

**Wursthaus Kitchen**

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## Summer 2009 newsletter

Another year has passed us by ... another Christmas is just around the corner and we are all frantically planning for our own special celebration. Whether it is to be traditional or a simple casual affair, we hope we are able to offer you some suggestions or creations to make your life a little more relaxed.

**Our Christmas orders close on Tuesday 15<sup>th</sup> December**, or when stocks run out, so please contact either of the stores if you still need to place an order. Our catalogue features another of **Tom Samek's** Christmas originals. Copies are available from the store or can be downloaded from the website — [www.wursthauskitchen.com.au](http://www.wursthauskitchen.com.au).

Out of ideas for that special Christmas gift or corporate present? We offer **gourmet hampers and gift vouchers**. Details are available in the store or online.

We hope you enjoy your Christmas festivities. From all at Wursthaus we wish you and your families a safe and happy Christmas and a great New Year.

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**For your convenience Peter and the staff at Wursthaus Kitchen will open every day except Christmas Day to service your needs and make your holiday an enjoyable one.**

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In the new year, the **Wursthaus Kitchen** will again be featured at the **Taste of Tasmania**. The talented team will be serving up an exciting menu showcasing local **Berkshire Pork, King Island Beef, Rannoch Farm Quail** and other delicacies. Look for **The Brasserie** — a combined stall with **Two Metre Tall Brewing Company** at stall 7 northern end (city side) of the Princess Wharf Shed.

## What's new at the Kitchen?

In the lead up to Christmas, our team of chefs is busily preparing the most superb home-baked festive treats to help make your Christmas enjoyable and memorable. In the Kitchen at Salamanca, we continue to concentrate on our '**Home Made Range**' of Christmas treats prepared with 100% natural ingredients.

Here are our own **KITCHEN-Made Christmas goodies**:

**Wursthaus Fruit Mince Pies** — Well known and loved, our delicious recipe remains unchanged. Our fruit mince pies are legendary.

**Wursthaus Rich Fruit and Brandy Christmas Cakes** — Moist, rich cakes, laden with fruit that has been soaked in brandy for weeks. As lush and home baked as Christmas cakes get.

**Decorated Gingerbread Men, Christmas Trees and stars** — Excellent decorations for the Christmas tree or just to eat, ours are made in the old fashioned way with a generous helping of spices. A great gift idea for those hard to buy for.

**Traditional Shortbreads** are on offer — freshly baked at the Kitchen. Who can resist a shortbread at Christmas!

Our biscuit and sweet selection **also** includes **Christmas Cookies** with **Marzipan & Glacé Cherries** and **Meringues** either **plain** or **Pistachio**. Serve them with summer berries and our home made **Lemon curd** or plain dipped in chocolate.

Our very own **Almond Bread** is a real show-stopper and so moreish. It complements summer desserts and ice-cream beautifully.

Try our **White Christmas** — the traditional Australian confection made from glacé fruits and coconut — a great gift or for the Christmas table.

To serve with the Christmas Pudding we have saved you the trouble of making **Brandy Butter** and **Brandy Sauce**. Which do you prefer with your pudding? Both are handmade with a heavy hand on the brandy!!

For those planning on a traditional Christmas menu, with the whole turkey complete with trimmings, we can offer the following dry stuffings:

- **Fennel seed & pistachio & couscous**
- **Rice & dried fruit stuffing ( pine nuts, apricots & prunes)**
- **Spicy stuffing (ginger, paprika, coriander, pecan, chilli and breadcrumbs)**
- **Wild rice stuffing (wild rice, roasted hazelnuts & cardamom)**

We are more than happy to prepare your turkey for you this year with our traditional Christmas stuffing, **sage, speck & onion**, or **fig & pinenut**. Naturally, both come with fresh breadcrumbs made from the bread of Jean Pascal or Richmond Bakery.

Food fads and fashions come and go, but for the last 25 years lovers of fine food have appreciated Wursthaus English Pork Pies. Hand-made from a traditional recipe with selected pork and spiced jelly, these 2kg pies are **available only by order** for Christmas. See the Christmas 2009 Catalogue ([www.wursthauskitchen.com.au/christmas2009.pdf](http://www.wursthauskitchen.com.au/christmas2009.pdf)) for details.

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We strongly recommend that you purchase the **HOME MADE RANGE** early as quantities are limited.

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## On the shelves ...

**Nichols Christmas Puddings** are again available this year (500g, 1kg and 2kg). For added choice, we also have Christmas puddings from **Home Style Puddings** based in Launceston. As the name suggests, they are home-made and delightful! We will have 500g and 1kg and 2kg cloth-bound or in a log, as well as a **gluten free pudding**. All are very reasonably priced.

From **Mandy's Kitchen** we have four puddings. They are boiled in cloth in the traditional way in gas-fired coppers then hung to dry. We have **Date & Toffee, Macadamia & Brandy, Chocolate Rum & Raisin** and the decadent **Triple Chocolate**.

**Gennaro** will be supplying us with his very popular **Panforte** in the near future. Once again, it would be advisable to purchase this as soon as you see it as stocks may be limited.

**Italian Mustard Fruits** make a beautiful accompaniment to your Christmas ham. If you haven't yet experienced this palate pleasing combination, I suggest now is the time.

The very popular Spanish **Olive Oil Tortas Ines Rosales** will be in store before Christmas.

Chocolate is always a safe bet for Christmas. **The Cat's Tongue** formerly known as Andy's Chocolates will have some Christmas specialties including fresh marzipan.

New to our store are the organic boxed chocolates from **Organic Times**, made with NASA certified 100% dried sugar cane syrup called Rapadura. We have dark chocolate coated liquorice, coffee beans, sultana, almond & ginger and macadamia nuts as well as yummy chocolate chip cookies.

We are adding to our range of bread with some of the dark rye breads from **Brezel Backerei** (the German bakery) in Sandy Bay. If you have a favourite bread let us know. On Saturdays we will be stocking their pretzel and larger bread.

We have a new **Fair Trade coffee from Honduras**. A full bodied, earthy and smooth coffee, this is an excellent bean for café latté.

This year's Christmas food book is **Peter Watson's "Food & Cooking"**. Written over several years, Peter Watson has attempted to devise a book that is informative and entertaining as well as completely useful:

*"There is so much confusion today with such diverse range of products available that we need ways to both understand and cook them. In the past our eating habits were very much based on a British heritage. This started to change and has now undergone a complete change, with food from around the world an every day event." P.W.*

## What's fresh?

**Bruny Island Cherries**. With the highest rainfall on Bruny Island for over 100 years causing severe crop loss, the cherry season is not looking too promising. Quantities will be down but we are hoping???

**Tasmanian garlic** is in a similar situation but we hope to source some from our growers.

## Christmas Hampers

Our very popular **Wursthaus Hampers** are available again this year. Come into the store and choose your own or let us guide you from our on-line hamper catalogue (available on-line).

## And from Cambridge ...

Festive hams are par for the course at this time of year, yet it never ceases to amaze me how the traditional ham cooked on the bone continues to play the central role in our Christmas dinner planning. In this age of convenience, where foods are sliced, portioned and packed to plastic perfection, it is rejuvenating to see the humble well made ham retain pride of place amongst the tinsel on the table. I cannot think of any other celebratory food that has stood the test of time remaining true to its origin yet still inspire much lip smacking and drooling as we watch succulent slices being carved from the bone. And rightly so as there is much planning and skill devoted to "hamming it up" at this time of year.

A leg of pork with a reasonable covering of fat is injected with a light brine containing sugar and salt which penetrates the deep muscles under the rind. This injection slowly suffuses through the entire leg. This is aided and abetted by immersing the leg into a holding brine of half the strength of the injecting brine. Obviously this takes place in a cold room with a regulated temperature and over time an "equalization" takes place between the injected and holding brines resulting in a carefully predetermined level of salt. The leg is now "cured".

The next step is smoking. Again, time and patience are required. Remove the cured leg from its brine and hang to dry in circulating cold air overnight, place in the smoker and allow the magic to take place where smoldering woodchips (hardwood or beech) generate a gentle constant smoke that slowly pervades and infuses the meat with a rich smokey tang and stains the rind a golden hue. Now comes the cooking, which takes place in a saturated steam environment to cook the ham through to the bone. So after a week's curing and about twenty four hours of smoking and cooking, there you have it, the traditional ham on the bone using an entirely natural process that rewards patience and care.

Of course there are also boneless hams which are very popular for their ease of slicing and a range of sizes to suit your table and no leftovers to worry about. See *Chef's ideas* below for glazing your ham.

## Cuts of the season

With the weather warming up and Christmas parties being planned, how opportune it is for our favourite beef brands to be available. **Black Angus Scotch** and **Porterhouse** are both readily available and make the perfect meal for all those beef lovers. Bake either in a hooded bbq or easily cut them into steaks for the grill plate. Serve with your favourite salads and pinkeyes. How easy is that!

**Nicholls Rivulet Organic Beef** is available again for the next few months and hind quarter cuts will be available from the **Wursthaus Kitchen**. Another cut in high demand is the **organic beef mince** and in Wursthaus tradition the **organic beef sausage** appears once again on our sausage menu. This beef is farmed in the **Huon Valley by Gerard & Debra Crochon** and supplied to us on a weekly basis.

Also we now have available **Wild Shot Venison**. Due to a short supply of farmed Tasmanian Venison, we have been procuring some very high quality **Wild shot venison** from the **South Eastern region of South Australia**. These cuts are available as **Fallow deer** which are the only species of deer allowed in Tasmania and also the much larger **Red deer** which are considered by many to be the superior quality meat. Red deer are commonly found in many mainland states and most parts of New Zealand. The flavour of both is intense and interesting whilst not being overly gamey as in wild venison from our own State. Deer are naturally browsing animals and when free ranging in the bush their diet is varied and adaptable. This, plus the fact that they are slaughtered without the stress of being herded has much bearing on the taste. They are shot at night by professional hunters and are then transported to be processed at an accredited facility.

We have also been producing some wonderful smoked products from the meat, including **Venison Pastrami** and **Smoked Venison**. The latter is more like a different and interesting ham and would be a more than suitable replacement for ham made from pork meat. Both of these products are available from Wursthau stores either sliced or in whole pieces.

## Chef's Ideas

Christmas is a very busy time of the year, the fridge is full and people are opening it constantly. This is not ideal for the meat, fresh or cooked, that is stored in the fridge. Try not to overload it. It needs to be at about 2°C as the optimum temperature for best storage. Turn it to a colder setting, or use a second fridge that is not disturbed as often for the storage of meat.

### *The best way to keep your ham:*

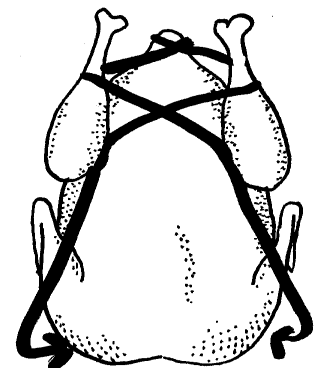
As hams are salted and smoked, people think they are bomb-proof and don't even need to go in the fridge. This is untrue. The colder it is kept, the longer it will last. Leave the rind on. Even if you glaze the ham, keep the rind to put back over it after carving. Rinse a ham bag or tea towel in cold water with some vinegar in it. Wrap the ham in this. Repeat the process daily. These are ideal conditions. If kept this way it will last for 7-10 days.

### *The best way to keep your turkey:*

Again, before you cook it, keep it cold. While the bird is resting after it is cooked, wrap it in foil to avoid drying. Carve it and then wrap it up again because as it cools it continues to dry out. Stuffing it also helps to retain moisture. Don't leave it out of the fridge, and before it is properly cold, put it in the fridge.

### *The best way to cook a turkey:*

Prepare the bird by stuffing it and trussing. Trussing ensures the legs are closer to the body, reducing the surface area that is exposed to direct heat. Rub the bird liberally with salt, pepper or any other spices or herbs. If using garlic, put it under the skin of the breast as it will burn on the outside of the bird and taste bitter. Rub with vinegar and then oil. The first thing to go off will be the fat, which is in the skin.



Rubbing in the vinegar helps prevent this. Cover the turkey with foil and place it in a cold oven. Heat it to 180°C and cook for the required time, basting frequently and removing the foil for the last hour to allow it to brown. This process also applies to a ballotine. When the bird is cooked wrap it in foil and leave it to rest for half an hour before serving.

### ***To glaze a ham:***

Glazing a ham makes for a stunning visual effect and further enhances the flavour. Run a small thin knife under the rind on the butt end of the ham (opposite end to hock) all the way round the edge then grasp with finger and thumb of both hands and pull or peel back toward you and the hock end. Leave rind on hock and cut around. Score fat (not too deeply) in a diamond pattern and stud with cloves. Warm about 4 tablespoons of golden syrup and brush over scored fat surface. Combine some fruit jam with a little mustard and vinegar and pour evenly over top of ham and it will cover the sides during heating. Place in an oven preheated to 190-200°C for 30-40 minutes until golden brown. If using a half ham, cover the cut surface with some foil and hold in place with some toothpicks and then proceed as above. The cooking time will also be reduced to 20-30 minutes depending on size.

## **Cheese News**

This Christmas the cheese rotunda at the Kitchen will be brimming with all your favourite cheeses — **St. Agur, Delice de Bourgogne, Clarins, Gorgonzola, Brie de Meaux, Heidi Raclette, Tilsit & Gruyere** and others. We hope to have all your favourites covered. Look out for some special Christmas cheese surprises, including **Stilton Pots**, with good use-by dates, and **Stilton Truckles**. Don't miss out - order early.

Good news ... the full range of **Bruny Island cheeses** are back in the 'rotunda', including **Saint, Oen, 1792 & Otto!**

## **Wine News**

Why not offer as a gift a good bottle of Tasmanian or European Wine this Christmas? We are more than happy to **gift wrap the wine free of charge**.

**Two Bud Spur Nouveau**, Tasmania's only true Beaujolais Nouveau-style is available — a light and fruity, refreshing summer drink — a truly unique gift. There is also the **'08 Sauvignon Blanc** (a favourite) and **'08 Pinot Noir** available.

As a special gift for the connoisseur, we have stocks of **D'Meure, '06 Chardonnay** and **'08 Pinot Gris** and the much sought after **'06 Pinot Noir**.

For the Festive season a comprehensive range of **French Champagne** is available as well as all your favourite **Tasmanian bubbles**.

## **Website News**

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

[www.wursthaukitchen.com.au](http://www.wursthaukitchen.com.au)