



Gourmet Viking Newsletter

June 2011

From Farm to Fork

A great restaurant relies upon the very best suppliers and the Gourmet Viking is no exception. The delicious menu is sourced from local farmers, farmers markets and butchers, all within a 100km radius of the restaurant, which means you get to eat the very best fresh, local produce.

Food provenance is about being able to trace what's on your plate back to its place of origin. Provenance is considered a burning issue in the food industry as consumers demand to know how their food has been treated and stored. The knowledge that the meal you are eating has been sourced close by and has had a happy life (be it a content piece of pork or a relaxed leek) can add so much to a meal.

GM or Not?

Not only is it nice to know where your meal originated, but how many of us now demand to know whether the food is organic? Do you care if your food is genetically modified or chock full of additives?

Let us take you on a gourmet foodie adventure through Sydney's inner west and shed a little light on the incredible produce available right here on our doorstep.

Best of the (Inner) West

Supplier of much of the Gourmet Viking's small goods and meat, **Black Forest Smokehouse** in Marrickville is a purveyor of gourmet meats that supplies some of Sydney's leading chefs and their iconic restaurants. As you walk past the premises the smell of smoke-cured meat is mouthwateringly delicious and brings to mind the traditional smokehouses of Scandinavia where hunted meat and fish was cured and stored for winter. These traditional methods ensure a subtle smokey aroma that doesn't overpower the delicate flavours.

Lazar's Butchery in the heart of Petersham's *Little Portugal* is a family-run affair, a Serbian butcher that offers a fantastic range of Eastern European meats and sausages made using traditional Serbian recipes here in Australia. "Smoky pig pieces" are a specialty!

The **Bonjour Patisserie** in Wahroonga is run by Hanne and Erik Porse, a Danish couple who are dedicated to providing traditional Danish pastries. A runaway success, it seems the Viking is not the only fan of this delicious North Shore patisserie, with queues often seen snaking around the corner.

And local Enmore favourite, **Azzi Fruit Market**, run by Roni and Mark, is where the Gourmet Viking's freshest fruit and vegetables are sourced. The Azzi van can be seen flitting through the City, servicing hundreds of cafés, restaurants, bars, clubs and hotels (as well as households) and that speaks for itself. With produce sourced from local NSW suppliers with farms in the green belt around Sydney, Azzi promises the freshest seasonal produce that tastes as it should.

Where possible the **Gourmet Viking** prides itself on using organic produce, and there is no place for genetic modification on our menu. Our food is sourced locally and as far as possible our recipes use seasonal produce.

The Gourmet Viking is fresh, delicious and ready to be tasted whenever you are!

The **Gourmet Viking** is located at 33 Enmore Road, Newtown in the heart of the infamous inner west cultural precinct. Just minutes from Newtown station and the Enmore Theatre the restaurant is easy to find and perfect for pre or post theatre shows.



Address

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Open hours

Tuesday - Saturday 6pm - late