



Canberra Times
Tuesday 5/21/2008

Page: 4
Section: Food and Wine
Region: Canberra, AU
Circulation: 33935
Type: Capital City Daily
Size: 133.45 sq.cms.

From goats to fish

The drought can have terrible consequences for farmers, but for Ann Vicary and Torsten Andersson, it was the perfect opportunity to reinvent their gourmet goat business into a traditional smoked fish kitchen.

Vicary and Andersson, from Grenfell in NSW, started selling goat meat through their Cypress Valley Gourmet Kitchen business five years ago.

“We started selling free-range goat meat which was very popular but because of the drought, we ended up with a low reproduction level,” Vicary says.

“We had little increase in stock and the stock we had did not put on weight because it wasn’t grain-fed.”

Andersson, who came to Australia from Sweden 40 years ago, developed an interest in good food when he was a child.

“My grandfather taught me how to smoke fish in the traditional way,” he says. “So when we discovered it was no longer possible to produce goat meat, we naturally decided to start smoking fish.”

The smoked trout, which comes from a Snowy Mountains trout farm, is smoked using Australian iron bark sawdust cut from fallen trees.

“We use the centuries-old Swedish technique from my grandfather. As opposed to smoked trout you find in supermarkets, our trout are smoked



Ann Vicary and Torsten Andersson at the farmers’ markets.

one at a time, resulting in a very juicy product.”

Vicary and Andersson are now offering tasting of their de-boned trout every Saturday morning at the market. De-boned trout is easy and quick to prepare in tasty dishes such as pasta, risotto, potato bake or simply warmed on the barbecue.

Cypress Valley Gourmet Kitchen sells whole as well as de-boned smoked trout, salmon, duck, chicken, eel and smoked trout pate and gravalax, a special dish from Sweden. All products are vacuum-packed for safety and hygiene reasons, and start at \$5. They also sell products on behalf of Lachlan Valley Free Range Eggs and Mountain View Honey.

■ This article was contributed by the Capital Regional Farmers’ Market.