



Dear Subscriber,

Welcome to our Summer Newsletter. In this issue:

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- News and new Alliances

I invite you to consider one of our special destinations for a unique travel experience in 2010. Join one of our tours or let me plan a private journey for you with sensitive expertise.

We also bring you the latest news about cooking, classes, books, the garden and recent travels in America, as well as new connections to people and places we like.

Please enjoy and feel free to comment. I have also finally established a blog we welcome you to visit.

Wishing you a happy festive season ahead and looking forward to seeing you or hearing from you in the near future.

warmest regards,

Marieke

## ART of TRAVEL 2010 CALENDAR

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch trade winds in your sails. Explore. Dream. Discover." – Mark Twain*

As a new service to our clients and guests we are now charging in the currencies that apply to how tours are paid. We trust this is in our clients' best interests as a measure to avoid the volatility of money markets in the last year. Effectively this means two things. Across the board, tour costs based on current exchange rates are coming in at 2006/7 prices and on average represent savings in the vicinity of \$2000 per person. Moreover, your funds are secured into a trust account (a mandatory safeguard for you and a condition of our being a Travel Agent), so you can park your funds in advance at a time you choose to be most in your favour.

### 2010 Tours

*'If you want to travel quickly, go alone; if you want to travel far, go together.'* African proverb

### THE INDIAN PORTFOLIO

No one knows [India](#) like we do. Certainly this complex, intriguing and beguiling destination deserves at least one visit in a lifetime. Perhaps nowhere is there such a powerful expression of humanity. Our tours go far beneath the tourist veil to provide an intimate engagement with her people, culture and marvellous cuisine while ensuring your every comfort along the way.

I invite you to join us on one of these distinctive tours.



**Royal Tented Camps + Exotic Estates of Rajasthan is now in its 15 year! 10-23 January**

Our perennially popular, exotic and exclusive Royal Rajasthan tour highlights the best of genuine Rajasthan culture and glorious heritage properties and palaces. We always celebrate HH Maharaja Jodhpur's birthday at his Umaid Bhawan palace. This very special tour takes in desert landscapes, private tented camps, stately regal palaces and a plethora of specially

commissioned cultural events.

At the conclusion of next year's tour, we plan a very special extension at the illustrious and addictive Amanbagh property with renowned writer **William Dalrymple** and a number of the writers from his **Jaipur Literary Festival**.



**Gujarat Tribals+ Textiles 13-27 February**

A special tour for those who love the road less travelled, have an adventurous heart and wish to experience fast disappearing lifestyles away from tourist crowds. Collectors of superb textiles, photographers and explorers will thrill to this journey that also highlights remarkable architectural heritage. We meet in Ahmedabad, the surprisingly charming and fascinating capital of Gujarat. Despite its modern day advances and relative affluence, travelling through the State of Gujarat is like stepping back in time where surviving tribes live often nomadic and traditional lifestyles with immense creativity. There are also outstanding examples of Islamic and Hindu architecture often in a state of better preservation than can be found in Rajasthan.



**Spirit of India a Yoga + Ayurveda Journey 2-16 March**

South India is the heartland of India's mutually supportive sister sciences of Ayurved and Yoga that stem from ancient Veda traditions. "Spirit of India" delves into these rich and diverse traditions that take an all-natural yet deeply scientific and synchronistic approach to mind, body and soul. We travel from superbly appointed intimate resorts to ashrams to Ayurveda retreats and provide profound insights into South India's most ancient spiritual

traditions, travelled at a leisurely, meditative pace.



## Pearls of South India: Cultural Gems 21 August – 2 September

The best-selling travelogue *1,000 Places to See Before You Die* describes the river kingdom of Kerala as “staggeringly beautiful,” and it is. However, the “Pearls” sojourn also travels to the utterly charming old French enclave of Pondicherry where colonial civilisation has melded with a special spirituality, to the unique Chettinad region renowned for its food and romantic architecture as well as passing through the majestic Ghats, spice and tea plantations to

cruising the magic Backwaters, visiting private estates and families as well as some of India’s most vibrant temples.



## Spanish Conquistadors Northern Spain: Creative Revolution 8-20 September

Can any of us anymore live without chorizo or white anchovies in our pantries? We invite you to explore with us on this tour how Spain is taking the world by storm with its cuisine, wines, design, style and architecture. From beguiling Barcelona we wander on to Bilbao, San Sebastian and la Rioja and end in the prettiest mountain village in Majorca, a stone’s throw from the Med. We dine at two of the top ten of this year’s most awarded restaurants.

The only non-Spanish thing we do is eat early. We will avoid late dinners and indigestion and eat late lunches instead. Sleep in adorable accommodations from a Condé Nast’s Hot List metro hotel to a boutique Relais et Chateaux. Savour the Spanish zest for life and discover her marvellous wines and

gorgeous landscapes.



## Normandy: The French Table with Marieke at Chateau Bosgouet 29 September – 6 October

Join me in this charming region of France for Autumn with its promise of wild mushrooms, chestnuts, apples, particularly succulent scallops and oysters, rich cheeses and game meats. This magical week in a gorgeously restored chateau allows you to immerse yourself in *la Vie en Normandie*. Cooking classes based on local market produce, visits to Rouen, Deauville, Monet’s Giverny, Honfleur, dining in some superlative

restaurants combine for a memorable week.



## Cooking with the Raj: October Dates to be Announced

Join Marieke who shares with you the history and nuances of Indian cuisine in a mix of days that might include a discussion, a demonstration or a hands-on class and meeting with the scions of Rajput clans who are custodians of priceless culinary family traditions. Highlights include Udai Bilas Palace in Dungarpur, cocktails with the Royal family, cooking demonstration with Princess Pridarshini Kumari, tribal and folk entertainments in a splendid heritage property. The divine Devigarh Palace with hands-on cooking classes with their Executive Chef exploring spices, the cuisines

from the four corners of India and Ayurvedic dietary principles. The very special, luxurious tented camp at Nimaj where the family manages their own organic farm that provides superior produce for delectable cuisine. Balsamand Palace in Jodhpur, exploring the Old City and the majestic Mehrangarh Fort and two nights in Alwar spent at Amanbagh, an oasis of luxury and quiet.

### Private and Small Group Travel

For the determinedly independent traveler we are extremely well placed to design bespoke arrangements for you any where in India for any length of time. We have designed trips for honeymooners seeking romance, for highflying corporates who wish to better understand India personally as well within a global perspective, and for revelers who want to design amazingly different parties.

**Often in life we just wish to gather around us a few like-minded spirits and undertake a great and unique adventure. The following indicative itineraries are available to groups of at least 4 to 6 travellers. From the moment you land every small detail has been attended to, from excellent guides, to the best available accommodation and interaction with remote villages and adorable people.**



### Hidden Bhutan: The Last Himalayan Shangri-la

This once isolated Buddhist Kingdom is rapidly transitioning into the 21<sup>st</sup> C having recently anointed a new king as well as voting in its first democracy. Yet it remains a fascinating destination of immense natural beauty with soaring peaks and vast valleys, a culture where its architecture seamlessly combines the secular and the spiritual under one roof, with a people clinging to fabulous creativity and ancient traditions as they negotiate modernity.

This tour can offer any combination of trekking, great luxury, exuberant festivals, and idyllic remoteness.... The ideal times for travel to Bhutan are April/May and September/October.



## Forbidden Himalayas May to September

In the northeast of Himachal Pradesh fringing the Tibetan plateau lie ancient tributaries to the Silk Route that were until recently almost inaccessible to even the most tenacious of travelers. Today the mystique of the Kinnaur and Spiti Valleys can be visited in a combination of jeep safaris and gentle trekking with possible extensions to Leh and Ladakh. These legendary routes chronicle a fascinating blend of Buddhism and Hinduism as well as startlingly diverse landscapes from thick

pine forests and fruit orchards, to snow clad peaks and moonscapes with lakes and monasteries.



## Indian Wildlife Discoveries

With an uncle a founding member of Project Tiger in 1973, my Indian Director is not only passionate about Indian wildlife but has developed an extensive network of the most highly trained and experienced naturalists to provide wonderful interpretative experiences. Moreover, the luxury Taj hotel group have teamed up with CC Africa expertise to now provide four luxurious game lodges with Mahua Kothi in Bandhavgarh being India's first Relais et Chateaux property and their Pench and Panna properties

stealing multiple awards from travel and design magazines this year. Search the elusive snow leopard or view the endangered Bengal tiger from the back of an elephant.

Make a wildlife safari of India your sole focus or allow us to plan an extra week after one of our tours.

## Marieke's Diary

### From the Garden. November 2009:



Before leaving for the States in September we planted an all-organic, modest but intense and efficient vegetable garden, a small espaliered orchard of citrus and stone fruit under-planted with poppies, and indulged in some spring bulbs, and, with a determination to only water productive plants, we prayed for rain in our absence.

I have just been enjoying the fruits of labour from this my fifth vegetable garden.

Blessed by a Spring abundant in rain and spells of warmth whilst we were away travelling in America, we returned to vegetable plots that looked as if they had been overrun by triffids. Gardening for the first time in sandy soils on the Mornington Peninsula coast was a learning curve, but I've inherited the

foundations of a vegetable plot from an earlier predecessor at this location. By all accounts he was an eccentric hermit who had the entire back garden under production and we have been constantly surprised by the generous consequences: lavishly self-seeding rainbow silverbeet (chard), continental parsley, meaty oakleaf lettuce and warrigal greens.

The initial investment in copious loads of local chicken manure, top soil and mushroom compost reaped a richness that has been feeding us and friends for some time: spinach, broadbeans, broccoli, lime green stemmed and succulent cauliflower, the said silverbeet and parsley, tatsoi, red pak choy, bok choy, mizuna, 5 varieties of rocket (seed bequeathed by friends), a variety of lettuces, romanesco, snow peas, cavolo nero (black tuscan kale) and radishes. I have always been a fan of the [Diggers Club](#). Now nearly my neighbours, they provide not only inspiration with their wondrous Heronswood garden but also the seed mostly gleaned from heritage, non-mainstream and Seed Savers networks. The other seed supplier I love is [The Italian Gardener](#) in Canberra.

Cooking directly from the garden, knowing that the produce is organically raised, tasting the succulence and vitality of produce that has not travelled or been stored is one of life's greatest pleasures.

The rewards in the kitchen have included:

- my favourite parsley salad, originally inspired by that wonderful chef Janni Kyritsis and now a weekly staple. Made with chopped olives, capers, Parmigiano, lemon zest and juice, diced cornichons, lots of EVOO and white pepper and optionally anchovies, preferably the white ones and or shallots
- endless variations of spanakopita made with a special home made phyllo pastry I pick up from Smith Street when in town
- stir fried greens most often flavoured with the holy trinity of garlic, ginger and chilli, moistened with miso and served over raw salad greens.
- Baby broadbeans, radishes and peas, a grazer's delight, hardly make it to the kitchen but if they do are simply cooked in butter or olive oil or tossed with crisp pancetta.
- the cavolo nero, combined with phenomenally protein and mineral rich wild stinging nettles (carefully kept in check) that together bestow a powerful quotient of antioxidants.

### Some basic tips

#### For a beautiful broth:

We often prepare a herb and spice based broth: a slow distillation of ginger, galangal, lemongrass, garlic, star anise, cinnamon, cardamom, cloves, makrut lime leaves, that forms the basis for a variety of dishes: Asian style broth enriched by greens and rice noodles or quinoa, a poaching liquid for fish from the Bay, a richer soup with the addition of coconut milk.

#### The healthful garnish:

The nourishing "sprinkle" that garnishes almost every meal is made from unhulled sesame seeds and dried seaweed (wakame). The sesame seeds are soaked with sea salt overnight, then drained and dry roasted in a low oven until golden.

The wakame is blitzed in a blender until fine, the seeds added and just given a few seconds to combine.

Stored in airtight jars, this is an instant "super food".

In preparation for Summer and the festive season, we have also undertaken a "cleanse", enforcing the usual detox taboos on alcohol, wheat, sugar and coffee, and taking in lots of water and vegetable juices. If you feel inspired you can monitor our progress at Baxter's diary on <http://www.palateearth.com/>



As I write the poppies have come into full bloom. I adore poppies: California, Flanders, Shirley, Himalayan, Iceland whatever, but have never succeeded in growing them in previous gardens. This winter with seed heads saved from several friends' gardens, I mixed them with a good seed raising mix and liberally strewed them in the orchard. They have bloomed into a vast carpet in myriad shades of pink, cerise, lilac, vermillion and blood red, with gorgeous back blotches at the base of deeply ruffled petals and intricate stamens.



Last week a friend loaned me a documentary, "[Juliette of the Herbs](#)" made in 1998 as a tribute to Juliette de Bairacly Levy who died this year at 96. Born to a wealthy Jewish Egyptian Turkish family in Manchester before WWI, she left home to roam with the gypsies and nomads of the world after completing a university education. This is a lyrical and instructive portrait of a life lived attentively, intuitively, gleefully, profoundly, wisely. Juliette was an amazing herbalist with a special interest in animals and children. She created 10 Mediterranean-style gardens in her lifetime, all of which contained her most essential of healing herbs, rosemary and wormwood (from the Artemisia family). In the next phase of the garden I too intend to create a well-rounded culinary and medicinal herb garden.

## Art Of Cuisine

### From Art of Cuisine Kitchens:



In the spirit of things Indian, some of the students donned pretty salwar kameez to attend our recent cooking class in the King Valley. This was my second visit this year to a glorious property set on a bend in the King River, with its extensive orchards, nut trees and vast concrete hoops sporting lush seasonal organic produce.

India is still many countries in one, each state offering gloriously diverse cuisines that are never represented in our restaurants, which tend to a generic heavy Mughal repertoire.

Over fifteen years of leading tours to the subcontinent, I have had the good fortune to spend time and cook with chefs who have been kept in forts and palaces as royal retainers for decades, with outstanding home cooks from rich Hindi, Muslim, Syrian Christian or Arabic traditions, with Mumbai and Delhi-trained chefs in swank properties and with families who guard family secrets. This has allowed me to glean a vast repertoire of dishes to share with students. In our western servant-less kitchens, tackling an Indian banquet is not for the fainthearted yet certainly appealing to those with adventurous palates. But do not embark on the mission without at least a blender or coffee mill for grinding.

### Indian cuisine: variety

The intricacy, variety and subtle nuances of Indian cooking have nothing to do with curry.

- The artful blending of spices create **masalas** that are the heart of Indian cooking. A masala is a dry roasted spice combination, or spices mixed into pastes with ginger, garlic and other ingredients.
- Cooking over fire is the norm for rural folk, but wealthy kitchens include an outdoor kitchen that is fire based alongside a more modern setup.
- Despite Hindu taboos, meat is beloved by Rajputs and Chettiars alike and almost never browned first.
- Food from Gujarat almost always carries a sweetened undertone even when it is savoury. Rarely is the food very hot – chilli-based chutneys and pickles are served only as accompaniments.
- The finest cooking is light in oil and prepared à la minute to maintain maximum freshness and delicacy. To this day, even in metro apartments, fridges are bare as servants are sent at least twice daily to local markets and passing barrows to shop for each meal.
- In the south, much of the cuisine incorporates a medicinal understanding based on Ayurvedic principals so people eat according to the season, according to their "dosha" type and for the effect the food will have on their current state of body and mind.

This is what we created for the class. It was enjoyed outside under a vast canopy of stars, with a massive fire to alleviate the chill and the gurgling river to provide the music.

**Dinner MENU:**



**Spicy Whitebait with chat masala  
Pineapple Rasam from SwaSwara**

**Samosas with chutney  
Fish Biryani from Tellichery  
Quail Curry from Bangala  
Fish in Banana Leaf from Bengal  
Millet Kedgerree from Nimaj  
Eggplant with Tamarind Tomato sauce  
Cabbage with mustard seeds and curry leaves  
Cauliflower and masala sauce**

**Carrot Halwa with drained Cardamom Organic Yoghurt**

Other classes that have been well received this year have been the De-mystified Duck sessions, and those celebrating the abundance of Autumn and Winter.

Coming up 29 November is a class on Christmas Treats and Summer Entertaining with inspired salads and the art of poaching. [Contact Us To Make a Booking](#)

**From the Kitchen at Cutler & Co: Seconds to the Fore Lunch August**



The perfume wafting through the room as the first of the plates were served was quintessentially 1980s. In the recent film in which Meryl Streep really steals the show as Julia Child, she and Paul discuss over a revelatory fish dinner the perfect word to convey the delectable aroma and sensuality of *beurre blanc* and they decide on “tangy” to convey the ethereal acidic wine and vinegar reduction enriched by an emulsion of copious butter. The dish being served was Andrew McConnell’s tribute to Australia’s greatest Sous-chef Janni Kryitsis, who served 17 years under restaurant doyennes Stephanie Alexander in Melbourne and Gay Bilson at Berowra Waters and Bennelong before launching his own MG Garage. The *amuse bouche* was brioche with poached bone marrow and a red wine sauce.

From the one hundred diners who had assembled in the gorgeous room at Cutler + Co on a typically wintry Melbourne Sunday, rose a sigh of immense pleasure.

The sauce evoked memories of *nouvelle cuisine* when it was first popularised, and it came to denote a continental sophistication in this country. It was also a signature dish repeated and perfected every day of service at that restaurant on the Hawkesbury River and showed how the classically “old” can always be new again.

The lunch was born from a curiosity to learn about the directions, influences and aspirations that mould the new generation of cooks and how this might augur for future dining.

It came from a desire to celebrate unsung heroes, the hard working talent hidden for long hours in kitchens, and to provide an antidote to the curse of the celebrity chef, many of them no longer at their stoves but rather promoting themselves and their multiple businesses and books as a brand.

In keeping with the current zeitgeist, these young chefs were invited to collaborate on a Degustation that puts love, passion, craft and skill on the plate rather than luxe and extravagant ingredients.

Gentleman amongst chefs and surprisingly humble to boot, Andrew McConnell ("The Age" 2010 Chef of the Year) once again agreed to an exploratory collaboration volunteering not only his divine Fitzroy space but his chefs at Cumulus, the young Josh Murphy as well as John Paul Twomey from Cutler & Co. Wanting to balance the genders and metro/rural, I also invited Brooke Payne from Momo, Leilani Wolfenden then floating at Comme and Anthony Simone from Bright in NE Victoria.

Shy but eager, they were asked to consider some of the following thoughts when designing their dishes: *influences + mentors, personal dishes, 'haute barnyard' produce vs molecular magic, food memories, forgotten vegetables, what bespeaks the season, what resonates about Melbourne, metro vs rural sensibility, an element of theatre, cooking in clay, straw, salt, platters vs plated, and slow cooking.*

In keeping with showcasing second chefs and second cuts we invited David Bicknell from Oakridge in the Yarra Valley to come up with matches from their brilliant second tier, Over The Shoulder range of wines and David Baker to provision his brilliant local malt whiskey for this thoroughly pleasing menu:

## SECONDS TO THE FORE AUGUST 2<sup>ND</sup>, 2009 MENU

**TOASTED BRIOCHE, BONE MARROW AND RED WINE SAUCE (A TRIBUTE TO JANNI KYRITSIS) NV  
LARMANDIER BERNIER BLANCS DE BLANCS CHAMPAGNE**

**OX AND ROOSTER BROTH WITH CAPPELLETTI, SMOKED TONGUE, PARMESAN, LEMON AND  
ZABAIONE BY ANTHONY SIMONE FROM SIMONE'S OF BRIGHT  
OVER THE SHOULDER PINOT GRIGIO 2008**

**JERUSALEM ARTICHOKEs, GREEN BEANS, CELERIAC AND HORSERADISH, MEREDITH CHEVRE,  
BAKED IN CLAY BY LEILANI WOLFENDEN FROM COMME  
OVER THE SHOULDER SAUVIGNON BLANC 2008**

**RED MULLET FILLETS WITH CORIANDER AND CITRUS, ROASTED IN VINE LEAVES WITH FENNEL  
BRANDADE BY BROOK PAYNE FROM MOMO  
OVER THE SHOULDER CHARDONNAY 2008**

**SLOW COOKED PORK NECK AND CRISPY TAIL, WILD WEEDS AND PARSNIP BY JOSH MURPHY  
FROM CUMULUS INC  
OVER THE SHOULDER SHIRAZ VIOGNIER 2007**

**CHOCOLATE AND PRUNE GANACHE WITH MILK SORBET BY JOHN PAUL TWOMEY FROM CUTLER  
& CO  
OAKRIDGE LATE HARVEST VIOGNIER 2008  
BAKERY HILL CLASSIC MALT, SINGLE MALT YARRA VALLEY**



Prior to the lunch I spent time with all these young chefs, but sadly not Anthony who lives too far away, to get in touch with their special "mojo" in their working environments.

Anthony Simone exudes the charm and ebullience you would expect of his Perugian heritage and was born



to cook. From childhood, he spent time waiting and washing in his parents' acclaimed regional restaurant run by mother, Patrizia and husband, George for over two decades in northeast Victoria. Here he joined them as chef a few years ago after cooking experiences in Umbria and Le Marche as well as at McConnell's 211 where he realised "what was missing in his life".

When he wrote to me excitedly accepting the invitation, he had just broken down 2 free-range black pigs, (dressed weight 150kgs each) to make 230 salami, 4 *guanciale* (unsmoked bacon from the cheek or jowl), 24 *cotechino, coppa* (head terrine), stuffed trotters and Italian

sausages!

This is how he described his career so far: *I have been cooking for the past 6 ½ years ..., my cooking has always revolved around my family and friends, in Australia and Italy. My cooking style has been developed from my mother's influence but chiefly my two nonnas who are amazing old world cooks. From my nonna in Italy came an understanding of game, meats and wild greens, and my nonna in Australia a passion for breads, pasta and preserving. But the most important thing that all three of those women taught me was to remember that food is more than just fuel, it has a life of its own to which you impart love, care and lots of herbs.*"

This spiritedness was completely evident in the delicate golden broth distilled from an ox and rooster stock. The consommé was garnished with divine cappelletti filled with the meats and smoked tongue, and finished with a zabaione and a dusting of parmesan. The dish was understated yet purely elegant, and ever so refined by perfect technique.



Seemingly understated also was Leilani Wolfenden's clay parcel of winter vegetables. And yet it had been weeks in the conceiving and the experimenting: researching and sourcing the right clay, judging how much to pre cook the vegetables before they are wrapped, what temperature to cook the parcels at so the chèvre was only just melting. It was a superb surprise package with the fun of breaking open the clay to taste vegetables that had maintained their full integrity of individual flavour and texture yet beautifully unified by the Meredith goat cheese and sharpened by the horseradish. A perfectly dressed salad was served at the table.

Leilani's intensity might at first glance not bode well for the pressures of a fine dining kitchen. Hailing originally from a New Zealand farm she had the bold initiative to camp at the door of Donovan Cooke and Phillipa Sibley-Cooke's restaurant until they gave her a job. Their *Est Est Est* cookbook had convinced her that this was where her future lay. After they finally took her on, she confessed they ran a wager book to see how long she would last. Four years later and a hell of a lot of perseverance and possibly a lot of tears too, she left for London with a swag of talent and skill under her belt and with their blessing and contacts for cooking jobs in Europe.

Experiences with Michelin-starred Phillip Howard at The Square and Marcus Wareing at Petrus (before he split with his old mentor and friend Gordon Ramsay), did not specially endear her to big kitchens, but she loved her few seasons cooking on private yachts that plied the Med. Returning to Australia she assisted Daniel Southern at *Bistro Guillaume*, and briefly took her first head chef's position.

Her partner, a former chef, is now training in nutrition at the Natural Therapies College and her heart is increasingly drawn to producing food that is technically brilliant but in synch with the seasons and respectful of the environment in terms of production and progeny. Perhaps an organic café in Northcote or Brunswick?

Red mullet (aka *Rouget, Barbounia*), is amongst my favourite fish: sweet, fragile and nutty. Its scarcity means it is up to 55 Euros a kg in Greece, but definitely worth seeking out when it is in our local markets.



Brooke Payne's original idea was to serve a single fillet to keep the portion size in keeping with the overall lunch, but this dish was to be all about timing: 100 portions to come out at once, marinating time monitored so as not to pickle the fish, and cooking time managed to preserve the delicacy of the dish. To avoid these risks of timing it was decided to wrap 2 fillets into the one vine leaf. It emerged a triumph: moist, beautifully balanced, and beguilingly simple.

The dish had been evolved with her staff in Greg Malouf's Momo where the vast kitchen has an unusual preponderance of young female chefs. The atmosphere over which Brooke presides has a youthful buzz, focused activity and hip music to fuel the inevitable adrenalin of *mis en place* that leads to a seamless service. Having never loved school, Brooke apprenticed early to Jacques Reymond's pastry section and discovered her true love: cooking. A stint with Bill Marchetti taught her about pasta and Italian cuisine. She has now been with Malouf for 8 years and mastered not only the techniques and spice nuances of Middle Eastern food but also attributes to him her lessons in building a balanced team, "working with them to achieve the desired result from a gentle and level headed approach".

What is there not to love about Cumulus Inc? But working there means managing in a tight space and pumping fabulous food out all day.



Josh Murphy seems improbably young and exceedingly calm and gentle in this bustling environment, where he manages a considerable cooking staff and a seasonal, produce-driven changing menu. The day I arrived he had just taken advantage of a box of nettles (one of nature's most powerful greens) sent courtesy of their fishmonger, to be blended with oysters into a delectable puree and served with little house-made sausages.

To alleviate the boredom of a convalescent period after an accident as a teenager in Tasmania, Josh turned to cooking for his family, and having found his passion took himself to Melbourne to seek a career that started at a Port Melbourne pub. He then moved to work under Michael Lambie, followed by Andrew McConnell at Circa. After being Andrew's Sous chef at 312, he accepted the position of Head Chef

at Cumulus where he has been since its inception.

He has an obvious rapport with Andrew and has learned the most profound respect for ingredients, especially non-mainstream and artisanal-produced ones. That legacy and his admiration for Janni Kyritsis' ["Wild Weed Pie"](#) shone in his dish of Slow cooked Pork with wild greens. He is yet to travel and is being encouraged to go and expand his cooking horizons in – not London – but rather Scandinavia, Belgium and Spain.

For many diners the most anticipated part of any meal is the dessert. In a balanced meal *le grand finale* needs an element of luxe, should not be cloyingly sweet and needs to uplift a palate that has already savoured a multitude of textures and flavours. I agree with Alan Koehler:

*"Dessert should close the meal gently and not in a pyrotechnic blaze of glory. No cultivated feeder, already well fed, thanks his host for confronting him with a dessert so elaborate that not to eat it is simply rude - like refusing to watch one's host blow up Bloomingdale's."* (Madison Avenue Cook Book)

or perhaps with Graham Kerr:

*"I prefer to regard a dessert as I would imagine the perfect woman: subtle, a little bittersweet, not blowsy and extrovert. Delicately made up, not highly rouged. Holding back, not exposing everything and, of course, with a flavor that lasts."* (The Galloping Gourmet - 1960s)

John Paul Twomey's chocolate ganache certainly fulfilled all these criteria as a fitting finale to this lunch. His play on tea and biscuits was made into magic as the chocolate was underscored by prunes, the ice made from milk, and the caramel crunch seasoned with pepper. It was rich but not heavy. With that special Yarra Valley whiskey it was a marriage made in heaven.



This Irish man of few words and an enigmatic smile hails from Cork and has loved his seven years in Australia (now home) where he has worked in some of Melbourne's finest restaurants – Raddi and the Botanical with Paul Wilson, then Circa, the Prince with Andrew McConnell where he was sous chef, before going as head chef to 312, the role he continues now at Cutler and Co. The day we chatted, as he meticulously sliced dozens of fillets of precious tuna for his *mis en place*, a sense of extreme order prevailed as a multitude of jobs were executed in a confined space with his team working in studious concentration, the odd joke interrupting their

seriousness but never the flow of work.

These young chefs, with their disparate personalities and kindred love of cooking, melded on the day of the lunch into a supportive and caring team. The discipline and cooperation was as impressive as the complete absence of pretension of any kind. Indeed there was a quiet confidence and happiness in the

dishes they had executed. In the way that sometimes a picture is more powerful than words it was also the case that the beauty on each plate was the expression of their considerable creativity and generosity more than the words these shy chefs were able to muster in front of their appreciative audience.

The gleeful noise level of the guests, the crescendo of which was unlike a restaurant experience, was testament to the success of the day. And hats off to the suave, elegant and very polished service team who had to reset the restaurant for another 100 diners due an hour later.

In these young and passionate hands, we can expect to eat extremely well into the future.

© Marieke Brugman

## THE RECIPES "Seconds to the Fore" Lunch

### Leilani Wolfenden's Clay parcels of Season's Vegetables



In Her own words:

"Well, here goes: umm, the type of clay I used, I could not be sure of unfortunately. I sourced it from [Walkers Clay in Croydon](#), and it was so reasonable, the actual clay was \$12 for 10kg, then I paid 30 odd bucks to get it sent out because I had no idea where Croydon was, or how to get there. (The clay would have been Earthenware/Stoneware)

The majority of the clay was rolled about 5mm thick, and that's when it worked best, in my opinion. As long as you've got a water spray bottle ready as you roll, it's easy. Use a rolling pin, pretend you're rolling pastry, and spray with water when the clay seems to be getting a bit tacky. As long as the clay is kept damp and cold, it will be fine for ages. So rolling it all then leaving in the fridge between pieces of glad wrap or plastic would be totally ok, just keep airtight.

I took a guess with cooking temp thinking that clay is cooked in a kiln at a high temp, so thought I'd use the same approach with a commercial oven 220 Celsius for 12 minutes for my little parcel, and I figured by the time the clay was hard, then the filling would be hot. I felt safe with that because everything was pretty much prepped before hand, so although I was cooking the clay, the filling was just being reheated.

(Vegetables used at Seconds Lunch were Jerusalem artichokes, green beans, celeriac and horseradish)

If I was cooking something, I'd try a slightly lower temp, for longer. For optimum cooking I would say, have a hot tray in the oven ready, then slide the clay on, so the clay starts cooking instantly on the bottom.

It probably shouldn't be parceled too far ahead- A couple that I did the night before went a bit soggy on the bottom, maybe 12 hours at the most? So it would be fine to prep in the morning for that night, but not to have sitting wrapped in clay overnight.

At the moment (late Spring), I'd maybe use a pea purée, some beautiful spring veg like asparagus, baby leeks, some carrots maybe tossed in some Sauternes and butter before hand. It's important to have something that acts as a seal between the clay and filling- what ever leaf it is- spinach, cabbage, maybe a vine leaf?"

### Red mullet fillets w coriander and citrus roasted in vineleaves w fennel brandade.

© Brooke Payne

6 x 200g red mullet (or goat fish)- filleted and pin-boned  
6 large vine leaves - rinsed of excess brine  
1 bunch coriander - washed, chopped  
2 lemons - zested and juiced, plus extra juice  
1 tbs sumac  
6 cloves garlic - finely sliced  
6 bullet chilli - finely diced  
1 heaped tablespoon fennel seeds - roasted and lightly crushed  
>olive oil  
sea salt / pepper  
500g fresh baby fennel - washed and cut to roughly 2cm dice  
250g Sebago potatoes - same as the fennel

### **For the fish:**

Marinate the fillets in the coriander, lemon zest, juice and sumac for 15 minutes, the juice will start to cook them so you need to time this precisely.

Arrange the vine leaves on your work surface, vein side up.

Cut off the stalks and trim each leaf so they are just shorter than the length of the fillets. Place one fillet skin down on the leaf, then place the other half on top.

Roll the vine leaf around them to make a neat bundle.

### **For the brandade:**

Heat oil in a heavy based pot, add garlic, chilli and fennel seeds, cook out over a low heat til soft and caramelised.

While this is ticking over, steam the fresh fennel and potato, then add them to the pot. Beat and mash with a wooden spoon, mix should be a little lumpy and rustic, season with salt, pepper and lemon juice to taste.

In a hot large nonstick pan fry the bundles of fish in oil to achieve a crispy, coloured leaf. Turn down the heat and cook for a further 2-3 minutes on each side.

The fish should be just under-cooked. It will continue to cook as you are serving it.

Garnish with baby parsley, fresh sliced shallot, lemon dressed salad.

## **Chocolate and Prune Ganache**

©John Paul Twomey

### **for the ganache:**

3 earl grey tea bags

1 cup boiling water

20 prunes

10 oz of good quality chocolate

1 1/4 cups of heavy cream + 1/2 cup

Bring water to boil add tea bags leave to infuse for 10 minutes.

Remove tea bags add prunes and leave to soak overnight.

Bring 1 1/4 cups of cream to boil remove from heat add chocolate let stand for 2 minutes.

Stir chocolate mix together till smooth and glossy

Beat 1/2 cup of cream and with mixer till soft peaks.

Drain and chop prunes roughly.

When chocolate mix has reached room temperature fold in whipped cream.

Add prunes and set in moulds in fridge.

### **Anzac biscuit mix**

1 cup rolled oats

1 cup sugar

1 cup flour

1 cup desiccated coconut

1 tablespoon of golden syrup

1 cup butter

2 tablespoons of boiling water

1teaspoon bicarb soda

1/2 teaspoon vanilla essence

Mix oats, flour, sugar and coconut together.

Melt syrup and butter together.

Mix bicarb soda and boiling water together add to butter mix.

Add dry ingredients.

Place 1 tablespoon on greased tray .

Bake at 150 for 20 minutes

## From the Chair: Books

A young friend with a dual passion for wine and sustainable environments recently located to London and has landed a lucky job at a refreshingly independent innovative publishing house. Founded in 2003 by [Barbara Schwepcke](#) with encouragement from the late, great writer and exasperated professor, WG Sebald, Haus publishing has specialised in quality non-fiction and produced amongst others a series of short biographies.

3 years ago they added a list of literary travel writing, the Armchair Traveller, which brought it critical acclaim. They've so far published 29 of an anticipated 80 books around the world. More recently Haus has expanded into fiction with a special interest in Arabic literature.

There is something so very alluring about small books that fit so nicely in the hand, pack so easily into a handbag, are so gorgeously produced in lovely cream paper with an appealing layout and are also rich in ideas (see also Penguin's pocket philosophy series and Melbourne University's Little Books on Big Themes series).

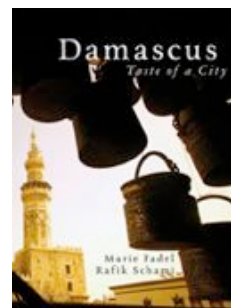
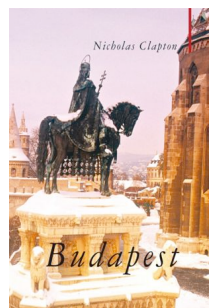
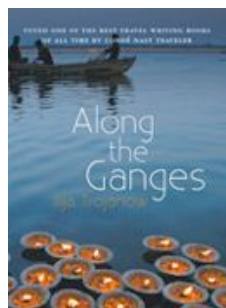
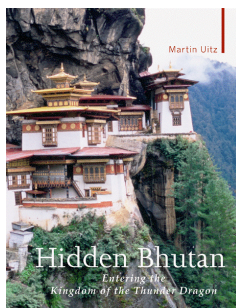
Of the Armchair Traveller series I have so far loved:

- *Spain Body and Soul* written by a Dutchman who came to live in Madrid, whose appreciation for Spanish spiritedness and food shines in the memories, eating anecdotes and recipes;
- *Hidden Bhutan*, endearing for its deep empathy with such a rapidly changing culture, and humorous insight into the peculiarities of its people and capacity for truly adventurous trekking;

I look forward to the much praised *Mumbai to Mecca* by the prestigious writer Ilija Trojanow who also authored *Along the Ganges* (voted one of the best travel books of all time by Condé Nast Traveller).

In all, a highly recommended series for people researching a new destination, wanting to recall memories of a beloved place already visited or simply for those readers who do not want to vacate the comfort of their chair to be intelligently engaged, have their inquisitiveness aroused or to discover a perfect antidote to the style of travel writing enshrined by rough or lonely.

Haus have a vibrant web page and [books can be ordered on line.](#)



## POSTCARDS from AMERICA

### Private Cooking in Kauai:



When B asked me to join her invitation as a private chef for a family reunion on the island of Kauai, it was an irresistible way to escape the winter doldrums. Kauai is a small green island that lies in the northwest of the Hawaiian archipelago (the world's most isolated group of islands at almost 3000kms distance from the nearest continent).

The patriarch's 90<sup>th</sup> birthday was the occasion to bring together nearly 30 members spanning four generations. The hub of activities was a wonderful 19thC plantation house built by early missionaries

on Hanalei Bay. My greatest anxiety was that we might not have much more than taro, pineapple and fish to cook with for 2 weeks, but we were to be pleasantly surprised.

A volcanic tropical paradise of 60,000 people and haven for outdoor enthusiasts with caves to explore, seas to fish and kayak, steep pinnacles to trek, waves to surf, lagoons and bays to swim and rivers to paddle, Kauai boasts one of the world's highest rainfalls at over 400"!

The Pacific island "life a la manjana" mentality draws a mix of old hippies living "au naturel", wealthy mainlanders with sprawling holiday estates, and a local mix of islanders (Hawaiian, Filipino etc) whose traditional cultures have long been wiped out by earlier missionaries.

Most dawns brought a torrent of rain ensuring a phenomenal growth rate for plants, followed by brilliant sunshine. The island's most renowned fish providore was only around the corner with daily supplies of ahi (tuna), mahimahi (dolphin fish), ono (wahoo), uku (snapper), monchong (a type of pomfret) remarkable for their size and freshness but lacking finesse when it came to breaking the fish down.

Hanalei also boasted a twice-weekly farmers' market and an outstanding albeit expensive organic healthfood shop. Less than 20 minutes away at Kapaa and Kilauea were two other farmers' markets.



These markets proved to be our godsend, especially the stalls of Hannah and Maria, who had Asian treasures in their garden that they brought to sell specially for us: freshly dug turmeric and new season ginger, curry leaves, cinnamon leaves, lemongrass and unusual herbs.

Luscious mangos and rich creamy avocados were the size of footballs. Sugarloaf pineapples were white-fleshed, intensely sweet and non acidic. Lilikoi and sunrise papayas were super fragrant.

The variety of fruits was heady – rose apples, custard fruit, lychees, a native cherry, Buddha's hand, jackfruit, carambola, dragonfruit – and heavenly because they are all

sun-ripened and ready for eating immediately or within days. The vegetable sections were just as inspiring with a wide variety of lettuces, Asian greens, watercress, plump eggplant, delicate beans and flavoursome tomatoes.

Not much for formality, the family gathered, after cocktails on the lanai, at a long table in a dining room that served as museum to the Wilcox family history, and grazed at elaborate buffets that ranged from homely to "piss elegant". Desserts were a highlight and inevitably pavlova appeared on the menu as well as pecan pie. Fresh abalone hauled over from California by one of the guests involved great skill in preparing it for cooking, a hefty task and not for the faint-hearted. Well versed in the art, Eric whiled away an afternoon removing the abalone from their shells and detaching the feet, the innards, the guts and the skin. Pounded, sliced and fried, they were much appreciated.

In other ways this part of the world is reminiscent of an earlier era where helmets are not worn, kids climb into the back of utes and open fires are allowed on the beach. BBQing with the sand between the toes was a treat, as were the daily swims.

## AMERICAN IMPRESSIONS:

This visit to America was not without trepidation. After all, the political landscape under Bush was hardly enamouring and it had been nearly two decades since my last visit. In that time since Reagan considerable disillusion had set in, indeed a sort of grieving given that typically perhaps of a child born in the fifties, America had been the first foreign culture to fall in love with for its sense of freedom and idealism and a cultural view of happiness and possibility that pervaded our growing up. Our mythic idyll was youth culture and easy living lifestyles of back yard barbeques and beach holidays, but also the assassination of Kennedy, the Vietnam war, the civil rights movement, the Black Panthers, feminism...And now with the mire of Katrina, the Iraq War and the scandals of Wall Street and economic collapse to confront found my view to be perplexed.

Paradoxically there were many surprises in store, not least the realisation that the great things about America are still there, but most joyfully an absence of ageism, a sense of optimism, an eagerness and way of being open around ideas, experiments, and a "can-do" mentality. It was both energetic and energizing.

Our journey meandered from autumnal Park City to Cambridge, Boston, Cape Cod and New York, where the air was somewhat rarified and bore little resemblance to the increasingly depressing aspects of myopic, fundamentalist, prejudiced, parochial middle America described in another wonderful American journey, [Don Watson's](#) recent meditation and observation over nearly 40,000 kilometres travelled by trains and road that had formed my preparatory reading.

**Park City** was between seasons, ablaze with reds and golds as trees donned their autumn colour and in party-mode. Renowned as a ski resort and major home to Sundance Film festival screenings, this old silver mining town has been beautifully conserved. Impressively too for a population of merely 60,000 residents, they support a couple of outdoor farmers markets as well as a two major natural + organic supermarkets.



In September the locals maximize their superb environment as an outdoor playground for trekking, fly fishing, cycling. With perfect weather we enjoyed all these activities. They also celebrate a sense of community and creativity with weekly outdoor street markets and the high street galleries all opened late one night.

A stand out was the brickart exhibition by lawyer turned Lego sculptor, [Nathan Sawaya](#) whose life size pieces are composed of many thousand toy building blocks creating humorous, challenging, startling, mostly anthropomorphic 3-D pieces



### **LIGHTER LIVING**

Other than picture perfect seaside villages, a dreamscape of marshes, wild cranberry bogs, the steely gray of the Atlantic Ocean, and picturesque shingle-clad and clapboard colonial houses in Cape Cod, the main reason to visit this gorgeous outpost of Boston was to see my sister and meet my 9-year old nephew for the first time and also reconnect with a niece I last saw during my birthday celebrations in Rajasthan seven years ago.

Evolving familial relationships over time and distance is not without challenges. Somehow our memories of each can be trapped in the time warp of the era when we left the

country.

None the less there are those things that bind as we discovered parallel lives in some aspects: an enduring passion for good food and wines, a fascination with prevention rather than cure in the pursuit of well-being and good health. Where my life-changing passion has been yoga, Marjolein's has been Pilates. Over fifteen years she has built a successful enterprise and is now recognized as a master of the Pilates Method, and as the premier expert in home Pilates reformers. She has brought Pilates reformers and quality training videos into hundreds of thousands of households all over the world. Her [Lighter Living](#) brand has also developed a range of complimentary products for living life well from stunning probiotic food bars, to nutritional powders, an organic skin and body care range to a mattress made not only for sublime sleep but also perfect lumbar support. She brings a lot of fun and joy as well as ethical intelligence and tools for healthy living.



### **New York New York**

For a decade my most beloved city has been Paris followed closely by Istanbul. Six days was simply not enough time to get reacquainted with this grand dame after an absence of 20 years. Friends and frequent visitors to this vibrant of vibrant cities armed me with their list of recommendations. The indispensable guide was "City Secrets New York", the brilliant volume in an innovative [travel series](#) masterminded and edited by the architect Robert Kahn (it also includes the cities of Italy, London, Rome and soon to be released, Paris and Beijing). New York contributors include novelists, journalists, poet laureate Mark Strand, neurologist Oliver Sacks, architects Richard Meier and Philip Johnson, MoMA director Glenn Lowry and many others including historians, urban

archaeologists, gourmets, curators and filmmakers. Their essays range from the erudite to the humorous, the scholarly to the quirky but together create a grand tour of the city's art, food, shopping, architecture, and cultural and historic landmarks in all five boroughs. The books are elegant, clothbound and fit in your pocket.

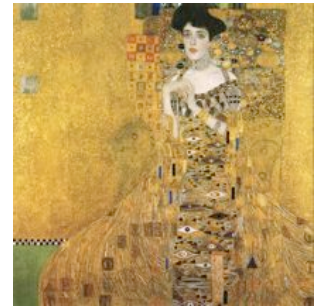
Having just read [Colm Toibin's Brooklyn](#), it was fascinating to stay amongst the new bohemian scene of Williamsburg and see the rapid gentrification of once gritty immigrant enclaves. The downside is that for old

habitues, increasing rents are already driving them to find new spaces. And throughout the city many storefront closings are the superficial signs of the battering from the recession.



Case in point, our talented sculptor friend Farah has had to move studio spaces five times in as many years and was displaying her most recent work in a new condo complex in the hope that this would encourage more passing traffic to see her wonderful "mosquito" series.

Small museums allow you to survey a marvellous collection in entirety in a single visit. I had absolutely loved the Frick Collection all those years ago and this time visited the stunning, intimate [Neue Gallerie](#) housed in an elegant Vanderbilt mansion and home to a superb collection of 20thC German and Austrian paintings and decorative art. The cafés with their turn of the century décor and Viennese specialties were drawing even bigger crowds than the Kokoschka retrospective on at the time. It was wonderful to be up close and personal with their glorious Klimt, an artist I first fell in love with when I lived as a young student in Vienna in 1970.



If you are visiting this grand city soon do not miss the spellbinding [William Blake exhibition](#) on until early January. These superlative watercolours allow you to appreciate the creativity of this astounding visionary. From the impressive collections at [The Morgon Library and Museum](#), another New York treasure.



[The Greenmarket at Union Square](#) was an absolute revelation in possibility for access to truly superior and extremely affordable, fresh, often organic produce available four times a week in the middle of a vast city. I visited each day it was open, revelling in the variety of late summer harvest: heritage tomatoes of every colour and shape, a huge variety of squash and autumn mushrooms, wild-caught fish and seafood, late season deeply perfumed peaches, nectarines and figs and early apples and pears direct from upstate farms, even New York wines. Nearby on Bleeker Street wonderful Mediterranean delis and bread shops and particularly Murrays

Cheese Shop supplemented the shopping basket with delicacies and deliciousness. Also around the corner, Wholefoods and Trader Joes, stores the likes of which are as yet completely unknown to us here, provided the doings for several excellent lunches.

Macro, now closed, had clearly been inspired by the model, but was absurdly expensive even for the well-heeled. In the States, despite their reputation for an indifferent and mass produced eating culture, these stores thrive because the variety available is vast, the quality is outstanding compared with the average supermarket shelf, the commitment to truly natural and organic is all pervasive, and the pricing is both fair and very affordable.

Indeed a week in the big apple revealed how very reasonable it is to eat and drink very well. \$12 buys you a stunning cocktail (120mls of top shelf liquor in the base), \$55 a superb seasonal tasting menu in a Michelin rated restaurant (such as [Dressler](#) in Brooklyn), and \$7.99 a pound of any combination of salads and hot dishes from Wholefoods that are well seasoned, flavoursome and still lively with freshness. Coming home drew stark attention to how costly our food has become, to wit \$75 a kg of King George Whiting fillets or

I caught up with a friend who left Australia 10 years ago. Returning to the States she changed her course in life and trained as a chef in New York at [ICE](#). On 11 September 2001 Darlene was responsible for a promotion of Spanish Food and Wine at Windows on the World. She rang in early that morning to make sure her team was on schedule as she had been delayed. The rest as we know is history. Her response was to become the Director for Windows of Hope, a charitable foundation that raised some \$24million in the last decade to assist in myriad ways the members of some 150 families who lost loved ones who worked in the food, beverage and hospitality industries in the World Trade Center attack. In this time she became acquainted with so many of the cities leading chefs who supported her fundraising endeavours and has now established [her own consultancy business](#). Today this means she can snare for friends just hitting town even

the most hard won tables at the best restaurants. In chatting over new directions she mentioned her best dining experiences this year, enjoyed with other chefs:

Swiss by birth, Daniel Humm's [Eleven Madison Park](#) that has just won a four star accolade from the [New York Times](#), and [Corton](#), located in the heart of Tribeca. Corton is a partnership between renowned restaurateur Drew Nieporent and chef Paul Liebrandt.

The last high note was walking the new [High Line](#). What a fabulous revivification of the derelict railway that



used to service the meatpacking district for over a century. Spanning 22 city blocks between and through buildings starting at Gansevoort Street and 10<sup>th</sup>, this new public space was being hugely enjoyed by New Yorkers on a late summer's day. For more wonderful photos of its progress since 2006 go to this [link](#). A visionary effort on the part of a residents group, this 3<sup>rd</sup> level park (reminiscent of the beautiful walk recreated over the old viaducts in Paris, **Promenade Plantée (Coulée Verte) 11e + 12e**) has jaw dropping views of the Hudson River, over the Chelsea Piers to New Jersey, all the way down to the distant silhouette of the statue of Liberty and close up and personal with the daring new [Standard](#), anything but standard hotel by André Balazs.

I most admired the gentle perfumes wafting up from the very naturalistic mostly indigenous planting, such an antidote to the concrete smell of the city, the integration into the design of its original function by incorporating tracks, the built in wooden seating, beautifully crafted, for sunbathing, gathering, conversation and contemplation.

Negrinis and a perfect Côtes-du-Rhône was enjoyed at the bustling [Patis](#) owned by Keith McNally, along with a hearty and authentic gratinéed onion soup.

This W 14<sup>th</sup> precinct also boasts some terrific fashion icons such as the genius Alexander McQueen, Yohji Yamamoto, Stella McCartney, the mother-ship for Apple-heads, the Chelsea markets, so wonderful for browsers and shoppers with deep pockets alike.

Lastly, I also caught up with the brains behind **Tour de Forks**, Lisa and Melissa who originally hails from Australia. They brought me up to date on their latest developments. The girls have recently joined the travel board at Bon Appétit. Their theme and motivation is to offer Uncommon Epicurean Adventures and the discovery of history, culture and people - through cuisine. Testimonials from guests who have undertaken their tours have raved especially about their unrivalled programmes in [Sicily](#) where famed author, Mary Taylor Simetti conducts their market tour and [Puglia](#). New to their portfolio next year are South Africa's CapeTown and Winelands, and Julia Child's Paris + Provence.

Together we are collaborating on a culinary program in Rajasthan in October. The tour will bring to bear the evolution of my fifteen year relationship with the kitchens of north India: private homes, royal palaces, swank hotels, spirited young chefs, traditions and innovations.

## Ephemera and Foodie Titbits

17<sup>TH</sup> SYMPOSIUM  
OF  
AUSTRALIAN GASTRONOMY  
"GASTRONOMIC ECONOMIES"  
...CELEBRATING 25 YEARS OF AUSTRALIAN  
SYMPOSIA



Having convened two [Symposiums of Australian Gastronomy](#) in 1991 and 1998, respectively in Geelong and the Grampians, and always regarded it as Australia's most significant and perspicacious forum for the intelligent and far ranging discussion of food, food philosophy, culture and politics, I was heartened to see its recent return to Adelaide. Held mostly biennially for the last 25 years, and in November convened by Dr Roger Haden, this was the seventeenth symposium, dedicated to "Gastronomic Economics", a fitting subject given the current zeitgeist. I was very sad not to attend but look forward to the publication soon of the entire series of proceedings since its inauguration in 1984 at [University of Adelaide's Research Centre for the History of Food + Drink website](#).

### R.I.P.

I am not party to the background of why their Masters program in Gastronomy has been suddenly closed, but it feels an immense loss. This graduate program, a collaboration between the University and Le Cordon Bleu Institute provided a multidisciplinary approach to the study of gastronomy, encompassing history, anthropology, sociology, geography and many other disciplines within the general area of humanities and

social sciences, as well as economics, nutrition, agriculture and wine studies. It was one of the few international programs for a masters in Gastronomy.

In Brooklyn in October, newsagents carried another very sudden death notice, for the venerable 70-year old American Gourmet magazine published by Condé Nast, victim of straightened economic times and advertising budgets. The considerable intelligence of its editor, Ruth Reichl, who had brought to the fore such controversial and contemporary issues to do with farming, genetic engineering, and trans fat to an erstwhile indulgent audience, her general resistance to the trend of personalities and brands, and her commitment to long thoughtful, literary pieces, is unlikely to ever be replicated again in a popular food magazine.

In today's marketplace the old dowager perhaps looked quaint and anachronistic, and I as I had not really bought an issue in over a decade, perhaps even irrelevant but I will never forget the excitement of her arrival in the 70's when our magazine recipe resource in Australia amounted to Women's Weekly, and the magazine connected us to the worlds of chefs, wine and travel.

Towards the end of summer two legendary establishment restaurants also closed, Tavern on the Green and Café des Artistes (opened in 1917 and owned by the Langs since 1974) where 20 years ago I enjoyed the lavish floral displays and asparagus sold by the spear within its opulent walls so removed from the tumultuous streets outside. Despite their longevity they were further casualties of the economic downturn and signal for the end of the 20thC.