



HAPPY "BIG 50" BIRTHDAY RAEWYN



Raewyn Simons cuts her Absolutely Delicious "Big 50" Birthday Cake assisted by Mark & Holly

THAI LAMB SALAD



Approximately 4,000 years ago, the Thai people migrated from southern China to Siam (modern-day Thailand). So Thailand has a comparatively short culinary history compared to legendary Indian and Chinese cooking. The Thai people then took what was best from India, China and the Middle East and infused it with their own herbs and unique style with the result being a delicious Thai cuisine which is now popular worldwide

A Thai dish typically contains at least 12 ingredients and incorporates all 5 tastes of (sweet, sour, bitter, salty, and spicy) resulting in a meal which is fragrant and flavoursome to all of our senses. Thai food is healthy because it contains fresh vegetables, herbs, and usually relatively small portions of meat

Ingredients (serves 4)

2 fresh red chillies, seeded

1 garlic clove, crushed

50g palm sugar

175ml seasoned rice vinegar

1 telegraph cucumber

½ cup fresh coriander leaves

½ cup fresh Watercress, tender small stems

100g trimmed bean sprouts

2 tbs olive oil

2 (about 600g) lamb fillets

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1 medium carrot

1 daikon (Chinese white radish)

1 stick lemon grass, white part only, finely sliced

1/2 cup fresh mint leaves

1 tbs fish sauce

1 tbs soy sauce

Cracked black pepper & salt to taste

1/2 cup unsalted/roasted peanuts

Method - Slice the chillies thinly and place in a saucepan with garlic, sugar and vinegar. Bring to the boil, stirring to dissolve sugar. Set aside to cool. Slice the cucumber thinly into rounds and slice the carrot and daikon lengthways, into ribbons using a vegetable peeler. Place in a bowl with the lemon grass, mint, coriander, watercress and bean sprouts.

Brush the lamb with oil, season with salt & cracked black pepper and grill, barbeque or pan fry lamb until browned on both sides. Remove from pan and let stand for 10 minutes. Add fish & soy sauce to the dressing. Squeeze any excess moisture from the vegetables with your hands. Add half the dressing. Carve the lamb thinly. Divide salad between serving plates, top with sliced lamb and drizzle with remaining dressing. Optional - Sprinkle with unsalted/roasted peanuts **Absolutely Delicious**

SHIRAZ

Despite our love of white wines, the incursion of Merlot, and the long-term strength of Cab Sauv, **Shiraz** is still Australia's most popular and best-known wine. It has become synonymous with the Australian wine industry driving much of the international wine market to the point where Australian wine exports are now over two billion dollars each year

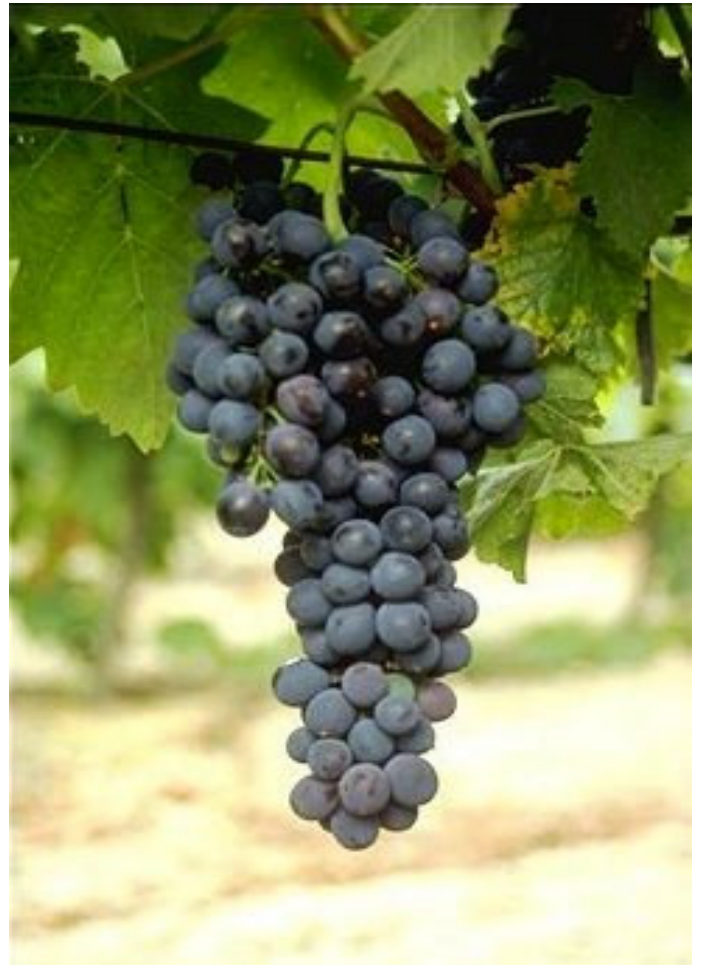
Many believe Shiraz derived from ancient Persia (modern-day Iran), where this grape variety was discovered by 13th Century French crusaders, who then planted the Syrah variety back home in the Rhone Valley. However, DNA testing has shown that Shiraz is a native of the Rhone Valley and not Persia with Syrah being the offspring of the grape varieties Dureza (father) and Mondeuse Blanche (mother)

Shiraz grapes spread from Europe to many parts of the world including South Africa. James Busby introduced the variety to Australia in 1832, after collecting cuttings during provisioning in South Africa for early fleets to Australia.

From this early beginning, Shiraz has become the dominant red grape variety in Australia, with a much greater proportion of Shiraz than any other country, except France. Our climate of cool winters and warm springs is particularly suited to the variety, which has helped Australian Shiraz build a reputation for rich

flavours in an imposing peppery wine. One point of difference has been the pronunciation, where Australians refer to the wine as Shiraz, the French and others prefer Syrah.

Australian winemakers have taken some innovative approaches with Shiraz, including the control of fermentation rates with refrigeration, and new oak for maturation. This has resulted in unique styles of Australian Shiraz which can be characterised as either the big, full, rich, tannin laden wines, or lighter, 'drink now' styles with lots of blackberry and raspberry. Additionally, distinct regional differences have emerged whereby the Hunter Valley produces Shiraz that has a trademark savoury mulberry characteristic, while the Barossa Valley produces a more peppery and herbaceous style with less fruit nose and more tannin.



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Shiraz is a vigorous, versatile grape resilient enough to grow in practically every climate zone in Australia. It has medium, 5-lobbed leaves, somewhat rough and undulating, with tufted hairs on the lower surface. The bunches are characteristically long and cylindrical with long stalks, rather loose, with small to medium oval berries which tend to wilt as soon as they are ripe, becoming more difficult to harvest mechanically. The Shiraz grapes can produce anything from light to full-bodied tastes, from port to rosés to Australia's unique sparkling reds. Shiraz also combines well with cab sav, merlot and also viognier (to produce apricot flavours)

The most famous example of the Shiraz grape in Australian viticulture and indeed one of the finest wines in the world is the Penfolds "Grange". This wine was created by winemaker Max Schubert in 1951, and has proved in vertical tastings to age exceptionally well. The Penfolds Grange is predominantly Shiraz, but often includes a small quantity of Cab Sauv

For more information call into **Bathurst Visitors Centre**, pick up a guide map, visit our local vineyards and talk to the experts about our local Shirazs.



One of the things that make Christmas so special is the season for celebration and giving. However finding the right gift for the right person can be challenging, especially while trying to avoid the Christmas crowds.

If you are experiencing any problems selecting your Chrissie Presents this year, don't forget **Absolutely Delicious** has an attractive range of gift vouchers, gift packs and providore products available. Many of these providore products have won industry awards for excellence and we are proud to use these products on our menu and recommend them as gifts for all occasions

Take stress out of gift-giving with Absolutely Delicious Gift Vouchers or Gift Packs

Here are a few easy & relaxing ways to improve everyone's knowledge of our regional produce:

1. Select a **Gift Voucher** for someone special and let them make their own choices
2. Simply select and make up your own **Gift Pack**
3. Select a **Gift Pack** from those already made up
4. Present a **Gift Voucher** for someone special to dine at Absolutely Delicious and experience our regional produce first hand

AMY FARMER Celebrates Her 21st Birthday @ Absolutely Delicious



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BATHURST VISITORS CENTRE HAMSTRUNG?



In 2004 Council moved the Bathurst Visitors Centre from a side street to the more prominent position on the Great Western Highway to raise the profile of Bathurst tourism attractions and facilities

The move proved mainly successful with the attractive building and efficient staff promoting local tourism to all the passing travellers and tourists who called into the Bathurst Visitors Centre

However Bathurst is still missing out on large numbers of passing travellers and tourists who drive past the Bathurst

Visitors Centre before they are aware of what is behind the blue wall. Once they bypass all the tourist information it is unlikely they will be tempted to stop overnight or visit any of our tourism attractions and facilities, thus the Bathurst business community misses out on valuable tourism dollars

When looking at 2 of our neighbouring Visitors Centre, who also have prominent positions on the main highway, we find they capitalise on passing travellers and tourists by building tourist attractions on site. This entices people to stop, use and learn more about local tourism attractions and facilities. Otherwise people tend to make a quick stop in a decentralised location where the Visitors Centre is unable to provide any service to these travellers and tourists, who then move onto the next town to spend their tourism dollars



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