

il tridente

ISSUE #26 SUMMER

Maserati Australia & New Zealand

PERFORMANCE EDITION





COLLECTION

Fifty Fathoms



IB
1735
BLANCPAIN
MANUFACTURE DE HAUTE HORLOGERIE

WELCOME

COVID-19 HAS CREATED

a challenging and fast-paced environment. Yet Maserati has continued investment throughout with no hesitation, despite operating in Italy, one of the hardest-hit countries. We are now seeing the fruits of this investment, as our most powerful vehicles are revealed.

Welcome to the Performance Edition, featuring Trofeo.

The Trofeo name represents the pinnacle of the current range. It is everything we love about the brand. Massive power, great sound, dynamic handling, and beautiful design. Trofeo represents the heartland of Maserati, placing our most powerful V8 engines ever in Quattroporte, Levante, and for the first time, Ghibli.

To press the point further, Maserati also revealed the all-new MC20 at Maserati Day in Modena.

MC20, with an all-new Maserati Nettuno engine at its heart, is pure super car. It has all the ingredients: carbon-fibre chassis keeping it under 1500kg; a new engine producing 630hp; and a 0-100 time under 2.9 seconds. It's super-car performance wrapped in a design that is simply stunning and very Maserati.

At the other end of the scale, Maserati introduces its first hybrid in Ghibli. Note this is a Maserati version of a hybrid, meaning it maximises efficiency and performance – the best of both worlds. All with 330hp and a sound that is still very Maserati indeed.

All this performance muscle needs to be dressed appropriately and, in many cases, uniquely. Once again, Maserati delivers.



For Levante alone, there are more than 400,000 unique combinations. To further ensure individuality, Maserati has introduced the Fuoriserie program of 'one-of-one' personalisation so every owner can ensure they have a Maserati that is unique to them.

Finally, as we watch the sun set on 2020, we note the many remarkable performances we've seen this year. This includes the men and women who have served to keep us all safe during this time. From the firefighters during the bushfires to the doctors and nurses working on the front lines of the COVID-19 offensive. From the people running companies that have had to pivot to survive and from the entrepreneurs now preparing for what happens when we come out the other side.

This year has demanded performance like no other. But Maserati, at 106 years old, has survived depressions, world wars and even pandemics before – and it will thrive beyond COVID-19 as well.

GLEN SEALEY
Chief Operating Officer
Maserati Australia, New Zealand
and South Africa



TUDOR

#BORN TODARE

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unseen and dare all? This is
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our cover
The MC20





PASPALLEY

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EDITOR'S LETTER



THERE'S NO DENYING it's been a difficult year. However, as we look to welcome in 2021, we are starting to notice a change is in the air.

We're not out of the woods yet, but I can't help but feel a sense of optimism.

While the last several months have been challenging, they have also provided the opportunity to spend some time with loved ones (some would say too much time, aka cabin fever), re-evaluate priorities and choices and perhaps even change course entirely. There's nothing like a crisis to bring out the best in us.

There are few brands that have navigated 2020's COVID-19 crisis and its economic fallout better than Maserati. The marque has had a spectacular year and a succession of benchmark product launches, culminating in the truly audacious MC20. We are proud to reveal all the details of this special car in our cover story, from page 16.

As we near the conclusion of what probably feels like simultaneously the shortest and longest year in history, living mindfully is something many of us are looking forward to doing. Appreciating the small things, like making that first restaurant reservation, enjoying a coffee from somewhere other than your own Nespresso machine at home, planning a family celebration, attending a live

concert, sports match or anything.

And let's not forget travel. The inability to casually hop on a plane and go anywhere we want has left a huge void in our lives, especially for such a nation of frequent travellers. Hands up, who has missed their annual trip to Italy? Yep, me too. We were planning a European reunion with family and instead we got home-schooling and business pivots.

But let's stop to count our blessings. We have an Australian summer to look forward to, so in this issue of *Il Tridente* magazine, we have done our best to show you how to re-create that Italian feeling right here at home. From showing off your culinary skills with delicious pasta dishes, to matching food with some top-shelf Italian wine; from choosing luxurious gifting for the festive season to taking an Italian-themed road trip to the Central Coast (or as my dear friend Susan calls it, the Costa Centrale) – we have your Italian cravings covered.

We hope you enjoy the issue. From all our team, we wish you a safe break. See you in 2021 for new adventures.

KATARINA KROSLAKOVA
editor in chief

WHAT MOVES YOU, MAKES YOU

Taron Egerton with his 1858 Geosphere watch.
Heading in his own direction.

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make your own rules

MASERATI'S NEW PERSONALISATION PROGRAM UNLOCKS THE WORLD OF ULTIMATE, ONE-OF-A-KIND DREAM CARS, STYLED BY YOU.

A Maserati tailor-made to your unique personality is truly the ultimate luxury. Fuoriserie is the distinctive Maserati personalisation program that allows just that: unleash your audacity, set your own rules.

The program was launched in conjunction with MMXX day, with Maserati displaying three custom models – Ghibli Trofeo, Levante Trofeo, and Quattroporte Trofeo – each outfitted with unique exterior and interior finishes.

The three made-to-measure collections offer an infinite range of possibilities. Start from a core value that drives you – either performance, contemporary style or innovation – and explore the myriad combinations to find the Maserati that best represents your true spirit.

CORSE

There's no school like the old school. Dedicated to lovers of timeless style, the 'Gentleman Racer' era and faithful connoisseurs of the Maserati narrative, the Corse Collection is inspired by the brand's glorious racing heritage.

But this is a sophisticated race through time, a reinterpretation of racing liveries and heritage colours. Inspired by the historical bodyworks of the Officine Alfieri Maserati, the timeless look is reminiscent of traditional vegetable-tanned leather combined with contemporary finishes.

The Ghibli Trofeo Corse features a brushed aluminium effect on the exterior with a double red racing stripe running over the centre of the car, and the interior gets the full Alcantara treatment with the driver's seat a different colour to the passenger seat.

UNICA

Dedicated to the dynamic individuals who speak the language of 'now'. The Unica collection is born from Maserati's reinterpretation of the rapidly shifting trends in fashion, art and culture. The graphic elements on the livery communicate your attitude; contemporary body colours reflect and interpret the most current trends.



This car is offered with a wild exterior colour job on the windows, which gives it a rainbow effect. The exterior also features small touches such as extra decorative tridents and a set of white rims with orange accents, while the interior features exotic white and turquoise upholstery. The coolest part of this unique vehicle is that the windows project rays of different coloured light into the cabin during the day, thanks to crystals set into the interior.

FUTURA

This palette is dedicated to futurists, lovers of technology and new materials – people who embrace and encourage change with enthusiasm and energy. You could say the best has yet to come.

The Levante Trofeo Futura is aimed at owners who are into the sporty and more technical side of driving and features dramatic industrial tones and modern industrial colour options such as Graphite Blue. But the beauty is more than surface deep – the striking livery sits alongside technology with an emphasis on improved performance and sustainable materials. •



ABOVE: Ghibli Trofeo Corse features a brushed aluminium look on its exterior and a bold double racing stripe in red.



THIS PAGE: The ultra-trendy Unica is available with glass treated for a rainbow sheen and orange-and-white rims. High performance and sustainable materials come with striking industrial tones in Levante Trofeo Futura.





FI E-TUNED

FUTURE IS HERE

In keeping with tradition, the future Maserati SUV is to be called Grecale, after the north-east wind of the Mediterranean Sea, and it is destined to play a key role for the brand.

Maserati has a long-standing practice of naming its cars after the world's most famous winds. It all began in 1963, with the legendary Mistral. This was followed by Ghibli, Bora, Merak and Khamsin. Then in

2016 by Levante, the first SUV in Maserati's history.

Now Grecale, a strong Mediterranean wind that drives all before it, just like the revolutionary new model. Grecale will be built at Cassino. Around €800 million will be invested in realising the production line.

The mid-sized sports luxury SUV will be unveiled in early 2021 with a fully electric version to follow. ●



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TAKING FLIGHT

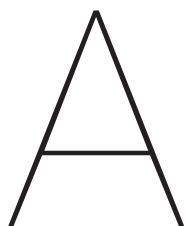


**FOR ONE RIDE THAT FULLY EMBODIES THE NEW ERA
OF EARTH-FRIENDLY HIGH PERFORMANCE IN MODENA, LOOK
NO FURTHER THAN THE MC20, WRITES **PHILIP KING**.**

~ driving ~

Butterfly-wing doors bring
supercar drama to the
MC20's pure, sculpted
proportions and perfected
aerodynamics.





fter months of stay-at-home orders and border closures, we're all painfully familiar with the concept of a sense of place. But in Italy, as hard hit as anywhere by COVID-19, Maserati has been doubling down on the idea. The iconic automaker has spent millions making upgrades and installing modern facilities to develop and build the MC20 in its hometown of Modena.

It's the maker's first supercar in 15 years. The 'M' stands for Maserati, 'C' is for Corse (which means racing in Italian), and '20' denotes the year. The pandemic delayed its development but didn't derail it, thanks to virtual testing equipment that allowed 90 per cent of the dynamic work to be done using software.

Maserati launched the MC20 in September with a towering display of razzle and socially distanced dazzle in Modena, before VIPs watching drive-in-movie style, and thousands more streaming the event worldwide.

It was about more than just one car. Following the mantra "MMXX: Time to be Audacious", Maserati is entering a new era, when it will embrace electrification, return to motorsport and bring generational change to its line-up – with the MC20 as the prodigy.

"For our brand, this is a time to build: the time to be forward-looking and construct our future," CEO Davide Grasso says. "We are laying the foundation stone of our tomorrow and we are doing it together, guided by our passion, unique in our design and innovative by nature."

Mike Manley, boss of Maserati parent company Fiat Chrysler Automobiles, believes Maserati will be the "crown jewel" in the group and has been busy polishing the Trident.

Literally, in the case of the badge itself, which gets a subtle redesign. But more profoundly with about €5 billion (\$8.2 billion) committed to a complete Maserati makeover.

This will fund everything from the refreshed range to new drivelines, taking in hybrids, a turbocharged V6 petrol engine that debuts in the MC20 (see "Under the bonnet", p26), and full electrification. There's the return to racing, a bespoke customisation service and Maserati Classiche to nurture and restore its back catalogue.

All the essentials, then, for today's fully rounded top-end brand.

Much of the project has been devoted to issuing Maserati with an up-to-date Italian passport. Money invested in its Italian factories should dispel notions that some Maseratis – under now discarded proposals – will be built elsewhere.

This effort has centred on Modena, with research-and-development facilities at three sites there that include an innovation lab with a state-of-the-art driving simulator and capacity for virtual development.

Maserati began life in Bologna but moved the 50 kilometres north to Modena more than 80 years ago. This region, Emilia-Romagna, contains the elite of Italian motoring, from Ferrari to Lamborghini,



~ driving ~

***Maserati is entering an era when it will
bring generational change to its line-up –
with the MC20 as the prodigy.***



The MC20 reflects the best dynamic thinking with its light weight and a mid-mounted engine.

The brand's previous supercar, the MC12, left, inspired the design of the MC20. The launch event involved VIPs watching drive-in style and scores of Maserati staff.



Pagani to Ducati. But Maserati pre-dates all of them and its born-again commitment to Modena – and to high-performance two-seaters – reasserts its claim to being a founder of Supercar Valley.

The Italian food industry stamps its produce with the DOP mark (Denominazione di Origine Protetta, or Protected Designation of Origin) to protect regional specialties. There's no equivalent seal for car makers but they are just as woven into their regional fabric. And this year's COVID-19 restrictions have reinforced the feeling that for heritage brands, globalisation begins at home. So it's a source of pride that the MC20 is locally grown.

Behind Maserati headquarters on Viale Ciro Menotti, just outside the old town, the bulldozers moved in once production of the GranTurismo coupe and GranCabrio convertible ceased last November, making way for upgrades. Freshly installed assembly lines and a paint shop will build about 1500 MC20s a year.



A NEW GENERATION

It's immediately clear, though, the MC20 is not the car some were expecting. It tears up another blueprint for Maserati's future called the Alfieri, which was unveiled at the 2014 Geneva Motor Show. The gorgeous concept grand tourer won admirers and for a while looked certain for production.

Someone noticed, however, that the brand didn't need another front-engined luxury grand tourer as a companion for the GranTurismo. Maserati's trajectory changed.

Glen Sealey, Maserati COO for Australia, New Zealand and South Africa, says the new car confirms that new trajectory. "The MC20 is not an Alfieri – or even of that generation. It sets the pace for the new generation of the business."

The brand realised that to reclaim its racing heritage and stamp its performance credentials on a new range, it needed something capable of



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competing on a track. A supercar, in other words, and one that embodies the best dynamic thinking: as light as possible, with the engine mounted mid-ships, behind the seats.

Vehicle line executive Federico Landini says: "Since this car had to represent the summit of sports performance and technology, a mid-mounted rear engine was the only choice."

Maserati was an early convert to this format with the Bora, from the 1970s, and its most recent supercar, the MC12, from the mid-noughties.

The MC20 ticks other supercar boxes, too. Weighing less than 1.5 tonnes, it's centred on a carbon fibre tub and composite chassis with forged aluminium double-wishbone suspension all round. Power reaches the rear wheels via an eight-speed dual-clutch transmission with five drive modes and paddle-shifters. There's a mechanical limited-slip differential, active shock absorbers and large Brembo brakes, which can pull the car up from 100km/h in 33 metres. Carbon ceramic discs are an option, as is an electronic differential.

For the MC20's shape, the designers sought inspiration from an early racer, the Tipo 61. There are also echoes of MC12 in elements such as the squared-off tops to the wheel arches. Turns out Maserati was flattening curves long before COVID-19.

But the departures from the past are more telling. The MC12 was a homologation car, built to satisfy race rules. Uncompromising even in road trim, it looks ready for Le Mans with a huge rear wing and long tail honed for high speeds. Its panels proliferate with vent slots and there is zero rear vision. It borrowed heavily from the halo Ferrari at the time, the Enzo, including its engine and gearbox.

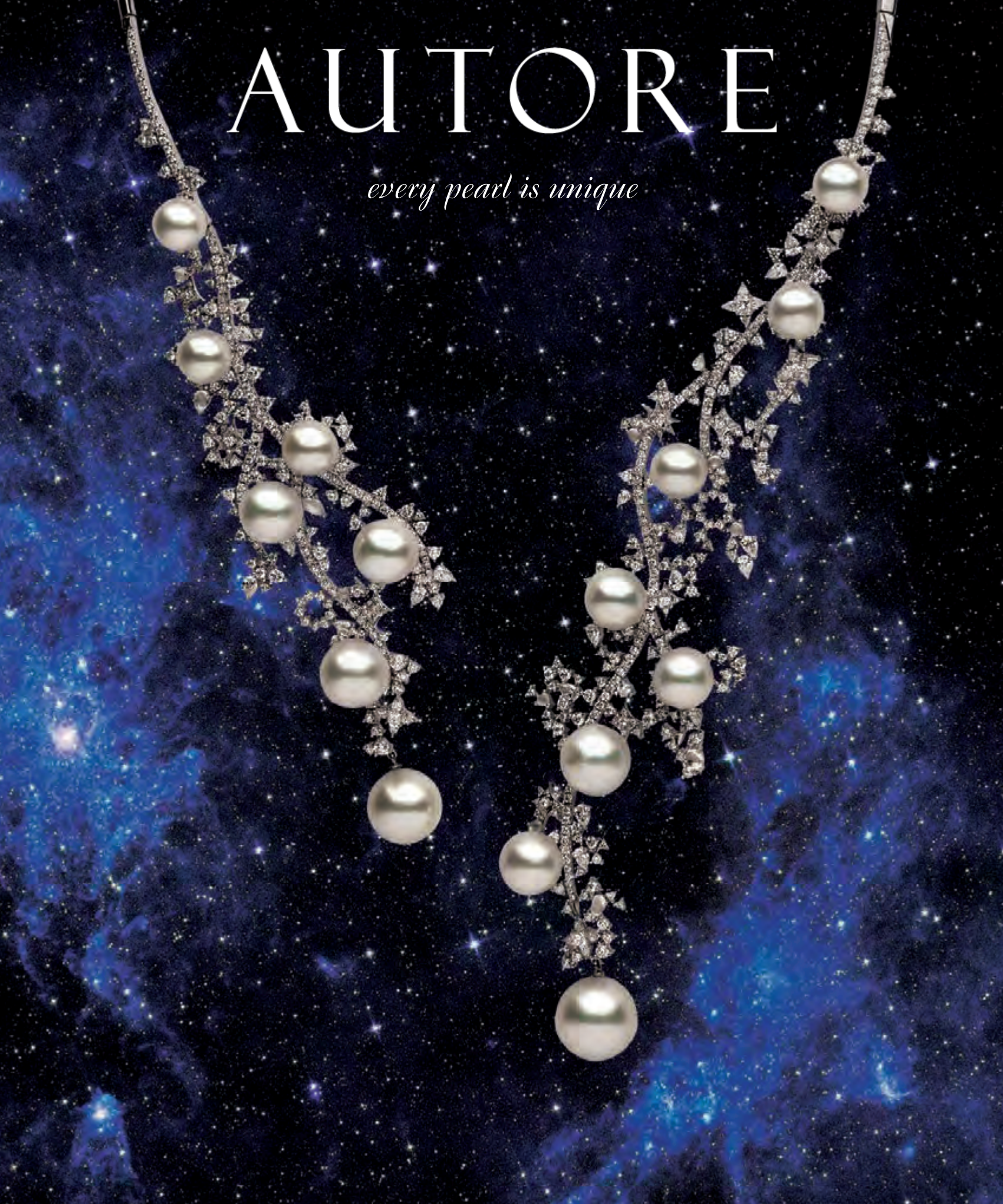


Designers and clay modellers finesse the final shape of the vehicle's distinctive wheel arches and nose.



AUTORE

every pearl is unique



“It stands apart. It doesn’t look like a Ferrari, it doesn’t look like a McLaren, it doesn’t look like a Lamborghini.”

In contrast, the MC20 has road-going dimensions and discreet, integrated aerodynamics perfected over thousands of hours in a wind tunnel. Maserati design chief Klaus Busse says the goal was to avoid distracting elements and focus on essentials.

“Normally, air intakes get excessively celebrated,” Busse explains. “We offer a design that is pure, where air intakes are not the main protagonist; it’s actually the proportions, the sculpture of the car.”

The painted upper body strives to disguise intakes in the bonnet and rear haunches, while functional lower surfaces are rendered in stark carbon fibre. Compared with its more ebullient Italian rivals, it’s a quiet design that’s easy on the eye and gradually draws you to its details, such as the Trident motifs in the wheels and engine cover.

Sealey says it stands apart from other supercars. “It doesn’t look like a Ferrari, it doesn’t look like a McLaren, it doesn’t look like a Lamborghini. For once you’ve got something that represents the future of design but also harks back to something that everyone remembers.”

Drama comes from the doors, which hinge skyward, butterfly-style, for easier ingress and egress. The cabin’s clean surfaces, in carbon fibre, leather and laser-etched Alcantara, are persuasively modern with sparse switchgear highlighted by large Start/Stop and Launch buttons on the steering wheel and a timepiece-like rotary drive mode selector. Crisp digital instruments and a central touchscreen mean that – at last! – Maserati is on the pace with electronics.

And, unlike in the MC12, there’s a rearview mirror (with additional images from an extra rear camera), an audio system (from premium Italian specialist Sonus Faber as an option), and even some modest luggage space shared between front (47 litres) and rear (101 litres).

Busse says the cabin is “about keeping your eyes on the road and avoiding distraction”. It’s racetrack ready, he says, but comfortable enough for long distances.

The MC20 will be offered later in a Spyder version with retractable hardtop and, eventually, a pure electric driveline.

In the meantime, it’s a rare example of a mid-engined V6, alongside the Lotus Evora, Honda NSX (with a hybrid system) and Ford GT (unavailable in Australia).

But Sealey believes its true competitors are the segment stars, from the Ferrari F8 through Lamborghini Huracan to McLaren 720S. It will be priced accordingly, from about \$450,000 to \$500,000, and eager buyers are already leaving deposits.

If the MC20 turns sceptics into true believers, it’s more than a win for Maserati. It’s a vote of confidence for its hometown, the region and ‘Made in Italy’ – when the country needs it most. •



The alloy wheels are stylised versions of the Maserati Trident, while the clean lines of the cabin are rendered in carbon fibre, leather and laser-etched Alcantara.

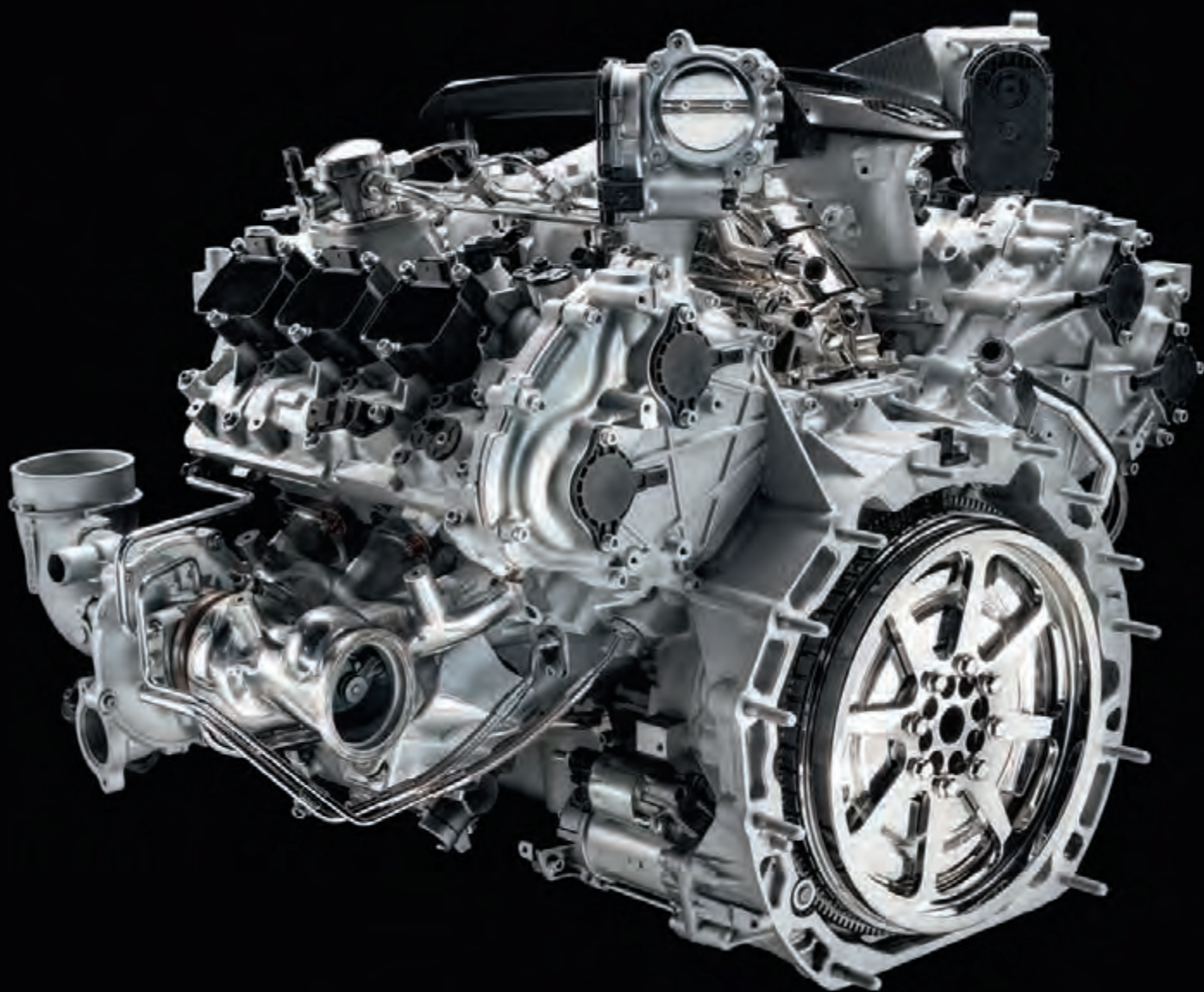


~ driving ~



UNDER THE BONNET

*MC20's V6 refuses to compromise on power or sound.
The secret is in Formula 1 technology.*



With its twin turbochargers,
the Nettuno V6 produces
class-leading power of 463kW.

THE LAST TIME Maserati made an engine was so long ago the lira was legal tender and most of its current employees were too young to drive. But it does have an excuse. After falling under the control of Ferrari in the late 1990s, its rival became its supplier. Ferrari's engine plant is just down the road.

Of course there are worse problems to have than 'engine by Ferrari'. The Trofeo series of cars now arriving, the final Maseratis with Ferrari V8s, will be very collectable. The same goes for the last of the naturally aspirated V8s in the GranTurismo and GranCabrio, which finished in 2019 to make room for the MC20.

The arrangement with Ferrari hit a zenith 15 years ago with the MC20's antecedent, the MC12. It ran a slightly detuned version of the huge 12-cylinder in the Ferrari Enzo. The supercar returned Maserati to racetracks after a long absence and – with just 50 road-going examples built – is rarer than the Enzo. Examples fetch millions at auction.

Big engines bristling with cylinders are rapidly becoming things of the past. Even supercars must do more with less. For Maserati's new engine, it had to decide: eight or six?

It was a challenge, vehicle line executive Federico Landini admits, but engines have to become more sustainable "so downsizing is increasingly the name of the game".

"To offer the best in performance, while of course complying with environmental concerns, we decided to develop a V6."

The engine is dubbed Nettuno in a nod to the statue of Neptune in nearby Bologna, which inspired Maserati's Trident badge.

It reprises a format – two banks of cylinders in a 90-degree 'V', each with its own turbocharger – that defined Maseratis in the 1980s after its Biturbo became the first car anywhere to fit double air pumps.

***"TO OFFER THE BEST IN
PERFORMANCE, WHILE OF
COURSE COMPLYING WITH
ENVIRONMENTAL CONCERNS,
WE DECIDED TO DEVELOP A V6."***

While powerful in their day, those engines are puny units compared with Nettuno; a better sense of the pace of progress comes from a comparison with the MC12's 6.0-litre V12.

If Nettuno looks like it's half the engine, with 3.0-litres shared among six cylinders, then you're studying the wrong numbers. Their power outputs are identical: 463kW, putting Nettuno in the top rank of modern sixes regardless of size. Fewer cylinders translates into weight savings across the car, making the MC20's output best-in-class, pound-for-pound.

The MC20 also has substantially more torque than an MC12 – 730Nm against 652Nm – and it arrives much lower in the rev range.

It all adds up to performance that puts daylight between old and new. From a standing start, the MC20 reaches 100km/h in less than 2.9 seconds, against 3.8 seconds for MC12. That is a chasm in supercar terms.

To achieve this, Maserati turned to Formula 1 technology. Chief engineer Matteo Valentini says, "Without a doubt, the core of the engine is the innovative twin-spark, pre-chamber combustion system."

Each cylinder has a small cavity, ignited by a central spark plug, which shoots channels of flame into the main combustion chamber. This pre-chamber set-up results in quicker, more efficient burning of the fuel and is especially effective at high revs.

A second spark plug, which can directly ignite fuel in the cylinder itself, works in tandem with the first. It allows for smoother operation at low speeds and enables sophisticated ignition strategies that can balance power and efficiency across the whole rev range.

Powertrain innovation chief Ettore Musu explains that pre-chamber combustion achieves a rare win-win.

"Engines that are required to deliver higher performance inevitably consume more fuel," Musu says. "In this case, the trade-off is moved to a higher level, so it's possible to achieve higher performance and reduce fuel use, simultaneously."

Maserati says it's the first maker to overcome problems that made the system too harsh for use outside motorsport. Fuel consumption of 11.6 litres per 100km gives it an economy edge over Italian rivals and Maserati believes other makers will want to follow suit. It has filed requisite paperwork; patent lawyers, start your engines.

Nettuno completes its performance credentials with variable valve timing and a dry sump oil system that actively recirculates the lubricant and is the default choice for race cars and supercars.

On a track, some of its other vital statistics will come to the fore: Nettuno spins to 8000rpm, propelling the car to 200km/h in 8.8 seconds and on to a top speed north of 325km/h. These figures put it in the same conversation as established local rivals and supercars from McLaren, Aston Martin and Porsche.

And the sound? Turbocharging and downsizing do few favours for sound engineers. But Landini believes the powerplant speaks for itself.

"We're working hard to ensure that this engine is unique in terms of sound performance and personality. Of course, I can't deny that this is more difficult with a V6, but once again we've risen to the challenge, and I suggest you listen to the result."

If it's tricky with internal combustion, then an even greater aural challenge lies ahead. A pure electric version of the MC20 will eventually emerge and even it will have a "distinctive growl", Maserati says.

In the meantime, the heady whiff of petrol fumes has the local Maserati distributor purring with delight.

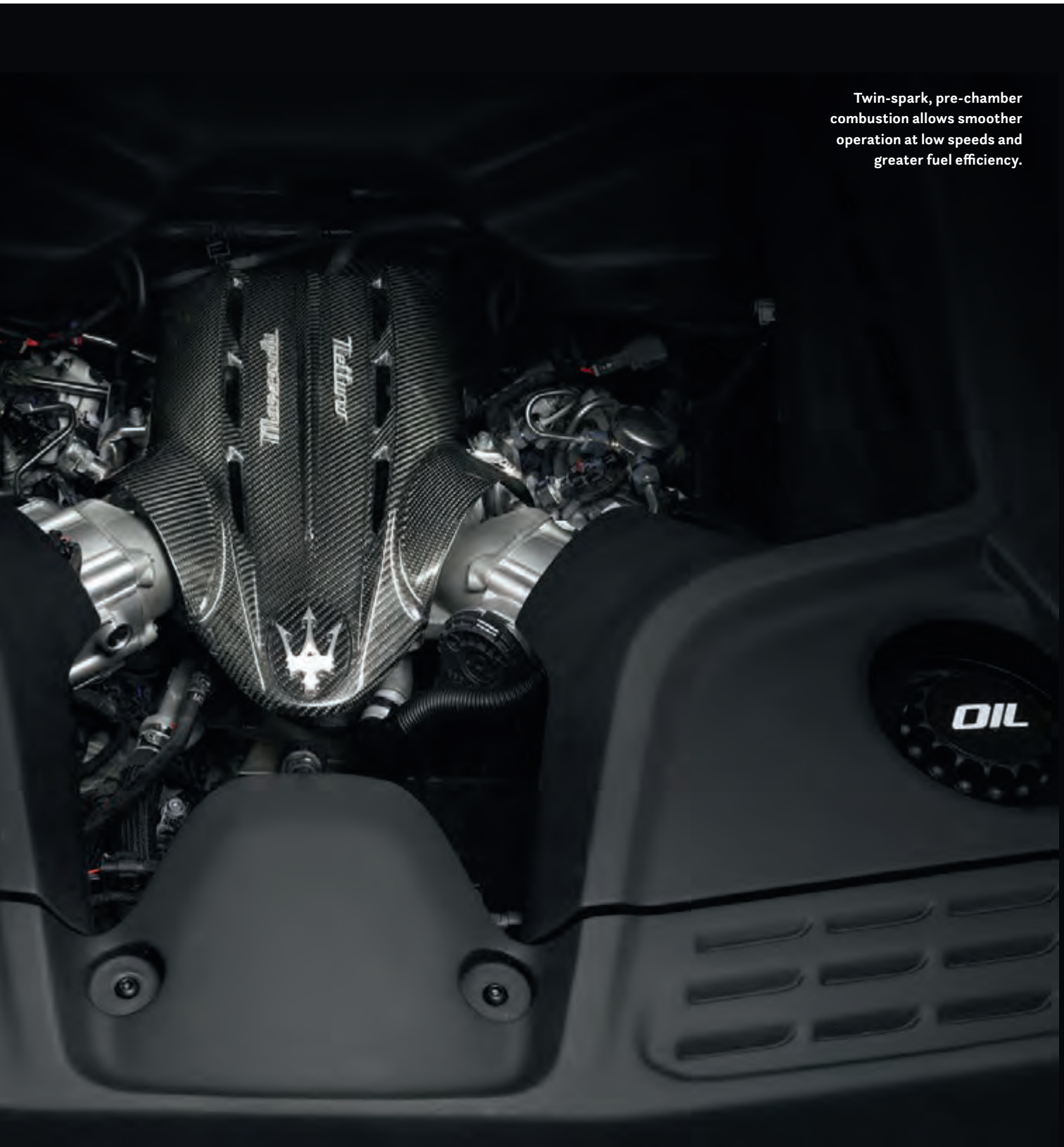
"I love the fact that in 2020 we're launching an internal combustion sportscar – I think we'll be the only company doing it!" says Glen Sealey. "It stretches the limits of what's in the marketplace and sets the benchmark for what's to come." • **PK**

"WE'RE WORKING HARD TO ENSURE THAT THIS ENGINE IS UNIQUE IN TERMS OF SOUND PERFORMANCE AND PERSONALITY."



~ driving ~

Twin-spark, pre-chamber
combustion allows smoother
operation at low speeds and
greater fuel efficiency.





TOP OF THE LINE

TROFEO NOW SITS ATOP THE LEVANTE, Ghibli AND QUATTROPORTE OFFERINGS, WHILE THE NEW Ghibli HYBRID MAKES PERFORMANCE ENVIRONMENT-FRIENDLY. THESE BEAUTIES LOOK, DRIVE AND ROAR LIKE MASERATI LEGENDS, WRITES CHARLES WILLIAMS.

~ driving ~

THIS PAGE: The Trofeo model
fits a V8 into the Ghibli chassis
for the first time.



It's often the details that define a Maserati. From Pieno Fiore (full grain) leather to the roar of the powerplant, the intricate weave of the tailored Zegna natural fibres or the fine interior stitching. For the new Trofeo models, however, the defining feature is not so subtle.

Bold performance is the hallmark.

Behold, at Trofeo's heart is a new 3.8-litre V8 sporting a pair of turbochargers. Engineered by Maserati and manufactured by Ferrari, the fiery engine ushers in a new level of performance for the Modenese brand. Something Maserati aptly refers to as the "art of fast".

Power peaks at 590 horsepower in the most potent system ever to grace a four-door Maserati. The engine is tuned for everyday refinement, and those turbo-chargers ensure effortless drive across the rev range with immense pulling power, creating one of the most flexible and free-revving powerplants on the planet – all while changing times have most engineers downsizing.

Trofeo denotes 'trophy' in Italian. It's a fitting name for this powerful trio of models, which will soon add a new dimension to the top of the Levante, Ghibli and Quattroporte lines. In the case of the Ghibli, it's the first time a V8 has been nestled within its hugely capable chassis.

Maserati Australia COO Glen Sealey says Maserati has not overlooked its rich heritage in creating lusciously understated supercars cloaked in sumptuous Italian four-door metal. It's from behind the wheel where the Italian zeal is most intense.

"Maserati is about enjoying the journey,"

***REST ASSURED, MASERATI
BEAUTY STILL RADIATES
FROM EVERY ANGLE, AND
THOSE SUBTLE DETAILS
ARE THERE AS WELL.***

Trofeo models as the most powerful to wear the trident badge. Deep red streaks add an air of mystique to glistening chrome, a distinctive nod to the new power under the bonnet. Pop the bonnet and red rocker covers flank a beautifully sculpted slice of carbon fibre.

"They're subtle details, but for Maserati it is actually overt, incorporating the scoops in the bonnet, the colouring on the gills and the moniker in the saetta," Sealey notes.

Still, it's those powerhouse V8s that give Trofeo most of its appeal – because they're becoming a rare breed.





ABOVE: The Trofeo collection (left to right) – Quattroporte, Levante and Ghibli. **RIGHT:** Red highlights are among the subtle design upgrades underscoring the V8 Trofeo power.



"The V8s that are running in the Trofeo range will be the last of the V8s," Sealey says, which helps explain the strong early interest in the new brand flagships.

Global regulations, evolving tastes and fast-advancing technology are encouraging engineers to downsize, an area in which Maserati is leading the way.

As for Trofeo's performance story, it's not all about the V8. While the Levante uses the all-wheel-drive system at the core of Maserati's first SUV, the Ghibli and Quattroporte maintain sports-car tradition by sending all the drive aft. It's an alluring combination.

"Very powerful V8, 50-50 weight distribution and a rear-wheel-drive drivetrain put you on your toes and let you know you're driving something fantastic," Sealey says.

A high-tech roar from the engine doesn't hurt either and the most enticing Maseratis to date provide that satisfaction as well.

"The Trofeo hits the heartland of what Maserati is about – performance and sound," Sealey proclaims.

MAKE YOUR MARQUE



Customisation makes a journey unique. Trofeo owners will have tens of thousands of colour and trim combinations to choose from. Meanwhile, technical changes at the Modena factory allow personalised touches. "We want to encourage the thought process of 'one of one'." Maserati Australia COO Glen Sealey (pictured) says. Your car is one of one made – there's value to that. In a world of generic, one of one is the ultimate luxury."



~ driving ~



THIS PAGE: Levante Trofeo features an all-while-drive system at the heart of Maserati's first SUV.

THIS PAGE: The Ghibli Hybrid's 2.0-litre, 48-volt drivetrain provides everything you expect from a Maserati – right down to the roar.





BEST OF BOTH WORLDS

The new Ghibli Hybrid achieves the sound and surge of a Maserati with a dainty carbon footprint.

**IT'LL BE MORE FUEL-EFFICIENT
THAN A DIESEL AND MORE
POWERFUL THAN A PETROL
VEHICLE, WHILE GENERATING
FEWER EMISSIONS THAN BOTH.**

While tradition will always be at the forefront of the marque, technological advances are driving the modern Maserati. It helped create one of the most anticipated new models in the brand's history: the Ghibli Hybrid.

Drivers will enjoy a heartier surge low in the rev range, thanks to a new 2.0-litre engine boosted by an electric turbo-charger. It's part of a 48-volt system that incorporates an electric motor to further flesh out that effortlessness formerly reserved for big-capacity engines.

Throw in a traditional exhaust-driven turbocharger for good measure and Maserati's engineers have tailored an aural experience befitting the brand.

"The car will sound like a Maserati," Sealey assures. "Our engineers are able to ensure that we have a great sound, even in hybrid four-cylinder guise."

It's a chapter few would have expected from a brand that has built its reputation on V8s. Sealey says the hybrid is about acknowledging a changing world and ensuring the Maserati legend moves with it.

"There is a market out there that wants everything our brand represents but with a green tinge," he explains. "It'll be more fuel-efficient than a diesel and more powerful than a petrol [vehicle], while generating fewer CO₂ emissions than both and giving better driver enjoyment at the same time."

Expect the hybrid engine to become standard for the Ghibli. It's an electrifying new chapter for Maserati. • CW





Performance Charged



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Discover more on [maserati.com](https://www.maserati.com)


Maserati
Ghibli

TRAVEL RESTRICTIONS THIS YEAR HAVE MADE EXPLORING OUR BACKYARDS AND BEYOND A MOST REWARDING JOURNEY. **KATARINA KROSLAKOVA** ROAMS THE NEW SOUTH WALES CENTRAL COAST IN A MASERATI LEVANTE.

THE PICTURESQUE CENTRAL COAST may be only an hour or so north of Sydney but it makes visitors feel a million miles away. With its refreshed accommodation options – including stunning architectural holiday homes – its wide, rich selection of cafes, restaurants, eateries and providores, and hidden secrets offering local produce with pride and integrity, the area should be a must-visit for everyone. You can see why people love living here, and visitors will certainly enjoy a quick getaway. Here is our guide to a culinary weekend on the Coast.

Friday: 1pm

Your first stop should always be Saddles. This restaurant offers all that the region represents: authentic flavours, warm hospitality, organic produce, honest architecture and interiors. And, yes, you will probably see the owner, legendary businessman John Singleton, holding court near the fireplace. Book early, Saddles is in huge demand, and with Central Coast hospitality legends Hayley and Cameron Cansdell at the helm, it's easy to see why. With a focus on generosity and seasonality, the menu ranges from puff pastry tart with baby globe artichokes, English spinach and house-made ricotta to Fraser Island spanner crab on house-made brioche with capers, egg and native sea parsley. For a main, try Little Hill Farm chicken, caramelised cauliflower puree, roast romanesco and nettle chilli salsa. Finish with lamington for dessert, made with Daintree Estates chocolate, guava and coconut. Do your tastebuds a favour and pick up some trademark sausage rolls to take away and your Central Coast weekend is off to a great start.

Saddles

20 Ashbrookes Road, Mount White

T: 02 4370 1152 saddlesmtwhite.com.au

Friday: 4pm

Check into Le Booker Beachfront, one of the area's most architecturally spectacular properties. Situated in the laidback beachside suburb of Ettalong, this is the Central Coast's newest holiday rental offering.



Levante – in stunning Blue Nobile – looks right at home outside Le Booker Beachfront and cruising back roads. At Saddles, the setting and the puff pastry tart are both sumptuous.

COASTING



ALONG

Levante photography by SIMON DAVIDSON

As its name implies, it is indeed on the very beachfront – your own private beachfront at that. This three-bedroom holiday villa comes with its own in-ground private heated plunge pool, private lawn and beach access. The exposed concrete and the steel detailing inside give a chic, modern finish to the Architecture-designed residence, while Coco Republic furnishings complete the holiday luxury experience.

Le Booker Beachfront

1/372 Booker Bay Road, Booker Bay

belleescapes.com.au/properties/le-booker-beachfront

Friday: 7pm

The Central Coast is indeed lucky to have The Lucky Bee right on its doorstep. This buzzy South-East Asian eatery would be a hotspot worth queueing for in any capital city around the world. Owned by ex-Longrain chef Matty Bennett and his partner Rupert Noffs, The Lucky Bee offers dish after dish of confidence, flavour and heritage, with a modern touch. Best of all, it's a fun dining experience all round: from the fabulously kitschy, bright interiors, to the charismatic floor service of Noffs; from the giant cocktail vats at the bar, to the DJ booth and disco ball in the adjoining space. Go-to dish is the incredible show-stopper whole fried Szechuan pepper-and-salt line-caught snapper, with prik nam pla and sweet chilli dipping sauce.

The Lucky Bee

60 Araluen Drive, Hardys Bay

T: 02 4360 1281

theluckybee.com.au

Saturday: 8am

Coast 175 is an Ettalong institution, famed for its hearty breakfasts and strong coffee. Its pantry also offers local produce and culinary souvenirs. Work off some of the calories with a walk along Ocean View Road and visit the hidden markets, boutique shops and restaurants. Our pick for best browsing is florist and gift shop Salmon & Co (366 Ocean View Road).

Coast 175

175 Ocean View Road, Ettalong Beach

T: 02 4341 8080

coast175.com

Saturday: 10am

Yes, 10am may be too early for a cocktail but it's the perfect time to discover a local product that is now an Australian icon. Distillery Botanica is home of the renowned Mr Black Cold Brew Coffee Liqueur (aka, the only way to make an espresso martini, really), but its award-winning Moore's Dry Gin is also worth the detour to Erina. After more than 20 years working as a horticulturist and herbalist, Philip Moore applied his love and knowledge of botanicals to distilling. Many of his on-site garden organics make their way into his trademark gin.

Down the path, you'll find Bar Botanica, a garden café and gelato bar that tempts locals and travellers alike with its Mr Goaty Gelato creations. Founded by Dan Hughes, formerly chef at Three Blue Ducks, the place offers incredible flavour combinations such as honeycomb and lavender, raspberry brioche, and matcha mint choc chip. Mr Goaty was awarded *Gourmet Traveller's* gong for Best Gelato in NSW for





OPPOSITE PAGE: Enjoy chic luxury and gorgeous views at Le Booker Beachfront or let Levante show you the scenery.

THIS PAGE: The Lucky Bee refreshes with cooling cucumber salad and a cocktail bar; Distillery Botanica is home to the iconic Moore's Gin.



DISTILLERY BOTANICA'S MR BLACK COLD BREW COFFEE LIQUEUR AND MOORE'S DRY GIN MAKE IT WORTH THE DETOUR TO ERINA.

2020, and we can't recommend this little local secret enough. (Takeaway packs also available – hurray!)

Distillery Botanica, Bar Botanica
 25 Portsmouth Road, Erina
distillerybotanica.com
barbotanica.com.au



AT LEFT AND BELOW: The award-winning Mr Goaty Gelato's flavour combos delight; The Wild Flower keeps it seasonal and authentic.

BOTTOM OF PAGE: Cameron Cansdell says business as a private chef is booming.

Saturday: 12.30pm

Lunch at The Wild Flower Bar & Dining is an absolute must. No Central Coast sojourn is complete without it. The onsite restaurant at Bells at Killcare re-launched in December 2019 with Sean Connolly as creative culinary director. It's famous for sophisticated dining, an elegant Hamptons'-style setting with manicured grounds, an abundant kitchen garden, and service with more than a smile. The food is simple, fresh, authentic, and a celebration of local, seasonal ingredients. A weekend long lunch is pure indulgence – please don't skip dessert, it's one of the highlights. Also hope that Head Sommelier Alessio Rubini is rostered on the day you visit, as he can expertly take you through the award-winning wine list with ease and passion. The restaurant also now offers a plethora of take-home options, including larder, bakery, wine, takeaway menu and picnic sets.

The Wild Flower Bar & Dining – Bells at Killcare
 107 The Scenic Road, Killcare Heights
 T: 02 4349 7000
bellsatkillcare.com.au



Saturday: 6pm

Gosh it's hard work being on holiday. All that driving on scenic roads, choosing the best driving mode in your Maserati Levante, luxuriating in its Cuoio interior – it can get pretty exhausting. Wouldn't it be nice to eat in tonight? Maybe call a private chef to put on a feast?

Yes, well I'm glad you asked. Restaurateur and executive chef Cameron Cansdell (from Saddles) says business has never been better for private chefs. From indulgent in-house dining, to requests for daily healthy eating habits, Cansdell is now dividing up his time between Saddles and private work.

Having the chef come to your accommodation starts at \$150pp, and includes all food and preparation, along with an interactive experience and great conversation. The indulgent tasting-menu dinner is expertly conjured up in about 45 minutes and all you need to bring is a healthy appetite and your favourite wine.

Did I mention that Cam also cleans up and stacks your dishwasher? Just to remind you that you are, after all, on holiday.

To make your booking for a private chef:
eat@saddlesmtwhite.com.au



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THE HOUR GLASS

SYDNEY 142 King Street, Sydney NSW 2000, T. +61 2 9221 2288
www.thehourglass.com

fpjourne.com



Sunday: 9am

Burnt Honey Bakery was one of the Central Coast's best-kept secrets. Not anymore. Don't just rock up and expect any run-of-the mill shop. Come prepared. This community bakery blends delicious handmade pastries and sourdough bread with strong coffee and some hidden fridge secrets (you have to ask for the iconic vanilla slice, it's not on display), plus the best of local providore items. The bakery has a 'no paper cup' policy, so either bring your own cup (preferred) or drink from a hotchpotch selection of local thrift shop cups. It's a cute concept – sustainable and conscious of environmental impact. After all, you are beachside at Copacabana. For instant gratification, go for the vanilla slice, chocolate croissant, and babka.

Burnt Honey Bakery

*Shop 1/224 Del Monte Pl, Copacabana
burnthoneybakery.com.au*

Sunday: 12.30pm

Osteria il Coccia is a new addition to the Central Coast, with Nicola Coccia and his wife Alexandra relocating from the Southern Highlands, where they ran Bistro Officina. And what an impact the restaurant has made already. Nicola is a passionate chef who believes the open flame is the best way to treat the best local ingredients. This fine dining experience is also fun. The mystery snacks that tantalise the tastebuds are a revelation, and it's exhilarating letting the chef choose for you. The set menu changes frequently but expect dishes the calibre of leather jacket fish cheeks with stracciatella, zucchini, mint, capers and fish broth; dry aged ranger valley scotch fillet, asparagus, fermented garlic with coastal leaves; and plum sorbetto with grilled bush berries and meringue. Go the wine matching.

Osteria il Coccia

*40/189 Ocean View Road, Ettalong Beach
T: 02 4327 8952
osteriailcoccia.com.au •*

FOR A TASTE OF INSTANT GRATIFICATION, GO FOR THE VANILLA SLICE, CHOCOLATE CROISSANT AND BABKA AT BURNT HONEY BAKERY.





At Osteria il Coccia, chef Nicola Coccia serves up open-flame cooking, local ingredients and mystery snacks.

LEFT: Don't miss Burnt Honey bakery's handmade pastries and strong coffee.



SUMMER SOLACE

THE DELIGHTS OF ITALY'S CANICULAR ABUNDANCE OF FRESH PRODUCE HELPED GIVE ONE AUSTRALIAN-ITALIAN CHEF SOME RESPIRE FROM THE TERRORS OF A PANDEMIC AND LIFE IN LOCKDOWN, WRITES JOANNA SAVILL.



SUMMER IN ITALY has come and gone for 2020. And it's unlikely most of us got to experience it – other than via envy-inducing images on other people's Instagram accounts.

This time last year, I was on a sojourn at Casa Maria Luigia, the spectacular country villa in Modena – the latest creation of Maserati-loving chef Massimo Bottura and his brilliant wife Lara Gilmore. A night of food, wine and exceptional hospitality was followed the next day by a quick foray into their Michelin-starred mothership restaurant, Osteria Francescana, for an impromptu lunch. Ah, memories!

Back in the present day, at least we can look forward to the arrival of warmer months in this part of the world. We may not have the Amalfi coastline, the Tuscan hills or Lombardy's lakes and mountains. But what's to stop us replicating some of that Italian summer magic through food?

As with all great culinary cultures, excellence in Italian cucina links directly to fine produce, sourced and enjoyed at its peak. Ask Stefano Manfredi.

"Italian food is very simple," the Italian-Australian chef, author and restaurateur explains. "But if the produce isn't good, you've got nothing hiding it. There are no tricks, no sauces, no dressings that can make up for less-than-perfect ingredients."

Manfredi is one person who did get to experience summer 2020 in Italy. And the early months of spring, too. He lived through them in lockdown. Pandemic restriction orders issued shortly after his arrival in February this year forced the Lombardy-born chef to make a tough decision: abandon his plans for an extended stay in the place of his birth or hole up for the duration. He took the second option, staying with a renowned pizza chef friend in the small town of Rezzato, just outside the northern city of Brescia.

"Lockdown was tough. It lasted two months," he relates. "It wasn't so much not being able to leave the house that was difficult. I was, after all, living above a restaurant, with a great kitchen and a woodfired pizza oven, and with a wonderful family with two young kids to keep us entertained. But it was frightening and alarming because there were ambulance sirens, day and night, and we'd wait for the day's infection and death numbers. For many weeks, the deaths kept increasing as the ambulances kept screeching.

"That was the worst of it, tempered by having breakfast, lunch and dinner together around a table on the wide verandah as springtime brightened us all," Manfredi recalls. "I got busy with baking bread each day, Antonio [Pappalardo, Manfredi's chef host] got busy planning takeaway logistics for the restaurant. It really was a microcosm of the entire country. And as spring slowly turned to summer, there seemed to be hope and optimism."

A central factor in that optimism was food. "I saw the end of winter

produce, with sweet and bitter radicchio, Tarocco blood oranges and agretti [a salty, succulent plant]," Manfredi continues. "Then there was the start of spring, with slender wild asparagus and thicker green and white varieties, artichokes, strawberries and baby goat [kid]. Finally, summer brought the most beautiful melons, stone fruit, gorgeous red, black and white cherries, all sorts of berries, impossibly sweet tomatoes, tonno rosso [prized 'red tuna' from Sicily], anchovies, friggitelli peppers and so much more."

The last few decades have brought an extraordinary surge in the appreciation of uniquely local food products across Italy, thanks in no small way to the slow food movement and, in times of economic downturn, the reprise of regional traditions and specialties as a base for burgeoning small industries.

In Modena, guests at Casa Maria Luigia are treated to dishes inspired by the region – or territorio – and sourced from the villa's enormous kitchen garden. Think authentic parmigiano reggiano, aged balsamic vinegar (the villa has a balsamic cellar full of incredible bottles) through to the kilos of sour cherries in season when I was there – pitted, juiced, made into jams and preserves and served with soft cheeses.

At Pappalardo's pizzeria, La Cascina dei Saporì, regional ingredients in season take pride of place on his slow-fermented bases, which he often makes with ancient grains.

Last summer, I had a fabulous pizza at La Cascina, with sweetly green broad bean puree baked onto the base and topped with tiny, double-podded broad beans, shaved fresh raw artichoke, wild asparagus from the nearby mountains and milky burrata from Puglia. Exquisite. Full of the flavours only the summer could bring.

***“SUMMER BROUGHT THE MOST BEAUTIFUL
MELONS, STONE FRUIT, GORGEOUS RED,
BLACK AND WHITE CHERRIES, ALL SORTS
OF BERRIES, IMPOSSIBLY SWEET TOMATOES,
TONNO ROSSO ANCHOVIES, FRIGGITELLI
PEPPERS AND SO MUCH MORE.”***

After waiting out lockdown at Pappalardo's, Manfredi was able to travel again. He headed south – to the Campania region around Naples, then on to Sicily. It was an opportunity to explore specific food products that speak directly of their place and season. Highlights included the fish markets in the Sicilian city of Catania.

"They were phenomenal," he exclaims. "I had tuna belly sliced straight off the fish, soaked in extra virgin olive oil and served on a paper plate in the middle of the markets with a squeeze of lemon, salt and pepper. The [seasonal] tonno rosso is fantastic – so fatty. I also had

SIMPLY PERFECT ITALIAN

Summer suggestions (with help from Stefano Manfredi)



- Just-blanching asparagus with burnt butter and shaved parmigiano reggiano
- A Caprese salad: the best summer tomatoes sliced with fresh-picked basil, local buffalo mozzarella (see stockists, opposite page) and extra virgin olive oil
- Tuna belly with young red onions, orange slices (Australian navels are in season until November), red wine vinegar and extra virgin olive oil
- Finely sliced prosciutto with rockmelon (an oldie but goodie)
- Fresh ricotta (look for buffalo, goat and sheep's milk versions, too) with summer berries for breakfast or drizzled with honey for dessert
- Quickly steamed broad beans and sugar-snap peas, char-grilled zucchini strips tossed with soft salad leaves (butter lettuce is lovely) and fior di latte (fresh mozzarella), dressed with mint, parsley, lemon juice and olive oil
- Cherry or grape tomatoes blistered in the oven with salt and olive oil, used over pasta or as a side with grilled swordfish or blue-eye, or perhaps roasted whole fish baked with caper leaves from Salina, off Sicily
- Raw tuna seasoned with grated bottarga (dried mullet roe), lemon juice and olive oil, with finely sliced red onion
- Fresh salame (not aged) in small pieces, served on young salad leaves – basil, rocket, lamb's tongue or any tiny bitter leaves such as thinly sliced radicchio or treviso



THE LAST FEW DECADES HAVE BROUGHT AN EXTRAORDINARY SURGE IN THE APPRECIATION OF UNIQUELY LOCAL FOOD PRODUCTS ACROSS ITALY.

a terrific dish of spaghetti with swordfish eggs and bottarga [dried mullet roe] just near the markets. So simple, so beautiful. And in the town of Mazara, at the fish markets there, raw red prawns with a squeeze of lemon, extra virgin olive oil and grated lemon rind.

"In summer, you can find the juicy local onions from Giarratana in south-east Sicily. They are so sweet you can just eat them raw, like an apple! They're great in thin slices served with preserved tuna (I like the Testa brand), orange segments, red wine vinegar, extra virgin olive oil and oregano.

And then, of course, there were tomatoes. "We were going through so many tomatoes – there are these tiny ones from Pachino in south-east Sicily. Sweet like jelly beans! You can also bake them at 100 degrees in the oven with a bit of oregano, salt, olive oil...They are great like that for salads or as a sauce for pasta."

For the ultimate scent of summer, nothing is more evocative than the perfume of a ripe rockmelon (cantaloupe). "Wherever I went, I never had a bad one anywhere in Italy," Manfredi recalls. "Beautiful for breakfast or, of course, as an antipasto with prosciutto."

Prosciutto and melon. Tomato salad. Bright summer greens with soft-curd cheeses – it's starting to feel just like summer. In Italy or anywhere you like. •



STOCKISTS

Farmers' markets and old-school Italian greengrocers (like **Franks Fruit Market** in Sydney's Haberfield or Melbourne's **Toscano's**) are the best places for in-season, just-harvested produce.

Fresh soft cheeses such as ricotta and mozzarella are best sourced straight from the factory: try

Vannella Cheese

(vannellacheese.com.au) in Sydney's Marrickville or **That's Amore Cheese** in Melbourne's Thomastown. The latter delivers (thatsamoredelivery.com.au).

For specialty Italian imports (online delivery available), try:

Formaggi Ocello

(ocello.com.au) – locally made Quattro



Stelle mortadella, imported prosciutto San Daniele (a whole leg) and air-freighted fresh buffalo mozzarella from Campania

Enoteca Sileno (enoteca.com.au)

– Virgona caper leaves, antipasto vegetables such as baby artichokes or rolled eggplant with capers and peppers, preserved in olive oil

Lario International (lario.com.au)

– semi-dried ciliegino tomatoes, Sicilian anchovy fillets and bottarga, Pasta Mancini dried pasta

King and Godfree

(kingandgodfree.com) – DOP (protected designation of origin) prosciutto di Parma, cheese, breads, fresh vegetables and meals to go. Recipes, too.

AND TO DRINK?



Italian wine importer Giorgio de Maria says there's much more to summer drinking than the ubiquitous Aperol Spritz.

Mix it up with a specialty vermouth such as Vergano Americano – a recipe from the early 1800s using red wine, wormwood and other botanicals. Serve it on ice in a tumbler or wine glass with a slice of orange peel and top it up with soda water. "A really beautiful summer drink," de Maria says.

He also recommends a La Morella L'Era Bolla Rossa – a natural, sparkling barbera that has been refermented for additional complexity. Excellent chilled and served with antipasto and cured meats.

And for something completely different, Argala Gin Genepi – a bespoke Italian gin from the Alps. "Serve it with a delicate tonic water," Giorgio says, "and a couple of drops of an aromatic bitter, like Argala's own version, called Beetter." giorgiodemaria.com

NIGHT MOVES

IN HER NEW COOKBOOK, AUTHOR AND SELF-CONFESSED ITALOPHILE ELIZABETH HEWSON REVEALS THAT PASTA IS NOT JUST A MEAL, IT'S A SELF-CARE RITUAL AND A SOULFUL REMINDER OF IDENTITY.

BEFORE COVID-19, MOST of us looked forward to going out on Saturday nights. You chose to create your own ritual: staying in to make pasta. Why?

EH: I've always experienced some degree of anxiety. I tend to take things personally; for a long time, my sense of self was based on my performance, my productivity and how others perceived me. The result was anxiety. I was going through a particularly stressful situation that stretched on and on. My anxiety started to chip away at me, and I found myself wanting to stay home more and more. At the time, my husband was travelling a lot for work, which meant I often had weekends to myself.

On one particular Saturday night, I felt compelled to lose myself in a task. I wanted to feel the magic that comes with the process of making something simple. So, for the first time in many years, I decided to make pasta.

You call making pasta a "simple" act. Many people are terrified of making pasta from scratch!

Making pasta can be a very simple act. It is two ingredients that are kneaded together – and when I say kneaded, it's just pushing,

squishing, squeezing and maybe a little rolling, all with a firm hand. It is an easy task that anyone can do. Then it's a matter of cutting or rolling into your favourite shape. Of course, you can make it more complicated – flavoured doughs, tricky shapes – but at the heart, it's very simple indeed. Sure, the pasta might not be perfect, but it will mean something because you have made it with your own hands. That, in itself, will make it the best pasta in the world. Plus, I can't emphasise enough the feeling of channelling a shitty week, a bad break-up, a broken heart or a frustrating conversation into the kneading of dough.

You encourage people to create something to eat with their hands, even if it is just for themselves to enjoy. What does that say about the power of food?

Making the effort to cook something for yourself can only be a good thing, as it means you value yourself enough to put the energy and care into a meal simply because YOU feel like it. Cooking and eating alone can be one of the most empowering and pleasurable experiences we can have. I also find that food has the power to transport you to some happy memories.

What do you miss most about Italy?

The importance placed on food. Italians value the time spent buying, preparing and eating food; it's a ritual. I loved spending time at the markets, not only shopping for ingredients but also watching Italians shop. Convenience rarely plays into shopping. They'll go to a number of different stall holders because 'they do that best'. It's the pursuit of the best ingredient.

Elizabeth Hewson:
Cooking and eating
alone can be one of the
most empowering and
pleasurable
experiences.



CAVOLO NERO, GARLIC, EGG YOLK

Serves 2

Somewhere between zoodles and cauliflower rice, eating pasta became a rebellious act in this carb-conscious world. Thankfully, these dark days seem to be passing, with more people taking comfort in pasta (and I'm assuming you are among them). Maybe it's the familiarity or pasta's approachability and versatility. Or are people just enjoying a bowl of pasta for what it is – delicious?

This brilliantly green pasta sauce is brought together with an egg yolk, and it feeds you in a way that 'clean eating' never will. Just like in a carbonara, the egg will cook from the residual heat as you toss it through the hot pasta. The result is a rich and vibrant sauce that coats each strand. It's important that your eggs are fresh, free range and preferably organic. If you are uncomfortable eating raw egg, some dollops of ricotta or mascarpone are a good alternative. A few nuggets of creamy feta would also be a nice addition if that's what you have in the fridge.

FRESH PASTA FOR TWO

tagliolini, tagliatelle, linguine

DRIED PASTA FOR TWO

angel hair, linguine, spaghetti

Give everything a good swirl, allowing the pasta to gulp up the sauce. You want the pasta to be loose and relaxed, just like you.

2 garlic cloves

1 bunch of cavolo nero, leaves stripped

2 egg yolks

1 tablespoon extra-virgin olive oil

zest of 1 lemon

handful of grated Parmigiano Reggiano,

plus extra to serve

sea salt

freshly ground black pepper

pinch of chilli flakes (optional)

Bring a large saucepan of water to a lively boil and season as salty as the sea. Peel the garlic after smashing the cloves with the flat part of a knife – they should almost pop out of their skins. Throw the peeled garlic cloves and cavolo nero leaves into the boiling water and watch the hard, dark leaves turn a vibrant green and flop with the rise and fall of the bubbles. Cook for five minutes then, using tongs, grab the dripping wet leaves and garlic and throw them into a blender.

Keep that now-green pan of water boiling, ready for your pasta. Now is a good time to crack your eggs and separate the yolks. I prefer to separate eggs using my hands, as I find I can be more delicate than flipping them between the two shell halves. Keep the egg whites for another day.

Back to the sauce. Add the olive oil and lemon zest to the blender and blitz the whole thing up for about three minutes, until creamy and smooth. Add the Parmigiano Reggiano, a pinch of salt and pepper and the chilli, if using. Give it one last blitz to combine, then taste to check your seasoning and add more salt if needed. Meanwhile, add your pasta to the boiling water and cook until al dente.

As a safety net, scoop out 250 ml (1 cup) of the pasta cooking water, as you might need it to loosen up your sauce. Drain the pasta and throw it back in the pan, along with the green sauce. Give everything a good swirl, allowing the pasta to gulp up the sauce and adding the reserved cooking water if needed. You want it to be loose and relaxed, just like you. Give it another dusting of Parmigiano Reggiano before one final swirl.

Divide the pasta between bowls and carefully nestle the raw egg yolk on top of each pasta nest. Add a final dusting of Parmigiano Reggiano and serve immediately.

Just like in a carbonara,
the egg will cook from
the residual heat as you
toss it through the
hot pasta.



This is the perfect
summertime ragu: zesty,
light and satisfying.



CHICKEN AND CLOVE RAGU, LEMON BREADCRUMBS

Serves 4

This is the perfect summertime ragu. It follows the same slow and gentle cooking principles that all ragus require, but the result is light and zesty, yet satisfying, in the way only a ragu can be.

This 'white' ragu (no tomato) is enhanced by the addition of cloves and anchovy fillets but fear not anchovy-phobes, this doesn't give it a fishy flavour. They are simply there for their umami punch. Like all ragus, this one can be made ahead and reheated on the day. In fact, a day-old ragu will have more depth of flavour. The panko breadcrumbs add another dimension to this dish, but they are optional if you simply can't be bothered.

FRESH PASTA FOR FOUR

reginette (mafaldine), paccheri, pappardelle, tagliatelle

DRIED PASTA FOR FOUR

conchiglie (shells), fusilli, rigatoni

*80 ml (1/3 cup) extra-virgin olive oil
1 small carrot, finely chopped or grated
1 celery stalk, finely chopped
1/2 small onion, finely chopped
3 garlic cloves, finely chopped
sea salt
4 anchovy fillets
500 g chicken mince
3 cloves
2 fresh or dried bay leaves
6 thyme sprigs
freshly ground black pepper
250 ml (1 cup) dry white wine
375 ml (1 1/2 cups) chicken stock
30 g (1/2 cup) panko breadcrumbs
zest of 1 lemon
75 g (1 1/2 cups) baby spinach leaves
1 tablespoon salted butter
grated Parmigiano Reggiano, to serve*

Heat a large, deep, flameproof casserole dish over medium heat.

Add three tablespoons of the olive oil, the carrot, celery, onion, garlic and a pinch of salt and cook for 15 minutes or until soft, but not brown. Add the anchovy fillets and stir until melted.

Add the chicken mince and give everything a good stir. Cook for 15 minutes or until the liquid has been drawn out of the chicken and evaporated. Add the cloves, bay leaves and thyme and season with pepper.

Pour in the wine and cook for about five minutes, until the wine is at a rapid boil and starting to evaporate. Add the chicken stock, then reduce the heat to low and cover with a lid, leaving it slightly ajar. Leave to cook for an hour.

Meanwhile, heat a small frying pan over medium heat. Add the remaining tablespoon of olive oil and the breadcrumbs and sauté for five minutes or until golden. Remove from the heat and stir through the lemon zest. Set aside to cool.

Bring a large saucepan of water to a lively boil and season as salty as the sea. Add the pasta and cook until al dente. Add the baby spinach and butter to the ragu and stir through then remove from the heat.

Drain the pasta, reserving 125 ml (1/2 cup) of the cooking water just in case. Throw the pasta into the ragu, give everything a good stir and add some of the cooking water if needed to loosen the sauce.

Divide the pasta between bowls and serve with grated Parmigiano Reggiano and the lemon breadcrumbs scattered generously over the top.

Like all ragus, this can be made ahead and reheated on the day. In fact, a day-old ragu will have more depth of flavour.

***In Rome, I enjoyed artichokes
fried, stewed, stuffed, braised,
roasted and finely shaved
in punchy salads.***

MARINATED ARTICHOKE, PECORINO, DILL

Serves 2

I arrived in Rome for pasta school in early spring, when every market, trattoria and roadside van is loaded with crates of globe artichokes. Carciofi, as they are called in Italy, can be described as the vegetable of Rome, and while their season in and around the city is shortlived, artichokes are savoured all over – and I mean all over.

I enjoyed them fried, stewed, stuffed, braised, roasted and finely shaved raw in punchy salads. At the height of the season, Roman artichokes are marinated to extend their life well after they have disappeared from the markets. There is even a festival that celebrates this humble ingredient. I'm told artichokes have a strong reputation as an aphrodisiac and can cause debauched sexual revelling, so maybe this is why the season is celebrated so enthusiastically! Either way, I just love how Italians embrace seasonality with such gusto and white-hot passion. When the season is here, it's really here, and should be enjoyed all the time. We could all take a little away from that.

Here, I've skipped the handling of fresh artichokes – it can get rather hairy – and created a sauce based on the flavours of marinated artichokes. As the inspiration for this dish comes from central Italy, pecorino is my cheese of choice, although Parmigiano Reggiano works just as nicely.

FRESH PASTA FOR TWO

maltagliati, linguine

DRIED PASTA FOR TWO

spaghetti

*2 tablespoons extra-virgin olive oil
2 garlic cloves, finely chopped
1 bird's eye chilli, deseeded and finely chopped
(use half if you prefer less heat)
2 tablespoons baby capers, rinsed and drained
170 g marinated artichoke hearts in oil,
drained and quartered
125 ml (½ cup) dry white wine
zest of 1 lemon
1 tablespoon salted butter
handful of grated pecorino, plus extra to serve
3 tablespoons chopped dill fronds, plus extra to serve*

Bring a large saucepan of water to a lively boil and season as salty as the sea. Add the pasta and cook until al dente.

Meanwhile, heat the olive oil in a large frying pan over medium heat. Add the garlic and chilli and sauté for about one minute, taking care not to burn the garlic. Throw in the capers, artichoke and white wine and simmer for 5-8 minutes, until the liquid has slightly reduced.

Add the lemon zest to the mix, to give everything a burst of freshness and zing.

Using tongs, fling the pasta directly into the sauce, along with 60 ml (¼ cup) of the cooking water. Add the butter, pecorino and dill fronds and give everything a forceful stir, allowing the sauce to emulsify. Add extra cooking water, 60 ml (¼ cup) at a time, if things look like they need further loosening up.

Divide the pasta between bowls and serve with extra pecorino and dill. •

Using marinated
artichokes takes
away the hard work of
preparing fresh ones.



Saturday Night Pasta
by Elizabeth Hewson.
Photography by Nikki To.
Out now, \$36.99 (Plum,
Pan Macmillan Australia)

Wines like those from the vineyards of Puglia are now the darlings of the world.





VINOUS ITALY

FULL OF WONDROUS VARIETY FROM THE MANY REGIONS OF THE LAND, ITALIAN GRAPES YIELD POWERFUL, COMPLEX WINES FOR SOPHISTICATED PALATES. START YOUR JOURNEY THROUGH A LIFETIME OF FLAVOURFUL EXPERIENCES, JENI PORT WRITES.

IT STARTS WITH a toe dipped in. Maybe it's a glass of super-dry Verdicchio, or a savoury Chianti that first rattles the taste buds. Pretty soon you're hooked, perusing retailer aisles and wine lists in search of the sparkling wines of Franciacorta, sublime Gavi di Gavi, Amarone, Super Tuscans, ever-glorious Barolo and more.

Once you start to drink Italian, you are signing up for a lifelong journey of exploration, a progression through regions and styles, winemaking trends – good and bad – some serious wine history and, above all, the personalities of the makers.

Few wines in the world better express the passion, obsession, emotional connection and sheer brio of those whose hands guide the grapes.

And so, to taste from the top...

Franciacorta

Yes, the world is enjoying a love affair with Prosecco, but look a little deeper into the Italian winescape and there is other sparkling magic to be discovered.

It's called Franciacorta.

As with Prosecco, the Franciacorta region is found in Lombardy but that's where any similarity ends.

Franciacorta employs the main grapes of Champagne – Chardonnay, Pinot Noir – and sometimes Pinot Blanc, and produces sparklings in the methode traditionnelle style.

For Melbourne wine importer and Italophile Michael Trembath, the sparklings of Franciacorta often rate well above Champagne.

"Franciacorta wine regulations are often more stringent than those in Champagne, in terms of bottle ageing on yeast lees," Trembath says. Time spent on lees is what causes autolysis – the process that creates that mouth-watering scent of brioche and just-baked bread. The minimum time Franciacorta sparklings may spend on lees is 18 months for non-vintage, 24 months for rose, 30 months for vintage and 60 months for riserva.

Trembath, who is a co-founder of importer Trembath & Taylor, finds the sparklings particularly textural and engaging, with a generous mouthfeel.

Franciacorta style: delicate in scent (white flowers, citrus) with brioche/bread notes; textural on palate with nuts, dried fruits.

Wines to seek out: Marchese Antinori Tenuta Montenisa Cuvee Royale; Ca'del Bosco; Enrico Gatti.

Cortese

Italian winemakers continue to explore possibilities with classic French white wine grapes such as Chardonnay, and that is producing some exciting results, but more and more wine drinkers want to celebrate the taste of the country's indigenous grapes.

One of the most underrated can be found in Piedmont. Its name is Cortese. The word rolls easily off the tongue, as do the flavours of the grape, which are often compared to Riesling. Look to Gavi di Gavi, or simply Gavi, for the best examples. Gavi hails from a small area in Piedmont, close to the Ligurian border.

Well-known Melbourne Italian wine importer and retailer John Portelli, at Enoteca Sileno, is a big fan.

"Producers who focus solely on Cortese are worth seeking out because they are typically small operations, they farm without fertilisers, herbicides or pesticides, and they are adept at handling the one grape they know best," Portelli says. "Gavi di Gavi, at its most enjoyable for me, has beautiful apple-blossom aromatics and absolute pin-point accuracy for matching with seafood like vongole [clams] and prawns, mussels or calamari."

Cortese style: gently aromatic with citrus, apple notes and refreshing acidity.

Wines to seek out: Piccolo Ernesto; Palladino; Stefano Massone.

Barolo

Ground zero for the Nebbiolo grape variety is nestled amid a cluster of mountains and hills within the small area of Barolo in Piedmont.

**FRANCIACORTA WINE
REGULATIONS ARE OFTEN
MORE STRINGENT THAN
THOSE IN CHAMPAGNE, IN
TERMS OF MINIMUM TIMES
FOR AGEING ON YEAST LEES.**

**OUR LINE UP OF SOME OF THE
BEST ITALIAN SUMMER WINES**



Valpolicella's stunning
landscape produces
renowned red Amarone.
The Allegrini label makes
its name here.



The wines of Barolo demand your attention but also your patience. The secret to enjoying them is ageing. Five years or more in the bottle is a good start.

There's many a disappointment in store if you broach a bottle of Barolo too soon, most notably a confrontation with the grape's high tannins, which can be imposing in a wine's youth, and a pale, thin colour. Don't be put off, these wines have a rare power and presence.

Foni Pollitt, co-owner and sommelier at Mayfair Lane restaurant in Perth, acknowledges that while Barolo winemaking can differ between the traditional and the new, namely in the use of old or new oak barrels, the results are captivating either way.

"Barolo may look innocent enough with the paleness (in colour)," Pollitt says, "but the nose and the palate sing a different tune. Intense on the bite with beautiful aromatics of roses, sour cherries, sweet spice and even tar as it ages, Barolo is best friends with food and great conversation.

"Understanding the nuances of the Grand Crus of the famous hills of Piedmont is like understanding the inner workings of the mind of Einstein – complex yet riveting."

Barolo style: arresting scent and flavour of deep woods, wild herbs, black cherry, earth and sometimes truffles. Savoury and long living.

Wines to seek out: Sandrone; Massolino; Aldo Conterno; Paolo Scavino.



Chianti

The Chianti region of Tuscany produces some of the world's great red wines. The grape primarily responsible? Sangiovese.

Traditional techniques often blend it with fellow indigenous grapes Canaiolo Nero and Mammolo. All that changed in the 1970s, when prominent Chianti producers took on Italian wine legislators and blended Sangiovese with unsanctioned international stars Cabernet Sauvignon, Merlot and Cabernet Franc.

Names such as Tignanello (Antinori) and Sassicaia (Tenuta San Guido) gave rise to today's global celebrities – the Super Tuscans – among the world's most expensive and sought-after vinous superstars.

Indigenous or Super Tuscan? Wine drinkers remain divided in their loyalties.

"When we talk about Tuscany, something in my heart still draws me to the simplicity and pure joy of a good Chianti Classico, that sour cherry tang and dried floral perfume," says Matt Swieboda, owner of Dear Sainte Eloise and Ragazzi wine bars in Sydney. The Chianti Classico region stretches from Florence to Siena, comprising nine townships – most notably Greve, Radda, Gaiole and Castellina – each bringing something special to the Sangiovese grape.

Melbourne sommelier James Tait, at Agostino restaurant, heads for styles of finesse and elegance from vineyards at higher elevations, made in a more traditional style and matured in large wooden casks.

Chianti Classico style: tart cherry, florals, nuts, medium body, firm.

Wines to seek out: San Giusto a Rentennano; Montesecondo; Fontodi; Fattoria di Felsina.

Vin Santo

Vin Santo means 'holy wine'. Couldn't be more apt. This is the Italian dessert wine of the gods, a nectar of honey, dried fruits, spice and tantalising aromatics. While dry versions exist, the finest Vin Santos display a lingering sweetness. It is best associated with Tuscany and the style and process for making it are age-old.

Take white grapes, usually led by Malvasia and Trebbiano. Near the end of the harvest period, when they are super ripe, pick and hang them or place them on mats to dry to the point of desiccation, usually over four or five months. This maximises the concentration of the sugar.

Next comes fermentation and ageing in small, 50-litre barrels called caratelli, which are porous, allowing in air. The resulting oxidation produces a Madeira-like nuttiness and warmth.

Accordingly, the best Vin Santo is expensive.

"Our producers always talk about the Angel's Share," says Marco Singarella of Melbourne's Vino Bambino, importers of Italian wines. "The Angel's Share is what evaporates over time and helps concentrate the wine and make it what it is. It's a long and tedious process but the final product is amazing. When I think about Vin Santo, I think about cantucci, those beautiful almond biscuits that make for perfect dunking in Vin Santo."

Vin Santo style: sweet, nutty, honey, caramel.

Wines to seek out: Il Palazzo; Isole e Olena; Castellani.

GRAPPA TODAY IS A MODERN, SOPHISTICATED, INTERNATIONALLY RECOGNISED ITALIAN-STYLE BRANDY PRODUCED FROM THE SKINS OF WINE GRAPES.

Grappa

It is time to reconsider Grappa.

Forget the illegal homemade versions you may have tasted. Forget the reputation for fire water. Grappa today is a modern, sophisticated, Italian-style brandy produced from the skins of wine grapes.

It's essential to many cocktails and is a fine digestif often poured as an

accompaniment to coffee or in it!

"I usually add a dash to my midday espresso or late-night affogato, post service," says Kara Maisano, sommelier at her family's Melbourne restaurant, Masani. "Grappa seems to bring a warmth like no other!"

Maisano's award-winning wine list celebrates Grappas of varying ages – from aquavit to five and 15 years – made from different grapes.

"I feel that the different regions and grapes bring out unique aromatics and flavour profiles on the palate," she explains. The Moscato grape, in particular, brings high florals.

Maisano finds oak ageing imparts subtle spices and helps tone down the heat of the spirit.

"Grappa, for me, always has that cherry pip core and a cleansing finish. We serve our Grappas frozen to add that touch of viscosity, [allowing one to] truly savour the spirit's finesse."

Grappa style: like gin, it reflects the character of the grapes and distillation techniques of the winemakers.

Wines to seek out: Nonino Il Moscato Grappa; Avignonesi Grappa di Vin Santo; Pellegrino di Marsala Duca di Castelmonte. •



Sommelier Kara Maisano, at Masani in Melbourne, is a fan of the Italian-style brandy known as Grappa.

TOASTS TO SUMMER

Signify the official start of the season with an Italian cocktail in hand. These three delicious creations can help us all re-create Aperitivo hour at home.



Americano

*45ml Cocchi sweet vermouth
15ml Campari
15ml Aperol
30ml soda
Orange slice to garnish*

Build all ingredients in a frozen tumbler with ice and garnish with a slice of orange.

Add a dash of absinthe for an original drink by Everleigh cocktail bar founder Michael Madrusan called the Young American.

*Recipe courtesy of
everleighbottling.com*



Negroni

*22ml gin
30ml Cocchi sweet vermouth
22ml Campari
Orange twist to garnish*

Build all ingredients in a rocks glass with ice and garnish with an orange twist.

Top with a splash of sparkling wine and you've got a cocktail called the Famiglia Reale.

*Recipe courtesy of
everleighbottling.com*



Disaronno Fizz

*50ml Disaronno
Squeeze of lemon juice
Soda or sparkling water
Ice cubes*

Fill a glass with ice and pour in the Disaronno. Add a squeeze of fresh lemon juice and top with soda water. Stir and garnish with a fresh lemon or orange wedge.



The Art of Fast



QUATTROPORTE, LEVANTE, GHIBLI TROFEO COLLECTION.
maserati.com





PANDEMIC MOJO

THIS ERA OF LOCKDOWNS AND QUARANTINES IS ENOUGH TO MAKE JUST GETTING OUT OF BED A CHALLENGE, LET ALONE FINDING THE ENERGY TO EXCEL. BUT TAKE HEART, PERFORMANCE EXPERTS SAY THERE ARE EVERYDAY RITUALS THAT CAN HELP YOU STAY NEAR YOUR PEAK IN THIS TIME OF CRISIS, WRITES HELEN HAWKES.

AS A LOCKDOWN culture breeds lassitude, the idea of building a resilience that will steel us from the vagaries of the future seems increasingly appealing.

What if we could maintain an excitement about life, or a passion for performance, that was impervious to external challenges?

Could we become as bulletproof as centenarians, mountain climbers, or even 113-year-old Maria Branyas, Spain's oldest living person and a survivor of COVID-19, the 1918 flu pandemic and two world wars?

WHEN THE GOING GETS TOUGH

Resilience and peak performance do depend to an extent on genes, including those that affect maintenance of cells responsible for DNA repair, lipid levels, inflammation and immune response.

However, experts agree we can toughen up mentally and physically to operate as our best selves, no matter our ticket in the genetic lottery. The key is mental toughness, which is something we all possess to some extent. It helps determine how we respond mentally to stressors, pressure, opportunity and challenge.

"Generally, there is a strong correlation with performance; mentally tough individuals will often have a 'can do' mindset and get satisfaction, even a buzz, from achieving their goals," say AQR International chief executive Doug Strycharczyk and technical director and psychologist professor Peter Clough.

The company makes evidence-based psychometric tools and assessments that allow organisations to measure resilience and tailor interventions to improve it. These are now used in 80 countries,

including Australia, through The Positivity Institute and Mental Toughness Partners.

Strycharczyk says peer-reviewed studies show that mental toughness is determined by four constructs: control, commitment, challenge, and confidence.

Within these are factors such as emotional control, confidence in our abilities, and whether we are goal or learning oriented. (See chart on this page.).

To develop mental toughness, we need to understand which factors are holding us back, Strycharczyk says.

While AQR has its own training programs around mindset, attributes and behaviours, its CEO says the tools and techniques are mostly drawn from positive psychology, cognitive behavioural therapy and sports coaching.

"The issue is that no one thing works for everyone," he explains. "So there is a degree of experimentation required, with self-awareness the key. Even practices such as meditation, reflection and mindfulness, which feature in many religions, can be useful."

Yogi Rob Lyon, founder of Lyon Health, says: "Meditation teaches you to remain within yourself amid the everyday chaos. It quiets the mind and gives the 'flight or fight' part of your nervous system a much-needed break.

"Striving towards a sense of nothingness and emptiness during a meditative practice allows you to think clearly and definitively when times get tough."

Lyon believes including mindfulness practices in your routine, for about 30 minutes a day, can help unlock peak performance and build mental resilience.

"This could be a combination of breath work, meditation and stretching, ideally after exercise and before bed."

BODY AND MIND

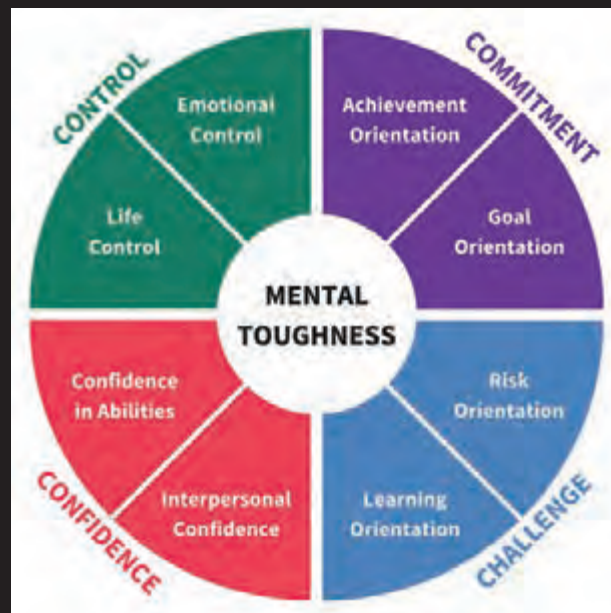
In order to be a peak performer, it is necessary to adopt rituals that integrate and optimise body and mind, says exercise physiologist, nutritionist and neuroscientist Paul Taylor, director of The Mind-Body-Brain Performance Institute.

A former airborne anti-submarine warfare officer and helicopter search-and-rescue crew member with the British Royal Navy, today Taylor delivers performance workshops to organisations including NAB, Commonwealth Bank of Australia, Medibank and the Australian military.

Taylor has also been a professional boxer and has undergone rigorous military training for combat survival and even resistance to interrogation.

"The brain controls everything the body does but it is absolutely dependent on the health of the body for optimal functioning," says Taylor, who has developed an app called Resilient Mind.

PERFORMANCE WHEEL



***PEAK PERFORMERS VIEW
EVERY CHALLENGE NOT AS AN
INSURMOUNTABLE OBSTACLE
BUT AS AN OPPORTUNITY TO
LEARN AND GROW.***



For those looking to toughen up or excel, the former elite soldier has identified seven rituals to enhance mental vitality and what he terms “psychological capital”. (See box, this page.)

In testing times, he adds, researchers have found optimism regardless of difficulties prevails, alongside a staunch acceptance of reality and a determination to face it.

“You can have all the money in the world but if you’re not in a positive mindset, what does it mean?” Taylor asks.

Organisational psychologist and psychotherapist Rachel Setti also champions positive thinking.

“The barrier to peak performance is about an individual’s self-talk and the narrative they use to explain the situation they find themselves in,” Setti explains. “Optimists tend to believe that problems aren’t permanent or pervasive. They take responsibility but they also have the ability to show a vulnerability that allows others to support them.”

That’s not about having a meltdown in front of stakeholders, she reassures. It simply means sharing a little about the challenges you’re grappling with to climb that metaphorical – or perhaps literal – mountain.

What’s more, peak performers view every challenge not as an insurmountable obstacle but as an opportunity to learn and grow, she explains.

But what else fuels the people who, right now, are adapting to the pandemic and even managing to be more successful than before the current global crisis?

Kerryn Fewster, managing director of organisational change consultants Change 2020, names flexibility during change or uncertainty, along with learning to let go and move on, as two crucial qualities for resilience.

The missing ingredient, the one even the most elite need to thrive, is an ability to find light and humour in the darkest days. Psychotherapist Shirley Hughes says laughter is the music of the soul that allows peak performers to bounce back from adversity and travel up the hill to success again. •



PAUL TAYLOR'S SEVEN STEPS TO PEAK PERFORMANCE

1. EXERCISE

If you do not currently engage in regular, vigorous activity two to three times a week and do a minimum of 10,000 steps a day, you have a snowball’s chance in hell your brain is operating at full functionality. Exercise, including cardiovascular activity and heavy lifting, produces important neurotransmitters and, after a certain age, prevents mental and physical decline.

2. COLD SHOWERS

What’s missing today is willingness to get comfortable with being uncomfortable. Have a deliberate profile around discomfort. Thirty seconds of cold water, minimum, at the end of a shower will help condition you to deal with stress and improve immune function.

3. MENTAL SCULPTING

Imagine two different characters. One is your inner gremlin – full of self-doubt and victim mentality. The other is your inner warrior or sage. Pay attention to the latter. Using visualisation to see yourself at your best, as elite athletes do, will also pay dividends.

4. GRATITUDE

Train your brain to look for the positive subconsciously.

5. BREATH WORK

Taylor recommends the box breathing that US Special Forces soldiers use. Breathe in for four seconds, hold for four, breathe out for four, hold for four, repeat. Box breathing works on the vagus and phrenic nerves to bring the brain down from over-arousal.

6. DIGITAL SUNSET

Turn off devices at night and give your brain time to decompress and recover. You’ll also reduce blue light, which interferes with your circadian rhythm.

7. CONNECTING TO OTHERS

In the Hanoi Hilton, some prisoners spent four years in solitary confinement. They had a tap code to communicate. That’s the only way they got through. Everyone needs a tap code, particularly in times of trouble. Identify your tap-code gang and use them.

FOREVER YOURS

**FEW TRAITS IMPRESS LIKE
ENDURING QUALITY. GIVE THEM
WELL-CRAFTED LUXURY AND
THEY'LL REMEMBER YOUR GOOD
TASTE FOR YEARS TO COME.**

Compiled by Helen Hawkes

Even love doesn't last forever anymore. You'd think Apple devices might, but not so – according to a study that estimated their average lifespan at just four years and three months.

So is anything for keeps?

Yes, if it's a luxury, handmade item crafted from the finest materials. Or if it's one of a few specialty products famous for their never-say-die guarantee. Here are 10 gifts that eschew built-in obsolescence.



Louis Vuitton Bisten 55 luggage, \$10,500

One day, international travel will be back on the agenda.

The Bisten suitcase is part of Louis Vuitton's heritage.

Slender and incomparably sturdy, it continues to impress high flyers from around the world. louisvuitton.com

1

2

**Eugenio Degani
violin, \$95,000**

Nothing quite says romance like the sweet, powerful sounds of a vintage, Italian-made violin. This one was crafted from maple, spruce and ivory 131 years ago by the father of the modern Venetian school of violin making, Eugenio Degani. It is labelled "Imitazione di Giuseppe Guarneri, Fatta da Degani Eugenio, Venezia Anno 1889" and is based on a Giuseppe Guarneri model, says Max Glanville of The Sydney String Centre, which boasts five luthiers on staff. violins.com.au



Le Creuset signature cast-iron square Grillit, \$299

With a lifetime guarantee, any piece of Le Creuset is built to last longer than most romances. A favourite with foodies and fitness buffs, the Grillit promises less fat, more flavour. Cook healthier meat, fish and vegetables with this multitalented piece. lecreuset.com.au



3

Fire Dreaming by Clifford Possum Tjapaltjarri, \$55,000

When sharemarkets crash, money is safer in collectables. Tjapaltjarri was one of the first Indigenous Australians to gain recognition in the international art world. This work, which he painted in 1988, depicts the site where Lungkata the Blue-Tongue Lizard created the first bushfire that swept across the land, to punish his two sons. ninbella.com



5



Victorinox Hunter Pro Alox Damast 2020 limited edition Swiss Army knife, \$799.95

In a survivalist world, nothing is more on point than a Swiss Army knife. This one, which features a Damast steel blade, is limited to 6000 sequentially numbered collector's items worldwide, with only 20 available in Australia. It comes with a lifetime warranty. ozhut.com.au

4

6

Cartier his and her watches, POA

Your iPhone tells the time but where's the romance in that? On the other hand, any woman would fall in love with the ultra-feminine Maillon de Cartier 18K yellow-gold timepiece. It features a distinctive bracelet of rectangular links, a hexagonal dial and a sapphire cabochon. Team it with the cult, contemporary Pasha for men, with its square fligree rail-track within the circle of its dial and four bold numerals. cartier.com.au



7



Saddleback leather wallet, \$189 plus international shipping
 “They’ll fight over it when you’re dead,” the makers say. Built of the toughest full-grain leather and lined with even tougher pigskin, this wallet comes with a 100-year warranty. It leaves out the cheap plastic ID window, comfortably holds a thick pen, and even provides an outside pocket to stow receipts quickly. saddlebackleather.com

8



Zippo collectable lighter, \$206

Play the he-man by using this to start a campfire – or the barbecue. It’s windproof, has a lifetime guarantee, and even makes that satisfying click. It works or Zippo will fix it for free. amazon.com.au

Tie & Dior bracelet by Christian Dior, \$500,000

Diamonds are forever but team them with yellow gold, pistachio-cultured pearl, platinum, tsavorite garnets and emeralds, and they'll probably last two lifetimes. Nothing says 'I love you for eternity' like dazzling bling. dior.com



9

10

The Ruby Glass by Criss Canning, private sale

What better way to catch a moment and preserve it forever than still life? Australian artist Criss Canning is widely acclaimed for her still-life subjects inspired by flowers from her gardens outside Ballarat. Canning's work is held in galleries nationally and internationally. This one could be in your personal gallery for generations. smithandsinger.com.au



GIVE A TASTE OF ITALY

**DISCOVER A
VARIETY OF
CHOICES FOR THE
LOVER OF ITALIAN
GRAPES ON YOUR
CHRISTMAS LIST.
BUON NATALE!**

Compiled by Jeni Port



1

Dal Zotto Pucino Col Fondo Prosecco 2019 (\$29)

The pioneer of Prosecco in Australia just keeps pushing the envelope, here revealing the methode ancestrale Italian approach with the Prosecco grape. Definitely old school in technique – yeast lees remain in the wine for extra flavour – but so different in taste to Prosecco's familiar super brightness. Ancestrale is about richness and texture. Spiced pear, preserved lemon, a savoury bent, too – it's Prosecco but not as you think you know it.



2

Allegrini Corte Giara Pinot Grigio 2018 (\$23)

The Allegrini family, headed by Marilisa Allegrini, is known the world over for its Valpolicella red wines but since 1989 it has worked on a collaboration with growers in the Valpolicella region to produce wines under the Corte Giara label. Pinot Grigio is one such wine. It's a thoroughly modern take on the grape, celebrating the kind of luscious textural qualities normally seen in its alter ego, Pinot Gris. This wine is pale straw in colour with aromas of stone fruit, baked pear and apple. It turns serious on the palate with layers of flavours and an arresting mouthfeel. A Pinot Grigio that goes on and on.



3

Pio Cesare L'Altro Langhe Chardonnay 2018 (\$50)

In Italian, L'Altro means 'the other'. It's a reference to the fact that Pio Cesare makes another Chardonnay, Piodilei. With L'Altro, expect a fruitier, younger expression of Chardonnay, ready for drinking but still wielding a strong Italian savoury influence. Fig, honey, melon and baked bread-leesy aromas. Behold a complex palate that moves into a lovely spiciness with lemongrass, ginger snap and almond nuttiness. Warm and inviting.



4

Pizzini Coronamento King Valley Nebbiolo 2015 (\$140)

Imagine an Aussie Nebbiolo in the Barolo style: fermentation fashioned by Barolo yeast and maturation achieved in 500-litre French oak vats for two years, a la Barolo. Winemaker Joel Pizzini means to establish the super-premium credentials of Nebbiolo by presenting an aged, fully formed, complex wine. While the building blocks are in place for a long life, drinkability is assured right now. Linger over that delicate scent of dried flowers, roses and cherry. A warm savouriness across the palate is backed by a slow-release tannic structure and power.



5

G.D. Vajra Barolo Ravera 2014 (\$149)

The Vajra family are known as Barolo traditionalists, which we generally take to mean tight, focused wines built for the long term with a noticeable tannin presence and little obvious oak. But that is only half the story. Vajra Barolo, produced in its many expressions on 60 hectares of vines, certainly has structure and tannic force of presence, but also finesse and poise. It's the latter on show in Ravera, with dark fruit forces, earth, rose-violet florals and a light savouriness.

ULTIMATE LUXURIES

EVERYONE DESERVES A LITTLE PAMPERING THIS FESTIVE SEASON. HERE'S OUR INDULGENT GUIDE.

Compiled by Katarina Kroslakova



La Prairie Skin Caviar Liquid Lift, \$1005
Next generation Skin Caviar Liquid Lift, enriched with Caviar Extract, is a gravity-defying serum that provides an immediate lifting effect while helping to firm p and regain volume. laprairie.com.au

1



Autore Moda Holly earrings, \$760
These chic, contemporary 18K gold-vermeil earrings with 10mm unique South Sea Pearls are from the Australian brand's new Elements collection. autoremoda.com

2



Costume National HOMME parfum, \$189
Avant-garde, pure and sensual, this reinterpretation of the iconic scent will turn heads. Created by Dominique Ropion, HOMME has notes of grapefruit, vetiver, bergamot and cardamom. libertineparfumerie.com.au

3

Versace Dylan Turquoise fragrance, \$165

We might have missed out on our Italian summer sojourn this year, but this evocative scent for women from the house of Versace will help re-create that Mediterranean vibe. Available at Myer, David Jones, pharmacies.



4



Blancpain Fifty Fathoms Bathyscaphe diving watch, POA

After interpretations in black, meteor grey and blue, the Fifty Fathoms Bathyscaphe Chronographe flyback model is going green. This new natural-coloured timepiece is the ideal companion for any situation, whether underwater, on land or in the air. blancpain.com

5



Penfolds 2020 collection, \$40-\$3500

Led by the 66th consecutive release of Grange, the Penfolds 2020 collection provides a truly indulgent way to send off his challenging year. The brand also launched a new limited-edition wine assembled from four Grange vintages (2002, 2004, 2008, 2016) named Penfolds g4. With only 2500 bottles filled, it's bound to be a collector's item. [penfolds.com](https://www.penfolds.com)

6

Cire Trudon x Balmain candle, \$229 (270g), \$1100 (3kg)

A unique partnership between two Parisian houses, this striking candle gives the iconic scent Ernesto a feminine twist with black rose. Very limited quantities. [libertineparfumerie.com.au](https://www.libertineparfumerie.com.au)



7



Rolex Sky-Dweller, POA

An elegant watch for frequent travellers, the Sky-Dweller displays time in two time zones simultaneously and shows the correct date for a year with just one adjustment. This is one of the most complicated watches Rolex – well-known for its high performance – has ever produced. In 18K yellow gold with black Oysterflex bracelet. rolex.com



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