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ON FOOD

Summer Newsletter 2006

Bent on Food

Welcome to Bent on Food's 2006 Summer Newsletter

This newsletter started off as a Spring newsletter, but Spring has almost past and we are coming into Summer, so once again I am running behind, or ahead, depends on how you look at it! Here's what we have been up to at Bent on Food.

During October, one of our favourite couples, Rochelle and Owen, parents of the beautiful India, were married in Port Macquarie, down the road from a wedding that I attended for my mate Steve Foye, who married the very beautiful Kate Wood. Congratulations to all of you and we wish you many years of happiness.

We also must be congratulated, as most of you would know that Bent on Food won the Mid North Coast Tourism Awards for Business Excellence in the Cafes

and Takeaways category, and we received an award of distinction in the Tourism Retailing Category. Krystal and I attended the awards night in Coffs Harbour where we enjoyed wonderful food, wine and hospitality, a lovely way to celebrate our win.

Awards kept on coming during November with Bent on Food taking out the "Champion of Champions" Small Business Award for "Best Regional Business". This was a major win as we were successful in beating many other businesses in a variety of categories all over NSW and the ACT.

To put the icing on the cake we then won the NSW Tourism Awards for Business Excel-

lence in the category of Tourism Retailing, beating some very high profile tourism businesses, including Sydney Visitors Centre, The Rocks and Darling Harbour, Taronga Park Zoo Retail Shop, the Bridgeclimb Photographic Retail Department and Canowindra Trading Post. Thanks to all my staff for their hard work, and to Leigh for his support.

This month we released the first two products in our "Bent on Food" range. More about that inside the newsletter.

I would also like to take this opportunity to wish you all a safe and happy festive season from the team at Bent on Food.



Cheers

Anna

Breast Cancer Breakfast October 26

Each year, Bent on Food hosts a pink ribbon breakfast to raise funds for breast cancer research. All proceeds of the morning are given to the National Breast Cancer Foundation. This year

the breakfast was held on October 26 and we raised \$550, a great result and thanks to all those that attended. Thanks must go to Kelly at Sundari who donated the prize for best dressed, which was

won by **Lyn Brown**. The lucky door prize, a Bent on Food hamper was won by **Susan Ryan**. Thanks also to Kay for making those muffins!



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Dates for your diary

- December 15—Bent on Food 2nd Birthday 6 pm—all welcome

Gift Hampers, Christmas puddings, stuffings, and wonderful gifts In store now!!

Bent on Food products

I have always loved working on new products, my various roles in the wine industry allowing me to work closely with winemakers and designers to create new wines, so I really enjoyed working with my friend, Eric Robinson to create the first two products in the "Bent on Food" range. Eric is a wonderful chef and the products are beautifully crafted and made from good quality produce, locally sourced where possible. We will also soon release a locally sourced organic honey.



Bent on Food

Apple Balsamic Chutney

Bent on Food Apple Balsamic Chutney is a vibrant and aromatic chutney made with fresh apples and ginger, along with some wonderful spices and Eric's balsamic essence. It is great with roast pork, delicious on sandwiches and makes a great curry condiment.

Bent on Food

Roasted Red Pepper Tapenade

A sweet, smokey tapenade, perfect over pasta, excellent with smoked meats on a crusty baguette or with antipasto.

And the winner is!



Krystal and I at the Awards night in Coffs Harbour

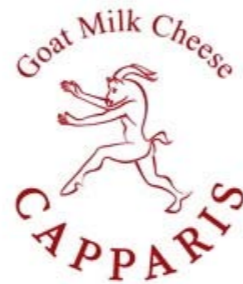


Producer Profile Capparis Goats Cheese

Aled Hoggett has been making cheese for four years now at the family farm near Gloucester. In that time he has won some 15 awards and this year he received the award as maker of the best goat cheese at the Royal Dairy Awards. He capped off the year by qualifying as a Master Cheesemaker at the University of Melbourne. The cheese is all made from milk of the Capparis herd of mainly Anglo Nubian

goats. Capparis began production with three traditional cheeses – a delicious, mild, soft cheese, sold within days of making (Fresh) - a full-flavoured, matured, soft rind cheese (White) and a salted, moist feta, ideal for salads and in pasta (Feta). Last year saw Capparis Blue goat cheese, in its first year of production, placed on the Australian Cheese Board at the Royal Dairy Awards as one of the five best cheeses of all kinds exhibited.

Bent on Food is proud to stock these wonderful local cheeses made by such an accomplished cheesemaker.



COME ALONG TO OUR SECOND BIRTHDAY PARTY ON FRIDAY DEC 15 FROM 6PM

Snippets from the media

Bent on Food is clean and fresh in its design and brings an urban feel to the region which impresses locals and tourists alike. The first impression when entering the store is one of surprise as many visitors are awed with what they call a little bit of the city in the country.

Bent on Food is a destination, a place that people first visit because they are inquisitive, and come back to because they are Impressed.

Focus Magazine November 2006

This deli/provedore has become a local hub for regional cooking and produce, with great eats, a cooking school and a really wide, well-selected range of regional produce
2007 Good Food Guide

Opening supply lines to the best producers of regional food is something from which many city-based delicatessens could learn. North Coast delicacies, from ricotta and relishes to prosciutto and organic produce, have now become staple fare at Wingham.
Country Style September 2006

Recipes

It is coming up to the festive season where there is always a call for small morsels to have with that glass of bubbly (do not forget the hibiscus flowers), so here are a few ideas. Always have some frozen puff or filo pastry on hand as there are a myriad of canapés that are really easy to make.

Goats Cheese and Cherry Tomato Tartlets

Toss two punnets cherry tomatoes in good quality extra virgin olive oil, add cracked black pepper, a few sprigs of thyme, sea salt and roast in a slow oven until just splitting. (around one hour)

Brush one sheet of filo pastry with butter and top with another pastry sheet, continue layering until you have used four pastry sheets. Cut into squares to slightly overhang when placed in small patty cake moulds. Cook for around 10 minutes on medium heat. Cool.

Place a teaspoon of "The Other Chef" Onion Jam inside each case, add one or two cherry tomatoes and crumble some Capparis feta on top, garnish with a little thyme and serve cold. They are a crowd pleaser!



Porcini Mushroom and Blue Cheese mini quiches

Use a cookie cutter to cut 12 circles from two sheets frozen puff pastry. Press pastry into lightly greased muffin pan. Meanwhile soak around two tablespoons of porcini mushrooms for a few minutes. Cut mushrooms and place into cases, and crumble a small amount of blue cheese into each case. Whisk 6 eggs and add half a cup of fresh cream with black pepper. Pour egg mixture into cases. Cook in a hot oven for around 15 minutes or until firm. These go well with the yeasty flavours of French Champagne.



New things!

There are always new things at Bent on Food, especially at this time of year when customers are starting to think about Christmas. We have purchased a few beautiful pieces from local porcelain artist, **Richard Brooks**. His work can be seen in some extremely impressive places, one of those being the Guggenheim in New York. Richard's sushi plates are used in the very high profile Tetsuyas, the pieces are not cheap, but then you wouldn't want them if everyone could have them, would you?

Our friends from **Pukara Estate** in the Hunter Valley have released a new range of products including a wonderful cashew and roast onion dukkah and an artichoke and green olive tapenade. Great nibblies.

Morpeth Sourdough bread continues to be popular with bread arriving every Thursday, remember to call before Sunday if you would like us to order anything specifically for you.



Woll Cookware has arrived in store, this German made product is wonderful to look at and excellent to use. The pots have a 7mm thick cast iron bottom with lids and handles that are oven-proof to 220 degrees. Oh and the lids are glass, so you can see what's cooking, very nice indeed!



Product Focus



In 2004 Ron & Sandy Lindsay purchased the disused Comboyne cheese factory with the intention of producing specialty cheeses. After intensive research and consultation with industry, also local and state government authorities, they established that there is a potential to tap into the area's growing tourist market by producing specialist cheeses. To further his knowledge, Ron attended Duck under

the Table's first ever Cheese Making Workshop, conducted by Carol Willman in December 2004. This was followed by the Intensive Practical Cheesemaking School conducted by Neil Willman in Mount Tambourine.

Recently Ron attended a Blue Cheese making course at the Regency Park TAFE in Adelaide. Ron and Sandy now produce a very

Comboyne Culture Cheeses

traditional Camembert and a soft Washed Rind cheese, more along the lines of the true French-style, which are fairly strong compared to what you might buy from your local supermarket. They are also in the process of creating a blue cheese. Comboyne Culture cheeses are beautifully crafted, and make an excellent addition to any cheese platter, try the washed rind with An aged Semillon. Heaven!



BENT ON FOOD

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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.au

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 »



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

Producer's news

Red Belly Gourmet

Red Belly Gourmet has been awarded a Gold and three Bronze medals in the recent 2006 Sydney Royal Regional Food Competition. Of the 6 different products entered into the competition four of them received an award. The prestigious and sought after Gold medal was awarded to the "Chilli Jam" a traditional Thai style chilli jam. Bronze medals were awarded to the "Sweet Chilli Sauce", "Onion and Thyme Marmalade" and "Rhubarb and Lime Compote".

All of the products are certified organic, and Craig not only creates and bottles the delicious condiments, he also grows, cultivates and harvests the fresh produce used in them.

More News

Café Biz

Krystal and I travelled to Sydney on Monday 30 October to attend Café Biz, an exhibition of everything coffee. Here we met some of Australia's most prominent coffee roasters, and we witnessed some amazing barista's competing in the latte art competition and the Trans Tasman Cup, which is a competition to find the best baristas in Australia and New Zealand. Krystal reckons she's in training now. Check out her coffee art, 2007 is her year!



Wedding Bells

Congratulations to two more of our favourite customers, Helen Joyce and Allen Valentine, who married on November 4th and enjoyed their after wedding breakfast at Bent on Food on Sunday 5th. Congratulations Helen and Alan!



www.bentonfood.com.au

Bent on Food will soon be online, you will be able to download newsletters, recipes, and even order online on our secure website. We should be up and running by November just in time to order for Christmas. Do not forget your hampers!

Farewell

Sadly, we must also farewell one of our helpers, and budding artist, Natalia Bennett, who will be moving with her family to Tasmania in December, thanks Natalia! We will miss your smiling face.

