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WINTER 2007 NEWSLETTER

We wish to welcome **Gaile Lillico** as the new franchisee of **Wursthaus at Olivers** and bid farewell to Annie and Leigh Myers who opened the store in August 2002. Gaile with the help of staff Adrienne, Rosemary, Jo-anne & Mallory welcomes old and new customers to view her new look showcase of Tasmania's finest food as well as being able to serve a coffee and a snack while you ponder over the day's news, plan an office function or perhaps formulate the menu for your next dinner party. What ever the occasion Gaile and Adrienne will be more than happy to oblige.

What's new on the shelves

From The Kitchen

This year seems to be just flying by, it's hard to believe winter is upon us already, so to get you in the swing of the season we have a whole new range of tasty produce for you to be creative with.

Island Curries is a local company that has developed an excellent range of mild curry pastes using freshly ground herbs and spices. They have four different flavours named simply, **chicken, beef, lamb, and vegetable**. Add the recommended meat or vegetable to the paste and away you go. To make life even simpler Wursthaus have an extensive new range of flavoured rice and couscous by **Spice and all things Nice**. There's Breyani rice with tumeric, cardamom and mixed spices, Breyani rice with sundried tomato, Moroccan rice with bell peppers, and then there is couscous with cashew nuts and apricots, couscous with garlic and chilli, couscous with roasted pumpkin and sesame seeds, and the list goes on! Many flavoursome dishes can be created by using these as a base. Next in our range of new products is **Marie Claire's various dried pastas**. **Simon Johnson** has selected this special pasta from Italy for Marie Claire.

It's an artisan pasta that is extruded through traditional bronze dies. This creates a rough, porous surface which enables the sauce to cling to the pasta. It's available in spaghetti, penne, tagliatelle, and fusilli. To complement our Marie Claire pasta we have procured **Jamie Oliver's new range of Italian flavours**. He has a very good passata which is all about using nothing else but great quality, fresh, rich tomatoes. He also has lovely sweet roasted peppers, red pesto, and green pesto as well as two pasta sauces - arrabiatta and tomato & basil rivalling Bobo's Sugo's which has always been a big favourite of ours. This then leads us to our wonderful new collection of organic antipasto bits and pieces by **Organico**. Their extensive range includes grilled peppers and eggplant, sundried tomatoes, artichoke hearts and marinated olives in various marinades. Their quality is exceptional!

Summer Kitchen Bread, one of the best breads in the State is now in store! We receive a delivery every Tuesday and Friday, but get in quick as it's developing quite a following. Pre-ordering is an option. Our **fair-trade coffee beans** have been going great guns so we've extended the range with the addition of **Nicaraguan and Espresso**.

Rosa's beautiful fresh figs have unfortunately finished their season but.... we have made the most lush **fresh fig preserve** to keep the taste buds tantalized over the winter months. It works wonderfully on the cheese platter or is a great accompaniment to roast beef as well as the standard practice of smearing on fresh bread.

Last Newsletter we wrote about the arrival of our spectacular Joselito jamon from Spain, well, we would now like to introduce you to the flavours of real **Italian Parma prosciutto**. Once tasted all other prosciutto pale into insignificance. Fortunately for us all it is at a price point that makes it affordable as an every day item so we can all indulge to our hearts content. Lastly, we finally have local **smoked eels** available on a permanent basis. They come whole or can be bought in portion sizes.

From Wursthau at Olivers

An exciting addition to our shelves is a selection of **Riedel glasses** for that special gift or just to spoil yourself at home. There is nothing quite like a special wine in a special glass. Please let us know the style you prefer if not displayed.

From **Tas Gourmet Kitchen** we have **Bill's Beetroot Marmalade** - excellent with anything gamey including venison, wallaby and game birds, **Red Pepper Marmalade** - great with a cold collation of smoked beef, schinken and pastrami, **Yellow Pepper and Apricot Chutney** to go with any pork dish - hot and cold and **Spicy Tomato and Apple Chutney** which would complement any of our sausages especially the Creole Chilli.

With the inception of the coffee bar came the sweet selection to have with your coffee and we have been flat out producing a variety of **muffins, biscuits, slices and café cakes** to tempt the sweet tooth who cannot resist a sweet morsel with their coffee. Also on offer are in-house light lunches including hot soup made daily.

With winter knocking on our door it is a great time of year for those slow cooked, richly infused and meltingly tender cuts of meat that are sometimes considered the poor relations to the more glamorous and expensive grill type eye fillet, scotch and porterhouse.

With this in mind we can offer an extensive selection of these cuts for you to produce your favourite winter warmer. We have **lamb shanks, osso buco, beef cheeks, oxtail and even chuck steak** to turn into that humble pie.

It is also the season for game birds and supplies of **pheasant, guinea fowl and squab** are available from the freezer as are **wild rabbits**. If some cooking instructions are required please ask the staff or refer to last *Winter 2006 Newsletter* for a few simple ideas.

We can also offer a selection of pre cooked ready to heat winter casseroles for those short of time to prepare their meal.

And from Cambridge

King Island Beef- Tasmania's Premium Beef. This beef is the genuine article. It is bred, raised and processed on the Island and is now available at both stores.

What makes it so good? It is quite simple- King Island's temperate climate with very high rainfall and nutrient rich soils combined with some of the cleanest air in the world, good genetics and farming practices equals top quality meat. The predominantly Black Angus cattle are completely pasture fed and the meat is low in fat and high in nutrients. The King Island Meat Company is 100% Australian owned and has the highest Export quality standards. We are currently stocking Porterhouse, Scotch fillet, Eye fillet and Rump.

More information on this product is available by visiting www.kib.com.au

Organic Beef from Nicholls Rivulet Organic Farm is now available on a regular basis and cuts include eye fillet, rib eye, porterhouse, T Bone, rump and organic beef sausages. Having developed a relationship with the producer/farmer we are able to offer an excellent product.

Cuts of the season

This time of the year most emphasis is placed on the so called comfort dishes or slow cooked meals but little mention is made of one of the essential components of these dishes - **STOCK**.

As well as its use in casseroles it plays an equally important place in flavouring sauces, soups, aspics and even used as a glaze in some sausage recipes. It can be clear, light or dark depending on its final use and type of bones used.

It is used internationally - Risottos, Pot au Feu and Steamboat to mention a few dishes using stock as the cooking medium.

Our stock is made in the traditional manner - a slow simmering over a long period to extract all the goodness and nutrients from the bones, then filtering and further cooking to reduce the original volume by half, giving body and texture to the finished product. (Stock should be jellied when cold). No salt or seasoning is added - just the bones and vegetables. We make beef, chicken and veal stock which is available in 500 ml containers from the freezer.

It is almost Winter and time once again for the **Cotechino** sausage - that versatile Italian sausage best suited to spicy casseroles and soups for that one pot dish which gets better the more times it is heated and served. (*See Chef's Ideas for a simple recipe*)

Mentioning soups brings us to the **smoked hocks and bacon bones** which are also produced at this time of the year.

New sausages to appear on our Winter menu are **Creole Chilli** especially for the chilli lovers and **Chicken with Lemon Pepper** featuring Nichols chicken and a combination of seasonings to produce a sensational chicken sausage - delicate and not too seasoned.

Cheese News

Tongola will be winding down its production of goats cheese shortly to give the herd a rest before Spring milking resumes so get it whilst you can.

At the Kitchen we have some fabulous imported and local cheeses that lend themselves beautifully to cooking with in these cooler months. These being:

Fontina - an Italian cheese from the well renowned producer, **Mauri**. This wonderfully flavoursome semi-hard cheese is produced in the Italian Alps and has been cave ripened for three months. It has a smooth honey coloured rind and a soft slightly sweet, creamy flavour. For anyone who is a fondue fiend this is one of the best you'll get for the job.

Swiss Gruyere - There is no substitute for proper Swiss Gruyere. The flavour has a slightly condensed, sweet, nutty character that tends to linger on the palate. It uses unpasteurised milk yet has been allowed into the country for some time due to the heating or cooking process of the curds. It possesses lovely melting qualities that you will find are different from locally made gruyere.

Heidi Raclette - This locally produced washed curd cheese has a delightfully pungent aroma and rich, milky flavour. It is appreciated best when the cheese is melted or cooked as this intensifies the flavours and gives it a wonderful texture and mouthfeel. It is traditionally eaten in Europe with boiled waxy potatoes and cornichons.

At **Wursthaus at Olivers** our imported cheese selection includes **Gorgonzola, Roquefort, Moubier and Fromage d'Affinois** and on the local scene we have a full range of the **King Island** and **Lactos** cheeses

Chef's Ideas

Cotechino Hot Pot

500 gm	Cotechino Sausage Cooked		
1 tsp	chilli paste	1	leek finely sliced
3	onions diced	150 gm	speck or bacon diced
1 clove	fresh garlic	400 gm	can diced tomato
125 ml	red wine	250 ml	veal or beef stock
4 Tbs	tomato paste	1 can	Red Kidney beans
Black pepper	to taste	Salsa Verde or Italian parsley	to serve

Sauté onions, leek, garlic and speck in pan until translucent, add chilli cook for a minute, add red wine and reduce a little. Add all other ingredients and gently simmer for 20 minutes. Serve as is with salsa verde or parsley or with potatoes or pasta.

For those wishing to make their own stock the following is a guide:

Chicken Stock (Makes about 2 litres)

2-3kg	Chicken Carcasses		
3	onions	3	carrots
1	stalk celery with leaves	½	bunch parsley
1	bay leaf	8	peppercorns
1	whole leek	3	litres water

Place ingredients into a large boiler, bring to a slow boil and simmer uncovered for 4-5 hours, skimming occasionally. Strain into a smaller saucepan and reduce further. Cool and skim off fat and refrigerate or freeze.

Beef Stock (Makes about 3 litres)

3-4kg	Beef Bones		
90ml	Oil	3	onions
3	carrots	2	stalk celery with leaves
½	bunch parsley	3	bay leaf
8	peppercorns	1	whole leek
mushroom stalks if available		4-5	litres water

Heat the oil until hot and brown bones, or sprinkle with oil and brown in a baking dish in oven - the browner the bones the darker and richer the stock. Add chopped onion and carrot and brown. Add remaining ingredients and bring to the boil and then simmer uncovered for a minimum of 5-6 hours. Skim frequently as this keeps the stock clear. Strain stock and reduce further. Cool skim fat off and refrigerate or freeze.

Veal Stock

Can be made with or without browning bones. Use same recipe as **Beef Stock**. Veal stock is more gelatinous than beef and chicken and further reduction results in a beautiful tasty jelly or veal glaze which is the basis of a wonderful sauce.

Wine News

Vintage Report 2007

This vintage is looking very interesting indeed. Early indications suggested a disaster as spring frost created havoc all over Tasmania. But now the fruit is in quantities are down by 50% in some areas but the quality is extraordinary. As in France's great vintages the best years are those with less fruit. Tony Scherer of Frogmore Creek was spared the frost but still quantities are down but he thinks the quality of the fruit harvested is some of the best he has ever seen. Over on the Derwent River, Lubiana Wines are down 20% due to lower flowering caused by the drier than normal spring but again fruit in excellent condition with high acidity. White wines are elegant and the reds have good acidity with complex tannins suggesting wines for a cellaring year. Early reports in the North of the state indicate a similar situation. David Jenkinson of Bundalerra vineyard near Relbia is 50% down on last year but the fruit that was harvested is of a very high quality. Early reports from the Tamar Valley suggest a very good vintage with some vineyards not frost affected at all. The worst hit area appears to be the most southern, The Huon Valley where some vineyards had no crop at all. Being a little philosophical about it: considering the wine glut that Australia has been experiencing with year after year of bumper harvests is this nature's way of a "correction"?

Wine of Month

2006 Sauvignon Blanc from the Coal River Valley - It has taken us a while to find but finally we have our own sauvignon blanc and in one word: it is stunning! Ripe fruit it has all the classical trade marks of a New World Sauvignon Blanc. It has an herbaceous and floral bouquet with hints of gooseberries on the palate. *Available from the Wursthause Kitchen.*

Cooking Classes

Thai Cuisine

25th & 26th June

Utilising all the traditional fresh herbs and spices from Thailand you will be shown how to create authentic dishes that will fire up those taste buds.

Game Meats

23rd & 24th July

Veronica will show you how to create some flavoursome dishes focusing on rabbit and venison which will incorporate the use of local pepperberries and other complementary herbs and spices.

We have designed a three course menu that will impress even the most hard core of Francophiles.

Producer of the Season

Anne Ashbolt of Olive oil and Elderflower Cordial

Tasmania has achieved national recognition as a leader in the production of 'clean and green' premium foods. Robert and Anne Ashbolt have built on the recognised Tasmanian brand strength and developed it one step further at their farm near Plenty in the picturesque Derwent Valley.

Their ASHBOLT brand focuses on growing and marketing products that are of the highest quality in every sense - nutritionally, innovative, flavour-filled and visually stunning. "We realised that we had no capacity or desire to compete in commodity markets. Our passion for good food led us to specialise in heritage plants that have been recognised for literally thousands of years for their health-giving properties", Anne said.

"Our philosophy has been to combine innovation with the specialist product destined for discerning market niches. We recognise that our customers value foods that are of the highest integrity, and that make a lasting impression on the palate".

The imminent release of their new Elderberry Syrup is another in a track record of firsts for Tasmania. The Ashbolt brand was the first to win gold medals for their olive oil (2001) and have been winning medals consistently every year since. They were the first to sell commercial quantities of premium single varietal olive oil. Their elderflower sparkling is a first for Australia, and maybe even world wide as possibly the only commercial 'fermented in the bottle' non-alcoholic elderflower, (other elderflower sparkling producers carbonate their product). They were also the first to produce a Stevia (herb) sweetened elderflower suitable for diabetics or those with a sugar intolerance.

Robert Ashbolt has utilised innovative processes by planting a unique combination of tree varieties and developed a cultivation system that nurtures the trees and improves the land. He has completed stage one of the first large commercially planted elderflower grove in Australia.

The Ashbolts have looked for the new and different and have ended up with a wonderful mix of activities on their farm which incorporates olives, elders, heritage apples, Boer goats and sandstone. (The sandstone has been quarried for over 150 years and has been used to build some of Hobart's most famous colonial buildings, and more recently used in the Supreme Court buildings and in the National War Memorial in Canberra).

While Robert's focus is on the farm, Anne's real drive now is the presentation and sale of the farm's products. "I still get so fired up about each product, even after seven years. Their 2006 Premium Olive Oil (which won National Champion at the Wrest Point National Fine Food Awards) was very impressive. It achieved a technical quality that was up there with the best from Italy, France and Spain. The olive oil retailed for the equivalent of over \$120 per litre and was sold out within four months. "That was both breath-taking and frustrating as we had to turn so many people away", said Anne.

The coming month (June) promises to be pretty busy for the Ashbolts as they are about to commence the 2007 olive harvest and due to the limited quantity available, they have had to adopt a restrictive pre-order arrangement that some of the limited-release Australian wine companies do. Wursthau customers will be able to register their interest in store.

Also, by the end of June, they will be releasing their stunning new Elderberry Syrup. This rich ruby-red thick viscous syrup has a deep molasses-berry flavour. It can be drizzled on desserts, (pancakes, yoghurt, cheesecakes, ice-cream), taken neat, or with warm water (mix 1 in 8); added to sparkling wine for a glorious colour or used with Campari or in cocktails. Initial elderberry trials with local chefs have met with very positive reviews and they eagerly await its release.

For Robert and Anne, and with help from their son Edward in between his studies, June will be a very busy period with the new season's oil to pick,

press and bottle; and with the release of their new product - Elderberry Syrup into the Ashbolt range.

"It is exciting to be at the forefront of two new and emerging industries in Tasmania. Great things lie ahead," says Anne.