acidity. **Samos**, based on the '**muscat à petits grains**' variety, is the most illustrious appellation; all other muscat-based ACs such as Rio of Patras, Lemnos and Rhodes must include the words 'muscat of' followed by the region of origin in their name, but here a plain 'Samos' will suffice. We will drink a typical muscat from Samos island with our dessert at Assyrtico restaurant, one from Limnos island (made from the **muscat d'Alexandrie** variety) at fish tavern 'Ta Diktya', and finally a very rare one from Rio of Patras called 'Misteli, also made from muscat à petits grains and produced by Skouras for his personal enjoyment and that of his friends, but never put in the market! ➡





# Victorian Vineyards

## by Sandra de Pury

Melbourne was founded in 1835, and high quality wines have been made in Victoria since those early days. The initial vineyards were

planted within reach of the capital city Melbourne, and then extended to central and northern Victoria following the gold rush in 1851. Phylloxera spread across the state from 1875, leaving few areas unscathed. This, with changing tastes and economic problems, led to a state-wide decline in wine production.

But since the 1960s the Victorian wine industry has gone from strength to strength, with high quality plantings, careful exploration of micro-climates, and booming wine tourism. Today Victoria has over 700 wine producers, the majority of which have cellar doors where one can taste wines at no cost.

The state is divided into 6 zones:

**NorthWest Victoria** along the great Murray River has a warm-hot climate and produces large volumes of grapes mostly destined for lower cost wines.

**Western Victoria** was established as a wine area in the 1860s and is most well known for red wines, especially full-bodied but refined Shiraz. Fine examples come from *Bests* and *Mount Langhi Ghiran* in the Grampians area and *Dalwhinnie* in the Pyrenees area. In the cooler southwest, one can find ageworthy Riesling (*Crawford River*) and Cabernet.

**Central Victoria** is a large area including the gold rush town of Bendigo. It produces robust and tannic red wines and long-lived Marsanne from the Goulburn Valley (*Mitchelton* and *Chateau Tahbilk*) and velvety, concentrated Shiraz from Heathcote (*Jasper Hill*).

**NorthEast Victoria** includes the high-altitude alpine valleys where fine and delicate sparkling wine, chardonnay, gewürztraminer and riesling flourish. *Giaconda* in Beechworth is well known for its powerful yet tightly wound chardonnay.

It also includes the warmer and historic Rutherglen area which is world famous for two uniquely Australian fortified wines: Muscat (made from muscat a petit grains) and Tokay/Topaque (made from muscadelle).

**Gippsland** is the most remote Victorian wine area, with a plethora of small family run wineries. The best known is *Bass Phillip* which produces a sublime Pinot Noir.

### **Port Phillip**

This zone includes the vineyards planted all around Port Phillip Bay and the capital city Melbourne. The Yarra Valley, Sunbury, Macedon Ranges, Geelong and Mornington Peninsula regions all produce premium wines from cool climate sites and are influenced to different extents by the maritime environment.

Yarra Valley (35 miles to the east of Melbourne) has a long and proud history, and boasts of having the first grapes in the state planted in 1837. It is famous for refined Chardonnay, Pinot Noir as well as long-lived elegant Cabernets and Shiraz from the warmer sites. *Yeringberg*, *Mount Mary* and *Yarra Yering* all produce outstanding wines.

Macedon Ranges to the north of Melbourne is more recently established and produces stunning sparkling wines, Chardonnay and Pinot Noir. It is one of the coolest wine regions in Australia. *Bindi* and *Curly Flat* produce especially fine Chardonnay and Pinot Noir.

The Mornington Peninsula is an easy drive southwest of Melbourne. It is a beautiful coastal region with over 50 cellar doors, stunning vistas and charming beaches. The main varieties are Pinot Noir, Chardonnay and Pinot Gris.

Margaret River, on the extreme opposite side of Australia, has a great rivalry with the Victorian wine industry.

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Another famous sweet wine variety is **mavrodaphne** (black laurel in translation), which is indigenous to the Achaea region in northern Peloponnese. It is a dark, almost black grape which produces a fortified wine similar to port, giving out aromas of caramel, chocolate, coffee and plums. When aged in oak, it can keep for many years, even decades, and can develop remarkable complexity; we will enjoy a brilliant example from top producer Parparoussis with a delicious chocolate pot at Nichteri restaurant.

**Sideritis** is a fairly obscure pink-skinned grape found primarily near Patras in the Peloponnese. When vinified as a white wine, it exhibits flavours of grapefruit and citrus, with some mineral notes. However, its road to fame is due to Parparoussis, one of the boutique winemakers who helped change the face of Greek wine in the late 80s. He produces a spectacular brandy from this variety, which he ages in oak casks for 12 years. The result is a distillate of medium dark amber colour with a floral, spicy nose and a rich, smoky finish. Finally, **ouzo** is an anise-flavoured distillate which is widely consumed in Greece as an aperitif as well as with 'mezedes' (Greek tapas), for which it is the perfect accompaniment. It has a clear appearance, but turns a milky-white colour when water or ice is added, which is the recommended way of drinking it. The best ouzo comes from Lesbos island, and we will be drinking an example from top producer Barbayannis with our wide selection of starters at fish taverna 'To Psaraki'

Enjoy your drinking!

## **Rhubarb – A Luxury Break in Yorkshire – Tuesday 18<sup>th</sup> to Friday 21<sup>st</sup> of February By Mary Jewell**

My husband and I decided to attend this as it was so well described in the September magazine 2013 and we thought it would cheer us up in darkest February. We have been members of the Leicester branch of the IWFS since 1974 but never attended an EAC International Event until October 2013 when we very much enjoyed the EAC trip to Norfolk. This encouraged us to attend the John Avery Memorial Dinner in London on the 12<sup>th</sup> of November, a very splendid affair, and we were made very welcome. Six members from Leicester went to Norfolk. eleven of us enjoyed the Dinner and four attended the International AGM, the Andre Simon Lecture and Luncheon at the Roux. It was easy to apply – we just followed the instructions in the magazine. Sally Moore, our Vice Chairman, encouraged other friends and so nine of us decided to go to Yorkshire to stay in the Rudding Park Hotel.

We assembled at 7pm for our Gala Dinner in the Hotel's Jupiter Room and we were warmly welcomed by Stephanie Shepherd who had organized the Break and her husband Alan. There were two couples from the London Branch but otherwise one couple from three other branches and one person from the St James Branch. Everyone mixed well and I'm sure one didn't need the support of other branch members to thoroughly enjoy oneself.

We drank Champagne, Comte Remy de Vallicourt, Allemand, a light and soft style. Rhubarb was the theme of the dinner and we even had rhubarb canapés - smoked chicken with rhubarb compote, Brie tartlets with rhubarb jelly and peppered mackerel with parmesan shortbread and rhubarb jam. The first course was a game terrine with beetroot and rhubarb. The Chateau Simone 2010, Graves Sec made from Sauvignon Blanc was dry yet rich to accompany it. The fish course was smoked Kinsley trout with three small pieces of spiced rhubarb. We drank a superb Pouilly Fuisse which had won a Sommelier Wine Award in 2013. Pork Fillet with a chicken and rhubarb mousse followed. The Pinot Noir from California had concentrated black fruit flavours with an elegant and silky finish. We enjoyed a trio of puddings: rhubarb and vanilla panacotta, rhubarb and ginger crumble and a sorbet with candied rhubarb. The pudding wine, Capricho de Goya from Navarro Spain was made from 100% Muscat aged for 7 years in oak casks, then three years in demi - johns on a terrace exposed to the elements before being racked into oak vats where it is left for four years before bottling!

We left at 9 next morning for a coach drive to Oldroyds Forced Rhubarb Farm near Wakefield where we had a private tour. We were welcomed with coffee and biscuits and then Janet Oldroyd - Hulme, the owner, gave us an hour's lecture when we learnt about the family business, the amazing medicinal properties of Rhubarb and how forced rhubarb is cultivated. Afterwards we went into one of the sheds which must be kept at an even temperature. No light is allowed and so the harvesters must work by candlelight. It was an amazing sight with stalks of rhubarb at different heights topped by small yellow leaves stretching into the distance and one could hear the pop as stalks emerged from the compost. Finally we went into the shop and bought rhubarb, plants and some rhubarb chutney before driving on to Harrogate.





We visited the Pump Room Museum and listened to a talk about the Victorian success of the spa waters and how the rich people who came to drink them built the opulent houses and hotels causing the town to develop and prosper. The sulphurous waters are still bubbling up from a fault in the rocks beneath but health and safety won't allow their consumption nowadays! Afterwards we had some time for retail therapy before meeting at Betty's café at 3pm for tea in the Imperial suite. After we had chosen our preferred tea from a long list we had a talk for half an hour about the family who started the business in the 19<sup>th</sup> century and how their descendants still run it today. They took over the tea and coffee business from the Taylor family and now produce Yorkshire tea and a variety of Taylor's coffees.

The tea was superb – each person had a pot of their chosen tea and a three tiered cake stand with sandwiches on the bottom layer, scones with cream and jam on the middle layer and three delicious cakes on the top layer. We didn't need much supper but enjoyed two a la carte courses in the Clock Tower restaurant at the hotel. Next morning the coach took us to Shepherd's Purse Creamery situated between Thirsk and Northallerton. We divided into two groups. Our group went round the cheese factory first and were shown all the processes that sheep and cow's milk went through to produce the different finished cheese. We saw how the curd was separated from the whey in long cylinders, how the cheese was salted, the machine for piercing the blue cheeses, the waxing of the small white Yorkshire fettle cheeses, the maturing shelves and finally the packing department. It is a family business founded by Judy Bell. One of her daughters conducted us round the factory and the other one gave us a lecture on how the business had developed and a tutored cheese tasting when we tasted samples of all their current production, 10 in all. We were each given a cool bag containing three cheeses.



The coach took us over the steep Sutton Bank pass to Harome near Helmsley, where we had lunch featuring Yorkshire products, in the Wheelhouse, an annex of the award winning Star Inn. Judy Bell tutored a tasting of Shepherd's Purse cheeses and ciders, liqueurs and beers from Ampleforth Abbey. There was a substantial cold buffet with quiches and chorizo with a red onion, watercress, Yorkshire Blue cheese and walnut salad. Locally produced specialty breads were delicious. For pudding we enjoyed rhubarb curd cheesecake and ginger parkin crumble with scrumpy sorbet.

We had free time at Ampleforth Abbey exploring the extensive school buildings, grounds and the large chapel. The weather was kind, cool and sunny. I was sad not to see a single monk. The 620 pupils were enjoying a half term holiday. At 3.15 we went to the cider factory where we had a talk by the chief brewer telling us how the business, founded by a monk, had developed to use the apples produced by their extensive orchard.



We returned to the Star Inn and enjoyed a welcome cup of tea in the thatched roof old building before crossing the road to the Wheelhouse where we sat round a large oval table. The chef, Andrew Pern, came to talk to us. We tasted cheese and cider based canapés and a "Cider Brandy" cocktail with a Prosecco base. We were allowed Prosecco only! The first course was a salad topped by crab and pink grapefruit. We drank a Macon Fuisse Pierre Ferraud et Fils, 2010. Next

we ate roast loin of Ryedale lamb with Pan Haggerty and baked cheese accompanied by Cabernet Sauvignon Gouguenheim, 2012 from Mendoza Argentina. A delicious Tarte Tatin with ice cream and spiced raisins went beautifully with Rustenberg Straw Wine 2011 from South Africa. The wines were supplied by Firth and Co and a very young employee introduced them.

Next morning we were sad to leave the very comfortable hotel where had had three excellent breakfasts in a lovely dining room with very good service. I was intrigued by the history of the hotel. The construction of the present house was started in 1805 but it was still incomplete 19 years later when it was purchased by Sir Joseph Radcliffe and finished. This catholic family built a large chapel in the grounds in Gothic style, completed in 1879, with fine stone carvings, the work of Italian stonemasons. The chapel was built for £4976-16s-3d! The present owners extended the property in 1995 and 2010.

Our thanks are due to Stephanie Shepherd who had worked so hard to make the event such a success. Geoffrey and I were certainly encouraged to apply for EAC International events in the future. Do join us.

Mary Jewell



# around the branches -Leicester Branch



## The Cotswolds in Spring

Tuesday April 1<sup>st</sup> to Thursday April 3<sup>rd</sup>

Eleven of us set off on a beautiful spring day to spend two nights at the White Hart Royal Hotel in Moreton in the Marsh. We were warmly welcomed in reception by the staff and Past Chairman Mary Hind who had arranged all the details of the visit helped by husband John. After climbing two ancient staircases we found our room which was very pleasant with a very modern bathroom. We unpacked and joined eight of the others for tea and biscuits in our own private Evesham sitting room. Afterwards we explored the pretty town admiring its beautiful Georgian buildings. At 7pm we all assembled to enjoy a glass of Prosecco, Viticolouri Pontetrevise, a very pale refreshing wine whilst choosing our dinner from a large menu.

We were shown into a private dining room and seated at a long table. First courses were good. I chose scallops with black pudding. Fortunately the black pudding was a slick on the plate and didn't

detract from the delicate flavour of the scallops. Haunch of venison was an excellent choice for the main course with delicious slices of rare meat. I succumbed to sticky toffee pudding but others enjoyed a lime cheese cake, crème caramel and ice creams. There was an impressive cheese board. We drank a Le Mentof Chardonnay-Viogonier wine from Argentina and a Rioja - Castillo de Monteclavijo made from Tempranillo. Coffee and tea were served and we enjoyed the full attention of a young waiter and sommelier.

Fortified by an excellent breakfast with a good selection of hot food we boarded a small coach for the short journey to Chastleton House where John and Mary had arranged for us to have a private tour with husband and wife guides full of enthusiasm and stories of the Jones family and their cousins who had lived there from 1605 to 1991 when Mrs Clutton – Brook widowed for 15 years decided she was too frail to live there any longer and gave it to the National Trust. The house has changed little over the four centuries since it was built as the family became impoverished after supporting the Royalist cause in the Civil war and seldom had money to spend on repairs and changes. The house is built round a central courtyard with East and West staircases with lovely oak panelled rooms, wide oak floor boards, rugs and tapestries. There was a collection of Jacobite wine glasses with twisted glass stems and an ancient bible in the library thought to have been used by King Charles on his way to execution.

We spent so long in the house we didn't have time to explore the garden. Our coach arrived to take us to the Rollright Stones, a circle of 77 Kingsmen limestone stones on top of a hill between Oxfordshire and Warwickshire dating from 2500 to 2000 BC. The large King stone was on the opposite side of the road and we didn't visit a nearby Dolmen, a Neolithic burial chamber. The views from here across the countryside were spectacular and would have been wonderful if the sun were shining. Our coach took us to nearby Long Compton for lunch at the Red Lion, a delightful country pub where we sat at another long table.

We could choose two courses from the short menu. I enjoyed a rather vinegary gravadlax followed by delicious fish cakes with a cream sauce. One of us enjoyed a slice of a well made terrine of chicken and ham.

The Louis Philippe Edwards Sauvignon Blanc Lot 60 from Rapel valley, Chile was a perfect accompaniment but some of our members didn't like the Rugged Ridge Merlot which was a superb colour, almost transparent like Ribena, but didn't taste as good as it looked. The ambience was very pleasant and the service was good.

Our next visit was to Whichford pottery at Whichford near Shipston on Stour. We had a conducted tour when our guide explained all the processes starting with raw clay mined locally to the throwing and decorating of the pots before firing. We saw a young man working the potter's wheel. There was a good shop and they will shortly be opening a restaurant. It is still a family business supplying pots to the RHS at Wisley and Chelsea as well as exporting. We sat in a pleasant garden with examples of pots planted with spring flowers.

We had time to relax before leaving the hotel at 7pm to travel to the Kingham Plough in Kingham near Chipping Norton. Kingham is a lovely village with pretty houses arranged round the Green. I was surprised to enter a rather bare bar but we sat round a wooden table and enjoyed a magnum of NV Lauren Perrier champagne whilst choosing from the menu. We were taken upstairs to a large table in an airy room under the rafters. The food is usually cooked by the sous vide method in temperature controlled water baths using locally sourced meat, vegetables and fish. The young energetic chef, Emily Watkins, came to talk to us at the end of the meal to explain her traditional recipes and modern cooking methods. Several of us visited the kitchen to see the water baths and the machine for wrapping the food before it was immersed. Starters included bath chap with pheasant egg, Cornish razor clams and clams in an intriguing sauce and fresh local asparagus. Pigeon Wellington, loin of cod with cod's roe and leeks and a beef dish graced the mains. Puddings included rhubarb lardy cake and a lemon and lemon curd parfait. The dishes were generally rather unusual but very palatable. We drank a Macon Lugny 2012, a Clairmont Croz Hermitage 2009 and a Chateau de Stony - Muscat de Frontignan 2012 with the puddings.

Next morning we made our separate ways to Daylesford organic farm which sold a wide variety of foods beautifully presented in a lovely building and very tempting in spite of the high prices. I longed to buy hot cross buns but baulked at the price £1 each! There is a pleasant café, just the place for yummie mummies. We had a good journey home via the Fosse Way.

# around the branches -London

## Dinner by Heston



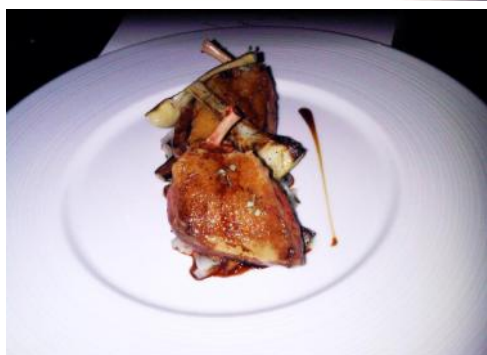
In the very week that 'Dinner by Heston' was voted the 5th best restaurant in the world, London and St James Branch members had the privilege of dining in the restaurants private room. Over two evenings, twenty members enjoyed an specially composed dinner of some of the favourites from the menu including, of course, the famous signature dishes, the 'Meat Fruit' and the spit roast pineapple.

This restaurant is Heston Blumenthal at his inventive best. The menu consists of historic dishes (as far back as 1350), researched and developed a little for modern tastes.

The recipes, dates and sources were explained in detail as each was served and the insight into the British cookery tradition was matched by the delicious flavours of each dish.

Matching wines were served with each course, and all agreed they were very well chosen to suit the very fine food.

*Andrew Brodie*





# around the branches - Oslo

## Eightieth Celebrations

The Oslo branch, was established in the year 1970, with increased activity the past 10 years.

We are the only IW&FS branch in Norway, and currently have 35 single members.

We arrange approximately 3 – 4 gatherings per year, and we are especially oriented towards Norwegian produced products, which we very often compare to imports of the same sort.

In 2013, we were very happy to celebrate the Society's 80<sup>th</sup> anniversary, and on the 7<sup>th</sup> of November we arranged a very nice birthday party, with over 40 invited guests.

Enclosed, please find The Menu for the occasion, including the exclusive wines, which was partly sponsored by a local wine import agent. Furthermore, we enclose some pictures to illustrate the celebration. The "avec" with the coffee was a Norwegian produced Calvados, leading in to the dance with the event ending shortly before midnight.

**Olav Martens**

Two types Pintxos, cured sausages from Tind, Manchego and olives  
Henriot, Blanc de Blanes

### Norwegian lobster

with Brussels sprouts, tarragon and garlic butter  
Fontaine-Gagnard, Chassagne Montrachet 1er cru La Boudriotte 2008

### Norwegian Quail consomme

with ceps, flavored with Madeira

### Roasted foie gras

with mushroom, leek and truffle with truffle foam  
Fontaine-Gagnard, Batard Montrachet Grand Cru 2008

### Apple Surprise

### Roasted Norwegian veal entrecote

with vegetable ragu and creamy sherry sauce with grapes  
Jean-Marc Millot, Echezeaux Grand Cru 2007

### Cheese from Norwegian Spokes Farm cheese factory

Eiker farm mutschli,, and Eiker farm Camembert  
with pear- and fennel salad and port boiled raisins  
Fontaine-Gagnard, Chassagne Montrachet 1er cru La Boudriotte 2009

Coffee avec Norwegian Calvados, with birthday cake



# around the branches - Northern Dales Branch



## President's Dinner – March 29<sup>th</sup> at Bouchon Bistrot, Hexham

Northern Dales Branch were delighted to welcome EAC Chairman, Ian Nicol, and his wife Chris, to their annual President's Dinner. Since it opened some years ago, Bouchon Bistrot has gained a high reputation. The owner is French (born in the Loire Valley) but has lived in the North East for many years. He originally trained as a sommelier, has worked in many Michelin starred restaurants, and personally chose the

wines for us which matched the food perfectly.

On arrival, the canapés of Butternut Squash Soup, Pork Rillettes and Salmon Tartare were accompanied by Vouvray Petillant N.V. Bernard Fouquet as we mingled and chatted in the high beamed room above the main restaurant.

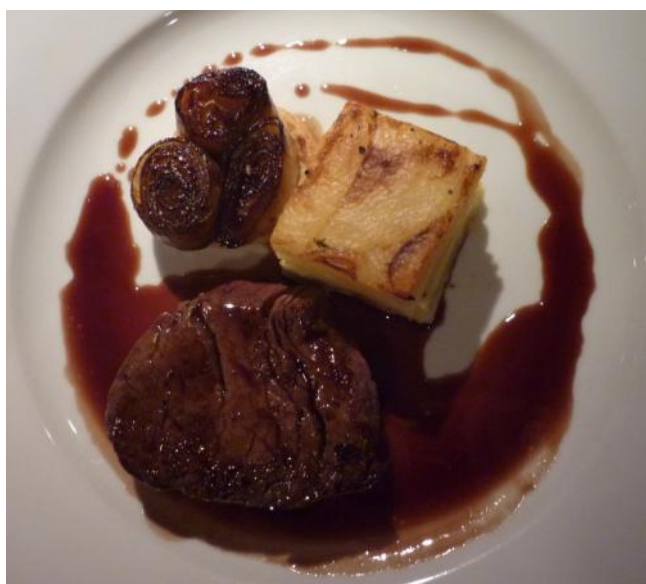
The starter of Crab and Avocado Salad with Confit Tomatoes and a Pink Grapefruit Vinaigrette was delicious and I heard a number of people commenting that "I don't usually like crab but.....". The astringency of the grapefruit was softened by the avocado and tomatoes, and there was a good balance of the saltiness of the fish with the vegetables and fruit. The Voigner/Grenache Blanc 2012 Domaine Costes, Cotes de Thongue which was served with it was very dry and well balanced.

The main course was Fillet de Boeuf, Gratin Dauphinoise, Shallot Tatin and Sauce Bordelaise. The beef was absolutely delicious – moist and full of flavour – and cooked medium rare which suited most palettes. The accompanying Cabardes 2010 Chateau Ventenac, Languedoc was well structured, spicy and full of fruit.

Two cheeses were served – one soft (Gaperon) and one blue (Fourme d'Ambert). The Gaperon was fantastic! It had been beautifully kept, was ripe and full of soft, delicious flavour. The Assiette Gourmande dessert comprised Delice au Chocolat, Creme Brulee, and Caramelised Pineapple with Creme Chiboust. So a real challenge to match with wine, but the Co-teaux du Layon 2012 Domaine de la Motte stood up well to everything but the chocolate.

A truly excellent meal, the only improvement to which would have been slightly faster service. Ian rounded off a fine evening with a brief talk on his ideas for the future, and spoke of how keen he is to get more people involved in the work of the EAC.

**Katie Wilkins**





## around the branches - Malmoe



### Boom in the park

The restaurant Mat & Vin Slottsparken normally seats 30 guests but due to the high interest we managed to squeeze in 31 members and guests for a dinner created by the owner and head chef Peter Skogström. Spring had arrived and the surrounding park with just blooming beech trees welcomed us but the weather was a bit uncertain and showers of rain forced us to enjoy the appetizers and a glass of Crémant d'Alsace from Albert Mann inside the cozy restaurant. We were then served the following five course meal



### Salad of spring vegetables

Pinot Blanc 2012, Gustave Lorentz

### Fresh lumpfish roe, nettle cream and long term baked egg

Grüner Veltliner Spies 2012, Kurt Angerer

### White and green asparagus with grilled langoustine

Riesling grand cru Florimont 2010, Bruno Sorg

### Corn-fed chicken, cabbage and morels

Ladoix Rouge 1er cru La Micaude 2010, Maison Capitain-Gagnerot

Ladoix Blanc 1er cru Les Grechons 2012, Dom. Chevalier

### Rhubarbs à la Marie

Coteaux du Layon Tri de vendange 2011, Dom. Raymond Morin



The elegant Pinot blanc with balanced acidity matched the delicate vegetables nicely and the concentrated slightly buttery Grüner Veltliner went well with the egg dish. As almost always Riesling is a good choice for asparagus and it's slight sweetness was perfect with that of the langoustine. It was interesting to compare the two burgundies for the chicken. The concentrated white with a lot of oak was super but also the light red one with its raspberry tones. The chenin blanc with bothrytis character and matching acidity was perfect with the rhubarbs. This delicious dish was created by Peter's wife Marie, who had recently won the Swedish dessert master chef competition.



We paid a much appreciated visit to this restaurant also last year which explains the extraordinary high interest for this arrangement. We were all very pleased to learn that Peter Skogström and the rest of the brigade fully met our high expectations and we look forward to visiting him again.



**Rolf Fransson**

**Photography: Birgitta Buxrud and Pierre Mens**

# around the branches - London



## The London Branch greatly enjoyed English Sparkling Wines

On the 11<sup>th</sup> March at The Naval Club, London, we tasted 10 English sparkling wines. The organiser, Bernard Lamb, mentioned that the previous week there had been the annual 'Judgement of Parson's Green', where MWs and other judges had assessed 94 English sparkling wines from 47 producers, and he listed the top 30 on the tasting sheet. He had not heard of the top two producers, Langham and Hennes, but the next two, Bluebell and Ridgeview, were represented here.

### 1. Bluebell Vineyard Hindleap Rosé 2010

Brut. 12%. Decanter Silver 2013. East Sussex. 12 months on lees. Pinot Noir 61%, Pinot Meunier 39%. Attractive pink. Good mousse. Lovely flavour. Good fruit and length. 9/10 (these are the

organiser's quality scores). This was very much liked by all and came top of the Rosés at Parson's Green.

2. Ridgeview Fitzrovia Rosé Merret 2004 Brut. 12%. East Sussex. 62% Chardonnay, 29% Pinot Noir, 9% Pinot Meunier. Disgorged after 18 months. Orange-pink. Fine mousse of very small bubbles. Big bouquet. Very full flavoured, with a lovely complexity. 8½/10. Although Michael Roberts makes this to be drunk young and fresh, it showed very well after 10 years.

3. Bluebell Vineyard Hindleap 2010 Brut, Seyval Blanc. 12%. East Sussex. IWC Silver. 16 months on lees. This hybrid grape variety was not listed on the tasting sheet in case anyone was prejudiced against it. Amusingly, before tasting it, one member, having seen the name of this grape on the Judgement of Parson's Green results, said that he had never heard of it and didn't ever want to taste it – but he liked it! Light bouquet, Good flavour. Fresh rather than complex. 8/10. The general view was that it was a very pleasant wine even though not from the classic three Champagne grapes.

4. Court Garden Blanc de Noirs 2010 Brut. 12%. East Sussex. UKVA Silver. Pinot Noir, Pinot Meunier. Very good bouquet and excellent flavour. Good length with a pleasant aftertaste. 8½/10.

5. Furleigh Estate Blanc de Noirs 2009 Brut. 12%. Dorset. Pinot Noir, Pinot Meunier. More than 15 months on the lees. Small fine mousse. Big fruity nose. Huge flavour. Very complex. Lovely; very satisfying. 9/10.

6. Furleigh Estate Classic Cuvée 2009 Brut. 12%. Dorset. Chardonnay, Pinot Noir, Pinot Meunier. At least 15 months on the lees. Very light gold. Good mousse and bouquet. Excellent body and complexity. Fresh acidity. 9/10.

7. Hattingley Valley Classic Cuvée 2011 Brut. 11.5%. Hampshire. Traditional grape varieties. This is their first released vintage, with the slower-developing 2010 to come next year. Pale. Biggish bubbles. Good bouquet. Excellent flavour. Very refreshing. A bit young. 8/10 now, more later.

8. Nyetimber Classic Cuvée 2003 Brut. 12%. West Sussex. Chardonnay, Pinot Noir, Pinot Meunier. A very hot summer. Pale lemon. Very fine bubbles. Good mature bouquet. Very fruity, lemony, with a good length. 8/10. Keeping well.

9. Nyetimber Classic Cuvée 2007. 12%. West Sussex. Chardonnay, Pinot Noir, Pinot Meunier. This was not labelled Brut and seemed to have more sugar in the dosage than the others. Foamed with big bubbles. Good bouquet and a big lemony flavour. The aftertaste was not as good. 8½/10. This wine was much liked.

10. Nyetimber Classic Cuvée 2008 Brut. 12%. West Sussex. Chardonnay, Pinot Noir, Pinot Meunier. Lemon colour. Fizzy initially but not much mousse. Excellent aromatic fruity bouquet. Big fruity flavour. Complex, delicious. 8¼ or more.

The Bluebell Rosé, both Furleigh Estate wines and the Nyetimber 2008 were definitely superior to certain well-known Champagnes. Those wines cost £22.50 to £25. Hattingley Valley, at £29-95, was the dearest. Brenda Lamb provided the light meal afterwards, including puddings.

**Bernard Lamb**





## around the branches - Surrey Hills



### AGM and Lunch

In March we held our AGM at a Nepalese Restaurant in East Sheen. We partook of three starters with prawn and chicken spiced with chilli, but not too hot! The mains consisted of Chure fish Curry, Nepalese Tikka Bhuna and Ghurkli Lamb. To finish we had a mango boat with ice-cream. To welcome we had a glass of Viognier and it proved popular so most of us stuck with it during the meal. The Branch Officers and Committee remain the same.

In April twelve members had lunch at the Anchor in Ripley. This is a pub which has been bought by Serena and Stephen Drake of 'Drakes' in Ripley and refurbished to a high standard. We were made most welcome by the staff and chef Michael who has emigrated from over the road! Our three course lunch consisted of Starters Wild Garlic Soup with Radish and Preserved Lemon (later we saw the actual leaves, really wild and fresh!) or Trout Fish Fingers with Pea and Tartare Sauce. The mains were Slow Cooked Guinea Fowl Leg, with Mushroom & Red Wine or Roast Pollock and Chicory, Spring Onion & Sour Grape Juice. The Dessert was a Lavender Parfait, Blueberry Ice Cream & Ginger Granola. We started with a glass of Prosecco and then either imbibed a Merlot Louis Mandeville Pays d'Oc or a white Macon-Fuisse, Domaine Jean-Paul Paquet. It was really good to see Pam and Sid Brunning again, it was their first IW&FS event since last year.

*Helen Mills, Chairman*

## around the branches - Manchester

### Gastronomy Deli and Cafe

A most memorable and delightful evening took place on Thursday 6th March at Gastronomy Deli and Cafe in Hale Village, Cheshire. A warm welcome from Peter, Rebecca, Annabel and the charming and knowledgeable staff put all members at ease. This was going to be an evening that we would all remember the delivery was rather unique, a great learning curve for members, a relaxed and friendly atmosphere and copious amounts of wine to savour and enjoy.

Ronnie Costello and Chris Redman planned the event with Gastronomy and these two committee members are known for their finesse and fine detail that always shines through.

We started the evening with a glass of Pol Roget Champagne and our first canapé was aptly named Drunken Burt Cheese, served on toasted brioche, with a semi dried grape. The Paul Roget Champagne was a good choice to accompany this tasty mouthful complementing the toasty flavour of the brioche and contrast with the creaminess of the cheese.

It was a special cheese semi - soft, produced from cows milk, matured and rind washed in Hereford cider, made down the road by the award winning Claire Burt.

The second canapé was Feta cheese served in a delicate pastry case, the Chef excelled in the preparation of unique flavours and attention to detail with such simple ingredients - broad beans, mint and lemon.

We drank Attitude Sauvignon Blanc from one of the Loires young and dynamic producers Pascal Jolivet, herbaceous, beautifully defined the match was made in heaven! Interestingly enough his philosophy to wine making is "let nature take its course"

The next canapé was H S Bourne's Mature Cheshire with roast baby beetroot and purple radish. The cheese is rather unique produced on a farm in nearby Malpas and is made in small batches from cows milk from his own herd.

Casa Silva Viogier arrived with great credentials Chilean and produced for a short time in French oak to be awarded Winery of the 21st century. This wine drank well with the earthiness of the beetroot and the slight acidity of the Cheshire cheese.

The only red wine of the tasting was a delicious French Syrah chosen by Rebecca, in her opinion it is the easiest red grape to match with cheese. Jean Luc Colombo is a devotee of the syrah grape. The wine is produced in the Rhone valley and is a well structured, juicy, fruity wine with relatively rounded tannins, making it a good match for cheese it certainly worked with the Pyrenan cheese, Ossau Iraty, a tasty sheep's milk cheese, accompanied with a Cornish Bresaola, green fig jam and fig.

The final cheese was Scottish Dunsyre Blue. A creamy soft blue, served with poached pears, walnuts and Cheshire honey. A classical touch was added with a sweet French wine. Pacherenc du Vin Bilh, Saint Albert, produced in Gascony, South West France. The unique position of the vineyard in the path of the warm dry winds from the Pyrenees allows the grapes to remain on the vines until early December. This produces the sweetness without the action of noble rot so it is subtle with a honey and tropical fruit sweetness, not cloying in any way.

Supper followed:

Fish pie with the best of the catch from Fleetwood cooked in a creamy sauce topped with mashed potatoes with lashings of cream, butter and a hint of nutmeg, peas and homemade tomato sauce.

Tanguero unoaked Chardonnay 2012 and Eterra Rioja 2010 was offered to members to do their own evaluation. A wonderful end to the evening was old - fashioned Lemon Posset topped with homemade organic lemon curd served in antique demi - tasse cups.

A jolly relaxed evening enjoyed by all

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*Patrick Trodden*

## around the branches - Malmoe



### The More Bistro

We had high expectations for the visit to Daniel Lindgren now being responsible for the kitchen at the newly opened The More Bistro. We have been very satisfied with what he has performed at the Atmosfär over the years and fortunately he brought his talent with him, he might even have sharpened his cooking now when having free rein. This was shown in the following five course dinner preceded by two amuses bouches together with a crispy 2010 Ch. Villa Bel-Air Blanc from Graves:

Long term baked egg with shiitake, burnt butter, tarragon and truffle

2011 Vacqueyras Blanc Mèlodine, Dom. Montvac

\*

Terrine of foie gras de canard and rillettes of confit de canard, apricot, rubarb compote and truffle

2011 Gewürtztraminer Kaefferkopf Vieilles vignes, Jean-Baptiste Adam

\*

Mussel broth with scallop and char roe

\*

Norwegian "skrei" Cod, Jerusalem artichoke and Savoy cabbage

2011 Ladoix Premier cru Grechons, Maison Bertrand Ambroise

\*

Yoghurt ice cream flavored with rose hip flowers

\*

Fillet, back and steak of reindeer, smoked beets and salsify

2011 Cristom Pinot Noir, Mt. Jefferson cu-vée, Willamette valley, Oregon

2011 Aalto, Ribera del Duero, Aalto Bodegas

\*

Pancake ice-cream, cloudberry and maple syrup

2008 Beerenauslese Seewinkel, Weingut Velich

The buttery and smoky white Rhône went well with the egg dish. The classic combination of Gewürtztraminer and foie gras was nicely demonstrated. The rather high residual sugar content was perfect and compensated by spiciness and mineral. The Burgundy with balanced mineral tones matched the perfectly cooked cod. The two totally different reds, the smooth fruity one from the

New world with mature tannin and the tougher powerful tannic Portuguese went surprisingly enough both very well with the reindeer. The BA had enough acidity to match the sweetness and consequently also the desert.

We were all very satisfied with the culinary experiences we had this evening and showed our appreciation by congratulating the whole kitchen brigade after the dinner. I would not be the least surprised if some of us return to Daniel in a not too distant future!





### Restaurant Tristan

Restaurant Tristan, the venue for the March meeting of the Sussex branch, is housed in a 16<sup>th</sup> century building in Horsham and its original beams contrast well with the more modern bistro type furnishings. Tristan Mason, who trained with Marco Pierre White, is the chef/proprietor and, since opening his restaurant in 2008, has gained a Michelin star.

Following a glass of Prosecco Lunetta, which was taken in the bar area, we were shown upstairs to the dining room where our group of 21 were seated at three tables. We were pleased to be entertaining five guests in our midst, two of whom belong to the Zurich branch. After a delightfully light amuse bouche of smoked mackerel and courgette crème, we were offered either wild boar ravioli with white asparagus veloute and almonds or hake with parsley and turnip. The ravioli looked, and apparently tasted, stunning whilst the hake was delicate and moist.

The main course choices were lamb rump or bream. The lamb, which was served with puy lentils and wild garlic, was full of flavour but the quality was slightly variable with some members finding it rather chewy although others did not encounter this problem. In contrast the bream with cauliflower and truffle was melt-in-the-mouth delicious. This man certainly knows how to cook fish! The side dish of purple sprouting broccoli was fresh and crisp and the Jersey Royal potatoes were as they should be, thankfully not the tasteless specimens which are too often presented.

The desserts were imaginative and unusual with several members claiming the blood orange soufflé with fennel granite to be the best soufflé they had ever encountered. The white chocolate panna cotta which incorporated coconut and cucumber, was equally well received whilst the selection of artisan cheeses with biscuits and chutney was extremely good.

A very pleasant Muscadet Sevre et Maine 2012 and an excellent Chilean red, Lapostolle Casa Carmenere 2011, were served throughout the meal and the evening concluded with a choice of teas and coffees accompanied by petit fours.

Service for the entire restaurant was impeccable and the team were led by the restaurant manager, Radu, an amazing 21 year old Romanian. Tristan is an enthusiastic and innovative chef, who uses locally produced products wherever possible, and this was evident throughout his cooking. This restaurant truly deserves its Michelin star and members are already talking about a return visit – those who didn't join us missed a very special and memorable evening.

**Lesley Berry**

## around the branches - Zürich



### Le Cèdre Restaurant

In March a group of 14 Zürich IWFS members descended on Le Cèdre Lebanese Restaurant in Badenerstrasse in Zürich.

We feasted on a huge variety of delicious meat, fish and vegetable mezze, mopped up with flat-breads and crisp lettuce. The rather narrow table struggled to accommodate all the dishes, and even more so on the arrival of lamb, chicken and veal cooked over charcoal. The whole boneless chicken with garlic and lemon buttery sauce which followed also proved a favourite amongst us. The dessert was a choice of exquisite little honeyed sticky pastries and a wonderful, colourful platter of perfectly ripe exotic fruits which the waitress very deftly carved in front of us.

The Lebanese red wine we selected flowed well (Chateau Kefraya 2000- Cabernet Sauvignon, Syrah, Mourvèdre) and proved more popular than the white (Chateau Kefraya Blanc de Blancs 2011 -Vioignier, Sauvignon Blanc, Chardonnay, Clairette, Ugni Blanc). We were very fortunate on the evening to be able also to chat to Emile Majdalani, the wine producer.

In general we had an excellent time and the evening was summed up well by one of our members:

"Just what IWFS is all about - new culinary and wine experiences with good company in a great atmosphere. Great evening with a surprise visit from the winemaker."

**Christine Gilbert**

## around the branches -Leicester Branch

### Winter Events

On the 21<sup>st</sup> of January 2014 Jan Leaf arranged for us to visit Casa Romano, a little Italian restaurant and an old established Leicester business with an unpretentious green door in Albion Street the only sign of its existence. We were rather crowded in the bar downstairs enjoying a glass of Prosecco with very substantial open sandwich canapés. We went upstairs to a private room. For starters we chose between Parma Ham and Melon or Sautéed Mussels in a garlic and tomato white wine sauce. We drank a glass of Pinot Grigio 'La Salute' from Treviso.

Mains were seafood spaghetti in tomato sauce, a sirloin steak in a peppercorn sauce or cannelloni pasta with spinach and ricotta. All the main courses were served with salad and mountains of very good crisp French chips. We enjoyed a glass of Pinot Noir also from Treviso.

Puddings were homemade tiramisu, the best I've ever tasted, or panna cotta with raspberry sauce. Coffee was served and the whole meal only cost £27.50 including wines and service. Some members grumbled that the steak was too tough but I thought it OK for sirloin and the pepper sauce was delicious. The cannelloni pasta was superb. The proprietor was apologetic about the steak and gave us a free glass of liquor in compensation. I felt sad for Jan as the complaints had spoiled for her what was a very good evening.

On March 6<sup>th</sup> 2014 we had our AGM at the Leicestershire Golf Club. We were welcomed with a glass of Prosecco – Torri de Marcus. Sally Moore was elected Chairman and suggestions made for events in her year.

Afterwards we had a very good dinner. The meal started with seared scallops with a cauliflower veloute soup garnished with crispy bacon. Sancerre 2011 Vigerons a Crezancy complimented this perfectly.

The main course was Fillet of Beef Rossini with seasonal vegetables. We enjoyed Ochoa Tempranillo Crianza Navarra with the beef cooked to our individual requirements.

Pudding was an apple and mincemeat strudel with cinnamon ice cream or we could sample the cheese board. Coffee and chocolates completed the meal. Our thanks are due to past chairman, Mary Hind and her husband John who organized the evening.

**Mary Jewell**



# Taipei Festival November 14-16 2014

The Asia Pacific Zone of IWFS invites all members of the Europe/Africa Zone to join them for a fabulous weekend in Taipei from Friday November 14 to Sunday November 16. Taipei City is a bustling, culturally diverse and vibrant city of almost 3 million people. It is the capital of Taiwan, an island just off the coast of China, and is a very short flight from Hong Kong, Shanghai or Manila. The Taipei Branch has been working very hard to ensure that this will be an exciting weekend.

Full details are on the Society website - [www.iwfs.org](http://www.iwfs.org), Asia Pacific, Events/Festivals. Some fabulous events are planned, and the programme includes

Friday 14th - Opening Traditional Taiwanese Dinner on Friday 14th at Chin Chin Garden Restaurant

Saturday 15th - City Tour, National Museum visit, Chinese luncheon at Silks, Tutored Tea Tasting, Black tie gala dinner at the Regent

Sunday 16th - APZ AGM, Optional Wine Tasting, Optional Szechuan Chinese luncheon - Ambassador Hotel

There is an **earlybird discount rate** for bookings which are made and paid for by **June 26**. Again, details are on the Society website, or email APZ's Administration Manager, Amber Dowling, at [apz@iwfs.org](mailto:apz@iwfs.org). There are limits on the number of attendees so early booking is encouraged.

Accommodation has been booked at the 5 star Regent Taipei. All the programme details, how to register, how to pay, and how to book your accommodation are in the email invitation many of you will already have received, or are on the Society website.

# IWFS - EAC Annual Dinner 2014

Friday, 21st November 2014 7.00 for 7.30 pm

The Innholders Hall, 30 College Street, London, EC4R 2RH  
(nearest Tube Stations: Cannon Street and Bank).



Following the tremendous success of the Avery memorial dinner and the Roux lunches last year, the EAC has decided to institute an annual dinner. For 2014, this will be held at the Innholders Hall in the City of London. The Innholders can trace their origins as a craft guild back to the early 1300s, and their historic Hall, which dates back in part to the 1500s, is the perfect setting for a prestigious dinner. More important from our point of view, it differs from most London livery halls, which use external mass-catering companies, in having a top-ranking chef on site, with an explicit mission to establishing the Innholders as the premier destination for fine food in the square mile of the city of London.

Herbert Berger has held Michelin Stars on three occasions:

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

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

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

## How to Book

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

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

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

Account Number: 68005652 Account Name: IWFS-EAC

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

Please include the reference: EAC Innholders dinner 2014

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

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

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

## Cancellation Policy:

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



Herbert Berger