



NEWSLETTER

Summer Edition 2006

Welcome to our F.O.O.D newsletter for Summer. The year has flown by and has been jam packed with food news and celebrations. This year we've seen the launch of Slow Food Orange, Brand Orange and a huge Wine Week celebration, changes at the Farmers Market and now the F.O.O.D Committee is well and truly underway with organizing F.O.O.D Week 2007. Yes, we're planning the calendar of events earlier this year so we can get it out earlier - if you're planning to be involved in the program, with an events or as a sponsor, you need to act quickly as it's truly closing shortly.

What's on the Menu

Summer brings with it festive and colourful flavours – bold reds and greens with berries and cherries topping the list. The new season brings an array of new produce – at their optimum in freshness and flavour. Just in season are apricots, rockmelons, tomatoes and watermelons and look out for an array of berries – strawberries, blueberries, gooseberries raspberries and brambleberries. There are festive foods a plenty including cherries and currants and beans and peas (including sugar and snap) that are the best in vegetables (joining corn and capsicum, squash & zucchini). In January you'll find blackberries, figs, nectarines, peaches and plums and in February these continue with the addition of grapes. Buy seasonally and you'll eat fresher and you'll taste the difference.

For Starters

You've got to be a member of F.O.O.D to hold an event or be involved in the F.O.O.D Affair. The F.O.O.D Week Program is nearing completion so if you are currently planning an event please contact Samantha Hain on 6366 5142 or 0434 994 145 or by email on Samantha@rimarketing.com.au to avoid missing out.

Entrée/Exit

Fay McCabe, our Secretary of F.O.O.D, is having a sea change (quite literally as she and her family are moving to Newcastle). Fay has been a valuable member of the committee for many years and secretary for the past 5 years and will be missed by us all. The F.O.O.D committee wishes her all the best and hopes she returns to the region where we'll happily reserve a seat at any of our tables for coming events.

Main

Remember to tell your friends and family and put the dates in your diary for F.O.O.D Week 2007. Accommodation in Orange fills up quickly so encourage your visitors to book now to avoid disappointment – (they may otherwise have to stay with you!) The dates for F.O.O.D Week 2007 again are Friday 13th – Sunday 22nd April 2007. Highlights of the celebrations include F.O.O.D's Friday night opening drinks (watch for something new – wine & art inspired food), wake up to the Farmers Market at the Regional Gallery Northcourt next morning, and watch this space for a Producers Dinner not to be missed. Throughout the 10 day celebrations enjoy fresh local produce, walks and talk in vineyards, lunches, brunches and dinners from chefs and cooks. You'll be able to dine in, eat out, bring a picnic or take away. Whatever your tastes the

F.O.O.D week program will have something for everyone. It's not long to wait til the calendar of events is revealed, but to get involved you must get involved now.

Accompaniments

The F.O.O.D committee is looking for people who wish to lend their support (in ways big or small) to contribute to the success of F.O.O.D Week 2007. If you think you'd like to assist with the planning then don't be shy, give us a call.

To contact The Food President call Tim Hansen on 0417 488 619 or email tim@mandagerycreek.com.au
For inclusion in the newsletter, member offers and 'Side Orders' contact Cath Thompson 6361 4616
ccthomo@bigpond.com . To update your info on our website contact Scott Turner 6362 5151
delish@bigpond.com. To be involved in The Country Energy F.O.O.D Affair 2007 contact Phil Baker on 6362 8104. If you want to become a corporate or private sponsor or advertise in the F.O.O.D Week program contact Samantha Hain 63 665142 or 0434 994 145 or samantha@rimarketing.com.au
Wine involvement or news then contact Peter Gibson 0429 653316 pgibson@ix.net.au

And most importantly....if you've got something to say or share....tell any or all of us!



www.orangefoodweek.com.au

Side Orders

Here's what's happening round the district:

One door closes whilst another door opens with Helve Fung of the Lakeside Café & Cellar Door recently putting the café on the market. She's keen to concentrate her talents on catering for weddings and private functions but you'll still find her out at Lake Canobolas on Fridays and the weekends. Drop by and sample some of her delicious food whilst you still have the chance and if you've been attending any of the ORC "Hear it on the Grapevine" concerts then that's her doing the food. 6365 3456

It's great news for those who enjoy the atmosphere of the Old Convent at Borenore as Josie Chapman has reopened the venue for brunch and lunch on weekends from 9am till 4pm 6365 2420.

In other news, Provista is looking for someone to buy his pizza and pasta business but Pete's happy to stay on doing what he loves best – preparing and cooking the food. If you're interested toss a few ideas at him and spend a pretty penne to buy in! 6361 2129

New to the Metro Plaza is Tru Brew replacing the old EJ's – it's café food, coffee and cake and is open Monday to Saturday for brekkie, lunch, afternoon tea and all in between till 5pm 6362 7221

You better be quick to enjoy Slow Food – put the dates in your diary now as February 9th -11th will see a slow summer festival weekend here in Orange. For those who love food it's all about enjoying the region's produce and saying thank you to those who grow, make, prepare it. For more information call 6360 1990.

Hot new Products

Amongst the new products being produced locally are those from our 'hatted restaurants'. Seems Selkirks, LolliRedini and Tonic are indeed good enough to bottle and that's exactly what Michael, Sim and Tony have done. First there was Michael launching Manners & Borg (with gourmet butcher Michael Borg) and now Simonn Hawke has bottled her salad dressing and will take to the Orange Farmers Market (December 9). Tony Worland of TONIC will do likewise with a range of jams this weekend at the Millthorpe market day (Sunday 3rd December) with a range of marmalade, beetroot relish, onion jam, apple chutney and white peach jam. The markets go from 8am till 4pm and there's over 120 stalls planned.

Huntley Berry Farm has been hit with late frosts and as a result quantities of berries are well and truly down. So much so that they've decided not to open for their popular 'pick your own' on weekends for the moment. Brian McCarthy hopes that later in the season they'll have plenty of blackberries but it's best still to give him a call before you head out that way tel 6365 5282.

Joanna Third, a past President of F.O.O.D, is now running Wirruna Lodge Boutique Accommodation. She's introducing Food Delight Packages - in conjunction with LolliRedini and Belgravia @ Union Bank to sweeten the whole B & B experience. Tel: 6361 8483

Whilst it's been developed for over 12 months Side Orders has only just discovered the Mandagery Creek Prosciutto – and thought it worth a mention. Made from local premium leg cuts, the prosciutto is then made by Propane Smallgoods in Penrith using a secret recipe from the owner's great grandmother which they won't reveal even to Tim! It has a delicate mild flavour and is very soft in texture – perfect to wrap round fresh sliced local tomato, fragrant basil and drizzled with local olive oil – great summer flavours.

More Summer Flavours - Cherry Mousse Pudding, from Helve Fung from the Lakeside Café & Cellar Door.

Ingredients

1 loaf of day old white bread
3-4 cups stoned and sliced very ripe cherries
½ cup Borrodell Cherry Liqueur or similar berry liqueur
1 cup thickened cream whipped
¼ cup castor sugar

Method

Butter and sugar coat a 2 litre bowl or individual serving dishes. Remove crusts from bread, slice thinly and line bowl. Brush inside generously with Cherry Liqueur but don't let bread get soggy. Beat sugar and cream until thick and mix in cherries. Fill bottom of bowl with some cherry mixture and cover with slices of bread brushed with Liqueur. Alternate until mixture is used ending with a bread layer. Cover and refrigerate for at least 4 hours.

To serve, dip bowl in warm water and invert onto serving platter. Serve with vanilla bean icecream and a chilled glass of Borrodell Cherry Liqueur.

You can taste this great Christmas dessert, which uses fresh cherries if you head to the next Orange Farmers Market on Saturday 9th December when the market moves (just for the month) to the Orange Regional Gallery Northcourt, from 8.30am till 12.00. The Children's Cooking Classes returns this month also with Scott Turner firing up the kids' imagination as he makes cooking fun with the aid of fresh fruit and vegetable. Bookings essential on 0425 259 350

Put the dates in your diary for 2007. Remember you've got 2 go on the 2nd Saturday of the month - So now you know, Get 2 it!

Wine

Congratulations and best wishes to James Sweetapple of Cargo Road Wines on his recent engagement to Katrina. He's still to produce the ring but he's excused with a new wine that's instead worthy of gold – the 2006 Sauvignon Blanc. The date's been set for January 11th in Sydney with a big party planned for later in the year.

Philip Shaw wines will open their cellar door each weekend starting from January 2007 from 12 till 5pm.

De vine (2 words) Tapas & Wine Bar will reopen 7th December as Devine Tapas & Wine Bar with new owners Tannia and Chris. Whilst they have no previous experience in the industry (Tannia's a hairdresser & Phil works with the mines) the two are both passionate about making it a success and have reemployed original chef Doug Papworth to the kitchen. New though are the colours on the walls, the tabletops, and some more comfy couches. Opening from Tues to Sat from 5pm there are locals wines on offer, live music planned, and they're already booking in for F.O.O.D Week 2007 activity.

www.winesoforange.com.au

www.orangefarmersmarket.org.au



Dessert

To sweeten the F.O.O.D membership experience we're extending your member offers, discounts and specials with each newsletter.

Here's what's on offer over summer exclusive to F.O.O.D members when you present your F.O.O.D membership card. (One offer per member)

There are great discounts from some of our favourites - The Essential Ingredient continues its offer of a 10% discount off your next purchase in store. Book in as Wirruna Lodge has offered an additional 10% off packages in January and February. Retravisation is also offering 10% off their range of small electrical appliances, during December and January so drop past and see their working kitchens and discuss what they're got in store with demonstrations and classes for F.O.O.D Week 2007.

You can pick up 13 bottles to the dozen (which includes a gift bottle in a gift bag) when you order Cargo Road Wines' 2006 Sauvignon Blanc or drop by and see Vice President of F.O.O.D at The Donut Shop and the coffee's on him – flash your card to receive a free coffee of your choice. He'll also keep you up to date with what's going on in F.O.O.D.

To Finish

Book in your event, tap onto the website or get involved with the committee. Which ever way, we hope to see you somewhere during F.O.O.D Week 2007.

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