

bent

ON FOOD

Bent on Food

Spring Newsletter

Welcome to Bent on Food's first newsletter

This morning when I woke to find my pet goose sitting on eggs and then took the time to notice that my garden was flowering, I realised that Spring was upon us. Spring also signals the arrival to the shop of one of our favourite local products, Capparis Goats Cheese from nearby Gloucester. We are very fortunate to live in such a wonderful part of the mid north coast of NSW and we can be proud of our local produce. On Saturday October 22, Bent on Food will hold the first of our producer's days and you are all welcome to come along from 10 AM to taste some of the wonderful regional delights that line the shelves of the store.

Later in the newsletter, I will profile some of the producers that will partici-

pate on the day.

But first I must thank all those wonderful customers that have helped make Bent on Food a success, I appreciate your support and suggestions and I hope that you will continue to grow the business with us.

We are starting to get ready for Christmas with hamper boxes arriving soon, our lay by system is up and running, thanks to Krystal who has made it one of her projects. Some of our homeware products are made to order, so it is wise to place an order soon for these. Gift

vouchers are also available.

Food is a wonderful gift for those who have everything and it is always nice to give handcrafted products from regional producers who put their heart and soul into making a superb product, some even taking the ingredients from their own gardens.

Enjoy the first newsletter!

Cheers,




Breast Cancer Breakfast October 26

On Wednesday October 26, Bent on Food, in conjunction with the National Breast Cancer Foundation, will host a breakfast to raise much needed funds for breast cancer research. All of us have been touched in some way by breast cancer and

this is a great way to catch up with friends in a great environment for a light breakfast. Cereal, toast, fruit and tea or coffee will be available from 7 AM to 10AM at a cost of \$12 with all profits going to the National Breast Cancer Founda-

tion. Wear pink on the day and you could win a wonderful prize. Pink ribbons will be available for sale.

The National Breast Cancer Foundation conducts research to help identify the causes of breast cancer, with the aim of eventual prevention.

Inside this issue:

Producer's Day	2
Producer Profile Red Belly	2
Snippets from the media	2
Producer Profile Pure Greed	3
New Things!	3
Product Focus Apeel Bruschetta Mix	3
Things to do and see in and around Wingham	4

Dates for your diary

- October 22—Producers Day. Meet the producers and taste some wonderful products. All welcome, no charge.
- October 25—The art of coffee making. 6pm—9pm Book now \$65.00
- October 26—Breast Cancer Breakfast. 7AM—10AM.
- October 27 - Wine Appreciation Workshop. 6pm—9pm Book now \$45.00

Bent on Food Producer's Day

On Saturday 22nd October, in conjunction with Good Food Month, Bent on Food will be holding the first of their "meet the producers" events to showcase some of the wonderful products that line the shelves of the store. Local producers will be on hand to talk to customers about what can be created with their products, and you will be able to sample a variety of organic and regional products.

Locally produced Red Tail Wines will be sampling some of their wonderful wines, and Reggie D will be playing a selection of Blues and Jazz to entertain the crowd. Producers include "Red Belly Gourmet" from Barrington, "Pure

Greed" from Smiths Lake,



"Murumbooee" from Bel-lingen, "Quigleys Smoked Tuna" from Raleigh, "Baccos" from Murrurundi and a wonderful new product range from Lake Cathie called "The Other Chef". So bring the family along and share the

day with us, everyone is welcome and it is completely free of charge. Introduce a friend to Bent on Food on this day and have coffee on us.

Don't forget in October you can also attend one of our barista courses or a wine appreciation workshop.



Producer Profile Red Belly Gourmet

Red Belly Gourmet products are hand-made and bottled at Magic Hill, a fertile property nestled amongst the foothills of the world heritage Barrington Tops National Park. Chef Craig Kingston and his partner Annie Smith are extremely diligent in ensuring that they make great food with environmentally sustainable practices. The ingredients grown on

the property are free from any non-organic pesticides, herbicides or fertilisers. All waste is recycled and organic sugar is used. Any food bought in to the property is strictly organic.

And to top it off the products are beautifully packaged and incredibly tasty!



Don't forget to visit Bent on Food for a coffee or lunch, takeaway also available

WHY NOT HAVE YOUR CHRISTMAS PARTY AT BENT ON FOOD!

Snippets from the media

Bent on Food, meanwhile stocks regional food products and homewares, serves Segafredo coffee and got a thumbs up for its locally smoked ham and Swiss cheese baguette with Beechworth apple mustard and ginger chutney.

Short Black Sydney Morning Herald April 5, 2005

Bent on Food should be called "foodies heaven" This café and fine food shop was a very pleasant find. What made it even more exciting was the fact that it 's only a short drive from my property in Comboyne.

This café and store boasts local and organic produce, with a great range of hard-to-get items that you can never source

when you are making that special dish. Donna Carrier, came from the wine industry and is an advocate of local produce. She has spent many hours sourcing and marketing the region's best products. The café has a great selection of lush cakes, complimented by delicious coffee.

Café Culture Spring 05 Edition

Producer Profile Pure Greed

A love of food and an understanding of the home cook's need for great tasting simple foods, led Rosalie and Peter Coffey to develop their wonderful range of **pure greed products**, in 1991. The products were designed for the home cook, as a speedy time-saving device and to give added nutrition and flavour boost to everyday dishes.

This multi award winning range now includes over 20 gourmet food products - tapenades, spice blends, chutneys, sauces, fruit pastes, desserts and pestos which are created using only

the freshest local ingredients, all crammed with amazing flavours and tastes. The products are not mass produced,



so they have a distinctive home-made quality.

More products you can find at Bent on Food

Herbies Spices
Charmaine Solomon
Maggie Beer
Simon Johnson
David Bitton
Hunter Valley Cheeses
Bellata Gold Pasta
Christine Manfield
Beechworth Preserves
Newcastle Pudding Lady
Morpeth Cordials

New things!

New products are always arriving at Bent on Food. Shopping for the business is my retail therapy, food and home wares being two of my weaknesses, one of the others being, of course wine.

Rhubarb is renowned for its Rhubarb red and those visitors to the shop will have seen the lovely red kitchen products in the window. But of course, not everyone wants red in their kitchen so the clever people at Rhubarb have in-

troduced beautiful duck egg blue and caramel to the range. Great gift lines!

Asian produce is difficult to source in the area, and I am often asked for these products. I now have a good supplier and I can source many of those

items that you have asked for. Wonton wrappers, palm sugar, Chinese rock sugar and black beans are some of the products now available.



Cheese is a love of mine and I have been buying a lot of it lately. If you too are addicted to Buffalo Mozzarella, Smelly washed rinds, lovely ripe brie, then come in and see us. We have access to a great range of cheeses from all over Australia along with some imported ones too.

ORDER YOUR CHRISTMAS PUDDINGS SOON!!

Product Focus

The mix is packed with great ingredients including sundried tomatoes, paprika, garlic, oregano, basil and salt.

To infuse the bruschetta mix, add a little hot water to the dry bruschetta. Leave it to soak for a few minutes. Then add a splash of good quality *extra virgin olive oil.

Cut a crusty French loaf in half and spread it with the infused bruschetta mixture (as

Apeel Bruschetta Mix

above). Place some *Mozzarella cheese on top and grill until cheese is melted.

Mix some bruschetta mix with butter to make delicious herb butter, great on ciabatta loaf; we often serve this on the menu!

Something different..... Mix two tablespoons of *Doodles Creek Mayonnaise with one spoon of *Marrook Farm Yoghurt and add one tablespoon bruschetta

for a fantastic herb mayonnaise.

To make tasty meatballs, add some infused bruschetta to minced meat. Add some bruschetta mix to your favourite pasta sauce

For a special salad dressing add some bruschetta to some good quality *extra virgin olive oil and *balsamic vinegar. Heavenly!



BENT ON FOOD

22 Bent Street
Wingham NSW 2429

Phone: 02 6557 0727
Fax: 02 6553 5332
E-mail: donna.carrier@bigpond.com
Tues–Fri 9am–5pm
Sat 9am–3pm
Now open Sundays from 10 am

If you love to cook or if you just love food, you can find some wonderful products at Bent on Food.

Website coming soon
www.bentonfood.com

Bent on Food is a foodies paradise, offering an extensive range of gourmet goodies for all your culinary needs. Regional and organic products line the shelves along with locally made skin food and specialty homeware items. For all food lovers, the store also carries some of those unusual items that we can find difficult to source in regional areas.

While you are browsing, you can enjoy a coffee, cake or lunch and taste some of the specialties on offer.

Wine Appreciation and Espresso Making workshops are also held regularly at Bent on Food.

if you cannot find it on the shelves ask our friendly staff if we can get it in for you.

We are here »



Things to do and see in and around Wingham

For local readers, this piece will preach to the converted, as locals are fully aware of what surrounds them in their wonderful town, but for those visitors receiving this newsletter I thought I would outline just a few of the attractions for your next visit.

Wingham Brush Reserve

One of the last surviving pockets of subtropical floodplain rainforest in NSW. It is home to thousands of fruit bats from September to May each year and is filled with orchids, ferns and subtropical plants and several giant Moreton Bay fig trees. Picnic areas available.

Ellenborough Falls 160m

One of the longest single drop falls in the Southern Hemisphere. Dingo Tops Forest Park and the Bulga and Comboyne plateaus are other popular destinations. 40km west of Wingham.

Duck under the Table Cheese-making workshops & Cookery School

Right next door to Bent on Food is Duck under the table, offering a wide variety of classes to suit everyone, weekdays, evenings and weekends. Special classes for private groups, community organisations and corporate groups can also be arranged.

P/F 02 6553 4057 www.duckunder.com

Wingham Historical Museum

The Historical Museum in Farquhar Street records the early life of the town. Open 7 days a week. Wingham Historical Society hold regular events including Scottish Week, held again next June.

GRAB A PICNIC HAMPER FROM BENT ON FOOD AND GET OUT AND ABOUT

The Bank Guest House and Tellers Restaurant

Whilst in Wingham why not dine at Tellers and let Chef Vaughn Bligh tempt you with his new spring menu, focusing on fresh local produce and seasonal flavours. Ph 02 6553 5068

The Brush Gallery

Situated in Isabella Street, Wingham, this gallery features local art and crafts including beautiful silk art produced by the gallery owner, Janeece Irving. Ph 02 6557 0727

The Terrace Cinema Tinonee

Situated just a few km from Wingham in the gorgeous township of Tinonee is the Terrace Cinema, a unique 22 seat cinema with chandeliers and plush red velvet curtains, transporting you back in time to how cinema was enjoyed in the old days. P 02 6553 1428 Bookings essential