



mexican wave
 Say hola to new Sydney eatery Méjico. Its ultra-graphic interiors are via Juicy Design, Project 82 and Koskela; the chilli-hot walls and aztec print cushions evoke a lively street feel. Visit mejico.com.au.

FOOD NEWS

wine & dine

Designer restaurants, insider wine advice and hot new products

WORDS LEE TRAN LAM



stable favourite

The Stables may be a new restaurant, but it's located on a Yarra Valley estate that stretches back to 1868. Enjoy chilled tomato consommé or salted chocolate tart with Pedro Ximenez ice-cream under the roof of this heritage venue. Call (03) 9739 0900.



Aubecq's 'Evergreen Classic' cookware range is non-toxic and has a lighter carbon footprint. The profits help various environmental charities. For stockists, visit morganware.com.au.

COFFEE HIT

Nespresso's new limited-edition 'Grand Cru' range offers plenty of buzz for your buck – the 'Napoli' coffee measures 11 out of 10 on the intensity scale. \$8.40 for 10 capsules; visit nespresso.com.



Q&A WITH...



ANDREA FROST

Wine writer and author of *Through A Sparkling Glass*

Q Do you need to swirl, smell, then sip wine? Although you don't have to do it, by swirling, you break the surface of the wine and release more of the flavour compounds of the wine, allowing the aromas to be amplified in your glass. And the reason for the intimate smell? To listen closely to what the wine has to say.

Q What's the best way to approach sommeliers? Like a detective, they're trained to ask questions to gauge what you like, especially when you don't know how to express it yourself. They're there to help – kind of like a 'wine fairy godmother'. So relax and let them grant you your wine wish.

Q What's something different people should try drinking? Try vermentino (crisp and lively white wine); Nero d'Avola (a slightly lighter bodied red wine) and syrah (elegant with spice and dark berry fruits). *Through A Sparkling Glass* (\$29.95, *Hardie Grant Books*) is available now.



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SOOTHING TEAS 1. 'First Harvest' genmaicha, \$14, Perfect South, perfectsouth.com.au. 2. 'Garden In Flower' tea pack with infuser & scoop, \$36, T2, t2tea.com. 3. 'Marrakech Souk' mint tea, \$19.95, The Seventh Duchess, theseventhduchess.com.



3 great finds

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Streat offers training and support for youth at risk of homelessness. Pick up its latest cookbook or visit its cafes: streat.com.au.