



Wursthaus Kitchen

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Spring 2009 newsletter

New Sunday Trading Hours

With the advent of spring we revert to our normal 9:00 am Sunday opening

With the very wet and cold winter we have just endured, Spring will certainly be welcomed by one and all. For the barbeque enthusiasts it cannot come fast enough - just in time for Fathers Day celebrations, footy final gatherings, the opening of the sailing season, picnics etc - any excuse to be outdoors and hanging out, over or around a hot grill plate.

If you are looking for something a little bit different for a **Fathers Day gift**, how about a stylish black **Wursthaus barbeque apron** with a pocket on the front and made from pure cotton and printed with a variety of the "**Wurst**" slogans we could think of (*much better than another tie*). Or, if Dad considers himself a "**Beef connoisseur**", why not indulge in a slab of the finest **Wagyu porterhouse** or, for the wine loving father, choose an exquisite bottle of **Tasmanian or European wine** from our excellent range. Our friendly and knowledgeable staff will be only too happy to help with your selection. So make **Fathers Day a day to remember**.

As our Summer Newsletter will not be out until 1st December we wish to let you know that our Christmas Catalogue will be available from both shops in the first week of November and will also be emailed to those on our email list. This will enable you to plan your Christmas celebration well in advance. For information on new products and what's happening during October and November please check the website www.wursthauskitchen.com.au

What's new at the Kitchen

On the shelves ...

The Truffle season is over for another year. It was good to see prices had dropped due to quantities being up and because so many more people were prepared to have a taste of this exotic fungus. Although the fresh truffles are no longer available, we still have plenty of yummy **Truffle ice-cream** and **truffle-oil** available.

Good news.....the **new season 2009 Tasmanian olive oils** are now in stock. We have two olive oils. The **Wursthaus bottled Extra Virgin Olive Oil** which is probably the best

vintage thus far. Fresh and green with a clean peppery finish, a beautiful oil for salads and dipping sauces. Try mixing with a good balsamic vinegar or with our **Tasmanian aged Pinot Noir red wine vinegar**.

For cooking we recommend our **bulk Tasmanian EVO**, again fresh and green but less pepper and more buttery viscous olive flavours. Keep your old olive oil bottles and bring them into the shop to fill up. It is **first pressed extra virgin olive oil** and the price of the bulk oil is very competitive. Our aim is to make Tasmanian Olive Oil more of a basic commodity rather than a luxury. It is a superb cholesterol free, health-giving product that should be liberally used, and is priced for everyday use.

Our fresh Tasmanian Organic Garlic has come to an end but, while waiting for the new season, we still have the **preserved Tasmanian organic garlic in a jar**, which really is the next best thing. Hopefully stocks will last so no one will have to resort to the sub-standard Chinese varieties that are currently on the market.

We are now stocking **Bonsoy** soy milk. It is the soy of choice at the Pigeon Hole Café. It is from Japan, *GMO* free, made from whole organic beans and preservative free. It has a unique subtle mellow flavour and is ideal for people wishing to add soy to their daily diet.

A reminder to our customers that with the warmer weather on the way and the popularity of **Middle Eastern cuisine**, especially Lebanese, we stock **falafel, organic tahini paste, homemade hummus and Baba Ganoush (eggplant) dips**, our own **Dukkah** blend and freshly baked pide bread can be ordered through us. As well, look out for our **tabbouleh salads** over Spring.

We stock the authentic **Al-Rabih** range of **pomegranate molasses, tamarind syrup, rose water and blossom water**. **Persian Fairy floss** is back in stock with six different flavours. To continue with the theme of **Middle Eastern cuisine**, our dinner this quarter will be **Modern Middle Eastern** where many of the above mentioned products will be used, matched with wines of the world. We are unashamedly inspired by Mo Mo, Greg Malouf's restaurant in Melbourne and hopefully we can bring his style of cooking to Hobart for an evening.

Cheese News

We now have a regular supply of fresh **Italian-style ricotta**, light and fluffy, perfect for all your needs. We also have marinated **Yarra Valley Persian Fetta**, excellent with leafy green salads.

Spring also means fresh goat cheese, we expect **Tongola goat cheese** from the Huon Valley to be not far away. Look out for **Hans's fresh curd, Capri and Bloom** with the aged Billy closer to Christmas.

Our Saturday cheese tastings are very popular and informative and will continue with different cheeses from around the world. The "real" camembert from Normandy was very much enjoyed and we hope to keep a regular supply.

Tasmanian Wine News

For the first time we have managed to source a **Wursthaus 2006 Cabernet Sauvignon / Merlot** from the Coal River Valley. It's a full bodied dry red showing delicious herbal, blackcurrant and cedary oak. A textured palate with fine tannins. This wine is not a clean skin but a wine made for the commercial market - a steal at \$18.95 per bottle.

We have had many requests for half bottles of wine and now we have found a quality product. **Springvale Vineyard** from Cranbrook, a quality producer of Tasmanian wine, has supplied half bottles of **Pinot Noir '07, Pinot Gris '09 and Chardonnay '09**. The perfect size if you only want one or two glasses of wine with your meal.

The **2008 Home Hill Pinot Noir** has just received two Gold medals at its first two wine shows

- Gold - Cowra Wine Show
- Gold - Australian Boutique Winemakers Awards

It appears the 2008 Home Hill pinot Noir is reminiscent of the highly awarded 2005 vintage which won a total of 6 trophies and a bag of gold medals. Stock available in store.

Hot off the press Tasmania wine and Gastronomy map. The most comprehensive, up-to-date touring and tasting guide to Tasmania's vineyards, wineries, cellar doors, breweries, distilleries and gastronomic bounty. The text is by Graeme Phillips and maps by Martin von Wyss. This is an excellent, inexpensive father's Day gift covering over 250 vineyards.

Imported Wine News

A new range of exciting French wines are docking as I write this article. Wines from small **biodynamic and organic wine producers from the Loire Valley** and yes not just sauvignon blanc! These wines, from small producers, have never been imported into Australia before, most of these wines are usually found in small boutique wine bars and a few famous restaurants in Paris and New York..... and now Hobart!

Three wines that will be in the store this week are:

- **A biodynamic Cabernet Sauvignon, Cabernet Franc from Domaine Mosse of Anjou** only tiny quantities of sulphur in the wine, 70% less than the average. Minimal intervention This wine is outstanding for it's rich textural body yet racy refreshing clean finish, that makes it a very Moorish wine.
- **A 100% Cabernet Franc from Domaine Guion of Bourgueil**, again biodynamic. Bourgueil is a much loved appellation in the wine bars of Paris.

- A thrilling new **Sauvignon Blanc from Sancerre, Domaine Chotard**. This is very good example of why Sancerre is so popular

For detailed information on each wine please refer to our website or come and talk to Peter in the Salamanca Store. Look out for tastings of these wines in our store very soon. You will receive an email on the dates.

Classes and Dinners at the kitchen

European Wine Course No: 3 Monday 28th September \$90

Wines of Italy:

Following on from course 2 (Wines of France) we will look at wines from the major wine regions of Italy. These will be paired with a classic dish or produce of each region.

Middle Eastern Cuisine and Tuesday 27th October \$140
World Wine Degustation

Menu available on the website:

www.wursthauskitchen.com.au/menus/middle_eastern_degustation.html.

The Christmas Celebration Mon 23rd and Tues 24th November \$70
- made easy

Chef Veronica will show us how to take the stress out of Christmas with some new recipes and handy tips on modern and traditional Christmas dishes.

A reminder for all those who wish to participate in the cooking class - it is hands-on, so please come dressed to work in the kitchen. Comfortable non-slip shoes are important, plus an apron and cutting knife would be handy.

And from Cambridge ...

Wursthaus has played a major role in returning the humble sausage to its historically elevated position in the cuisine of many cultures. It is only through unstinting dedication to quality and tradition that a good, pure meat sausage can be made.

Shoulder meat, a tough cut, is used for its flavour and texture. Just as you cannot make a successful slow-cooked dish with eye fillet steak, neither can you make a good sausage with that cut and where in slow cooking, time breaks down the fibres of the rougher cut, cutting or mincing has the same effect in sausage making. Fat is integral to the product, for its contribution of moisture and flavour. The meat is trimmed of all sinew and tendon, minced and mixed with natural flavourings - herbs, spices, stock, wine and salt, which is essential for binding the pieces of meat together. Mincing creates friction and thus heat

and it is important that it is done quickly to maintain colour and freshness. To make the process fast, we use a double cut mincer - a worm forces meat towards two cutting plates, one coarse and one fine, between which a set of rotating blades, a bit like a helicopter propeller, cuts the meat. The blades must be extremely sharp or they mash, rather than cut, and damage the molecules, making the texture of the meat soggy. Any liquids - wine, stock - will not be absorbed but will run away when the sausage is heated, leaving it dry and tasteless. Natural sausage casings are filled, using a vacuum filler which extrudes all air from the meat. This ensures that there are no air pockets that make the sausage cook unevenly.

Sausages were never meant for the sacrificial table and as a pure meat sausage takes longer to cook than one that is not, it is easy to blacken the outside before the centre is cooked. An informal survey among sausage lovers showed a unanimous result, that a blanched sausage retains more moisture and flavour than one that is not, before browning. Blanching, or simmering in water, seals in the flavours and sets the meat. Bring a pot of water to the boil, turn the heat to low, wait a minute or so, add the sausages and leave on low heat until cooked. If the water is bubbling, it is too hot and will burst the skins - all will be lost. The sausage can then be placed on a barbeque or under a grill to brown and caramelize.

Our current sausage menu includes such favourites as **Beef & Tomato, London Pork, Chicken & Lemon Pepper, Lamb & Rosemary, Minted Lamb, Tuscany Pork, Traditional Italian, Bratwurst, Merguez, Gamekeepers and Pork Chipolata** and most of which are **gluten free**. During the warmer months we will introduce a couple of varieties from our seasonal menu, details of which will appear on the website.

Cuts of the Season

The following represents what we consider excellent fare for the barbeque season.

Beef Rump, which by the way is not as far south on the animal as the name suggests, but is actually taken from the group of muscles in the lower back or lumbar area of the back right next to the sirloin or porterhouse. It is a great cut, sometimes under-valued and is possibly the most flavoursome and versatile cut of beef.

It can be sliced into **steaks, with or without fat or used for kebabs, roasts, stirfrys, stroganoff, quick curries, etc.** It can be sliced thinly and marinated for the barbeque (see recipes for marinades) or crumbed and used for a schnitzel. Rump steak is all about the flavour. The three muscles making up the rump can be divided and trimmed of all possible fat and used for Asian cooking, steak sandwiches or for serving up to fussy eaters as minute steaks that don't require trimming on the plate. We call this **Centre Cut Rump**. Basically anything you can do with beef you can do with rump and best of all it is much more economical to serve than some of its close relations (up to \$10.00kg cheaper than porterhouse).

We have good supplies of **Tasmanian Beef Rump** both in the **Tasmanian Premium Beef** brand and the **genuine King Island** brand and now also available in **Wagyu**.

Wursthaus Burgers (Pork-Salamanca Burgers, Beef & Chicken) are available in convenient handy packs of 6, fresh or frozen, all made from the leanest and best cuts of locally produced meat. The burgers are great matched with any of the Tasmanian relishes and chutneys and served in buns on a plate with a side salad. Easy football fare!!

Semi boneless Nichols chickens - these are available in halves, either in a **Marbella marinade** or a **spicy barbeque marinade** and vacuum packed for convenient storage in the fridge. They are easy to barbeque and simple to oven bake - just take 40 minutes in a moderate oven. If you prefer we can arrange to have whole semi-boneless chickens ready for you to process in your marinade. See **Chef's Ideas** for some suggestions. Poultry provides a great alternative to the usual barbeque fare and with the warmer weather just ahead why not plan your next dinner party around the barbeque.

Rannoch Farm Quail are delicious, plump and tasty, cooked on the hot plate and with minimal effort you have created a great starter. Quail can be purchased plain or in an Asian style marinade.

For the antipasto platters our full range of **salami** is now back in stock. Our range consists of **Landjager** - mild, slightly sweet, medium texture, **Mettwurst**, softer, mild, meaty, smooth, **Hungarian** - cracked pepper and brandy, **Pepperoni** - hot and spicy, medium texture and **Venison** - native pepper and juniper, coarse texture.

Chef's Ideas

With warmer weather looming our BBQs are being fired up for easy entertaining. To complement the beef and poultry cuts mentioned, here are some simple marinade recipes to suit your preferred cut - quantities are suited to 1kg+ meat. Lamb and pork cuts are equally as good.

Mexican

$\frac{1}{4}$ cup olive oil	$\frac{1}{4}$ cup orange juice
Juice of 1 lime	1 tsp minced garlic
2 tsp ground cumin	1 tsp chilli powder
Dash of tabasco	Salt & Pepper

Spanish

$\frac{1}{4}$ cup sherry vinegar	$\frac{1}{4}$ cup olive oil
3 cloves garlic crushed	$\frac{1}{4}$ cup black olive tapenade
salt & pepper	

Indian

1 tablespoon minced chilli	2 tsp ground cardamom
2 tablespoons minced garlic	2 tablespoons minced ginger
8 whole cloves	1 tablespoon chilli powder

$\frac{1}{2}$ tsp ground turmeric
2 large onions - chopped finely

$\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ cup red wine vinegar

Asian

$\frac{1}{4}$ cup peanut oil
 $\frac{1}{4}$ cup honey
1 tsp grated fresh ginger
2 cloves garlic crushed

$\frac{1}{4}$ cup dry sherry
 $\frac{1}{4}$ cup soy sauce
 $\frac{1}{2}$ tsp salt
1 pinch anise

Mediterranean

$\frac{1}{2}$ cup olive oil
2 cloves garlic crushed
2 tbs fresh mint chopped
1 tbs oregano & thyme leaves mixed

$\frac{1}{2}$ cup dry white wine
Juice of 1 lemon
1 tbs fresh rosemary chopped
salt & cracked black pepper

Satay

$\frac{1}{2}$ cup crunchy peanut butter
2 tbs dry sherry
2 tbs lemon juice
2 tbs honey
2 tsp curry powder

1 cup chicken stock
1 tbs soy sauce
1 tsp grated ginger
1 clove garlic crushed
1 tsp ea ground cumin & coriander

Spice rubs - such as those from **Herbies** range complement all of our fresh meat products. Some of the most popular and versatile mixes are **Cajun, Crusting Mix, Chermoula, Ras El Hanout, Tagine, Tandoori and Thai**. If you have a few hours to marinate the meat, the results are well worth the effort.

We must not forget the **flavoured butters** which are particularly good served on a grilled steak - so simple - just mix your selected chopped fresh herb (eg: basil, rosemary, thyme, oregano, marjoram, sage, tarragon, garlic or a mixture of any) with some softened butter which can also be combined with some chopped olives, anchovies and/or sundried tomato. The combinations are endless and transform your grill into a real treat. Butters can be rolled into a cylindrical tube, wrapped in foil and stored in freezer for use later.

Website News

For information about Wursthhaus products, suppliers, recipes and the latest news visit

www.wursthhauskitchen.com.au

or visit Wursthhaus Cambridge at
www.wursthhaus.com.au