

Romsey Wine Press



Romsey Wine & Dine



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Please pass on to friends, family and colleagues

Bonjour,

As well as the usual features, this Newsletter contains details of the next RWAD Supper club.

Contents	
Comment	Ultra-processed food – as dangerous for you as smoking
Next event	April RWAD Supper Club
Raise a glass of wine	News & comment about wine
Foodstuff	News & comment about food
Morsels	What has caught my eye recently
Gastro-quote	
Recipe & menu	A recipe and a meal for January
Future events	The next RWAD Supper Club

Paul Dawkins

Dr Paul Dawkins
Chef d'Équipe
Romsey Wine & Dine

Comment

Ultra-processed food – as dangerous for you as smoking

I have, for a long time, been against ready meals, principally on the grounds of taste. To me, ready meal shepherd pies taste the same as cottage pies, taste the same as bœuf Bourguignon, taste the same as lasagne... Now, ready meals are included in the classification of **ultra-processed** foods.

A major review of research has just found that diets high in ultra-processed food may be harmful to every part of the body. Eating a lot of foods such as ready meals, sugary cereals and mass-produced bread is linked to an increased risk of 32 health problems including cancer, type 2 diabetes and mental health disorders.

Researchers found 'convincing' evidence that higher consumption of ultra processed food was associated with a 50 % greater risk of dying from a heart attack or stroke. In the biggest analysis of evidence to date involving 10 million people, researchers found those eating the most had between a 40 and 66 per cent increased risk of dying from heart disease. They were also significantly more likely to be diagnosed with obesity, lung conditions and sleep problems.

Likening it to tobacco, they said "public policies and actions are essential" to curb intake and called on public health officials to develop guidelines urgently and 'best practice' for ultra processed foods.

In a linked editorial, they suggest foods are clearly labelled when 'ultra-processed'.

So, what are ultra-processed foods or UPFs, as they are known for short? UPFs are foods which contain ingredients people would not usually add when they were cooking homemade food. These additions include chemicals, colourings, sweeteners and preservatives that extend shelf life.

How big a problem is UPS? The UK is the worst country in Europe for eating ultra-processed foods - making up an estimated 57 per cent of the national diet! Is it possible that more people are dying of the effects of UPFs than are dying from smoking?

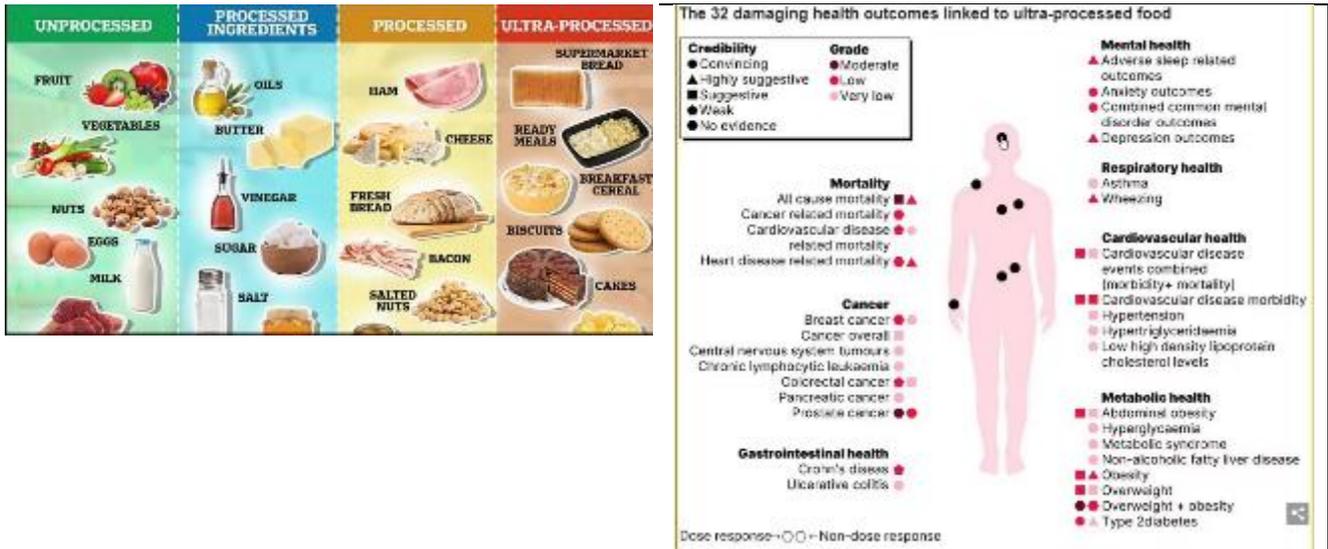
If Governments were to accept the findings, what public sector policy interventions might we expect?

Looking at tobacco as a precedent, we would assume:

- UPFs to be taxed, taxed and taxed again
- Outlets that sell them to be licensed
- Minimum ages for buying UPFs
- Labelling of UPFs with explicit health warnings – including stomach-churning pictures of diseases
- Awareness campaigns.

Will these things happen? I expect not – mainly because of powerful vested interests but also because over half the food sold in the UK is ultra processed and the possible black market for UPFs.

I would like to think that flavour alone would be sufficient to entice people off UPFs and on to home cooking especially as there are so many excellent cookery books about.



Next event

RWAD Supper Club Menu

English asparagus with shaved parmesan cheese and balsamic dressing

Peppered duck breast with vanilla mash and pea and wild mushroom ragout

Raspberry and white chocolate brûlée

Coffee & tea

RWAD Supper Club



A "Bistrot" Meal

Please note the following:

1. As we have recently had more applications to attend than we can handle in one sitting, we have decided to put on the next supper twice – on a Friday and then again on the Saturday. The second sitting will, however, only go ahead if there are sufficient numbers. **When you book, please state which day you would prefer to attend and whether you are able, if necessary, to do the other day. "Don't mind" is also a valid response.**

2. The first course is dependent on market conditions which is, in turn" dependent on the weather. It may have to be changed if English asparagus is not available.

- Three courses + Coffee
- Three wines
- Start 7:30 pm
- End approx 10:00 pm
- The Palmerston Rooms, Palmerston Street, Romsey
- Friday 12th April 2024 & Saturday 13th April
- Tickets £45 prix compris
- Places limited to 20 on each night

Please book by: Monday 8th April & state your day preferences

Please do not send any money until you place has been confirmed.

To book:

email: supper@romseywineanddine.co.uk

Tel: 01794 278634

07802 210481

Raise a glass of wine



Where is Chablis?

We recently had a bottle of M&S Chablis. On the back label it helpfully stated, "Imported into the EU by M&S (Ireland) Ltd."

Where is Chablis? France

Where is France? In the EU

That being the case, where was this Chablis imported from?



Does this indicate the final end of civilisation?

Prosecco? Zero alcohol? Cannot think of anything else to say!



Food stuff

Joni's Fresh Fish

I cannot tell you how pleased we are to have Joni' Fresh Fish in Romsey. He is in the market near the Tudor Rose on Fridays. He has a fantastic selection of fresh fish (and they are fresh), shell fish, crustacea and molluscs as well as prepared anchovies, herrings, etc. He is well worth supporting.



Cucumbers

Here is a curious thing I have noticed. When you buy cucumbers from Waitrose and keep them for a couple of weeks, they go soft and mushy. When you buy cucumbers from Aldi and keep them for a couple of weeks, they go hard. Why the difference?



Morsels

A sign in a local green grocers in February...



What is a new potato?

English potatoes are not harvested until April or May so how....?

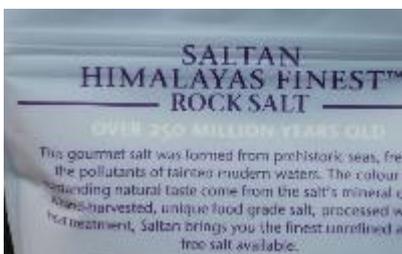
I assume the price of £1.79 each refers to that bag of potatoes not to the individual potatoes... but then, if they were produced by a very special process, then that could be the price per potato.

Incidentally, these potatoes were sitting next to bags of main-crop potatoes. They looked exactly the same as the main-crop potatoes, only a little smaller.

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What could possibly go wrong – in the next 5½ Years?

It has managed to survive 250 million years. Why should it go wrong in the next 5½ years?





A reminder that The Italian Olive Oil Company is still offering Romsey Wine & Dine members discounts...

THE ITALIAN OLIVE OIL COMPANY

Olive Oil Offer

You may well know The Italian Olive Oil Company. They supplied Heaton Wines with Italian olive oils for a number of years, they appeared at the Romsey Show with Heaton's and they supported Heaton's with an Olive Oil Wine Tasting Supper at Berties.

In recognition of the loyalty shown by Heaton Wines's Customers to the Italian Olive Oil Company, they are offering Romsey Wine & Dine 'members' a **10% discount** on any orders over £30 placed on the Italian Olive Oil's website.

All you need to do is go to:

<http://www.oliveoil4u.co.uk>

Order your favourite oils and input the promotion code:

RWAD10

Single estate oils
First stone cold pressed oil
Extra virgin oils
Flavoured oils
Collections
Gift packs

The Italian Olive Oil Company was established at the turn of this century by Geoffrey and Richard Davies and his Partner Roberta. They realised that there was a lack of understanding and availability of fine, single estate, extra virgin Italian olive oils in Britain although they were readily available and somewhat taken for granted in Italy where Richard and Roberta live.

Robert McGlew, a friend of theirs, has taken over the business. It is already established as a leader in fine Italian oils. Robert is a passionate cook. His love of using the best ingredients means that he already knows how and when to use these exclusive oils to enhance his cooking.

What is in season?

Whilst some people want to buy out-of-season produce, it is worth noting that there are some foods that are in season now.

Jerusalem artichokes
 Parsnips
 Purple sprouting broccoli

Recipes for some of these can be found at:

[http://www.romseywineanddine.co.uk/Recipes Head1 In Season.htm](http://www.romseywineanddine.co.uk/Recipes%20Head1%20In%20Season.htm)

Gastro-quote

He was a bold man that first ate an oyster.

Jonathan Swift





Stuffed mussels

This is a slightly complicated dish to prepare but most of the work can (and should be) done in advance. It is, however, well worth the effort. The mussels are cooked, removed from their shells, chopped, mixed with ham and onions and then returned to their shells with a little white sauce. They are then egged, bread crumbed and deep fried.
A perfect tapas or starter dish.

Preparation Time: 15 Mins

Cooking Time: 20 Mins

Total Time: 8 Hrs

Ingredients

For 4 servings...

To prepare the mussels

16 Mussels
100 ml Wine - dry white
2 cloves Garlic - peeled but whole

For the stuffing

1 tbs Olive oil
1 Shallot - chopped very finely
1 tbs Serrano ham - chopped or fried
1 tsp Tomato purée
1 tsp Parsley - chopped

For the white sauce

25 gms Butter
50 gms Flour
100 ml Milk
Pepper - freshly ground, white
Salt

To complete the dish

1 Egg - beaten with 1 tbs of water
Breadcrumbs - dry white
Oil - for deep frying

Method

To prepare the mussels...

Clean the mussels and pull off the beards. Tap them and discard any that do not close.

Put them in a saucepan with the wine and garlic, cover and heat until they open. Remove as soon as they do, and discard any that do not open. Remove the mussels from the shells, reserving the shells, and chop the flesh. Strain the cooking liquid through a sieve and reserve it.

To make the stuffing...

Heat the oil in a frying pan and add the shallot and Serrano ham. Cook for 3 minutes over low heat. Add the tomato purée, parsley, chopped mussels and 2 tablespoons of the reserved mussel cooking liquid. Stir well and cook for 1 minute. Remove from the heat and let cool.

Make the white sauce by melting the butter in a saucepan, add the flour and cook, stirring, for 1 minute. Slowly pour in the milk, stirring all the time. Cook over low heat until the sauce is thick. Add salt and pepper to taste and let cool.

To assemble and cook the stuffed mussels...

Clean half the mussel shells and discard the remainder. Put 1 teaspoon of the mussel mixture in each half shell - smoothing the top. Spread a teaspoon of white sauce on top of each one. Arrange them on a plate, cover and chill overnight.

Put the beaten egg in a bowl and the breadcrumbs on a plate.

Dip the mussels in the egg and, then roll them in the breadcrumbs. Heat the oil to 195°C. Add the mussels in small batches and fry them until they are golden.

Remove the mussels with a slotted spoon and drain on paper towels. Serve immediately.

Wine recommendations

A dry white wine.

Conventional

Manzanilla Sherry
Txakoli de Getaria

Interesting

Côte Chalonnaise blanc
Entre-deux-Mers
Jurançon sec
Muscadet Sèvre et Maine Sur lie
Picpoul de Pinet

Here is a menu suggestion for dinner:

A Spanish-style dinner

A menu of Spanish dishes from starter to dessert

Stuffed mussels
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Chicken with peppers and tomatoes
o O o

Orange brulée

Future events

Future events				
Date	Event	Venue	Tickets	Request Info
14 th June 2024	RWAD Supper Club	The Palmerston Rooms, Romsey	TBD	Click here for more information or to book

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