



## REGIONAL NSW FOOD AND WINE EXPERIENCES

NSW takes in a sweep of landscapes, from blue-tinged mountains carpeted in gum trees to crisp crescents of white sand licked by waves, smooth glassy lagoons, swift running rivers, and red sand desert. It's this unique geography that, along with our fascinating history, has shaped who we are.

Each region exudes its own energy and personality and, when it comes to food and wine, an expression of landscape/climate/style that is like no other.

Where once the rural economy was based on wheat and sheep, there is now an increasing focus on indigenous foods and a mature and sophisticated food and wine culture.

The well-established wine regions of the Hunter Valley, Mudgee, Orange, and Canberra District, have been joined by the emerging wine regions of Hilltops, South Coast, Southern Highlands and New England. Together they combine history, tradition and an evolving and experimental dynamic to produce world-class wines.

### AWARD-WINNING EATS

With Sydney as its gastronomic pulse, new ideas filter out when adventurous chefs make a new home for themselves in the regions of NSW.

Chefs who have moved from city to country have shaken and stirred regional dining for the better. There's James Viles, **Biota Dining, Bowral**; Beau Vincent, **Subo, Newcastle**; Chris Mason (from two-Michelin starred The Ledbury, London), **Mason Restaurant, Newcastle**; and brothers Huw and Angus Jones, **Zanzibar Café, Merimbula**.

Chefs of renown draw visitors to a region. In the **Hunter Valley**, it's Troy Rhoades-Brown's **Muse Restaurant** and **Muse Kitchen** and veteran Robert Molines's eponymous **Bistro Molines** that make for a memorable weekend away. Visit **Margan at Broke**, in the Hunter Valley to see a sustainable kitchen in practice: the kitchen garden supplies a lot of the fresh food and eggs used in the kitchen.

Steven Snow's north coast restaurant **Fins** is another place of pilgrimage. Snow put **Kingscliff** dining on the map with his fine show of seafood. At the fine diner **Town**, in **Bangalow**, the talented **Kanetani** duo, **Karl and Katrina**, have created another very good reason for people to linger in this picturesque north coast village – Katrina's desserts are a highlight.



TOP: THE EDWARDS. MIDDLE: MUSE RESTAURANT. BOTTOM: BYRON BEACH CAFE.

From Bondi Beach to The Blue Mountains Botanic Garden at **Mt Tomah**, chef **Sean Moran** has forced food lovers to look west. Mountain views, eclectic décor and a flavour-driven menu make for a winning combination.

The connection between farm-fresh food and the wine of the district is celebrated in **Mudgee** at **Zin House**, overlooking the zinfandel vineyard at Lowe Wines, and at **Racine, Orange**, which is set right among the vines at La Colline. Simonn Hawke at **Lolli Redini, Orange**, is the fine-dining priestess of the region and her twice-baked gruyere soufflé with roasted hazelnuts more than lives up to its inflated reputation. With its wonderful picture-book windows overlooking the main street, Tony Worland's Tonic, in the pretty village of **Millthorpe**, is the place for a fine Sunday lunch.

### CAFÉ SOCIETY

You don't have to look far to find a vibrant and thriving café scene in regional NSW.

In Newcastle, the pick of a very large bunch includes **Estabar** (for the view, vibe, great coffee, imaginative food and always being one step ahead); **Three Bean** (for its sheer spit and polish) and **The Edwards** (for having the vision of all-day food, coffee and drinks).

Wollongong, south of Sydney, has a collection of quirky cafés, from **Diggies**, on the beach at North Wollongong in a stunning waterfront location, to **Lee and Me**, an art, fashion, music and coffee hub.

The wine region of Orange is fast becoming known for its café culture as well as its divine wines: **Good Eddy, Byng Street** and **Factory Espresso** lead the way.

In **Armidale**, the **Goldfish Bowl** is an exciting mix of wood-fired muesli, house-baked pastries and great coffee, and in **Tamworth**, Italophiles will be delighted by **Espresso Addimi**.

Caffeine fuels the Byron Shire: in **Byron Bay** there's **Byron Beach Café** and **Top Shop**. Further afield is the delightful **Footbridge Café** at **Brunswick Heads** and **Harvest**, a restaurant and deli, at **Newrybar**.

The Blue Mountains, close to Sydney, yields a trio of good coffee experiences: **Anonymous Café, Blackheath**; **Apple Bar, Bilpin** (wood-fired pizza too); and **The Red Door, Leura**.

Travelling the Hume Highway means a stop at **Jugiong's Long Track Pantry**, a rambling country food and homewares store. In **Wagga Wagga**, join the queue for a brew at the **Trail Street Coffee Shop** or head over to **Mates Gully** for home grown organic fare. Nearby is **Quinty Bakehouse** at **Uranquinty** and, in **Albury**, **The Proprietor** and **Early Bird Café**.

In the Riverina, visit the art-deco café **Dolce Dolce** in **Griffith** and the understated **Coffee Tree** in **Leeton**.

### FOOD FACTS AND TRENDS

NSW is full of interesting food adventures and experiences.

Try a pop up restaurant for something different:

- **Bird Cow Tree, Sackville**: Cheffy friends Martin Boetz, Cooks Co-op, and Alex Herbert of Bird Cow Fish serve lunch on the banks of the Hawkesbury

- **100 Mile Table, Byron Bay**: Sarah Swan and her team pop up in barns, fields and community halls

- **Francisco's Table**: Francisco Smoje puts on dinners in community halls in the Byron Bay hinterland.

Get your hands dirty (or not), at these authentic farm experiences:

- **Mandagery Creek Venison Farm Kitchen**: Once a month, **Orange** venison farmers, Tim and Sophie Hanson, invite guests to join them for Sunday lunch

- **Near River Produce**: Farmer Andrew Hearne encourages guests to dig for their supper at his Meals in the Fields and Breakfast in the Beds events on his farm in **Hollisdale**, near **Port Macquarie**.

The **June Licorice and Chocolate Factory** is an eye opener for lolly lovers who will be fascinated to learn how licorice is made.

**Ferment**, a tiny wine bar in **Orange**, boasts the latest in wine service technology – the Enomatic, a DIY wine dispenser that operates with a keycard.

**Nest**, a cute café in **Tumbarumba**, hosts dinner and movie nights in the old cinema at the back of the café.

Hanker for a shot of butterscotch schnapps? **Wildbrumby Schnapps Café** in **Jindabyne** is a small-batch schnapps distillery that makes a very popular butterscotch schnapps along with many other flavours. **Baker Williams Distillery** in **Mudgee** makes butterscotch schnapps as well as small-batch whisky.

### FARMERS' MARKETS

The NSW farmers' market movement is thriving as people cotton on to the experience of shopping for food in an atmosphere that is colourful and alive.

#### Blue Mountains

Buy honey produced in the Mountains, great pork from Trunkey Creek and farm made goats' cheese at **Blackheath Growers' Market, Blackheath**.

#### Country NSW

The twice-monthly **Dubbo Farmers' Market** in Dubbo draws on farmers and shoppers from all over the Central West. Other Country NSW farmers' markets are held in **Bathurst, Cowra, Mudgee, Orange, Young**.



DUBBO MARKETS.



## North Coast

There are some truly magical markets on the North Coast, in large towns and small villages. **Newcastle City Farmers' Market**, held in the **Newcastle Showground**, is a popular meeting and shopping spot for people interested in fresh food.

On the mid-north coast there's the **Foreshore Market at Port Macquarie**, a farmers' and artisans' market, as well as **Hastings Farmers Market at Wauchope** and the **Wingham Farmers' Market, Wingham**.

The weekday **Coffs Coast Growers' Market** in **Coffs Harbour** features local produce from seafood to bananas and macadamias. In **Bellingen**, the **Bellingen Growers Market** encourages organic fresh food producers.

There are four great markets to visit in the far north of NSW: **Mullumbimby Farmers' Market** at Mullumbimby Showground; **Bangalow Farmers' Market** at Bangalow Hotel carpark; **Byron Farmers' Market** in the Butler Street Reserve and **New Brighton Farmers' Market** at New Brighton.

## South Coast

A market that wears its ethos on its sleeve is **SAGE Farmers' Market, Moruya**. It's a weekday afternoon market featuring goods grown or made within a 160-km radius. Other South Coast farmers' markets are held in **Bega, Kiama, Tilba Tilba**.

## LOCAL PRODUCE

Fine produce is a hallmark of NSW farmers and growers. Experience it on restaurant menus, buy it from the farm or food stores that champion local producers, or just get out and meet the farmer at a farmers' market.

In **Mittagong**, the raspberries and blackberries grown at **Cuttaway Creek** grace the tables of the best restaurants and are available from the farm gate February to April. **Li Sun Exotic Mushrooms** grow mushrooms and run tours of the disused railway tunnels they're situated in.

Two stores in **Orange** – **A Slice of Orange** and **The Agrestic Grocer** – make it their mission to spread the word about local producers.

Look out for **Fourjay Farm hazelnuts**, **Murrungundy pistachios**, **Le Barre vinegar** and **Orange Mountain Wine verjus**.

**Carrington Cellars** in **Katoomba** is a regional showcase for the Blue Mountains. Local labels include: **Princess Pantry jams**; **Malfroy's Gold honey**; **Whisk 'n' Pin muesli**; and **Dryridge Estate's Riesling** made in the **Megalong Valley**.

Taste the range of **Jannei Goat Cheese** at the farm shop at **Lidsdale**, 10 minutes' drive west of Lithgow on the drive to Mudgee. **Pecora Dairy** in **Robertson** makes a range of quality cheese using sheep's milk, available from farmers' markets.

There has been a renaissance of small dairies producing un-homogenised milk; look for **Country Valley, Picton**, and the **Little Big Dairy Co, Dubbo**.

Good bakeries abound: in **Berry**, **The Berry Sourdough Bakery** has an almost permanent queue; **Baked Uprising** in **Newcastle** does a fine line in tarts; **Hearthfire** in **Bellingen** specialises in organic sourdough and pastries. Biscuits are one sweet treat that will tempt at **Bertoldo's Panetteria** in **Griffith**.

Looking for local seafood on the NSW coast? Try **Northern Rivers Seafood** in **Ballina** and **The Bay Seafood Market** in **Byron Bay** for fresh seafood straight from the fishing boat. Also, **Coffs Harbour Fishermen's Cooperative** and the **Commercial Fisherman's Cooperative** in **Newcastle**. **Lucky's Seafood** in **Ulladulla** supplies fresh seafood to **Rick Stein's restaurant, Rick Stein at Bannisters** in **Mollymook**.

If you can't get to **Tathra** to buy fresh oysters from **Tathra Oysters**, having them delivered by post from the supplier is the next best thing. **Batemans Bay** oyster grower **Steve Felletti's Moonlight Flat** oysters often feature on top restaurant's menus.

At **Brookfarm**, near **Byron Bay**, the macadamias grown on the farms are also transformed into tasty muesli and trail snacks. **High Ridge Saffron, Triangle Flat**, near **Bathurst**, is making its mark in the Central West.

There are many good extra-virgin olive oils grown and pressed in NSW. Try award-winning **Alto Olive Oil, Crookwell**; medal winner



MARGAN WINERY AND RESTAURANT.



at the 2013 Olive Oil Competition in New York, **Rylstone Olive Press, Rylstone**; and **Wollundry Grove, Brucedale**.

Branded meat identifies provenance: keep an eye out for **Armidale's Milly Hill Lamb**; **Mandagery Creek Venison from Orange**; **Burrawang's GoodWood Green beef**; and the **Hawkesbury's Melanda Park pork**.

## WINE REGIONS

Exploring NSW wine is exciting. The diversity between and within each of the State's 14 wine regions offers plenty of scope for exploration and experimentation.

The most renowned vineyards are in the Hunter Valley and Mudgee, but nowadays, wine is being grown almost everywhere. There are thriving wine communities from the Shoalhaven to New England and everywhere in between.

Wine experiences can be as simple as visiting cellar doors. Seek out **Clonakilla at Murrumbateman** (who release small and rare batches annually); **Cupitt Winery at Ulladulla** (housed in a tiny stone building); and **Logan at Mudgee** (spectacular cellar door).

There are some very exclusive experiences to be had too. How about a helicopter ride over the **Audrey Wilkinson** vineyard in **Pokolbin** or tickets to Opera in the Vineyard at **Wyndham Estate, Dalwood**?

## PUBS AND CRAFT BEER

Visit an historic pub and enjoy a chat with locals while you get a taste of the bush. For atmosphere, you can't go past **The Royal Hotel at Hill End**, **Prince of Wales, Gulgong** or **The Palace Hotel, Broken Hill**.

Pubs, such as the **Royal Oak Hotel in Cessnock** and **Carrington Place in Newcastle**, are known for their food. The historic Federation pub at **Ullmarra**, the **Commercial Hotel**, has both a café and a beer garden. The **Burrawang Village Hotel** in the pretty village of **Burrawang** is both a meeting place for locals as well as a magnet for visitors.

Boutique beers are also worth tasting on their home turf. At **Black Duck Brewery & Bar** in Port Macquarie, craft beers are made the traditional way in a friendly, relaxed atmosphere while **Erina's Six String Brewing Company** serves handcrafted beers inspired by world-class techniques, all complemented by a menu featuring lots of local produce.



BADLANDS BREWERY ORANGE.

You'll taste the skill that goes into the craft of brewing Pale Ale, a traditional Summer ale from the heart of the English countryside, from **Badlands Brewery** at The Agrestic Grocer in Orange; **Dalgety Brewing Company** in the Snowy Mountains is a micro-brewery that grows its own hops and uses pure Snowy River water to deliver a true taste of the high country. The **Hop Dog Beerworks** in South Nowra has a cellar door experience for lovers of craft beer – watch as brewers go about their work mashing, boiling, cleaning kegs or bottling.

## FOOD TRAILS, FORAGING AND BUSH TUCKER

Seasonal trails, foraging and bush tucker tours are a great way to taste NSW.

In autumn, go mushrooming for **Saffron Milk Cap** (*Lactarius deliciosus*) and **Slippery Jack** (*Boletus portentosus*) in pine forests in **Oberon** in the Blue Mountains region and the **Southern Highlands**. For a pick-your-own experience, an information leaflet and direction are available from the Oberon Visitor Information Centre or join a **Weedy Connection** mushrooming tours.

Chestnut and walnut farms such as **Fern Hill, Mt Wilson** and **Kookootonga, Mt Irvine** in the **Blue Mountains** welcome pick-your-own visitors in autumn.

Pick cherries off the tree during November and December at one of many orchards around **Young**, including **Hill-Lock Orchard** and **Allambie Orchard**.

Sign up for an organised tour and explore Berry and the South Coast with **Foodscape Tours**. Meet the producers of the Southern Highlands on a **Food Path** tour – their program features a winter truffle tour.

Download **Hawkesbury Harvest's Farm Gate Trail MApp** for an insider's guide to farm gate experiences in the Hawkesbury.

Visit a farm, vineyard or Mudgee producer on the **Mudgee Fine Food Farm Walks**, held in conjunction with the twice-monthly farmers' market.

At **Chillingham Bushtucker** in the Tweed Valley, stroll around the beautiful bush-tucker garden and learn about the native finger limes, kaffir lime, lemon myrtle, yuzu fruit and other tropical fruit grown here.

Also on the lush north coast, **Valley of the Mist** orchard and wetland sanctuary near Macksville is an idyllic setting to learn about bush tucker and taste what's in season, including the fruits of the lillipilli, macadamia nuts, lemon and aniseed myrtles, finger limes and Davidson plums. Stock up on jams, chutneys and dressings made with authentic bush tucker.

In the spectacular setting of the Greater Blue Mountains World Heritage Area, just 90 minutes' drive from Sydney, there are several options for discovering wild bush tucker. Gain insights into the culture of the local Aboriginal people as you learn about bush tucker and hear Dreamtime stories on a tour with **Aboriginal Blue Mountains Walkabout Tours**. Or take a botanic journey with an Aboriginal horticulturist at the **Blue Mountains Botanic Garden, Mount Tomah**. Along the Prince Henry Walk with **Muggadah Tours**, enjoy fabulous views while learning about the traditional bush tucker and medicine of the Gundungurra people.



## FOOD AND WINE EVENTS

### February

Enjoy the small town of Tumbarumba on the west of the Snowy Mountains at the annual food and music **Tumbafest**.  
[www.tumbafest.com.au](http://www.tumbafest.com.au)

### March

**Apple Day** celebrates the more than 120 varieties of apples grown at Loriendale Organic Orchard in Walleroo. [www.loriendale.com.au](http://www.loriendale.com.au)

### April

The town of Griffith in the Riverina comes alive at **La Festa**, a celebration of the city's Italian heritage and its dynamic food and wine industries. [www.lafesta.org.au](http://www.lafesta.org.au)

At **Go Grazing** in Mudgee, savour tasty morsels as wine and food come together. Also held in September. [www.mudgeewine.com.au](http://www.mudgeewine.com.au)

**Orange F.O.O.D Week** is one of the State's most exciting food events with hundreds of different food and wine activities taking place for 10 hedonistic days and nights.  
[www.orangefoodweek.com.au](http://www.orangefoodweek.com.au)

**Canberra District Harvest Festival** is an autumnal, post-harvest celebration in the vineyards of Canberra's wine district.  
[www.canberrawines.com.au](http://www.canberrawines.com.au)

It's billed as the ultimate oyster experience and there is plenty of bivalve action at the annual **Narooma Oyster Festival**.  
[www.naroomaoysterfestival.com](http://www.naroomaoysterfestival.com)

### May

**The Lovedale Long Lunch** explores the sub region of Lovedale in the Hunter Valley, bringing wine makers and chefs together over an expansive and relaxing lunch. [www.lovedalelonglunch.com.au](http://www.lovedalelonglunch.com.au)

**Batlow Cider Fest**, a celebration of apples and cider, is held in the picturesque town of Batlow in the Snowy Mountains region.  
[www.batlowciderfest.com.au](http://www.batlowciderfest.com.au)

### June

Explore the wines of the region at **unWINEd in the Riverina**, in Griffith. [www.unwined-riverina.com](http://www.unwined-riverina.com)

**Southern Highlands Cool Flavours** is a showcase of the region's vineyards and restaurants. [www.southernhighlands.net.au](http://www.southernhighlands.net.au)

**Shoalhaven Coast Wine Festival** is a series of events celebrating this dynamic wine region. [www.shoalhavencoast.com.au](http://www.shoalhavencoast.com.au)

**Hunter Valley Wine and Food Month** is a 30-day extravaganza of winter food and wine pleasures presented by the creative chefs and winemakers of Australia's oldest wine region.  
[www.hvwineandfood.hvva.com.au](http://www.hvwineandfood.hvva.com.au)

### September

**Sample Food Festival** flies the flag for the food producers and chefs of northern NSW at this one-day event in the Bangalow Showground. [www.samplensw.com](http://www.samplensw.com)

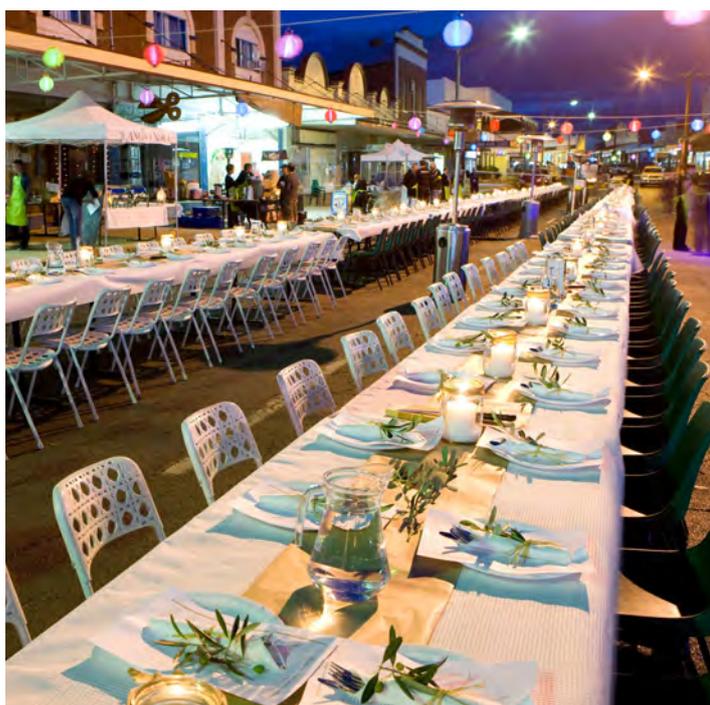
### October

**Hunter Semillon and Seafood** partners the iconic wine of the region, semillon, in a winning combination with seafood.  
[www.huntersemillonandseafood.com.au](http://www.huntersemillonandseafood.com.au)

The **Orange Wine Festival** program includes the Orange Wine Show and dinner and a night market. [www.tasteorange.com.au](http://www.tasteorange.com.au)

Take in the countryside, as well as the fine wines and food, on the **Murrumbateman Moving Feast**. [www.murrumbateman.org.au](http://www.murrumbateman.org.au)

Port Macquarie's annual food and wine festival, **Tastings of the Hastings**, is a sensory delight with food and wine of the region and lots of entertainment. [www.tastingsonhastings.com.au](http://www.tastingsonhastings.com.au)



ORANGE FOOD WEEK.

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