



Wursthaus Kitchen

1 Montpelier Retreat
Hobart Tas 7004
Phone (03) 6224 0644
Fax (03) 6224 0515
www.wursthauskitchen.com.au

Wursthaus Cambridge

6 Lamb Place
Cambridge Tas 7018
Phone (03) 6248 5552
Fax (03) 6248 5556
www.wursthaus.com.au

WINTER 2009 NEWSLETTER

It's overcast with light showers coming off the mountain. Winter is definitely upon us. Winter in Tasmania means the smell of wood-fires and slow-braising casseroles in the oven, or warm hearty soups on the stove. And in the north west of Tasmania the odour of the Tuber Melanosporum is already detectable above the ground ... the Tasmanian **TRUFFLE** is not far away! Speaking to Tim Terry today, he has been on his hands and knees sniffing the ground (the image of a truffle grower) and the unmistakable aroma of truffle is there! It is on track for a good season with the first truffles due to arrive mid to late June. (We'll advise you by email when they are in store.)

Winter is the best season for Tasmanian produce and we shall be celebrating 'Gourmet Tasmania' with a Tasmanian truffle & wine producers' dinner, presenting wines from D'Meure and Frogmore Creek as well as truffles from Tim Terry of Deloraine. This will be on Tuesday the 14th of July (coincidentally and appropriately, Bastille Day) at the Kitchen. As you know, space is limited at the shop so be quick to book.

What's new at the Kitchen

We cannot wait for our new season olive oil to arrive. The news is promising and we hope to have both bulk and bottled **Wursthaus Kitchen Olive** oil on the shelves by July. Tasmanian **organic garlic** is still in stock, as well as the jarred version. Hopefully, supplies will last until the new season so our customers can continue to enjoy this locally produced, chemical free garlic (worlds apart from the inferior Chinese garlic flooding the Australian market.)

The historic property of **Redlands Estate New Norfolk** (founded in 1819) has some of the State's oldest fruit trees. Planted not long after settlement, some of these gigantic trees are producing fruit of amazing quality. Our Chef Simon Webster, with the assistance of the owner Peter Hope, harvested the 180 year old fruit trees with the help of a cherry picker. Look out for **spiced pear chutney** and other pear and apple preserves.

For the first time, we now stock Tasmanian-made vanilla bean products - **Van Diemen spice traders pure vanilla paste** and **vanilla bean extract**. Vanilla beans are from Madagascar.

We have steadily increased the **Peter Watson** range of "seriously good food." His commitment to seasonal produce, small batches to retain maximum control and flavour, and uncompromising quality in order to produce an all-natural product, is impressive. In the sauce range we have **Worcestershire, plum, sweet coconut & chilli, Harvey's sauce (traditional gentleman's relish), anchovy and the best mint sauce** I have ever tasted! In the range of pastes, chutneys and relishes look out for **Chermoula, gremolata, laksa, harissa and chilli jam. Spice apple sauce, sage and chardonnay jam, red capsicum and chilli jelly, onion and cumquat pickle and for mustard lovers a wasabi mustard.** All are beautiful products.

New to the Wursthau Kitchen is a range of superb **fig** products from **Willabrand** in the Adelaide Hills. Willabrand fig products, using sustainable agriculture, dry land farming, and minimal spraying, are highly regarded by Australian chefs. We stock **fig & fennel chilli chutney** - an excellent compliment with cold cuts, terrine or cheddar cheese - **dark or milk chocolate figs, chocolate enrobed figs and dried figs.**

Simon Johnson **soba noodles** are an important accompaniment to Japanese cuisine, salads or Asian stir-fries. Made from buckwheat (gluten free) the noodles are highly nutritious and have a unique flavour and texture.

We are stocking a new Lebanese-style dukkha - a slightly different blend of spices which includes sumac and lemon salt. Serve with good bread and Tasmanian fresh extra virgin olive oil.

Look-out for our very popular honey & sesame roasted cashews and almond nuts available on the counter at the Kitchen.

From **Mango Hill Farm** in northern Queensland we have dried **mangos, ginger in syrup and chocolate coated ginger.**

For over 5000 years ginger has been revered as the "universal medicine" by the ancient Orientals of China and India, and was highly sought after by spice traders. Today ginger remains a component of more than 50 percent of traditional herbal remedies. It has been used over the centuries to treat nausea, indigestion, fever and infection and to promote vitality and longevity. Enjoy the benefits of a hit of ginger in syrup or chocolate. We are also stocking **licorice** from the same farm. This is a must for licorice lovers.

Cheese News

Our Saturday cheese tastings continue to be very popular. The **Ossau Iraty** - a seasonal sheeps' cheese from high up in the Basque Pyrenees region - firm, nutty with a slightly sweet aftertaste - was a big hit. Our Swiss cheeses from small farms, using unpasteurised milk from a single herd, were very popular. We still have some **Stillsitzer Steinsalz** (salted with local stone-salt) and the aged **Etivaz** available. Other popular imported cheese this autumn have been the triple creams of **Brillat Savarin** and the **Delice de Bourgogne.**

Stocks of these should be constant. Will Studd's Stilton selection has been much appreciated by Stilton -lovers, while Roquefort is a consistent seller.

Our local fresh goat cheese from **Tongola** is gradually running out as winter approaches but we should continue with the aged "billy" for a few months longer. Also, supplies from Thorpe Farm are holding up. We will endeavour to source other fresh goat cheeses while waiting for the new season. Supplies of **Heidi** have been and should continue to be consistent, as well as most of the Bruny Island Cheese Co products.

Tasmanian Wine News

We are delighted to stock two of Tasmania's best Rieslings, both given "4 bottles" by Graeme Phillips (Mercury May 24) - the Goaty Hill '08 and Morningside '07. They are fine examples of what Tasmanian Riesling should be. We also have Goaty Hills '08 Pinot Noir, Morningside '06 Pinot Noir and '05 Cabernet Sauvignon. These wines are highly recommended by the Wursthau Kitchen

The Official launch of D'Meure '06 Pinot Noir will be at the Tasmanian Wine & Truffle Dinner on the 14th July, with Dirk Meure in attendance. We shall also taste some museum wines from Tony Shearer of Frogmore Creek.

Imported Wine News

Wines from Spain:

Albarinyo - "a mistaken identity" - has been in the press of late. If you wish to try the real thing and find out what the fuss is all about, we have **Castro Martin'06 Albarinyo**. This is the Albarinyo you get by the glass at MoVida - young, citrusy and zesty. There is nothing like it - a terrific aperitif or seafood wine.

Trapio Monastrell '06. The original clones of Monastrell (mourvedre) are grown on their own roots - a rare pre-phyloxera gem. The tones are floral, with potash earthiness, mountain herb, truffle-cigar and leather.

Roda & Roda 1 2004 Classic tempranillo from Rioja - it does not get any better than this! This wine description I found in a magazine describes it perfectly;

"Beguiling and enticing wine. Beautifully packaged, this is charming, graceful and delicious. To taste, this is a slowly tied knot. Lush, plump and loose to begin, before slowly but surely tightening and gripping. The tannins are excellent, building and enveloping, lingering and satisfying. This is quite superb."

Cooking Classes at the kitchen

Tas. Black Truffle Risotto Mon 29th and Tues. 30th June \$90

The first of the season's Tasmanian truffles will have arrived. Come and learn how to make "the perfect risotto" using fresh black Deloraine truffles.

Tasmanian Wine & Food Dinner Tues 14th July \$140

A 5-course degustation dinner, highlighting Tasmanian produce including Tim Terry's truffles from Deloraine matched with wines from two of Tasmania's finest vineyards. D'meure and Frogmore Creek.

Winter Braising Monday 24th and Tues 25th August \$70
(one-pot classics)

Using the cheaper-cuts, we will cook some traditional braised lamb, ox-tail and an Italian classic - Osso Bucco with gremolata.

Poultry News

Just arrived and available in all Wursthau outlets, fresh every fortnight for a limited time, are the magnificent Glenloth Game Farm free-range Pheasant, Guinea Fowl and corn fed chickens. 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 and game birds, and they can be accompanied by a large range of Tasmanian wines.

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

The season for fresh game birds usually lasts until the end of July /early August. To avoid disappointment, please place your order.

Glenloth Game is a quality-assured company and was a Gold Medalist in the **2009 Vogue E&T Awards "From The Paddock"** (<http://www.ausfoodnews.com.au/2009/05/20/vogue-et-produce-awards-celebrate-australias-finest.html>) and is also a previous winner of the prestigious Jaguar Awards for excellence.

Meat News from Cambridge ...

Winter is the time of the year when we look for comfort food. We pull out slow cookers and romertopf or daubière clay dishes to produce flavoursome meals prepared at leisure. The cuts of meat best suited to these cooking methods are those from the muscles that do the work. They include the **shins, necks, cheeks & tails**, which are high in protein, generally low in fat and intense in flavour. It is the high amount of connective tissue in the meat that, when cooked long and slow, becomes gelatinous and sticky.

Slow-cooked meals have become a luxury in most households because of the frantic pace of our lives. Yes, we do have to find the time to create a culinary gem but, for some of us, that can be therapy. We can discover the delights and joy of another dimension of cooking. All slow-cooked dishes taste even better when reheated so we can double the quantity to make two meals - one for now and one for next week. The following list suggests some options when planning your menu and some easy recipes follow.

Shanks are a great example of a secondary cut to use in extraction cooking. Over the next few months we will have good supplies of veal, lamb and venison shanks. These are trimmed of excess bone to present nicely on the plate. The special **osso buco** cut is already cut in portion sizes by the supplier and, when cooked, is the ideal per person size.

Pork Scotch is too often overlooked as a winter meal, yet it has the gelatinous texture that lends itself so well to slow cooking. Try it in an Asian-inspired marinade to serve with winter vegetables or, keeping the Asian theme, with noodles.

Beef cheeks & tails represent the best value for money there is in meat. Sweet cheeks of beef long simmered in stock and red wine results in a brilliant texture, a great example of the term "gelatinous". What about ox tail, nicely trimmed and segmented little joints make the perfect base for a nourishing soup or stock.

From the **Smallgoods Department** the following seasonal cuts are being produced to enhance the winter range already on offer:

Smoked Hocks and Bacon Bones are best known as a key ingredient for the classic pea and ham soup, but are versatile when used as a basis for a stock or stew. The bones and meatier hocks are marinated in a light brine for a couple of days before being smoked overnight. Like bacon, they are not fully cooked, so to speak, but give off their full flavour when you add them to your pot. For a heartier dish try braising a couple of meaty hocks with small quarters of cabbage spiced with orange rind, some fennel seeds and a few cloves of garlic.

Kassler is a smoked rib eye of pork and can be glazed in the same manner as a ham or, alternatively, can be cut between the ribs and individually pan-fried. Either way, it is a quick and delicious meal served with sauerkraut or braised cabbage. (See previous edition for easy recipe)

Cotechino sausage is the Italian speciality which enhances any soup or casserole with its typically Italian texture and unctuousness. It combines well with any winter vegetable, spinach, pulses and may be finished off with a sprinkling of grated parmesan.

Our very own reduced stocks are always available in freezer to add goodness and flavour to your favourite slow-cooked casserole or soup speciality.

Chef's Ideas

General Cooking guide for Game Birds:

Hot and fast:

Pheasant and Guinea Fowl:	200°C for 45 mins and 15 mins resting time.
Squab and Partridge:	200°C for 30 mins and 10 mins resting time.
Quail:	200°C for 15 mins and 5 mins resting time.

Long and slow:

Pheasant and Guinea Fowl:	150°C for 1½ -2 hours
Squab and Partridge:	150°C for 1 hour
Quail:	150°C for 45 mins

Oxtail Stew

2 oxtails (2.5kg approx), jointed	3 cups beef stock
1 cup red wine	1 cup tomato juice
3 tbs tomato paste	4 cloves garlic, minced
1 bay leaf	1 tsp dried thyme
½ tsp grated nutmeg	1 tsp salt
1 tsp ground black pepper	2 cups diced onion
1 cup diced celery	2 large carrots, diced

Coat the meat in a little olive oil and brown in a separate pan. Sauté onions, garlic, spices and herbs in a little olive oil in an oven-proof dish. Add red wine and reduce. Add all other ingredients, making sure the meat is barely covered with liquid. Cook, covered for 3 hours at 150°C, sauté, skim the fat off the top and thicken the sauce with buerre manie. Taste and adjust flavours if necessary. Sometimes, a little good vinegar adds extra flavour.

Osso Buco (Hollow Bone)

4 baby veal Shanks or 4 Veal Farmer portions Osso Buco	
2 onions diced	2 carrots peeled and sliced
1 stalk celery, sliced	2 cloves garlic, crushed
440g can crushed tomatoes	125 g white wine
250ml chicken or veal stock	2 tbs olive oil
Flour to coat meat	Salt & pepper to taste

Coat meat in seasoned flour and gently brown in oil in pan. Remove to an ovenproof casserole. Add vegetables and gently sauté. Add wine and reduce a little, then add tomatoes and stock and bring to a slow simmer. Taste for seasoning and, if necessary, add a little tomato paste to thicken the sauce. Pour over meat in casserole and bake covered

in a pre-heated oven 160°C for 2 hours. Check and add a little more stock if necessary. Veal should be falling off the bones when cooked.

Traditionally served with Milanese Risotto and a pinch of gremolata (a finely chopped mixture of parsley, garlic and lemon rind).

Pot Roasted Venison Shanks

2 onions, roughly chopped	2 carrots, roughly chopped
$\frac{1}{2}$ butternut pumpkin, roughly chopped	6 cloves garlic, crushed
2 juniper berries, crushed	2 tbs olive oil
White wine	1 cup strong coffee
Reduced stock	$\frac{1}{2}$ cup cream
1 shank per person	salt and pepper to taste

Brown shanks in a separate pan. Sauté onions, carrots, pumpkin, garlic and juniper berries in the olive oil until the onions go glassy. Cover with white wine and reduce. Add the coffee and stock and reheat. Taste for salt and pepper. Add shanks and cook covered in a pre-heated oven 160°C for 2 hours. Remove the shanks from the pan, keeping them in a warm place. Be careful to drain off any fat that you can from the vegetables and sauce, and place the contents in a food processor with the cream. This then becomes the sauce for the shanks.

Asian Style Glazed Pork

(Serves 8)

$\frac{1}{2}$ cup Chinese cooking wine or med. dry sherry	$\frac{1}{2}$ cup dark soy sauce
$\frac{2}{3}$ cup brown sugar	4 cloves garlic, crushed
5 cm piece of fresh ginger	1 tsp sesame oil
2 star anise	$1\frac{1}{2}$ cups water
2 x 1 kg pork scotch or 2 kg pork belly	

Combine cooking wine, soy sauce, sugar, garlic and star anise. Reserve half for serving. Place pork in a large dish and pour remaining mixture over meat. Turn to coat pork. Cover and refrigerate for 3 hours or overnight, turning the pork occasionally.

Preheat oven to 150°C. Place pork on a wire rack over a baking dish, reserving the marinade. Pour the water into base of baking dish. Roast pork uncovered for about 2 hours or until tender, brushing occasionally with reserved marinade. Cover pork loosely with foil if browning too quickly. When cooked remove pork from dish, cover with foil and stand 15 minutes before slicing. Heat the unused marinade on stove top, bring to boil and simmer for 1 minute. Serve pork sliced with sauce drizzled over. Any unused marinade can be refrigerated and used again.

Beef Cheeks with Guinness and Mustard

(Serves 4-5)

1 kg beef cheek, cubed	150 g speck, diced
500 g onions thinly sliced	1 tbs brown sugar
1/3 cup red wine vinegar	375ml bottle of Guinness
3 slices of bread crusts removed	3 dsps Dijon mustard
2 tbs chopped parsley	1 bay leaf

Brown speck in a little butter, remove and set aside. Slowly sauté onions in the speck fat for 20 minutes covered. Uncover and increase the heat and stir in brown sugar. Cook until caramelised. Transfer to an earthenware casserole dish. Season 1/3 cup plain flour with salt and pepper and toss the beef cheek through until coated. Brown the meat in batches over high heat in a little oil and when sealed transfer to the casserole dish. After last batch is complete add red wine vinegar to pan and deglaze. Add 1/2 cup of Guinness to pan, bring to boil and then transfer to casserole dish, adding the speck and a bay leaf. Pour in the remainder of the Guinness and coat each slice of bread with the mustard on one side. Place mustard side down on top of casserole. Cover casserole with lid or foil and bake for 2 1/2 hours on 160°C. When cooked discard the bread and stir in parsley. Serve with pappardelle or festoni pasta.

Easy Lamb Shanks the Herbies way

Herbies excellent spice mixes are the perfect medium to produce a great winter dish of lamb shanks. Rather than repeat Herbies recipe, it is on the back of the **Tagine Spice Blend** pack available instore.

Website News

www.wursthauskitchen.com.au

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

www.wursthaus.com.au

Wursthaus Cambridge is now online. Check for the latest news on new products.