

3 OF THE BEST – WINE AERATORS

No time to decant? These wine aerators create a smoother drop in the time it takes to pour a glass.



SPINWINE, \$36.95

Designed in Denmark, this drip-free device attaches to the neck of a bottle for fuss-free pouring. Wine passes through a patented helix, which causes it to oxidise and improves its flavour and texture. Easy to take to a dinner party, it's an inexpensive and stylish way to aerate wine and bring out its best. Available at www.vintwist.com.au.

NUANCE WINE FINER, \$69.99

Our favourite for its discreet design, this aerator fits into the neck of a bottle so also acts as a filter, drip-stop pourer and lid. Just be sure to pour a little bit out first as wine may overflow when you place it in a full bottle. Serious dinner party hosts will want one for red and white. Available from www.littledale.com.au.

VINTURI ESSENTIAL WINE AERATOR, \$64.95

With versions specifically designed for white and red wines, Vinturi aerators produce a sophisticated flavour from young and old wines. The aerators do drip when you're moving from glass to glass and make a loud gurgling sound, but they're a great toy for wine buffs. See www.austriavinturi.com.au.

ASK THE FOOD EDITOR...

with Sarah Hobbs

Got a cooking dilemma? *Notebook's* culinary whiz, Sarah Hobbs, is here to answer your questions. Email her at notebook@newsmagazines.com.au.



IS THERE ANY SECRET TO DE-BONING SALMON FILLETS? I LOVE COOKING THEM, BUT ALWAYS END UP SPENDING AS MUCH TIME

TRYING TO PRY OUT THE BONES WITH TWEEZERS.

WHEN I ASKED MY FISHMONGER IF HE COULD DE-BONE IT FOR ME, HE REFUSED,

SAYING THAT IT DAMAGES THE FLESH.

Elizabeth Rowden, via email



De-boning salmon can be a very fiddly and messy job. Really the only way to de-bone a salmon fillet before cooking is with a pair of tweezers with long arms and with a good grip – the long arms make it easier to get a good hold of the end of a bone and pull. The better the grip at the end of the tweezers, the less likely the bone will slip out while pulling.

The alternative is to cook the fish with the bones in it and try to remove them after cooking, as cooked flesh is softer – which makes removing bones easier. However, they can be harder to see once cooked. I recommend removing bones before cooking though, as the presentation of the salmon will be neater in the end.



web watch

LIFE'S A PICNIC

Picnic season will soon be in swing and these sites have all the recipe ideas, tips and gear to pack in your basket. Or indulge in a gourmet hamper made just for you.

Sunnylife

www.sunnylife.com.au

Sunnylife celebrates our outdoor lifestyle with cute products to brighten up your next picnic. Whether you're hitting the park or beach, chic melamine serveware in lemon and taupe will set the scene, and if you're game, there's a multi-coloured soccer ball and beach paddles to keep you busy between nibbles. Get in a sunny mood now by hitting the 'Forecast' section, where you'll find desktop wallpapers of exotic locales.

Sydney Picnic Co.

www.sydneypicnic.com.au

When an esky full of sandwiches just won't do, picnic in true style with a little help from this service, which offers "gourmet food, *en plein air*, without effort". Goodies are sourced from the city's best providers, organic ingredients are used as much as possible and it all comes in eco-friendly packaging, but it's the divine handcrafted menus that sweeten the experience. The picnic gift voucher is perfect for Sydneysiders and visiting friends.

The Picnic Site

www.the-picnic-site.com

There are countless sources for picnic food ideas, but this little site also has great tips on how to plan your big day out, the best ways to barbecue and what games to play (boules, anyone?). It's all penned by Emily McDonald who lives on the Hampshire/West Sussex border of the UK – good picnicking country.