

The Good Oil

July 2006

Newsletter of the Mudgee Olives Association

Confirmed Events For 2006

August 26/27 – Oil Show Judging (The Stables)

Sept 2 – Olive Products Show Judging (Rylstone Olive Press)

Sept 9 – Public EVOO Tasting Mudgee Railway Station

Sept 14-15 – Harvest Workshop Rylstone Olive Press

Sept 16 – Pruning Workshop Wine and Olive Dinner at Rylstone Olive Press

Oct 7 – Trophy Dinner Craigmoor (Poet's Corner) and Public Olive Products Tasting

Oct 9-15 Caravan & Motorhome Club o Aust camped at AREC

Throughout the year several tasting panel events, dates and place not yet set.

From the Chair

Halfway through another year, the 2006 oils are already showing some nice characteristics.

The “Fresh from the Press” event at DiLusso winery was a success, (despite being the only wet day in 6 months). We will do this again.

Many thanks to Ray Whitfield and his team, as well as the participating Olive Producers.

Special acknowledgements to Restaurants “1884”, “Deebs Kitchen”, “The Wineglass Bar & Grill”, DiLusso and “Blue Wren” who provided Gourmet quality food at a below cost for the day. Also DiLusso and the Property Shop for venue and infrastructure.

I urge members and friends to be mindful of this support when wining/dining and doing business in the region.

Seasonally, we are still in drought; so do not ease up on irrigation over winter, so as to ensure healthy flowers and fruit set.

Remember the olive tree is native to regions with a winter dominant rainfall, hence a “dry” winter can only do harm to the trees’ progress and fruiting capacity.

The MOA promoted the local olive industry with oils and product at the recent Rural Fire Service Conference in Mudgee, 400 delegates were present. Many walked away with a greatly increased knowledge of olives and some nice product too.

There will be similar opportunities in October, where 2000 – 3000 Motor- home enthusiasts will be in town for a couple of weeks. This is a great opportunity to show our wares.

To that end MOA have arranged to present two tasting sessions/seminars, with 2-3 MOA members present at each. The sessions will be in the food area of the event site, AREC. No doubt we will get a lot of interest in the industry and our product.

Furthermore the Motorhome association is offering commercial space in their Trade Hall area. Should any individual producers be interested, please arrange through Karl.

Meanwhile, prepare the Oils and Products entries for the two shows coming up, and encourage members and others to enter.

Remember this year there is an Oil Class for non-commercial/experimental oils, no testing needed.

Michael

THE TROPHY DINNER at "Poet's Corner Restaurant" (Craigmoor, as locals remember it) is scheduled for October 7, 2006.

Poet's Corner is kindly promoting the dinner through their widely distributed customer newsletter. Trish Hennessy, of Katoomba Wines has accepted an invitation to be the occasional speaker, and to present the Trophies. Trish is a widely experienced "foodie", and has a passion for olive oil and olive products.

PRUNING WORKSHOP

The pruning workshop will be held on September 16 and will feature Stan Kailis from the University of WA. More details later.

→ NEXT MEETING – 2pm - Sat 12th August – The Stables ←
→ Market St Mudjee ←

ACCREDITATION STICKERS

Accreditation stickers are available from the Operations Manager, @ \$5:50 per sheet (96 on sheet) – contact Karl - 6373 7793 to discuss delivery.

HEALTH: Extract from Chew on This - A New Book for Young People

The 59 ingredients in a fast-food strawberry milkshake:

To make one at home, you need four fresh ingredients. The processed version isn't so simple ...

Britons now spend more than £52bn on food every year - and more than 90% of that money is spent on processed food. But the canning, freezing and dehydrating techniques used to process food destroy most of its flavour. Since the end of the second world war, a vast industry has arisen to make processed food taste good.

During the past two decades the flavour industry's role in food production has become so influential that many children now like man-made flavours more than the real thing. As marketing to children has become more and more important to processed food companies and fast food chains, flavourists have increased their efforts to discover what children like. The flavour companies constantly run "taste tests" for kids - focus groups in which new products are piloted.

Fresh fruit and vegetables often have complicated, unpredictable flavours that combine bitterness with sweetness. When flavourists create additives for adult foods, they try to imitate nature as closely as possible. When flavourists create additives for kids' foods, they usually get rid of the bitterness and increase the sweetness. Children's flavours are often twice as sweet as those made for adults.

"Children's expectation of a strawberry is completely different," says one flavourist. "They want something that is strong and that has something like bubblegum notes."

The phrase "artificial strawberry flavour" offers little hint of the scientific wizardry that can make a highly processed food taste like a strawberry. For example, if you wanted to make a strawberry milkshake at home, here's all you'd need: ice, cream, strawberries, sugar and a touch of vanilla.

Now take a look at the ingredients you might find in a fast-food strawberry milkshake: milk fat and nonfat milk, sugar, sweet whey, high-fructose corn syrup, guar gum, monoglycerides and diglycerides, cellulose gum, sodium phosphate, carrageenan, citric acid, E129 and artificial strawberry flavour.

And what does that "artificial strawberry flavour" contain?

Just these few yummy chemicals: amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl- 2-butanone (10% solution in alcohol), ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptene carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, undecalactone, vanillin and solvent.

<http://www.guardian.co.uk/food/Story/0,,1759888,00.html>

For Sale

Olive trees for removal: About 250 trees comprising several varieties, including corregiola, hardy's mammoth, frantoio and manzanilla. Trees are about 6yo and located between Mudgee & Gulgong. For further information ring Tony Lawrence on 6373 8231.

Remember, you too can advertise in the newsletter

For advertising space and rates, call Karl on 6373 7793

Included with this newsletter are the prospectuses and entry forms for the 2006 MOA Olive Oil Show and the 2006 MOA Olive Products Show.

Round like a shot

Going to bed the other night, I noticed people in my shed stealing things. I phoned the police but was told no one was in the area to help. They said they would send someone over as soon as possible.

I hung up. A minute later I rang again. "Hello" I said, "I called you a minute ago because there were people in my shed. You don't have to hurry now because I shot them".

Within minutes there were half a dozen police cars in the area, plus helicopters and an armed response unit. They caught the burglars red-handed.

One of the officers said: "I thought you said you'd shot them".

To which I replied: "I thought you said there was no one available".

Reminder: Opportunity for MOA members to participate in the Motorhome and Caravan Club in October – Info sent to all members in previous email.

Lamb and olive pie

SERVES SIX. The combination of tasty black olives and fennel seed encrusted pastry creates a delicious rustic pie. Serve with a potato/parsnip mash and broccoli florets and sliced garlic sautéed in a little extra virgin olive oil.

Ingredients:

1kg lean lamb, leg or fillet, cut into 2.5cm cubes
3 bacon rashers, diced
4-5 tablespoon extra virgin olive oil
2 medium onions
1 small carrot
Good pinch chilli powder
½ teaspoon dried oregano
1 clove garlic
100ml dry white wine
225g pitted black olives
1 small aubergine
1 sheet ready rolled pastry, (short or puff)
Fennel seeds, salt

Cook the lamb in a pan with 2 or 3 tablespoons of extra virgin olive oil over a medium heat until brown on all sides, then remove from the pan. In the same pan, gently sauté the bacon and remove. Roughly chop the onions, carrot and garlic and place in a food processor, add chilli powder and oregano and process to a very fine pulp. Add this to the pan with a little more extra virgin olive oil and cook, stirring until golden brown. Add the wine, stir, add a pinch of salt, then reduce the heat to as low as possible. Cover and cook, adding more wine or water if it becomes too dry. It will take at least 45 minutes for the meat to become really tender. You may cook to this stage well ahead of time.

Meanwhile, brush the sliced aubergine with oil and gently fry or grill until it is cooked, but still firm. Dice, then add to the cooked lamb mixture. Spoon this pie filling into an appropriate pie dish. Lay out the pastry sheet, sprinkle with fennel seeds and lightly roll them into the surface of the pastry.

Decorate the top with leaves or tassels made from the pastry trimmings. Chill for 20 to 25 minutes. Cut a few small slits in the crust and glaze with beaten egg. Bake in a very hot 230°C preheated oven for about 10 minutes, then reduce to 180°C for a further 25 to 30 minutes until the pastry is golden brown. If the pastry is browning too much, loosely cover with a piece of foil.

MUDGEES OLIVES ASSOCIATION
CONTACT DETAILS

Principal Point of Contact

MOA OPERATIONS MANAGER

KARL RITAR - Postal Address: "Kirwin"
1466 Campbells Creek Road, Mudgee 2850
T: 6373 7793
F: 6373 7792
E: karl@greenmountainolives.com

PRESIDENT: Michael Sweeney T: 6373 1248
F: 6373 1248
E: organic@martinshillwines.com.au

SECRETARY: Vacant

TREASURER: June Ritar T: 6373 7793
F: 6373 7792
E: june@greenmountainolives.com

EXECUTIVE MEMBERS:

	<u>Special Responsibility</u>
Robert Colquhoun T: (h) 9252 7502 (W) 9252 7477 E: colquhou@ozemail.com.au	Oil Show
Cath Stevenson T: 6373 5490 E: edenvale@hwy.com.au	Oil Show
Iain Stevenson T: 6373 5490 E: edenvale@hwy.com.au	Web Page
Tony Robertson T: 0412 177 102 E: grovecottage@ridgegrove.com	Accreditation
Michael Sweeney T: 6373 1248 E: organic@martinshillwines.com.au	President

2006 Mudgee Olive Oil Show

2006 is the fifth year of the Mudgee Olives Association Olive Oil Awards. Each year we have tried to improve the format of the Show to provide the best competition for local oils because the Association is aware that the success of the olive industry in this district is the quality of its oils.

The success of local oils in this and other oil shows is promoting the reputation of the Mudgee growers. The introduction of the Olive Products Show in 2005 will go further to promoting Mudgee's Olive Industry. All growers are encouraged to participate in both Shows.

This year's Oil Show will again have three classes: Classes 1 & 2 are open to all growers not only from Mudgee but also from all parts of Australia and overseas.

For those who wish to have their oils chemically tested at the Primary Industry laboratories in Wagga Wagga, the Association has again managed to secure a special rate. To take advantage of this rate entries close on Wednesday 26 July. It normally takes two weeks for the results to be available. Anyone wishing to have a copy of the chemical analysis for entry to other oil shows can have them on request.

For those of you who organise their own testing, or through their olive processor, a copy of the chemical analysis must be submitted with the entry form. The closing date for entries is Friday 17 August.

Class 3 entries are again restricted to growers who are financial Members of the Mudgee Olives Association and is also restricted to those with non commercial quantities of oil. This may be a new producer or an existing commercial producer with a new variety and seeking feedback on the quality of the oil. The organoleptic testing will take place at the same time and in the same manner as Classes 1 & 2. Only one bottle of oil needs to be entered in Class 3 whereas Classes 1 & 2 require 2 bottles. The minimum volume per bottle is 250mls.

The entry conditions for both the Olive Oil Awards and the Olive Products Show can be found on the Association website: www.mudgeeolives.com.au Entry forms can also be downloaded from the website.

SUPPORT YOUR LOCAL OLIVE OIL AND OLIVE PRODUCT SHOWS

Yours

Cath Stevenson
Co-ordinator, Mudgee Olives Association Olive Oil Awards.

2006 - 4th Mudgee Olive Oil Show

Prospectus and Entry Form

Co-ordinator:
Cath Stevenson
Tel 02 6373 5490
Email: edenvale@hwy.com.au
PO Box 566, Mudgee NSW 2850

Moderator
Robert Colquhoun
02 6372 2610

The Mudgee Olives Association Olive Oil Awards began in 2002 and has developed over the years to an oil show of national significance. Numerous Award winners have also taken out medals at other regional oil shows as well as at the National oil show, and a number of oils have also gained recognition overseas.

The judging of the oils has two major components:

1. Chemical testing

All oils must undergo chemical testing by an accredited laboratory.

to proceed towards gaining an Award oils must have

- Free fatty acid level of 0.5% or less
- A peroxide level of no more than 20

The Mudgee Olives Association has made special arrangements for oils to be tested by the NSW Department of Primary Industry, Testing Laboratory at Wagga Wagga. Entrants may, if they wish, arrange their own testing at an accredited laboratory.

The cost of testing will be borne by the entrant.

2. Organoleptic Assessment

A number of judging panels (minimum 3 persons) are established by the Moderator, who oversees the judging process and who will arbitrate in the event of a disagreement within a panel. The number of panels used will depend on the number of entrants.

Scoring by the panels is out of 100 and is based on the olfactory and gustatory sensations as well as on the complexity and persistence of the aromas and flavours found in the oil.

Organoleptic Assessment

Smell - Takes into account olive fruitiness, and other positive sensations. Above all judges will be looking for harmony, which increases when the attributes are balanced.

Gustatory retro nasal sensations

Taste - Takes into account olive fruitiness, sweet, bitter, pungent, other positive sensations. Again above all the judges are looking for harmony, which increases when the attributes are balanced.

Complexity and persistence - complexity increases with the number and intensity of aromas and flavours.

How the Awards are Made

The Awards will be made on the basis of the final point scores.

Gold Award 85 + Silver Award 75 to 84 Bronze Award 65 to 74

The 'Best of Show' Award will be judged by a taste off of all the Gold Award winners.

Ethical Issues

The Co-ordinator cannot be an entrant in the Show. The Co-ordinator will take receipt of the entries and will be responsible for their safety. The Co-ordinator will present the oils for judging as numbered samples in such a way that the judges will not be aware of the source of the oil. Each judge will make his/her score independently, then the judges will come together to consult and the final scores for each oil be agreed. The judges may seek the

advice of the Moderator in event of any differences of opinion. The Co-ordinator will record the results and maintain the confidentiality of the those results and entrants until the announcement of the results when only the names of the Award winning oils will be released.

Conditions of Entry:

1. - Entrants must complete an **entry form** - which will be submitted with **Two samples of each oil** they wish to enter. Each sample of oil must be clearly marked with a code of the entrants choosing and which is listed on the entry form. Each sample must contain a minimum of 250 ml of oil.
2. - Entrants must accompany their entry form with the appropriate fee/s for each entry.
3. - To qualify for an Award entries must meet the chemical standards for the Award. If an entry fails to meet the entry standards, the entry fee will not be refunded.
 - A free fatty acid level of no more than 0.5%
 - A peroxide value of no more than 20
4. - Entrants shall agree to the publication of the identity of Award winners.
5. - Recipients of Awards shall agree that all in advertising, promotion or labelling, of winning oils they will act in an ethical manner when including details of the year and nature of the Award.
- 6 - The Moderator has the right to restructure the Classes to accommodate the entries received.
- 7 - The judging panel reserves the right not to make an Award in any Class.
- 8 - No oil may be entered into more than one Class or category

**ALL OILS MUST BE MADE FROM THE 2006 HARVEST
IN THE EVENT OF AN OIL BEING ENTERED FROM OUTSIDE AUSTRALIA,
THEN THE OIL MUST BE FROM THE MOST RECENT HARVEST**

Classes

Awards will be made under three Classes

Class One: Single varietal oils

This class is open to all growers and producers.

Class Two: Blended oils

This class is open to all growers and producers

Class Three: Non commercial

This class is restricted to Members of the Mudgee Olives

Association for oils with a total volume not viable for commercial sale (e.g. 50 Litres). Entries to this Class will undergo organoleptic assessment ONLY. No chemical testing is necessary. Oils in this Class will be given a score only and will NOT be eligible for a Bronze, Silver or Gold Award.

Depending on the number of entries in Class 1, the Co-ordinator and Moderator may create a new Class for oils of the same variety (e.g. Class 1 Frantoio).

Subdivisions

Each Class will be divided into three sub-divisions:

- A Robust
- B Medium
- C Delicate

The sub-division will be based on the nomination of the Entrant but may be changed if the polyphenol level of the oil indicate otherwise.

The Moderator and the judges have the right to move an oil from the sub-division nominated by the Entrant.

How to Enter

- Entrants must complete the entry form (attached) and submit this with the olive oil samples, and the required fee/s at the place/s nominated by the due closing date.
- Entrants must pay the required **fee** for each entry. This fee will cover the costs of chemical as well as organoleptic testing but provision has been made for those who have arranged their own chemical testing from an accredited laboratory.

- **The Entry Fee for each oil entered is.**
- **\$130 (Financial members of the MOA)**
- **or \$150 for other entrants**

- **For entries with own chemical analysis**
- **\$30 for Members of MOA,**
- **\$50 for Non Members of MOA**

- **For entries to Class 3**
- **\$10**

* Entries open	Saturday 15 July
* Last day for submission of oils for chemical analysis	Wednesday 26 July
* Last day for submission of oils with own chemical certificate	Friday 17 August

Entrants should contact the Co-ordinator, Cath Stevenson on (02)6373 5490 to make appropriate arrangements for the receipt of their oil, **OR** if submitting your entry by mail:

Address to: Cath Stevenson, PO Box 566, Mudgee 2850.

Organoleptic Judging

Will take place on the mornings of Saturday and Sunday, **26 & 27 August 2006,**

Entrants are welcome to come and view the judges at work at The Stables, Market Street, Mudgee

Announcement of the Award Winners

The winners of the MOA Olive Oil Awards will be announced at a Public Tasting event to be held **on 9th September 2006.** Details of this event will be available at a later date.

Presentation of the Awards

Awards will be presented at the Annual Harvest Dinner which will take place **on Saturday 7th**

October 2006, at Poet's Corner, Craigmoor Restaurant, Craigmoor Road, Mudgee.

Bookings for the Dinner can be made by contacting the restaurant on (02) 6372 4320.

Awards

As well as the Gold, Silver and Bronze Awards, special Awards will also be made for the Best Oil of Show, chosen by a taste off of all the Gold Award winners and the Best Oil of the Mudgee District (if different from the Best Oil of Show)

Report to Entrants

These will be posted to all entrants after the presentation of the Awards at the Annual Harvest Dinner. The chemical reports will be available earlier on request by contacting the Co-ordinator.

Award Labels

One sheet (70 stickers) of Award labels will be presented to each Award winner with their certificate. Any further stickers must be negotiated directly with the Association's printer - CTP Graphics Mudgee.

Entry Form

Name of Exhibitor

Trading Name or Grove Name

Location of Grove

Postal Address

Email

Phone _____ Fax _____

Exhibit Code	Enter in Class 1, or 2, or 3	Oil Variety or Varieties (if blend)	Sub division R = Robust M = Medium D = Delicate	Commercial Name of Oil

* Exhibit code should be a combination of letters or numbers of letters and numbers.
(try to make the code simple without making the origin of the entry too obvious)

** For descriptions of the sub-divisions see Conditions of Entry.

Payment

Number of oils submitted = _____ (Members) @ \$130 / oil entry = \$
(closing date 26 July 2006) _____ (Non Members) @ \$150 / oil entry = \$

Number of oils with own chemical certificate (closing date 17 August 2006)

MOA Member = _____ @ \$30 / entry = \$

Non Member = _____ @ \$50/ entry = \$

Number of oils entered in Class 3 = _____
(restricted to MOA Members only) @ \$10 / entry = \$

payment by cheque OR credit card, Mastercard, Visa or Amex

C/C No. MC - V - Amex _____ Exp date __ / __
cheque payable to the Mudgee Olives Association

2006 – 2nd Mudgee Olive Product Show Prospectus and entry form

Preamble.

The MOA conducted its first products show in 2005, with only three classes offered. An unexpected high number of entries, and some products not well matched to the classes offered led us to create a 4th class.

So this year we have opened entries to nine classes of products. *An optional class for presentation and packaging is available to all entries. This class will be separately judged, as the products are of course all blind tasted.*

The Classes:

1. Green whole pickled
 2. Black/coloured whole pickled
 3. Flavoured, stuffed or macerated olives, any kind
 4. Salt or sun-dried olives
 5. Tapenades (must contain capers/anchovies)
 6. Other olive products, eg paste
 7. Infused EVOO
 8. Experimental class not fitting classes 1 – 7 (e.g. chocolate coated)
-
9. Olive oil based soaps, shampoos, massage oils or supplementary medicinal products
-
10. Optional class for packaging and presentation.

JUDGING AND AWARDS

The Awards will be Gold/ Silver/Bronze or no award.

Trophies will be awarded for “Best Products of Show” and separately for “Best Packaging and Presentation”.

CONDITIONS OF ENTRY

1. Entries must be covered by appropriate entry fee
2. Late entries not accepted (see time schedule)
3. Entries remain the property of MOA
4. Entries must be clearly labelled showing
 - Name and contact details of entrant
 - Entrants own number – 1,2,3 etc
 - Class entered
 - BRIEF description of product

ENTRIES FEES

First entry MOA members	\$10
Non members	\$25
All subsequent entries for members and non members	\$5
* <i>Class 10 no charge if product is included in package</i>	
<i>Else \$15 non- members.....\$10 members each entry</i>	

HOW TO ENTER

POST or FAX entry form to:

MOA Operational Manager
Karl Ritar, "Kirwin"
1466 Campbells Creek Road, Mudgee NSW 2850
P: 02 6373 7793
F: 02 6373 7792
E: karl@greenmountainolives.com

Payment must be included

Delivery of entries made by person, or post to

RB IRRIGATION
36 a SYDNEY RD., MUDGEE 2850

Clearly marked MOA Product Show Entries

before close of business August 25 2006

TIME LINE

Entries OPEN August 1 2006

Entries CLOSE August 25 2006

Judging September 2 2006

Results issued (except trophies) September 5 2006 (released to entrants where email addresses available)

Public Tasting at MOA Trophy Dinner October 7 2006

