

# Culinary News

## March Edition

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## In Season

### **Parmesan, Feta and Haloumi: Cheese Appreciation for Hot Summer Days. By Russell Smith, Australia’s Leading Cheese Expert.**

The long, hot, lazy days of summer are a time to enjoy your cheese as an accompaniment to light meals rather than as the main ingredient. A time for simple rather than complex flavour combinations. Summer is a time to choose the best quality cheese available; if you add inferior quality parmesan to your Caesar Salad, or a poor feta to your Greek Salad, the outcome will fall short of the wonderful flavours that both these simple summer dishes can offer.

Read more...[In Season](#)

## Recipes

### **Recipe 1: Parsley Pesto**

### **Recipe 2: Crisped Haloumi with Tomatoes and Mint**

### **Recipe 3: Gravlax with Crème Fraiche and Horseradish**

### **Some Tips on How to Make a Good Cheese Platter:**

Finding the right combination of cheeses can be difficult. Mild flavoured Bries and Camemberts combine well with Sparking Wines and Rieslings. Try a Sauvignon Blanc with fresh goat’s cheeses. Remember to keep it simple: two or three cheeses are enough on a plate.

Read more...[Recipes](#)

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## Taking the Lid off Culinary Secrets

### Pepper - The Virtues of the King of Spices.

This widely used condiment is derived from the pepper plant. If mustard seeds are discounted as they are botanically an herb and not a spice, black pepper accounts for 30% of all spices produced, making it by far the most popular. Read more...[Culinary Secrets](#)

## Culinary Term Defined

### Recipe

#### **Rec-i-pe - Noun: Formula, guideline, instructions, method**

1. A list of ingredients and instructions for making something, especially a food dish
2. A method of doing something or a combination of circumstances likely to bring something about

In his book '**The Artful Eater**', **Edward Behr**, offers his philosophy on recipes:

"Modern cooks often misunderstand the nature of a recipe. They tend to mistake it for a dish itself, although a recipe is a notion, an outline, a fluid thing. A dish takes its definition from the ingredients at hand and from the alterations made by the cook, according to his or her knowledge and skill."

## *flavours* – What's Happening?

### The World of cheese at *flavours*

- If you would like to know more about selecting cheeses, Russell Smith is running two workshops at ***flavours*** – The Culinary Centre in March. The workshops contain expert advice on selecting and serving cheese and creating the perfect cheeseboard. Both events are in the evening from 6-9pm on the 7 March and 22 March. Numbers are limited so book early to avoid disappointment. Click here to download booking form.
- Also in March, Carole Willman of ***Cheeselinks***, Victoria will be visiting Canberra and *flavours* to conduct two one-day workshops on cheese-making for the home kitchen. This is an invaluable guide to cheeses with vivid descriptions of their flavour, appearance and texture. If you are interested in learning how to make cheese and to know more about the process, these workshops are highly recommended. The dates are March 14 and 15. Please call ***flavours*** on 6295 7722 for detailed information and to secure your space.

### Flavour up your tea selection

Tea and coffee form an integral part of any dining experience. At ***flavours*** we have taken pleasure in tasting and selecting the teas that now enrich our new menu; over 40 teas were tasted and 18 selected. It is important to remember that the quality of the tea is very much dependant on the preparation method. Like in cooking, timing and a feel for the ingredient are decisive in achieving great results. There is much more to tea than meets the eye, so we thought it might be interesting to provide some information about quality tea, an often unnoticed, yet enjoyable and beneficial part of our lifestyle.

Read more...[Tea at \*flavours\*](#)

# Culinary News

## **The *flavours* Culinary Team**

We are pleased to welcome **Brendan Walsh** to our culinary team. Brendan could not be stopped from wanting to become a chef, and has joined us as an apprentice. To keep him busy and to learn early in his career to wield both pan and pen Brendan has been tasked with clarifying such confusing and misrepresented terms as canapés, hors-d'oeuvres and amuse bouche to name just a few. Complete information will be featured in the March edition of our Culinary News.

## **Toby's Estate Coffee**

*flavours* is currently changing coffee brands to Toby's Estate Coffee. Barista training is under way and we are looking forward to being able share our expertise on coffee selection and brewing with you.

## Up-coming Culinary Courses and Events

### March 2006

Read more... [Up Coming Events & Courses](#)

## **Mix @ Six**

***A monthly networking event accompanied by fine wine and food tastings***

**Friday, March 3 2006**

**\$40 pp**

We are pleased to have one of our favourite wine makers, Frank van de Loo of Mount Majura Vineyard joining this Mix@Six to elaborate on the selection of wines served.

## **Cheese Discovery with Russell Smith**

***An evening of cheese discovery with Russell Smith, cheese maker and national cheese judge***

**Tuesday, March 7 or Wednesday March 22**

**6 to 9pm**

**\$70 pp**

Experience the process of cheese making — share the profound knowledge, tutored tasting, and complimenting wines.

**Bookings:** [download the booking form](#)

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## **Cheeselinks – Cheese-making Workshops**

### **Camembert**

**Tuesday, March 14 2006**

**9:30am to 3:30pm**

**\$175 pp**

### **Feta & Yoghurt**

**Wednesday March 15 2006**

**9:30am to 3:30pm**

**\$175 pp**

Instructor Carole Willman is a qualified and experienced cheese maker, instructor and author. She has been educating small-scale cheese makers throughout Australia for the past 17 and conducted more than 400 cheese-making workshops.

In both workshops participants will learn the practical skills of making a range of cheeses in their own kitchen. Participants work in groups producing their own cheese. The course doesn't require participants prior knowledge.

**Bookings:** [download the booking form](#)

## **Mount Majura Vineyard Dinner & Chefs' Table @ *flavours***

**Friday, March 10 2006 –**

**7 to 11pm**

**\$120 pp**

***Winemaker Frank van de Loo and Chef Jan Gundlach invite you to a unique and elaborate taste experience featuring eight courses and our intricate wine appreciation formula.*** [www.mountmajura.com.au](http://www.mountmajura.com.au)

We are pleased to add the concept of a Chefs' Table to the ***flavours*** culinary events schedule. We are offering four courses designed to match two Chardonnays followed by a second set of four courses that enhance the two selected Pinot Noirs. This exciting concept allows for elaboration on the cause and effect of food and wine matching. It also gives us the opportunity to discuss some of the more intrinsic points of food and wine pairing.

**Bookings:** [download the booking form](#)

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## **The *flavours* Wine Education Program**

New Dates: Tuesday March 14, 21 & 28 – Tuesday April 4 and 11 – Module six TBA.  
Please click here for details

Read more...[Up Coming Events & Courses](#)

## **Whisk Management**

**Culinary knowledge and tools**

## **On Pepper Mills,**

I insist that the only useful pepper mills are the ones produced by Peugeot. While they at times are difficult to obtain, *Essential Ingredients* in Kingston now stocks them.

*Essential Ingredients* - 52 Giles St Kingston – Phone 6295 7148

## **Book Reviews**

### **The Fatal Harvest Reader**

**The Tragedy of Industrial Agriculture – by Andrew Kimbrell.**

**Island Press. ISBN1-55963-944-X**

The Fatal Harvest Reader is a collection of more than 30 essays by today's leading ecological and agrarian thinkers, such as Wendell Berry, Wes Jackson, David Ehrenfeld and Helena Norberg-Hodge to name a few.

The essays analyze and vividly depict the current agricultural systems and offer many compelling visions of a sustainable and humane food future. This book is an invaluable educational aid.

### **A Wake Up Call**

**A Comprehensive Guide to good Health and Nutrition – by Irene Hess-Oates**

**ISBN 0-9758432-0-6**

If you would like to slim down, tone up or detoxify your body this book may be of assistance. It contains genuinely healthy, quick and easy meals – for everyone. Eat your way out of the current dietary epidemic and into good health. A superb and easy to read guide for those wishing to better understand, secure and preserve well being and increase levels of energy. Please visit [www.nutritionandyou.com.au](http://www.nutritionandyou.com.au) for further information.

# Culinary News

## Gift Certificates & Cookbooks @flavours

Give the gift of a cooking class, wine appreciation course, or one of our up-coming food and wine events. Gifts have never been so tasteful!

We also have a wonderful selection of over 50 book titles for the discerning diner or cook. You're more than welcome to visit and browse—we are **open Thursday to Sunday, from 10am to 4pm**. Phone: 02 6295 7722.

## Culinary Quotations

"In cooking, one must read everything, see everything, hear everything, try everything, observe everything, so as to retain in the end very little".

**Grand Cuisinier Fernand Point - 1897 – 1955**

## About Culinary News

**Culinary News** is published monthly. It is about sharing ideas and knowledge relating to the wonderful world of culinary—food and wine. You'll receive information on up-coming culinary events taking place at **flavours** and the surrounding region. You'll also hear about the best seasonal produce available that month (and what to do with it!) as well as tips on the best buys in the market place, ingredients, kitchenware, cookbooks and more.

If you have any suggestions on what you'd like to see in Culinary News please let us know. We value your feedback – [info@flavours.com.au](mailto:info@flavours.com.au)

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