

## Cousin, WHERE HAVE YOU BEEN.

We've been waiting for you for AGES!! Now, finally, come in, **sit down and eat**, and let us tell you all about our family and our world.

Welcome to Italian Cousins first newsletter and thanks for coming...



We are so thrilled to finally be sending our very first 'Italian Cousins' package to you and we hope you love it as much as we have loved putting it together.

Our Italian Heritage has always been important to us and seeps into the day to day running of our family business. Four generations (so far) have embraced our traditions and now we would like to share them with you as well.

Being part of an Italian family is a wonderful journey so hold on to your hats and let us show you exactly what it means. We hope you enjoy the ride.

### Italianisms...

**FRIENDS:** Will come over for cake and coffee and expect cake and coffee, no more.

**ITALIAN FRIENDS:** Come over for cake and coffee, and expect an antipasto, a few bottles of wine, a pasta dish, a choice of two meats, salad, bread, potatoes, a nice dessert cake, fruit, coffee and a few after dinner drinks...time permitting there will be a late lunch as well.

It's **Winter (Inverno)** and now is the time to enjoy the fruits of our labours.

During Autumn (Autunno), there was an abundance of jobs to do in preparation for winter, things like making tomato sauce, brining and salting olives and sun drying tomato's.

Now, for those of us brave enough to continue the tradition, it is salami making time.

Traditionally, salami makers will grow their own pigs (maiali) from piglets, feeding them any of the leftover fruits and vegies from the Summer (Estate) & Autumn Harvest. The best time to make Salami is during the chill of winter.

Southern Italian "**wives tales**" say that **the best time to make salami is after the full moon when the moon is waning.**

This will ensure that the salami will cure well and not spoil.

At this time of year in the Granite Belt, many Italian families are preparing for Salami making day. A day when the entire family takes part, performing their duties based on their age!

The day begins very early with the men preparing the pig while the women prepare the flavourings and the skins.

Throughout the course of the day, a lot of tasting and drinking of wine occurs, with the most important part of the day being lunch. Usually, this consists of fresh ribs cooked on the BBQ with some of the prepared sausage meat (YUM!!!) Anyone who has been lucky enough to attend a salami making day will know how good this truly is.

At the end of the day, there are usually enough salami and sausages made to sustain 2 or 3 families for the next 12 months. The salami are hung to cure and the sausages straight into the deep freeze or if you are lucky, the frypan! **Delizioso!!**

**BALLANDEAN**  
ESTATE+WINES

BRINGS YOU...



**italian**  
**cousins**  
*All things Italian...*

### Teach Me Italian

**The Italian language is beautiful and melodic when spoken well. If you would like to learn to speak the language, take a look at this:**

An online course called **Italian Steps** teaches basic Italian. This will be a great introduction for those intending to join us on our '*All Things Italian Tour*' It can be found at:

**[bbc.co.uk/languages](http://bbc.co.uk/languages)**

Find a friend and practice together

## Where in Italy.... Barolo

One of the many beautiful hamlets of the hilly Langhe region, surrounded by vineyard covered mountains. Home of Nebbiolo – King of Wine and Wine of Kings. The region is renowned for wine, food and truffles.

### Highlights:

- Try the extraordinary cheese called Testun al Barolo. The aged cow and sheep cheese is coated with squashed nebbiolo grapes. (Can be found in Australian deli's)
- Get lost in the mountains and you will find fields of chestnuts, vineyards and hilltop castles.
- La Cantinetta Restaurant: we tried everything! The spinach and parmesan ravioli had a perfectly runny egg on the inside and the salmon with balsamic vinegar zabaglione were exceptional.
- Mustn't forget the 9 course degustation at Agriturismo Ca' Brusa. Everything they served was grown on the property – even the Barolo.
- grab a map with walking tracks to each vineyard
- taste and buy some Nebbiolo D'Alba, much cheaper than Barolo. Made from the same grapes, but grown just outside the DOCG of Barolo.
- White Truffles of Alba. Visit any weekend in October for the Alba Truffle Festival

### More info:

- We stayed: La Giolitta B&B [www.lagiolitta.it](http://www.lagiolitta.it)
- We ate: La Cantinetta, C'a Brusa
- Our favourite winery: Gigi Rosso [www.gigiroso.com](http://www.gigiroso.com) (also a vinegar maker)



## NEL VINO LA VERITÀ In wine, the truth

Celebrations are simply the Italian Way. A casual dinner with friends will evolve into a good reason to prepare mouthwatering food and serve your best wines.

With this in mind, the Barrelroom Café at Ballandean Estate has developed a number of events throughout the year based on their passion for preparing Italian food. If you feel the need to indulge your own senses, then head to Ballandean and take pleasure in the chefs passion. Here are the dates:

### Pranzo Italiano (Italian Long Lunch)

2011 - July 10, October 9 & December 11. 2012 – April 9, July 8.

A five course long lunch featuring authentic Italian music and food with house wine included. Enjoy magnificent food served banquet style in what seems to be a never ending feast. Dishes including risotto, pork, chicken and pasta are served to your table in an experience just like the ones you see in the movies.

### Primi Piatti (Literal translation First plates, usually refers to pasta.)

2011 – November 20. 2012 – March 25.

**Italian 'Yum Cha'** is the theme for this event with Chefs Matt & Bobbi preparing delicious small meals served to your table just as the traditional Yum Cha restaurants do. Choose from delights such as ravioli, fritto misto and traditional *Italian chicken feet* as well as some sweet morsels to finish. The Italian Yum Cha will begin to be served at 11am and finish at 3pm. This is a unique way to sample a range of Barrelroom Café specialties.

## A little bit of Art and Culture

In cinemas from July 28

A movie called *Big Mamma's Boy* - a comedy about life, love and lasagne.

Set in Australia, the movie is a romantic comedy highlighting the nuances of an Italian family and the struggle between tradition and modern day.

It looks hilarious and stars some familiar Italian/Australian faces.

You can find the trailer at [www.bigmamasboy.com.au](http://www.bigmamasboy.com.au)

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Set the table and invite your friends ....  
Let us tell you what there is to eat and drink

## **WINES**

### *2009 Messing About Nebbiolo*

The king of all varieties in Italy. Nebbiolo is famed as the variety behind Barolo a heavy tannic dry red from the Piedmont region. Ballandean Estate has included Nebbiolo in our new Messing About Range. This range is an opportunity for our winemaking staff to tempt you with new varieties and new styles.

2009 Messing About Nebbiolo is a light red wine that exhibits hints of cherry and savoury overtones that are very well suited to any Italian style food. This wine is particularly well matched to the piquant flavours of a traditional Italian antipasto platter.

Included in the Top 40, 2010 Winestate Magazine Easy drinking reds.

### *NV Range Reserve Sparkling*

It's time to celebrate our new relationship with a glass of bubbles. Italians love to celebrate (any occasion will do) and a glass of this medium dry sparkling wine is just the ticket. Enjoy the sparkling chilled and prior to a meal, it is great aperitif and will get any party started. Salute'. We have also added confette (see below) to celebrate Italian Cousins.

### *2009 Family Reserve Viognier*

Well, it's not quite Italian but a French variety is pretty close. This full bodied, medium dry white displays lovely hints of green apple on the palate and follows through with a creamy richness. We love to serve this wine with pasta, particularly with seafood. So why not try the pasta recipe and create your own seafood sauce to serve with this gorgeous white.

## **FOOD**

### *Mary's Torrone (nougat).*

Traditional, wafer covered, nut filled, nougat made true to the Puglisi Family recipe. Only the dedicated attempt this technique, and with the recipe included, you need to make sure you have plenty of friends on hand (and lots of good wine) before you begin. This is a true Italian recipe makes about 100 pieces and is traditionally served at weddings and christenings. A special occasion treat.

### *Handmade Pasta*

Guests enjoy this pasta that is handmade daily onsite in the Barrelroom Café by Chefs Matt and Bobbi Wells.

Add it to salted boiling water and cook until it rises to the top. Serve with your favourite sauce and let us know how it goes so we can share it with our other Italian Cousins. We would love to see photos! Find some delicious sauce recipes on our Facebook site.

### *Captured Seasons Pepperonata.*

Matt and Bobbi's own brand Captured Seasons preserves the delights of the Granite Belt. Put it on bruschetta, sandwiches, chicken and cold meat.....DIVINE. The end of the jar will come all too quickly.

### *Homegrown Fennel Seeds*

Pop one in your mouth for an explosion of flavour. These fennel seeds are grown in our Ballandean vineyard, the exceptional flavour of fennel is wonderful with fish and pork dishes. We also love potato, fennel and Italian sausage pizza. Yum.

### *Confetti (Sugared Almonds)*

Confetti is used at celebrations, particularly weddings, christenings and other special occasions. They are used in thank you gifts (bomboniere) for guests or as a sweet treat at the end of a celebratory meal. We suggest that you enjoy them when you have successfully created one of our delicious recipes with your family and friends.

### *Lirah Caramelised Balsamic Vinegar*

Produced by vinegar specialist (and family member) Ian Henderson, this lovely vinegar can be used in many ways. Why not try it drizzled over parmesan cheese on an antipasto platter, or serve in a small bowl with some olive oil and dip freshly baked bread, or drizzle over an Italian favourite of freshly sliced tomato, mozzarella cheese and basil leaves. SPETTACOLARE!!! (spectacular)

### *The Italian Gardener – Basil Seeds.*

Now that you have become an Italian Cousin, it is essential that you begin to plant your garden. That's right, you need find a small plot or a large pot to plant some of the ingredients that will feature in our forthcoming recipe cards because as we all know, fresh is best!! This package includes one of the royal members of the Italian herb family, Basil (basilico). Just follow the planting instructions and you will have gorgeous fresh Basil before you know it. Keep an eye on our blog for some great recipes.

### *Sandmill Sicilian Pesto*

An easy way to get you started with your handmade pasta, simply add this delicious pesto to your cooked pasta and serve immediately. Sandmill have been producing gorgeous pesto in the Granite Belt for many years to traditional recipes. We hope you enjoy it..

### *Your Special Gift*

We hope you love using your new Ravioli Cutter – a requirement in any Italian Kitchen. This cutter can be used with the included Pasta dough recipe and we look forward to seeing your beautiful creations on our blog soon. Please feel free to post your images, or tell us all about your Ravioli making experiences.

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