

bent

ON FOOD

Bent on Food

Winter Newsletter 2007

Welcome to Bent on Food's 2007 Winter Newsletter

2007 feels like it is going to be one those years where time just flies. In April I found myself talking to some children about what year they would be going into, then I remembered that it was the Easter break not Christmas! I wondered why they were looking at me strangely and for a moment I thought I really was going crazy. But no, I am convinced that this year is passing quicker than most so I have changed my New Years resolutions to mid year ones and now I may just lose that 5 kilos, get fit and spend more time having fun.

In March, Wingham hosted the NSW Big Bike Ride with 1100 of the nicest people hitting town. We had our busiest day ever, we opened early for breakfast, and managed extremely well, serving lots of bacon and egg bur-

gers, with a Bent on Food twist of course. We stayed open for dinner with a good response, and it was a wonderful way to test the market.

As most of you know, our win at the NSW Tourism Awards meant that we were finalists at the Qantas Australian Tourism Awards, held in February. Unfortunately, we did not take the gong but we were amongst some pretty prestigious company with our category being won by Australia Zoo, the award was picked up by Terri Irwin who gave an emotional speech, speaking of how proud Steve would have been to receive the award.

The awards pro-

gram started again with Bent on Food named as finalists in two categories at the Northern NSW Restaurant and Catering Awards, the tourism restaurant category and the cafés category. The awards night was held on 25 June and we won the tourism restaurants category.

During youth week, one of our little elves, Cian Stevens was nominated for a Young Achiever Award along with a bunch of very special achievers who do our community proud. Congratulations to all the nominees.



Enjoy our Winter newsletter,
Cheers

Donna



Coffee Talk

Our barista classes have started up again giving our customers the opportunity to learn how to make the perfect cup of coffee at home. We have been able to enlist the services of a great teacher, and excellent barista, Stewart Clark, who

I teach with in the hospitality department at Port Macquarie TAFE. Check out our new website for details of courses.

In the meantime, a few tips for the perfect cup.

1. Use freshly ground coffee,

invest in a grinder or purchase in small amounts.

2. Do not overheat the milk.

3. Learn to perfect the grind.

4. Practice, practice, practice!

Next class July 5

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Dates for your diary

The Art of Coffee Making
Thursday July 5 - 6pm-9pm
Thursday August 6pm-9pm
\$75.00—bookings essential

Larsen and Thompson Tea workshop—take the mystery out of tea with David Thompson
Thursday July 19 at 6pm
\$25 with sparkling on arrival
Limited numbers—book now

What do I drink with that?

Because of my wine industry background I am often asked about my favourite wine. I reply, I do not have one, because to me wine is occasion based and I rarely buy the same wine twice. I like to save my great wines to share with those who will appreciate them, sounds bad but if you do not know your Riesling from your Chardonnay, then you will not be sharing my next Montrachet! (if I could afford one) Having said that, there is nothing worse than a wine snob and the best rule when matching wine with food is that there are no rules. Who would have thought that soaking such a delicate white fruit like a pear in red wine would be a match made in heaven. There are many

misconceptions about what to drink with spicy food. A wine with plenty of fruity flavour such as a gewürztraminer is a wonderful match to most Asian foods, but most winemakers will suggest beer! I love roast chicken with a big creamy chardonnay but I do not ever have red wine with fish! Sauvignon Blanc or Riesling is perfect as the natural acid in these varieties enhance the flavour of fish and the salty flavours of fish enhance the fruit in the wine. Conversely the tannins, which are found in the skins of red wine grapes, can cause a metallic, bitter taste in the mouth when consumed with fish.

When designing your menu for the next

dinner party think about the order, no rules, just suggestions!

Good wines before great, white before red, light before full bodied, dry before sweet and young before old. These are the principles that were taught to me many years ago by the late John Brown Senior when I worked for Brown Brothers Wines.



Producer Profile Hanks Jams

I have to confess that Hanks Jam is one of my favourites. It takes me back to the days of sitting with friends on the weekend in trendy cafes overlooking Bronte Beach, where we wasted many Saturday mornings drinking great coffee and eating toast with Hanks Jam. My favourite is the apricot, just like my nanna used to make, with loads of fruit. I had been trying to purchase Hanks Jam for a while, when I was fortunate to find them showcasing their products at Café Biz last Novem-

ber. I ordered a range and they are selling well with loads of repeat purchases. It helps to sell something when you really love it too. Hank Jams is one of those success stories that I love to hear. Hank Doudesell is the founder, an experienced chef who started his jam making for customers in the restaurant where he was working, and soon branched out to sell his product to restaurateurs all over Sydney. One of these loyal customers was Markus Hofer, then owner of popular Balmoral café, Awaba. Markus had seen first hand the

Enquire about our next wine appreciation course

popularity of Hank's Jam in his café and was interested to meet Hank the jam man. That meeting eventually led to Markus investing in Hank's Jams. The focus is on sourcing superior quality fruit for his jams, if possible organic. It shows in the finished product.

Try the triple berry with scones and cream.



Snippets from the media

You can stop dreaming of a café that proudly sources from its regional backyard, for here it is in a modern interior in rural Wingham. The antipasto's great, but if you don't feel like sharing, the locally smoked ham and Swiss cheese baguette is another good choice. Finish with banana bread, yoghurt and red Belly Gourmet rhubarb compote. Many ingredients can be purchased.

Delicious Magazine April 2007 **Where to eat**

The area's most comprehensive range of gourmet products can be found here. Products are mainly sourced from the region, including Red Belly Gourmet compotes, Murrumbooe preserved lemons, Lorne Valley chutneys and The Other Chef condiments. Among fresh items are rounds of Comboyne Culture Cheese, Capparis goat's cheese from Gloucester, and Quigley's Smokehouse fish and patés. There is also kitchenware, from Swiss saucepans to knick-knacks.

Delicious Magazine April 2007 **Where to shop**

Recipes

SEMOLINA GHORIBA

This popular macaroon-like biscuit is from Morocco. (recipe provided by Bellata Gold)

15 g fresh yeast or ½ as much dried yeast

3 eggs

225g sugar

50ml peanut oil

50g melted butter

A few drops of *HERBIES VANILLA EXTRACT*

450 g fine *BELLATA GOLD SEMOLINA*

A few drops of *HERBIES OR CORTAS ORANGE FLOWER WATER*

Activate the yeast in a little warm water, adding a pinch of sugar if using dried yeast. Beat the eggs together with the sugar until light and creamy coloured. Add the oil, butter, yeast and vanilla extract, then the *BELLATA GOLD SEMOLINA*. Sprinkle your hands well with orange flower water. Then form balls of the paste about the size of a walnut using plenty of the fragrant orange-flower water.

Flatten each ball, and then coat one side of each with icing sugar. Arrange on a greased baking sheet, sugared side up. Leave to prove for about 30 minutes then bake for 15-20 minutes at 180 C / 350 F.

**Larsen and Thompson Tea workshop —Thursday July 19
6pm—book now!! \$25.00 includes sparkling on arrival**



New things!

In February, I made it to the gift fair where I found some delightful new lines to add to our collection. I was fortunate to find a wonderful book company that supplied us with some great cook books, many of them out of print elsewhere. They have been selling extremely well with the Moroccan books selling out first, followed closely by some Italian inspired books. We are now in the process of re-ordering. Pop in and see our new wrought iron plate stands and candle holders, very rustic

and beautiful for those renovated country homes that are abundant in our area.

The new Larsen and Thompson tea accessories are beautiful and include some wonderful Vietnamese thermoses. In July, David Thompson will be visiting to conduct an exciting tea workshop. He aims to take some of the mystique out of tea and share some tea secrets! Book now, spaces are strictly limited. Still on tea, we have also found



some beautiful body baths and foot baths. Beautifully packaged, they make perfect gift lines. Whilst in Sydney I visited Chinatown to pick up some Asian groceries and took a trip to Simon Johnson where I found some great new pasta sauces, tapenades and the most beautiful preserved lemons.

Check out our new noodle bowls and a great new range of canvas table wear.

Producer Profile Far Meadow Lodge

Next time you visit Bent on Food, have a taste of Far Meadow Lodge marinated baby figs, customers agree that they are divine. One taste is really all it takes!! A few years ago when I was working at Cassegrain and Bent on Food was a twinkle in my eye, I attended an eat, sleep, drink conference in the Southern Highlands where I met Julie Webb. At the time, she told me that her son lived up our way and that he was a chef. He visited us a few months ago with

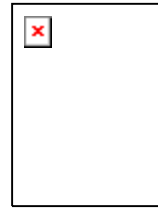
his wife, and later brought in some samples and we were addicted. It was just the product that we love to sell.

Being a fig 'fiend' Julie Webb was continually frustrated at the variability of fresh figs which she used frequently in a wonderful salad. Turning her attention to a solution, she developed her now well known marinated baby figs, which are excellent with cheese or antipasto

plates, superbly complement pork or duck and can be used as dessert with ice cream or mascarpone. Whilst she now lives in Berry, Julie is a frequent visitor to the area to visit her son who lives in the beautiful Upper Lansdowne area.

Bent on Food is the only stockist in the region. Very exclusive!





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
www.bentonfood.com.au

2007 Restaurant and Catering Awards

Best Tourism Restaurant—North Coast NSW

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.



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

More news

Calling all kids!

Our new Bent on Food kids menu is now available, including a special colouring competition open to kids of all ages. At the end of each month we will judge the best colouring in efforts and they will win a milkshake and a dotty cookie. So call in and eat a meal from the menu and get colouring!

New baby brother for Billy

We get very excited about babies and the arrival of Asher was especially wonderful as we had fed Jenny milkshakes all through her pregnancy, watching her grow and awaiting the arrival. And now we can put garlic back on the menu for Paul. Asher is a new brother for Billy and we look forward to feeding him his first babycino. Congratulations , Paul, Jenny and Billy.

Taree Historic Motor Club

During May we welcomed some of the members of the Taree Historic Motor Club along with their cars of course. They looked great lined up out the front of Bent on Food so we took a few pics, thanks for visiting and call again soon!



A night at Moulin Rouge

We thought you may like to see a few pics of the wonderful costume ball, Moulin Rouge, that was held on June 30. What a wonderful evening. Just a snippet of more to come, Wingham is coming alive with dance!



Happy 18th

Our newest employee, Taleah Hinchey recently turned 18. Oh to be 18 again! I will have to live that one vicariously through my staff. Happy birthday Taleah and we hope to share many more birthdays with you.

