

bent

ON FOOD

Bent on Food

Summer Newsletter

Welcome to Bent on Food's Summer newsletter

This newsletter was destined to be late, and I was somewhat ambitious to think that I would have it complete before Christmas. Due to enormous support from all of our wonderful customers, who could not keep away from the place, we were kept busy making hampers, serving coffee and gift wrapping which kept me away from the computer.

On December 16 we celebrated one year in business. It really does not seem like just over a year has passed since we opened Bent on Food. I remember my first day of trading and we had about 10 customers for the day, most of them being family! My leg was in a brace because I had a water skiing accident the day before the grand opening. We didn't have much stock either and I wondered how I

would fill the shop, now I have problems finding room for new products, but I always seem to manage to find more space for beautiful things.

One of our favourite customers, Joyce Witchard, also celebrated a birthday, she turned 80 in January. Happy Birthday Joyce and thanks for sharing your birthday cake with us. We enjoy seeing your smiling face at Bent on Food.

The Breast Cancer Breakfast in October raised \$350 for breast cancer research. Thanks to our local sponsors and customers for their support. Winners of prizes on the day were Christine Christensen, best pink outfit, Amanda Fear, Eleisha Smith and Trudy Morgan.

Our inaugural producer's day was a wonderful suc-

cess with another day planned for Saturday 25 March.

I hope you are all enjoying the summer and making the most of the beach, enjoying some alfresco dining and savouring the season's wonderful fruit and veges. Hope to see you soon. Cheers,



Anna

A few quick ideas

Marinate lamb fillets in **Christine Manfield Satay Spice** for one hour or more, squeeze some lemon juice over the fillets and barbeque on an open grill. Scrumptious!

Try **Bellata Gold Pasta**

with **Peter Watson Puttanesca Sauce** and crumble **Capparis Fresh Goats Cheese** over pasta prior to serving.

Make a summer salad with watercress, coriander, mint and basil, cherry tomatoes and Spanish onion, top with **David**

Bitton Asian Dressing. For meat lovers, lightly grill a piece of rump steak and finely slice, place on top of assembled salad.

Red Belly Rhubarb and Lime Compote, Hastings honey yoghurt with warm banana bread. Heavenly! Try it on our brekky menu.

Inside this issue:

Coming up at Bent on Food	2
Producer Profile The Other Chef	2
Snippets from the media	2
Producer Profile Food Scents	3
New Things!	3
Recipes	3
First birthday photos and more to do in Wingham	4

Dates for your diary

- *March 25—Producers Day. Meet the producers and taste some wonderful products. All welcome, no charge.*
- *Feb 21 and April 4 —The art of coffee making. 6pm—9pm Book now \$65.00*



Coming up at Bent on Food

Following a highly successful “**Meet the Producers**” day in October, and after much demand from our customers, we are holding another day on Saturday March 25 from 10 AM to 2PM. Regular favourites such as Red Belly and The Other Chef will be on hand to talk to customers about what can be created with their products, and some new products will also be on tasting.

Live music will also add a party atmosphere to the day.

These are some photos from the previous producers day, we had lots of fun and we are sure to have a great time at

the March event. The winner of the hamper was Sonya Pope. She was very excited about her win as she says she never wins anything!



Also coming up are two more of our barista courses. Scheduled for the 21 Feb and April 4 at 6pm, this course is managing to turn many of our customers into experts. Let us know if you would like to attend. The cost is \$65, and it is an enjoyable and informa-

tive evening. Just don't expect to sleep for a week after all that caffeine. These courses are run regularly, so call us if you can't make it on these days.

If you picked this newsletter up from the shop and would like to be on our mailing list please contact us and we will include you on our database.



Producer Profile

The Other Chef



The Other Chef is a new product range produced by local chef, Eric Robinson. Over the past twenty years, Eric has received high acclaim for his innovative style and passion for hand-made food. After training on the north coast of NSW, Eric travelled extensively, working in California and the Margaret River region of WA. Eric also owned his own restaurant, Passionfish, based in Coffs Harbour, for 7 years. Robinson has now created his own range of fine

food products - The Other Chef. Products designed to be versatile and easy to use in any kitchen. These are almost essential ingredients - they can be used as an integral component of a dish, or to finish and lift the flavour of many foods. The range currently consists of three wonderful products, balsamic essence, infused lemon oil and confit garlic. Eric is currently working with local organic farmers of the Comboyne

region to produce a new range of entirely local content. Products planned for release in the near future include an organic rhubarb & vanilla jam, a spicy tomato relish and a verjuice vinaigrette.

After a successful cooking class at Duck Under the Table Cooking School in November, Eric is also looking forward to hosting another class on Tuesday, 21 March. The Other Chef will also attend our next producer's day.

WHY NOT HAVE YOUR PARTY AT BENT ON FOOD!

Snippets from the media

A cheap and cheerful café with excellent coffee, plus a deli specialising in local and organic produce. Next door Duck under the Table is a new cooking school with classes in cheese-making and Middle Eastern cuisine with guest chefs.

Sydney Morning Herald Good Food Guide 2006

Donna Carrier's café and fine food shop, Bent on Food, at Wingham, near Taree, NSW, is especially popular with the locals when they have friends or family from the Big Smoke. "They're proud to show off what we have here," says Donna, who grew up in the region and returned after years away. Having developed a taste for good food and wine, she wanted to make

them available in Wingham, and so Bent on Food was born, with a product list that includes this versatile Moroccan Spice from David Bitton as well as plenty of excellent regional foods. .

Country Style December 2005

Also featured in 52 Weekends Away, Sydney Morning Herald October 22, 2005



Producer Profile

Food Scents

With a background in agriculture, natural therapies and nutrition, Food Scents creator Amanda Kennett has an incredibly broad view when preparing food. Amanda believes that food is about indulging in a culinary passion and developing high levels of sensory acuity in order to make distinctions between a myriad of flavours, fragrances and textures, whilst maintaining visual appeal.

Amanda spent four years working as a chef on private yachts where everything was made fresh daily, even bread, yoghurt and icecream! Here she learnt the importance of sea-

sonal availability, whilst becoming grounded in the flavour and spice base of each continent. On her return to Australia, Amanda settled here on the Mid North Coast, where Food Scents was born.



Food Scents is a range of dried herb and spice blends that culminates her travels and her passion for good food.

Food Scents products are hand blended, free of additives, fillers and flavour enhancers. The range is simply amazing, the Carribbean Salmon Rub and the Morrocan Tagine Blend being two of my favourites. They can be used alone as a rub, or you can just add oil, tomato concentrate or coconut cream to make a paste. They are great as a marinade with yoghurt, lemon juice, chilli or plum sauce. Just use your imagination! They have a myriad of uses and are beautifully packaged with recipes on the packs to help you use the products to their full potential.

New things!

Larsen and Thompson fine teas have arrived and they certainly are beautiful, the packaging and the flavours are outstanding. If you fancy a pot of English Breakfast or Earl Grey, this is the brand we now serve. Our concept is always to sell the product we serve so you can try before you buy. My bet is you will want to take some home.

Kids are always welcome at Bent on Food and we now stock the lovely

range of products from **Tin Lids** which include cutlery sets, placemats and crockery sets for children.

We attract many coffee loving customers who would like to be able to make a terrific cup of coffee at home. We cater to them in two ways, we hold regular coffee making courses and we also provide access to some great coffee accessories including machines, grinders, tampers

and coffee. If you don't see it on the shelf, just ask!



Organic products continue to gain popularity as consumer's demand better tasting food that is not damaging our environment.

Bent on Food has a large range of organic cheeses, yoghurts and condiments, with access to more products now available. We also cater to those with gluten intolerances.

Recipe

MURRUMBOOEE THREE CITRUS SHORTCAKE

- 2 cups self raising flour
- 1 cup castor sugar
- 100g chopped butter
- 2 eggs
- 1 jar Murrumbooee Three Citrus Marmalade

Place self-raising flour, sugar and butter in a food processor. Run the machine until the

mixture resembles fine breadcrumbs. Pour in the egg and process to form a soft dough. Press 2/3 of the dough into a well greased 25cm spring form cake tin lined with baking paper. Spread Murrumbooee Three Citrus Marmalade over the dough. Crumble small pieces of the remaining dough over the marmalade layer.

Bake in a medium oven at 180 degrees for 35-40 minutes until golden brown on

top with the marmalade squeezing through the cracks. Cool in the tin. Serve as cake dusted with icing sugar or as a dessert cake with whipped cream or ice cream.

DO YOU HAVE A RECIPE THAT USES A SELECTION OF PRODUCTS AVAILABLE FROM US? LET US KNOW, AND IF WE PRINT IT, YOU RECEIVE A \$20 GIFT VOUCHER TO SPEND AT BENT ON FOOD!



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.

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 1st birthday December 16, 2005

More things to do and see in and around Wingham

Have you been into **OAK HOMEWARES?** We have a new neighbour. The old butcher shop has been tastefully transformed to house a beautiful selection of products that are unique to the area. OAK is open from Tuesday to Sunday from 10 AM. This new addition makes 22 Bent Street a very classy corner.

DUCK UNDER THE TABLE CHEESEMAKING WORKSHOPS AND 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

**SPEND THE DAY IN WINGHAM!
COFFEE AND CAKE AT BENT ON
FOOD, SHOPPING, LUNCH AT
BENT ON FOOD, MORE SHOPPING,
FOLLOWED BY SOME PAMPERING
OR A COOKING CLASS!!**

WINGHAM is the place to come for some retail therapy, or for a well earned pampering. Just recently, Kelly Parker opened **SUNDARI FACE AND BODY TREATMENTS (Ph 6553 0733)** in Roy's Arcade on Isabella Street. Sundari was one of our sponsors for the breast cancer breakfast in October.

ASHLEA ROAD is a haven for the ladies with a great selection of clothes and jewellery, and don't forget **ISABELLA BRIDAL** for all your bridal and formal needs.

For the gentlemen, **BILLINGHAMS** has a reputation for the best in men's clothing.

To top off your new wardrobe, you will need some great shoes from **TOP OF THE TOWN SHOES** and a pair of trendy sunglasses from **WINGHAM EYECARE.**

If you like gardening, **WINGHAM NURSERY** on William Street has a wonderful range of plants and seedlings, they are just another one of those Wingham finds that brings shoppers in from the coast.

EVENTS

BPW International Women's Day Breakfast.
VENUE: TAREE ROWING CLUB – 7am
Wednesday 8th March 2006
Phone: Kareena 6539 4000 or Anne 6552 3188

The Manning Net. The first of many networking evenings designed for women. First meeting 6.30pm Thursday 23 February, \$12 per head.
VENUE: Fotheringhams Hotel
RSVP Alison McIntosh 02 6550 5740

The Cancer Council Relay for Life. Saturday 1st April 2006.
VENUE: WINGHAM SPORTS GROUND
Contact: The Cancer Council on 6651 5732

Wingham Show 25 and 26 March 2006
VENUE: WINGHAM SHOWGROUND

Wingham DANCE Festival Sunday 18 June
VENUE: WINGHAM COMMON
For further information regarding this event contact Donna Carrier, you know where!!



Mmm, great babycino, Auntie Donna!!