



Wursthaus Kitchen

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Winter 2010 newsletter

It's a bright and sunny Hobart morning and 5 degrees outside. The air is bracing. Winter is upon us. After such a balmy Autumn we are now destined for a long cold winter, if all the predictions are correct. The last couple of weeks have displayed the good and bad of winter in Tasmania - the beautiful short sun-filled days and the cold crisp and icy long evenings, prompting us to turn up the heaters and add more layers. However, entertaining during winter is not as challenging. Instead of barbeques and other al fresco dining pursuits, we can concentrate on the more hearty, warming and comfort-type menus.

Winter Trading Hours

During the Winter months only (June - August), Wursthaus Kitchen will open an hour later on a Sunday at 10am

Christmas in July (Ausmas) is a wonderful celebration for a group of friends and a great excuse to catch up with those you only see once or twice a year. It's time to plan a feast, and we have the produce for you. With most poultry and game birds, winter is when they are at their best and plumpest. If you are planning on having a turkey please order early. Order online from the Wursthaus Kitchen or by email or phone from Wursthaus at Olivers. To complement the Christmas theme there will be a limited number of cooked-on-bone hams from Tasmanian farms available, but do order these early to avoid missing out. It takes us 10 days to cure and smoke a ham in the traditional manner.

Bastille Day is another event in July which can be celebrated the French way. For a gathering of at least eight people, the French have a wonderful dish **Pot au Feu** (*pot on fire*) which is a two-course meal, all cooked in one large stockpot. It takes an afternoon to prepare and fills the house with a delicious aroma to welcome your guests. It consists of a piece of beef (such as gravy beef), veal knuckle or shin and a whole chicken (Nichols, of course), together with a selection of fresh vegetables such as carrots, onions studded with cloves, leeks, small turnips, celery, cabbage and a bouquet garni. The broth is served first and the meats and vegetables piled onto a platter and served with a tray of accompaniments. (*See Chef's Ideas*). Another famous dish from the south west of France is **Cassoulet** and its origin dates back to the 14-15th Century. It is a complete meal in one dish featuring duck or game bird, lamb, pork, smoked pork, sausage and beans. (*See Chef's Ideas*).

Winter is the smell of wood fires, slow-braising casseroles in the oven and the unmistakable aroma of the **Tasmanian truffle!** The season is looking very promising and, speaking to Tim Terry at Deloraine, we can expect the first truffles towards the end of June. Look out for an email. We shall advise you when they are in store.

What's new at the Kitchen?

Over the autumn months our chefs have been busy preserving the beautiful fruits of the season. Look out for **crabapple & sage jelly, poached Napoleon pears in quince syrup, 100% fig jam, spiced apple & pear chutney, spiced nectarine chutney, organic rhubarb compote with rosewater, Huon Valley raspberry jam, plum Worcestershire sauce, beetroot and cumin pickle, Bothwell strawberry & chilli jam, apple & sage sauce, and poached quinces in red wine and star anise.**

We have a new range of curry pastes from Peter Watson - **red, yellow and green curry pastes.** They are hand-made and traditional, using quality ingredients. Just add coconut cream, Kaffir lime leaves and the amount of chilli you require to your meat of choice. We also have a **Malaysian chicken curry paste** and a **traditional Indonesian peanut saté sauce.** Ask our butcher for the meat, or we can make the saté sticks for you. Just add the peanut sauce and rice. We are more than happy to advise you on the usage and the meat to match the curry pastes. Also look out for a beautifully made **ginger in vinegar sauce** which will enhance any Asian-style salad.

*The biggest news of the season is that the Wursthaus Kitchen will be exclusively stocking the chocolate products of **Koko Black**, the exquisite chocolate company from Melbourne. We are very happy to represent them in Hobart, considering the founder is from Wynyard and the operations manager is from Hobart! They, being Tasmanians, approached us to represent them in their home state. We are delighted to represent this quality brand and feel that Koko Black will compliment our quality chocolate range, which is already well served by Andy and his company, Cat's Tongue.*

New on the shelf are a range of sauces and relishes from the Regimental Condiment Company. Their own website best describes their products:

"The Regimental Condiment Company is an Australian food company producing a range of gourmet food products emanating from the glory days of the Officers' Mess.

Our range of condiments includes chutneys and relishes, sauces, jams and jellies.

With no artificial colours, flavours or preservatives, all products are made in Australia to traditional family recipes, handed down through the generations."

The Regimental Chutneys are:

- The Fighting Fury tomato relish
- The Indian Light Infantry fruit chutney
- West Bengal Rifles mango chutney
- The King's Gunners tomato & red pepper relish

The Regimental Sauces:

- The Sepoy's Kasundi Sauce
- Lakshmi's sweet chilli sauce
- Captain Gorman's Worcestershire sauce
- Mrs. Mallis' Tomato sauce

Regimental Jams and jellies:

- Officers' Mess raspberry and blackberry conserve
- Officers' Mess strawberry conserve
- Officers' Mess fine cut seville orange

All these products are beautifully made, taste delicious and are a new and exciting variation of the chutneys, sauces and jams that you may have had in the past. Definitely worth revisiting.

Look out for the new **vintage EVO, Tasmanian extra virgin olive oil**, which should be on the shelves by late July. While waiting, we have a little of our Wursthau EVO left, still tasting fresh with the Tassie-green hue one expects from good Tasmanian extra virgin olive oil.

Cheese News

Local cheeses:

Heidi Farm cheeses are the perfect winter fare. We have good supplies of **Raclette, Tilsit and Gruyere**. A traditional classic dish enjoyed in the colder climates of Europe, particularly in the Swiss and French Alps region, is the Tartiflette which, simply put, is a cheese and bacon potato bake. The original recipe requires roblouchon but, being unpasteurized, is not available in Australia. Heidi Farm raclette is a great substitution.

Here is a traditional recipe. I substituted reblouchon with raclette cheese. Bon appetit!

Tartiflette Savoyarde

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|---|-----------------------------|
| 1 kg potatoes (dutch creams or similar waxy potato) | 1 small glass of white wine |
| 1 small packet bacon bits (or speck) | 1 small tub of cream |
| 2 small or 1 large onion | 350g raclette cheese |

1. Peel and cook the potatoes. Let them cool, then slice them into thin coins (about 1cm).
2. Preheat the oven to 180° with the grill on.
3. Slice the onions thinly and put them in a frying pan with a bit of oil.
4. Melt the onions. When they're half-cooked, add the bacon.
5. When the mixture is ready, add a small glass of wine and continue cooking until it has evaporated.
6. Butter or oil an oven dish. Add a layer of potatoes, then some onion/bacon mixture. Repeat layers until you've run out of mixture. Then cover with the cream.
7. Slice the raclette cheese. Place cheese on the top.
8. Place in oven, not too close to the grill, until cheese melts - but without burning.

Enjoy!

Imported cheeses:

We are receiving regular supplies of "real camembert", meaning a white mould from the village of Camembert in Normandy, France. There is simply nothing like a properly ripened French camembert served at room temperature. The white mould develops orange flecks on the outside surface. The smell is similar to cooked cauliflower, with the centre complete with an oozing, rich saltiness. A perfect accompaniment with a bottle of wine, near a log fire - the ideal winter cheese.

Comté Gruyere- cru exceptional

France's most popular cheese is now the **Comté (Gruyere)**. We have managed to secure the very rare **Comté cru exceptional** which is the premium Comté. This hand-made cheese is from Tres Major in the Frenche Comté region, matured at 1500 metres in the old fort of St.Antione. Matured for twice as long as normal, the concentrated nutty texture and slightly sweet nutty flavour of this 18 month old cheese is exceptional.

Tasmanian Wine News

The new vintage of D'Meure 2008 Pinot Noir has just been released. It is quite a delicate wine, comparing it to previous vintages. The wine has a bouquet of violets and mushrooms with sweet soft delicious tannins on the finish. A feminine and ethereal D'meure. We will be presenting this wine at our Bastille Day Dinner.

Imported Wine News

New Burgundy Arrivals:

Exciting news from France: Early in June we expect delivery of a new Chablis from **Domaine Louis Michel**. This was one of my favourite Chablis vigneron when I lived in France many years ago. I visited him many times. He is a traditional Chablis winemaker and is very proud of the fact that you cannot find a single oak barrel on his estate. An absolute purist, believing Chablis can only be an expression of the fruit (chardonnay) and the soil (terroir). His wines have searing acidity that rewards long cellaring. This is a classic Chablis! We will stock the full range from **Petit Chablis, village, 1er Cru and grand Cru**. Domaine Louis Michel Chablis will also feature at the Bastille Day Dinner.

From the Cote D'or we have some very affordable red burgundy, ably assisted by the strong \$AUS. We have a **Faively Bourgogne rouge '07**, a lovely elegant wine with burgundian terroir. This wine will be for tasting at the Bastille Day Dinner.

In addition, we have the majestic **Domaine Dujac Chambolle Musigny '06** which is classic burgundy from one of the great wine villages. The wine has dark berry fruit aromas with earthy undertones leading to well concentrated flavours, delicious and long finish, supported by ripe and firm tannins. This is a relatively masculine Chambolle villages - a must for all Pinotphiles.

Cooking Classes at the Kitchen

D.I.Y. Degustation Menu

Monday 28th or Tuesday 29th June, 7:00pm - Cost: \$90

Come and learn how to show off your talent in the kitchen and impress the guests at your next dinner party at the "learn how to make your own Degustation Menu".

This hands-on class, guided by Veronica, will teach you general guidelines, how to prepare and cook a 6-8 course tasting menu. A degustation is "a careful, appreciative tasting of various foods."

Homemade Pasta and Gnocchi Masterclass

Monday 26th or Tuesday 27th July, 7:00pm - Cost: \$90

Chef Veronica will be presenting a hands-on night, making fresh egg pasta and a selection of sauces using local truffles and fresh produce, with a Mediterranean influence. Chef Sonya Magasin will teach us how to make fresh homemade gnocchi.

Contemporary Australian Cooking

Monday 30th or Tuesday 31st August, 7:00pm - Cost: \$90

In this hands-on class, Veronica and guest chef Jirapan from Thailand will demonstrate modern Australian dishes with the primary influences being the cuisine of Asia, particularly China and Thailand. They will be mixing and matching simple flavours, and adapting cooking techniques using a variety of seasonings, vinegars, pastes, and spice blends to create dishes of startling depth and complexity.

Reminder:

Our cooking classes are hands-on, so please come dressed to work in the kitchen. Comfortable non-slip shoes are important; an apron and your favourite sharp cutting knife would be handy.

Wursthaus Kitchen Dinner

Bastille Day Truffle Degustation Dinner

Wednesday 14th July, 7.00pm - Cost: \$150 per head

Tasmanian Truffles matched with Tasmanian and French wines.

Chefs Simon Webster & Sonya Magasin will be preparing a menu created from local produce, matched with Tasmanian and French wines.

The menu will be published on the website in late June.

And from Cambridge ...

Rabbits, wild and farmed, are available most weeks and provide a rich source of low fat protein. They make a great casserole. Rabbit combines well with blue cheese, red wine, prunes and, of course, speck. (*See Chef's Ideas*). Simon at the Wursthau Kitchen has been making a great rabbit terrine which is proving very popular. What an excellent starter this would be for your next dinner party.

Our **salamis**, made from local pork, are now being produced in a larger diameter casing to make it easier for deli staff to slice. Varieties include **Venison, Hungarian, Landjager, Mettwurst and Pepperoni**. Our latest batch of salami is taking a little longer to mature because of the colder conditions.

Pork belly is undertaking a kind of culinary revolution and is a sought-after product by our local chefs. It lends itself to marinating and slow cooking, and the texture of the belly absorbs all flavours, particularly the bolder spices such as star anise. It has spectacular results when twice-cooked and this makes for easy entertaining when so much can be done the day before. Simon at the **Wursthau Kitchen** rubs a dry marinade into the belly prior to gently poaching in duck fat and then pressing overnight. It is then flash roasted in a hot oven for the crackle to develop. It is sold in 150g portions for you to heat at home. He suggests serving the pork with a baked **Granny Smith apple topped with light muscovado sugar and apple syrup**. The apples can be baking while the pork is being heated. How easy is that!

Simon also prepares a **porchetta roast**, fully prepared for you to roast at home. The pork belly is skinned, butterflied and massaged with fresh sage, rosemary, aniseed, garlic and oil. It is then rolled, with the skin placed on top, and trussed ready for you to roast in your oven at home.

Cuts of the season

It is game bird season and we are now being supplied with pheasants, squab and guinea fowl from *Glenloth Game Farm* in Victoria. *Glenloth* is situated near the Victorian southern Mallee town of Whycheproof, and is one of Australia's finest producers of free-range poultry.

Autumn and winter are traditionally the best seasons to enjoy the succulence of game birds.

These quality birds are raised and processed on the farm, with Pheasants and Guinea Fowl maturing at around 20 weeks. All *Glenloth Game Farm* feed is mixed on the farm and that guarantees consistent quality and uniformity. No chemicals are used in the feed. The most important defining feature of *Glenloth Game* products is their consistent quality.

The season for fresh game birds usually lasts until the end of July / early August. To avoid disappointment please order early. For transport logistical reasons the game birds are supplied to us frozen.

Soups are synonymous with winter and, of course, we all look forward to the reappearance of the Cotechino sausage. In previous newsletters we have published recipes featuring the Cotechino. Please let us know if you don't have access to the relevant copies of our Newsletter, or you can view back-copies on the website (www.wursthau.com.au).

Supplier News

Nichols Poultry free-range chickens and turkeys:

There are many claims being made these days about free-range poultry and meat, and it seems much more is for sale than is actually produced. Consumers are bombarded with terms like "bred free-range". Many suppliers and on-sellers become sheepish when quizzed about the origin of the product. It sometimes leaves you questioning whether you are just being told what you want to hear. It is, however, pleasing to know that there are producers who are willing to be transparent about their practices.

Nichols Poultry have recently announced that all their poultry is now produced free-range. Add to this the fact that their chickens and turkeys are also produced chemically free and without added water.

We recently visited Nichols Poultry and were impressed with the entire farm and poultry processing operation. Situated on the North West Coast, not far from the Bass Highway at Sassafras, and just before Latrobe, the first thing that stands out is the magnificent thirty metre high wind turbine which is silently producing enough energy to run the entire factory. The farm is well spread out amongst the gently rolling countryside and is a mosaic of green crops, consisting of potatoes, broccoli, wheat and even asparagus, small Blackwood forests and lush green pastures, with spring-fed dams and wetlands for the native birds and frogs.

The factory is on the farm and all processing and distributing take place there. The grain that goes into the feed is grown locally and is carefully mixed and blended right there on the farm. Robert Nichols is an inspirational, innovative and passionate person who is on track to becoming Australia's first environmentally sustainable poultry producer. Wursthau has had a long association with Nichols Poultry since they started production, in the early 80's, with about 250 chickens per week. This has grown to more than 30,000 per week.

Announcement from Nichols Poultry:

"Nichols Poultry understand that consumers need to be aware of the processes involved in producing the best poultry available and we will soon be launching a campaign to reinforce our position on animal welfare and environmental issues and that we as a company are firmly committed to ensuring that the poultry that bears our name is genuinely representing the claims that we make"

... *Robert Nichols*

Chef's Ideas

Rabbit in Red Wine & Prunes

Serves 6

1 whole rabbit (6-8 portions)	125g Speck
30g butter	1 sprig thyme
12 pitted prunes	½ cup red wine
4 tbs brandy	4 onions quartered
1 tbs plain flour	500 ml chicken stock
1 tbs sugar	1 tbs red wine vinegar
Salt and cracked black pepper to taste	

Soak prunes in wine and brandy overnight. Cook speck in pan until golden. Remove. Add butter to bacon fat and brown rabbit in batches until golden. Remove. Add onions to fat and brown all over. Remove. Add flour to pan and scrape and stir. Add stock, sugar, red wine vinegar, thyme and prune mixture and simmer until slightly thickened. Combine with rabbit, bacon and onions and cook in oven for 90 minutes on 160°C. Serve with mashed potato.

Cassoulet

Serves 8

(This dish needs to be started 2 days before the meal)

1kg Haricot beans	4 onions
8 cloves	2 carrots, cut in half
8 bay leaves	4 sprigs fresh thyme
8 garlic cloves	700g pork scotch cubed
300g speck diced	1/2 large or 1 small shoulder of lamb cubed
3 duck confit legs (meat only)	8 knackwurst sausage or polish ring
3 tbs olive oil, plus extra for drizzling	2 tbs tomato purée
2 celery sticks, chopped	800g tomato diced (2 x cans)
300ml dry white wine	100g fresh white breadcrumbs

A. Two days before serving, put the beans into a large bowl and cover with plenty of cold water to soak. The next day, drain the beans and put in a large saucepan so that the beans come no more than halfway up the side.

B. Cut 2 of the onions in half, stud each half with 2 cloves and add to saucepan. Add the carrot, 4 bay leaves, 2 thyme sprigs and 4 whole garlic cloves. Add cubed pork scotch to the pot. Cover everything with plenty of cold water and bring to the boil. Skim off any white scum, reduce the heat, cover and cook for 1 hour 20 minutes. Drain the cooking liquid, reserving 300ml. Cool, then cover and chill. Discard the studded onion, carrot, bay leaves, thyme and garlic. Put the cooked beans and pork into a bowl. Leave to cool, then cover and chill in the fridge overnight.

C. Meanwhile, preheat the oven to 160°C. Cut each sausage into 3 or 4 pieces. Finely chop the remaining onions and crush the remaining garlic. Heat the olive oil in a large roasting pan on stove top, add the lamb, speck and sausage and brown all over (cook in batches). Add the chopped onion, garlic and celery to the browned meat in the roasting pan and cook for 8-10 minutes, stirring occasionally until softened. Add the tomato purée and stir well. Add the tomatoes, wine, remaining thyme and bay leaves. Season and bring to the boil. Cover with foil and braise in the oven for 1½ hours until tender. Remove and leave to cool. Cover and chill overnight.

D. On the day of serving, remove all the ingredients from the fridge and preheat the oven to 180°C. Take a 7-litre ovenproof dish and put a layer of beans and pork in the bottom, then follow with a layer of the braised meat and chopped duck confit meat and tomato mixture. Repeat until both mixtures are used up. Pour the reserved bean water over, then cover with foil and cook for 1½ hours in the oven. Top with the breadcrumbs, drizzle with a little olive oil and bake for a further 45 minutes.

Pot au Feu

Serves 10-12

8 medium leeks trimmed	1 bouquet garni
12 carrots peeled and halved crosswise	2 tsp coarse sea salt
12 stalks celery halved	1 tsp black peppercorns
2 onions studded with 4 cloves each	2 bay leaves
2kg gravy beef or chuck tender, trussed	6 small turnips, peeled and quartered
4 Veal shanks (osso buco style)	750g small potatoes
1 Oxtail (optional)	2 garlic cloves
1 Nichols Chicken, 1.8kg trussed	

To serve – condiments to include:

Sea salt; cornichons; mustard (wholegrain/Dijon); horseradish (grated); fresh baguettes.

In a large stockpot, place half the leeks, carrots, celery and both onions. Add beef, veal and oxtail on top of vegetables with bouquet garni, salt and peppercorns. Add enough water to cover and bring to boil. Reduce heat and simmer, partially covered, for 2 hours, skimming any foam from top. Then add whole chicken, bring back to boil and simmer for another hour.

Strain broth and discard cooking vegetables. Return broth and meats to the pot and add bay leaves and remaining vegetables except potatoes, bring to boil and simmer for 30 minutes, then add potatoes and continue cooking for a further 30 minutes or until potatoes are cooked.

Remove meat from broth and remove trussings. Carefully remove vegetables and place on serving platter and moisten with a little broth. Cover and keep warm. Strain broth again and discard any vegetables left. Carve meat and joint chicken and place on serving platter with vegetables. Cover and keep warm.

Slice baguettes and lightly toast and rub with garlic. Place a slice in each bowl and pour hot broth over. Serve immediately as first course. Serve meat and vegetables as main course with listed condiments.

Website News

A reminder that day-to-day news, product updates, in-store wine tastings, and all happenings at the Kitchen, are available on our website. See the "latest news" section on the Home Page. We are happy to receive customer feedback. Please feel free to offer criticism, good or bad. It can only improve us!

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