

welcome

TO THE WORLD OF **FOOD AND WINE**



As the Food and Wine Editor for homesguide, I look forward to sharing my experiences with you. I will provide you with informative reviews on wine, restaurants, recipes, chefs, fine dining, and unique cuisine opportunities, covering the Blue Mountains and Central West region.

The Blue Mountains and Central West have some of the best wines

and finest restaurants that are found only 3-4 hours away from Sydney. In particular, I refer to the wines and restaurants found in areas such as Mudgee, Orange and Cowra, to mention just a few.

As a professional wine taster, member of the Australian Society of Viticulture and Oenology and Sommeliers Australia, I am fortunate enough to be able to visit wineries and restaurants across the region and even overseas. I regularly visit France, the USA, Italy and various wine regions in New Zealand.

For those seeking the best of fine dining, or for the wine connoisseur, I invite you to enjoy the many culinary experiences available to all who take the time to explore the suburbs in the Blue Mountains and Central West.

WHAT MAKES A GREAT CELLAR

I am often asked questions about my wine cellar and the best conditions for cellaring. After enjoying several bottles of excellent wines from the Cargo Road winery in Orange, I was prompted to take a look at what constitutes ideal cellaring conditions, and what happens to a wine when a cellar isn't exactly perfect.

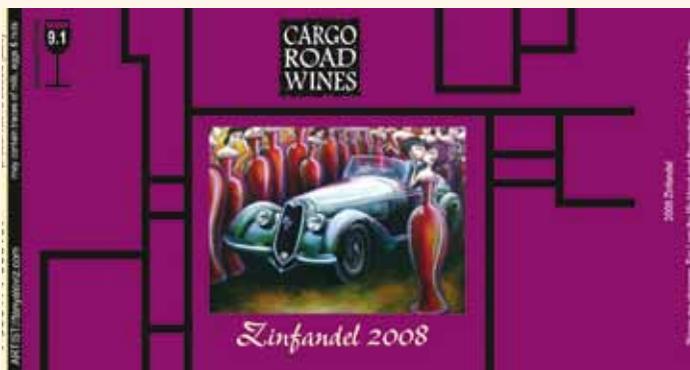
Although I have some 100 dozens in my cellar, it isn't exactly perfect! It gets warmer than I would like and more humid than I would like, but it seems to do a fine job maturing wines over the long term. So, what exactly are the perfect conditions for cellaring wine, then?

Simply put, the quality of one's cellar is determined by four criteria: vibration, light, humidity (to be maintained somewhere between 55% and 74%) and temperature, in particular the variation in temperature which is the real culprit.

If you can avoid exposing your wines to excessive and continuous light, vibration, humidity and temperature, your wines should serve you well when it comes to that special occasion to unscrew the cork.

Greg Bondar

Food and Wine Editor



WINE OF THE MONTH

I can attest to both the quality and complexity of the 2008 Zinfandel showing the sweet fruit nose of the 2001 and 2002 Zins. It comes in at 16.7 % alcohol but it will not burn your nose with spirit. It is well balanced, with great sweet rhubarb and stewed berries, with a hint of chocolate, cinnamon, cigar box and luscious berry fruit jam characters. This is one that can be enjoyed now or after cellaring.

glenella

PERFECT IN ANY SEASON

Local residents of the Blue Mountains often advise visitors that they can experience 'four seasons in one day' and this is one of the attractions for the day tripper or a weekend visitor.



If you are in Blackheath then a visit to Glenella Guesthouse and Restaurant is a must for dining and indeed for a pleasant weekend stay, taking in the culinary delights that Blackheath has to offer. Only a short hour and half drive from the heart of Sydney, the historic Glenella Guesthouse and Restaurant offers exceptional fine dining and excellent accommodation. For the historian, a carpenter by trade, George Phillips, built a home for his family in Govett's Leap Road in 1905 which he named Glenella.

Now in the hands of Welsh couple, Katherine and Gareth, with head chef Max McKinnon, the award winning Glenella Restaurant is a delight to visit and dine at, with a sensational a la carte menu and an array of fine desserts. The ambience is pleasurable and the service is friendly and attentive.

With an outstanding wine list (and BYO), Max uses Australia's finest produce to create fresh and exciting contemporary cuisine. Max McKinnon, an amazing chef, has experience in Contemporary Australian, Asian, Italian, French and most other cuisines. He grew up in the Blue Mountains and has a great understanding of the local produce, flavours

and freshness. He works with seasonal produce and creates sensational dishes that enhance the flavours of products such as game, seafood, venison, and duck. Glenella also offers an excellent full country breakfast, available to both guests of Glenella Guest house and visitors.

Visitors must try the escargot in red wine jus and goat's cheese or the ricotta gnocchi with pumpkin and blue cheese puree for entrée. For the main course, you cannot go past the confit duck with orange and heirloom carrots or the highly recommended Megalong beef with potato and red wine jus. To finish, how does Cointreau panna cotta with vanilla ice cream and balsamic reduction sound? Yum!

Glenella also offers a 10 Course Tasting Menu with matching wines for those wishing to experience the taste of the Blue Mountains.



The restaurant and wine bar are open from 6-9pm Thursday through to Sunday and 11.30am-2.30pm Saturday and Sunday for lunch.

