

TO ORDER MORE FEATURED WINES CALL 1-800-823-5527 TODAY!

Volume 17

Number 6

©Vinesse Wine Club 2009

SKU 12978

The Grapevine

THE OFFICIAL NEWSLETTER FOR VINESSE WINE CLUB MEMBERS

Wineries of the Oregon Coast



The Secrets of Artisan Bread

Pairing Wine & Beef Stroganoff

Making Wine: Is It an Art?

Warm Weather Wines to Love



OUR MISSION:

To uncover and bring you wine gems from around the world, which you're not likely to discover on your own, and which enhance your wine enjoyment.

YOUR GRAPEVINE TEAM:

Intrepid Wine Enthusiast, Chief Taster and Winehound:
Martin Stewart

Chief Operating Officer (aka "The Buck Stops Here"):
Lawrence D. Dutra

Editor:
Robert Johnson

Wine Steward:
Katie Montgomery

The Grapevine is published by Vinesse, 822 Hampshire Road, Suite E, Westlake Village, CA 91361; 1-800-823-5527. Copyright by Vinesse, LLC. Printed in USA.

No responsibility is assumed for loss or damage to unsolicited materials.

Be good to the planet RECYCLE

CHARTER MEMBER BENEFITS:

- 🍷 *The Grapevine* Newsletter
- 🍷 Premium wine selections at members-only prices
- 🍷 Wine tasting as a participant on VINESSE's Gold Medal Award Panel
- 🍷 Free subscription to VINESSE's Cyber Circle Community
- 🍷 Random giveaways of wine and accessories
- 🍷 Wine Finders Reward — identify a future wine selection and earn a reward
- 🍷 Perfectly matched recipes for featured wine selections
- 🍷 Free wine tasting



EDITOR'S JOURNAL

The Great 'Wine as Art' Debate

By Robert Johnson

When I'm looking for a movie recommendation, I turn to Roger Ebert's reviews.

When I'm in the mood to hear some new music, I check out *Dirty Linen* magazine for info on folk and Americana releases, or tune in channel 45 on my XM Radio receiver for an eclectic array of rock music and singer/songwriter tunes.

And when I want to read well-thought-out "takes" on various wine topics, I turn to Matt Kramer's column in *Wine Spectator* magazine. I find myself agreeing with Kramer about 90 percent of the time, but last fall he proffered an opinion that really surprised me. In a nutshell, he was strongly disagreeing with the assertion that "fine wine is art."

Wrote Kramer: "The big difference between an artist and a winemaker is that an artist starts with a blank sheet while a winemaker works with the exact opposite. A grape arrives at the winery with all the parts included,

a piñata stuffed with goodies, just waiting to be cracked open.

"Is there a craft to doing that? You bet there is. But where an artist conceives of something out of the proverbial thin air, no winemaker anywhere in the world can do any such thing."

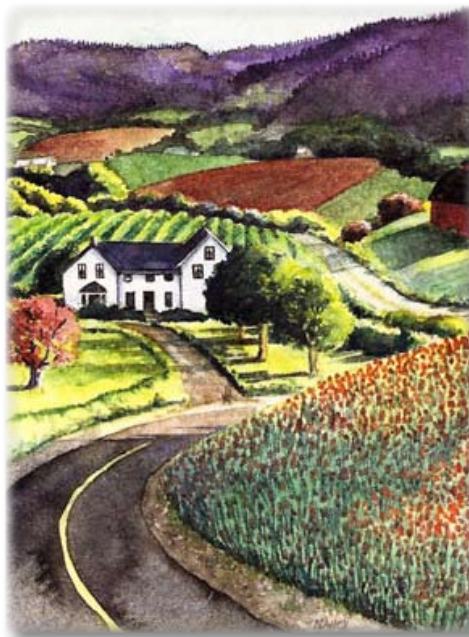
I knew I disagreed with what Kramer had written, but I was having trouble articulating it. So I shared the observation with a painter friend who happens to be a wine fan.

"The analogy isn't valid," he told me. "Painters don't create things out of nothing; we use paint and brushes

and a canvas, and we tap our life experiences — our mind's eye."

Added my friend: "In some ways, making great wine is *more* of an art because you have to work with the raw material you're given. I think that winemakers who make great wines in good vintages, or good wines in poor vintages, are absolutely elevating their craft to an art."

It was an observation artfully rendered.





Wines That Bring Sunshine Into Our Lives

What's your favorite wine? There's a good chance your answer changes with the season.

During the cold winter months, we tend to comfort ourselves with rich, full-bodied wines such as Cabernet Sauvignon, Zinfandel, Rhone blends and so on — the types of wines that go well with winter classics like braised short ribs, pot roast and meatloaf. Food that sticks to the ribs, and wine that warms the soul.

But now that things are warming up, comfort food can seem a bit heavy. We begin to crave lighter fare — salads, chicken, fish, etc. And lighter food calls for lighter wines — Sauvignon Blanc, Riesling, Gewurztraminer, Pinot Grigio, et al.

Although it may seem so from the wines we've listed, it's not a matter of strictly red wines in the fall and winter, and white wines in the spring and summer.

A more hearty white — such as an oak-aged Chardonnay — can be enjoyed any time of the year. So can a lighter red, such as a fruit-forward Pinot Noir or Beaujolais. (And for those among us who have no problem with breaking the "rules," it can be a liberating experience to have a thick,

juicy steak with a big, buttery Chardonnay... or Rotisserie chicken with Syrah.)

The real distinction we make in our wine preferences from season to season is less about color and more about weight. And that's a good way to match food and wine, whether there's a snowman or a sailboat outside your window.

We're never going to be able to control the weather. Mother Nature is in charge of that. But by altering our wine preferences as each season morphs into the next, we can bring a little sunshine into our lives regardless of the time of year.



**THE ONE THAT
STARTED IT ALL!**

- Hand-crafted gems produced by little known or small estates
- Limited-production bottlings
- Under-the-radar wines you won't find in supermarkets

EACH SHIPMENT INCLUDES:

- 2 or 4 bottles from all over the wine world
- Detailed Tasting Notes for each featured wine
- Latest edition of The Grapevine newsletter

WINE COLOR MIX: Reds, Whites, or Both — Your Choice!

FREQUENCY: Approximately Monthly

PRICE: Only \$12 Average Per Bottle Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, GO ONLINE TO WWW.VINESSE.COM OR CALL 800-823-5527



**IT'S NOT FOR EVERYONE.
IS IT FOR YOU?**

Vinesse created the Élevant Society to meet members' demands for super-premium wines. While virtually all members of the original American Cellars Wine Club were very satisfied with their monthly selections, some wanted more, and they were willing to pay for it.

EACH ÉLEVANT SOCIETY SHIPMENT INCLUDES:

- 2 or 4 bottles — your choice — of super-premium wines, mostly big and bold red varieties or blends
- Detailed Tasting Notes for each featured wine
- Latest edition of The Grapevine newsletter

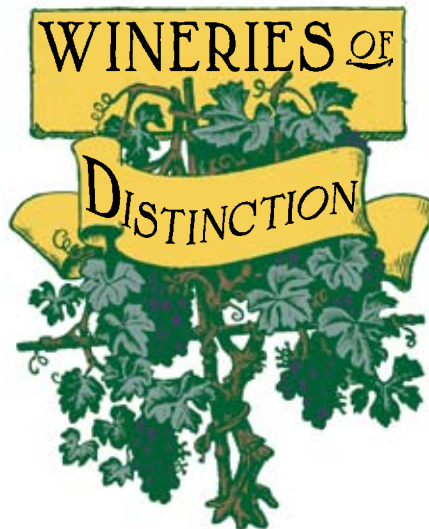
FREQUENCY:

Approximately Monthly

PRICE:

\$69.99 Average Per Shipment Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, CALL 800-823-5527 OR VISIT WWW.VINESSE.COM.



From Merlot to Mead, There's a Lot to Love About Nehalem Bay

For anyone who enjoys trying a wide range of wines during a tasting room visit, Nehalem Bay Winery on the Oregon coast is a must-stop.

In addition to traditional vinifera wines, Nehalem Bay makes sweet dessert wines, fruit wines and even mead.

Nehalem Bay Winery was founded shortly after Patrick McCoy became fascinated by the then-infant winemaking industry in Oregon. McCoy was traveling on the northern Oregon coast when he discovered an

old, abandoned creamery, known as the Mohler Creamery — which had been a part of the Tillamook Creamery Co-op... producing cheese, milk and butter... from 1909 to 1959.

Just as artists see beauty in everyday things, McCoy looked at the old, decrepit building and saw the potential for a winery in its place.

McCoy's first foray into winemaking resulted in a blackberry wine, made on April 1, 1974. The blackberry wine remains a favorite with winery visitors today. One by one, he added other wines and started working on and renovating the building.

In 1991, Ray Shackelford met McCoy and an instant friendship was struck — as well as an instant business



Nehalem Bay Winery



Ray Shackelford is making a world of difference in the tiny village of Chheneng, in the Mondulakiri province of Cambodia.

relationship. Shackelford bought controlling interest in the business, and when McCoy died in 1993, he bought the entire operation, including the name and the real estate.

Shackelford, with experience in sales, the military, real estate and a life of adventure, brought new energy and enthusiasm to the winery. Today, the old Nehalem Bay Winery has been totally remodeled while retaining and enhancing its original charm.

There's a large room for weddings, parties and other events, as well as a "Theatre Au Vin" for showcasing the performing arts. Visual arts events are now held at the winery, as well as great reggae, blues and bluegrass concerts. Visitors also are encouraged to enjoy the picnic tables, where they can soak in vistas of the Coast Range and Onion Peak.

Meanwhile, Shackelford continues his life of adventure and, at the same time, his commitment to making life better for those not so fortunate.

He volunteered with the Red Cross in Texas and the Salvation Army in New Orleans in 2005, helping victims of Hurricane Katrina.

In Cambodia, he started an orphanage, and in 2005 implemented a sewing project for ethnic minorities in Mondulakiri Province — a way of transforming his war experiences with the people of this area into something positive.

In the Philippines, 15 students are in college, high school or graduated and working because of Shackelford's efforts.

Because of all his philanthropic

involvements, Shackelford isn't always at the winery to greet guests. However, he has an enthusiastic and knowledgeable staff that's happy to share samples of the Nehalem Bay wines.

At present, the extensive lineup runs the gamut of styles. Experienced wine drinkers will want to try the Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Pinot Gris, Gewurztraminer, White Riesling and Marechal Foch. Those less familiar with wine, or perhaps possessing a sweet tooth, will be drawn to the Valley Peach, Plum, Rhubarb and Blackberry wines.

The winery also makes a bottling called Cranperé, which is White Riesling blended with cranberry.



During the holiday season, White Riesling, cranberry and spices are blended to make a wine called Santa's Elixir.

But one needn't wait until Christmastime to visit Nehalem Bay Winery. In fact, given the unpredictable weather along the Oregon coast, it's probably best to venture there during the warmer months. The warmth of the sun will be matched by the warmth of the Nehalem Bay staff.

Winery 4-1-1

Nehalem Bay Winery

34965 Highway 53

Nehalem, Ore.

888-368-WINE (9463)

503-368-WINE (9463)

Owner/Winemaker:

Ray Shackelford

Four Seasons



WINES THAT MATCH THE SEASON.

Summer — wines for barbecues, picnics or just for sipping. Fall — wines for hearty, harvest-time dishes. You get the idea. All wines are selected by our Tasting Panel to pair beautifully with the foods you love.

EACH SHIPMENT INCLUDES:

- 4 bottles of specially-selected wines
- Detailed Tasting Notes for each featured wine
- Latest edition of The Grapevine newsletter
- A special surprise gift

WINE COLOR MIX:

Reds, Whites, or Mixed

FREQUENCY:

4 times per year, plus a special holiday shipment

PRICE:

\$89.95 Average Per Shipment Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, CALL 800-823-5527 OR VISIT WWW.VINESSE.COM.



TOURING TIPS

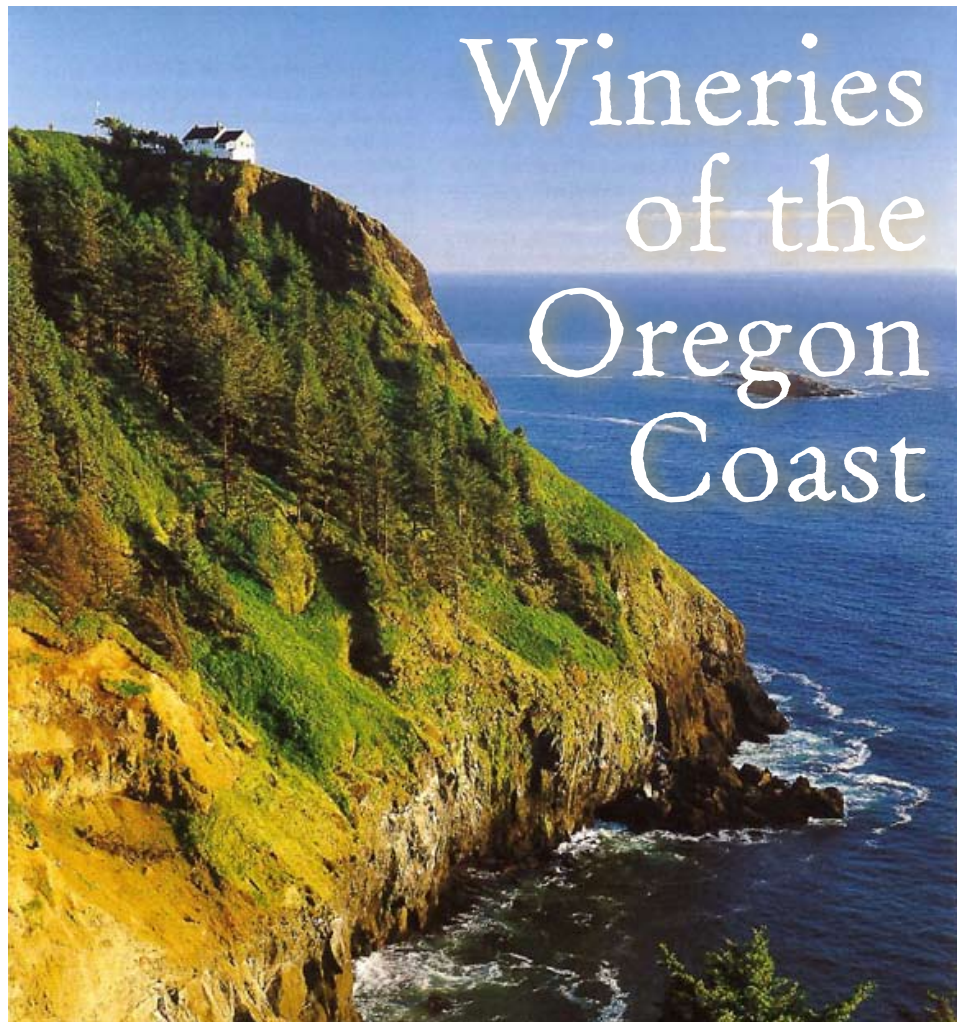
If you've ever been to the Oregon coast, you probably remember the rugged headlands, the charming towns and the uncrowded beaches.

However, you probably were not aware of the numerous wine-tasting opportunities, particularly near the communities of Astoria and Coos Bay. Because of the distance involved between those two towns (more than 230 miles), you really need two days to take in the seven Oregon Coast wineries — two in the Astoria area, four in Coos County and one in-between.

If you're coming from afar, fly into Portland and then head west to Astoria, which is recognized as America's oldest settlement west of the Rocky Mountains, established in 1811.

Make a reservation at the Rosebriar Inn Bed & Breakfast, a fully restored 1902 classic European-style B&B that serves a complimentary gourmet breakfast each morning. The Inn features a dozen guest rooms, each uniquely decorated and each with a private bath.

Another lodging option is the Cannery Pier Hotel, located on the waterfront of the Columbia River. Guest rooms have hardwood floors and fireplaces, and throughout the property you'll find vintage



photographs, artifacts and memorabilia pertaining to the area's history and fishing industry.

A good way to get acquainted with the town is by hopping on the Astoria Riverfront Trolley, which is operated by a group of locals who (here's fair warning!) don't keep to a real strict schedule. When boarding, it's a good idea to inquire about that day's route and frequency.

Whether you explore by trolley or on foot, you'll be treated to an array of preserved buildings and historic sites, complemented by stunning views and the natural beauty of the coast. History buffs will want to stop at the Fort Clatsop National Memorial, which highlights Lewis and Clark's encampment over the winter of 1805-06. Local heroes are celebrated at the Uppertown Fire Fighters Museum, and the area's maritime past is chronicled at the Columbia River Maritime Museum.

Between museum visits and other sightseeing, stop by Shallon Winery, a one-man operation specializing in an addictive chocolate-orange wine. It's owned by Paul van der Veldt, who will be happy to show you around his lab and winemaking room. Of his unique concoction, van der Veldt says, "This is the ultimate creation of my older years; anything I create after this will be a total anticlimax. I know of nothing like this on the face of the earth. If you find something, tell me."

Well, the Swiss orange chip ice cream made by Swensen's comes close, but does not surpass van der Veldt's wine in terms of pure hedonistic pleasure.

Just a mile off of Highway 101 in nearby Mohler, you'll find Nehalem Bay Winery, offering an array of wines from white to red to sweet. Read more about Nehalem Bay in this issue's "Wineries of Distinction" feature.

End your day in extreme northern

Oregon with a meal at the Silver Salmon Grille, home to a 120-year-old antique bar constructed of Scottish cherry wood. Jeff and Laurie Martin own the restaurant, and have decorated it with fish murals, metal sculptures and chandeliers. Be sure to try the Silver Salmon Cellars wine, produced for the Martins by the acclaimed Maryhill Winery in the Columbia Valley, and featuring depictions of local landmarks on the labels by artist Bill Dodge.

On the road from Astoria to Coos Bay you'll come to Otter Rock, between Depoe Bay and Newport. There, perched on a cliff overlooking the Pacific, the Flying Dutchman Winery produces award-winning Cabernet Sauvignon and Pinot Noir, as well as various white and dessert wines.

Coos Bay, in addition to being a quaint coastal town, is an important manufacturing and shipping center, since it's home to the largest natural harbor between San Francisco and Seattle.

A good place to relax and rejuvenate after a few hours on the road is the Shore Acres State Park and Botanical Gardens, once the estate of pioneer lumberman and shipbuilder Louis B. Simpson. A fully enclosed observation building now occupies the site of Simpson's mansions, offering a spectacular view of rugged seascapes, towering storm waves, and migrating whales (from December through June).

A community tradition was born in 1987 when the Friends of Shore Acres decided to "string a few lights" to help celebrate the holidays. That first season, 6,000 miniature lights, one Christmas tree and the decorated Garden House drew 9,000 visitors.

Now, more than a quarter-million lights — both holiday and landscaping — numerous Christmas trees, lighted sculptures, entertainment in the pavilion, and a beautifully decorated Garden House draw 40,000 to 50,000 visitors each year from Thanksgiving through New Year's Eve.

Visitors to Coos Bay can't help but notice the myrtlewood trees, which grow only in this small area along the Oregon coast. The Myrtlewood Galley offers souvenirs such as bowls and goblets made out of the wood, as well as glimpses of artisans at work as they mold the items on lathes.

Cozy accommodations are available at the Olde Tower House Bed & Breakfast, built in 1872 and now fully restored and furnished with antiques. The B&B serves a full breakfast daily on its veranda or in the formal dining room with a view of the bay.

Dinner destinations include Fishermans Grotto for never-greasy fish-n-chips and delicious clam chowder, and the Blue Heron Bistro, which offers an eclectic menu of local seafood dishes and classic German cuisine.

Most of the wineries around Coos Bay specialize in fruit wines, with selections including both sweet and dry blackberry, strawberry-rhubarb, huckleberry, sparkling cranberry and more (see the winery list in the "For Further Information" box). They're open limited hours or by appointment only, so be sure to call ahead when planning a visit to the area.

For Further Information

**The Rosebriar Inn
Bed & Breakfast**
Astoria
800-487-0224

Cannery Pier Hotel
Astoria
503-325-4996

**Columbia River
Maritime Museum**
Astoria
503-325-2323

Shallon Winery
Astoria
503-325-5978

**Flying Dutchman
Winery**
Otter Rock
541-765-2553

Fishermans Grotto
Coos Bay
541-888-3251

Myrtlewood Gallery
Coos Bay
541-267-4222

**Olde Tower Inn
Bed & Breakfast**
Coos Bay
541-888-6058

Blue Heron Bistro
Coos Bay
541-267-3933

**Shores Acres Park
& Botanical Gardens**
Coos Bay
shoreacres.net

Old Bridge Winery
Remote
541-572-0272

Old Coyote Winery
Myrtle Point
541-572-8090

**Hawks View Winery &
Wild Goose Vineyards**
Myrtle Point
541-572-0251

Sea Mist Winery
Bandon
541-348-2351

VINESSE

Hot LIST

1 Hot Culinary School Dining Room. At the West Coast campus of the Culinary Institute of America in St. Helena, Calif., the accent is on the local specialties and ingredients. One day recently, the Greystone restaurant menu included Monterey Bay squid and Laura Chenel goat cheese. 707-967-2320

2 Hot Wine Country Concert Series. Each summer, Chateau Ste. Michelle hosts some of the most popular concerts in the Pacific Northwest, featuring renowned musicians in an idyllic setting. Tickets for the 2009 season, with concerts once again to be held on the winery grounds in Woodinville, Wash., went on sale April 25. The lineup includes Tears for Fears, Steve Miller Band, Moody Blues, Lyle Lovett, the two-day KWJZ Jazz Festival, Jackson Browne, Elvis Costello, John Legend (with India Arie), Diana Krall, Chris Isaak, Gipsy Kings, Bonnie Raitt and Taj Mahal (solo and together), and Pink Martini. ticketmaster.com

3 Hot Cheese Factory Tour. For nearly a hundred years, the Metzsig family has crafted the finest Wisconsin cheeses using farm-fresh milk from local dairies. Master cheesemaker Dave Metzsig invites cheese lovers to visit the family's Union Star Cheese Factory and Store, five miles southeast of Fremont, Wis., for a tour and tasting. 920-836-2804



Waiter's Friend. Corkscrew that folds safely after use so it may be placed in a pocket. Popular among servers and sommeliers in the restaurant business.

Xylem. The woody, center portion of a grapevine's trunk, arm or cane.

Yeast. Unicellular microorganisms that occur naturally in the air, especially in areas where fruits are grown. It can quickly metabolize natural sugar into alcohol and carbon dioxide — the process known as fermentation. When all, or most, of the natural sugar of grape juice has been transformed into alcohol, the juice is said to have been changed into wine.

Zymase. Common name given to the complex of enzymes, taken as a group, that the yeast cell uses to transform sugar into ethyl alcohol and, thereby, transform grape juice into wine.

VINESSE STYLE

ARTISAN BREAD

There may be no more enjoyable summertime snack than a piece of artisan bread with a chunk of cheese, all washed down with a glass of wine.

Artisan bread is best described by thinking about the person who makes it. An artisan baker is a craftsman trained to mix, ferment, shape and bake a loaf of bread. A baker's work parallels that of jewelers, glass blowers or furniture makers — each has a palette of preferred, trustworthy materials.



How can you tell a true handcrafted bread from one merely called artisan? First, look at the ingredients. There shouldn't be

anything in bread besides flour, water, salt and yeast. If the bread is made with a sour dough, there may not even be yeast among the ingredients.

Flavored breads may list other ingredients such as nuts, garlic, herbs or cheese. Some may include milk, butter and/or eggs. But *all* of the ingredients should sound like familiar foods. Bread is one of the oldest, most basic foods there is. It

wasn't necessary to add chemicals centuries ago, and it still isn't.

An artisan bakery is small enough that it is possible to train each worker to understand the whole process of making the bread and to make

small enough batches for one or two people to manage. And each loaf will have its own unique, irregular shape.



EACH SHIPMENT INCLUDES:

- 2 or 4 bottles of the best finds from California
- Detailed Tasting Notes for each wine
- Latest edition of The Grapevine newsletter

FEATURED WINES MADE IN CALIFORNIA EXCLUSIVELY!

- Napa
- Sonoma
- Santa Ynez
- Monterey
- Sacramento Delta
- Amador County
- Mendocino
- ... and More!

WINE COLOR MIX:

Reds, Whites, or Both — It's Your Choice!

FREQUENCY:

Approximately Every Other Month

PRICE:

Only \$12 Average Per Bottle Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, GO ONLINE TO WWW.VINESSE.COM OR CALL 800-823-5527

APPELLATION SHOWCASE

S*an Luis Obispo and Santa Barbara counties make up the southernmost district of California's Central Coast viticultural area.*

There are 27,600 acres of wine grapes planted in SLO County and 16,600 in Santa Barbara, totaling more than 44,000. Together, they make up 7.4 percent of the total state winegrape crush.

The No. 1 grape variety in SLO is Cabernet Sauvignon with 8,600 acres. Merlot is second with 4,200.

Proximity to the ocean, orientation of the numerous canyons and valleys, and varying elevations produce diverse macroclimates, allowing production of numerous grape varieties. There are four general soil associations, primarily formed from the weathering of granite, serpentine, shale and sandstone.

The city of Paso Robles, situated 20 miles inland from the Pacific Ocean, is in San Luis Obispo County, halfway between San Francisco

and Los Angeles. The area is characterized by warm, clear days, generally unencumbered by clouds, fog or severe winds. Nighttime temperatures drop by approximately 40 degrees, cooled by a marine layer that moves over the region after sunset. As the warmest sub-appellation in the county, it's known for its Cabernet Sauvignon and warmth-loving Syrah.

There are four sub-appellations in the county. In addition to Paso Robles, these include Arroyo Grande, Edna Valley and York Mountain.

In Arroyo Grande, in the areas affected by fog and cooling ocean breezes, sparkling wines, Chardonnay and Pinot Noir do well. Elsewhere, above the fog line, Zinfandel and Syrah excel.

Edna Valley is another cool-climate area well known for elegant Pinot Noir and Chardonnay.

York Mountain, one of California's smallest AVAs, is situated on the eastern slopes of the Santa Lucia Mountains, west of Paso Robles. Quite cool, it's also a haven for Pinot Noir and Chardonnay.



VINESSE®

The World of Wine



JOIN US FOR AN INCREDIBLE WINE JOURNEY!

Each Shipment Takes You
to a Different Corner
of the Wine World!

Taste Exquisite Boutique
Wines... Savor Each
Country's Winemaking
Tradition... and Collect
Some Souvenirs!

EACH SHIPMENT INCLUDES:

- 6 bottles of specially selected wines from one country or region of the wine world
- Detailed Tasting Notes for each featured wine
- Latest edition of The Grapevine newsletter
- A special souvenir

WINE COLOR MIX:

Reds, Whites, or Mixed

FREQUENCY:

6 times per year

PRICE:

\$99 Per Shipment
Plus Shipping

TO LEARN MORE ABOUT
THIS CLUB, CALL 800-823-5527
OR VISIT WWW.VINESSE.COM



“We’re trying to make our wines taste like the site, like the appellation and like the variety at a very high level.”

— Rodrigo Soto, the new winemaker at Benziger Family Winery in Glen Ellen, Calif., an estate known as a leader in biodynamic winegrowing

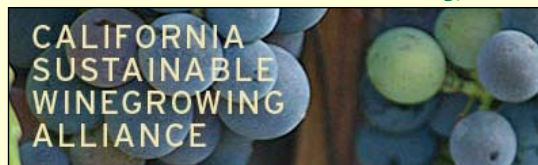
Q I’ve heard there’s a French wine coming out that’s named after President Obama. Is this true?



A Yes... and the President reportedly is none too happy about it. The French vintner making the “Obama” wine originally is from Africa, and undertook the project to celebrate the election of America’s first African American President. “It was the advent of a world that I had always dreamed of for my children,” Angela Bousquet-Keita told the French newspaper, *Le Monde*. Yet even though she says all profits will go toward efforts to save Darfur, the White House would not support the project. “The White House has a longstanding policy of disapproving uses of the President’s name and likeness for commercial purposes,” spokesman Ben LaBolt says.

ECO-FRIENDLY WINEMAKING IN CALIFORNIA ON INCREASE

To celebrate Earth Day on April 22, the California Sustainable Winegrowing Alliance announced a five-fold increase in the number of annual energy-efficient projects at California wineries and vineyards since 2005, when CSWA and Pacific Gas and Electric Company (PG&E) began cosponsoring energy efficiency workshops designed for the wine industry. Over the last four years, 359 energy-efficiency projects resulted in California wineries receiving \$6.25 million in PG&E rebates, and eliminated 30,371 tons of carbon dioxide emissions. These projects have saved California wineries 55,310,681 kilowatt-hours in energy, the equivalent of removing 4,226 cars from the road for one year. “Energy efficiency is one of 14 sustainable winegrowing areas that the CSWA program promotes,” said Wine Institute President and CEO Robert P. Koch. “Since CSWA’s establishment six years ago, 1,500 vintners and growers have participated in the sustainable winegrowing program, representing 60 percent of California’s wine production and winegrape acreage.”



DOCTOR TOUTS BENEFITS OF A GLASS OF WINE PER DAY



“The bottom line is that moderate consumption of alcohol in general — and wine in particular — has benefits in terms of longevity.” So says Dr. Lynda Powell, chairwoman of the Department of Preventive Medicine at Chicago’s Rush University Medical Center. “Number one, it raises HDL cholesterol — that’s the good cholesterol,” she notes. “That protects against the development of cardiovascular disease. Number two, it’s an antiplatelet, which keeps the blood thin. So people who take an aspirin a day as a blood thinner could essentially do the same thing by

consuming one alcoholic drink every day.” As always, Dr. Powell stressed, the key is moderation.



MORE AND MORE MOROCCANS ARE BECOMING WINE DRINKERS

Morocco produced the equivalent of 35 million bottles of wine in 2008, making it one of the largest wine producers in the Muslim world. “Morocco is a country of tolerance,” notes Mehdi Bouchaara of Celliers de Meknes, the country’s largest winemaking estate. “It’s everybody’s personal choice whether to drink or not.” On average, Moroccans consume one liter of wine per person annually.

\$5M

Amount raised at the Naples (Florida) Winter Wine Festival to benefit the Naples Children & Education Foundation. That was down from \$14 million in 2008, a sign of the tough economic times. The top individual bid generated by the 65 auction lots was \$350,000 for a Caribbean yacht trip.

FOOD & WINE PAIRINGS

BEEF STROGANOFF

A combination of beef, mushrooms and sour cream, Beef Stroganoff was the prize-winning recipe created for a cooking competition held in the 1890s in St. Petersburg, Russia.



by its sauce, and this one is based on sour cream.

Hmm... beef almost always calls for a hearty red wine such as Cabernet Sauvignon, but sour cream, with its milk base, almost demands pairing with a rich, buttery Chardonnay. Hmm... indeed!

What to do? Well, in an instance such as this, one must look beyond the “usual” answers and dig a

The Russians have been known to attach the names of famous households to their cuisine, and that’s how the dish got its name. Count Pavel Stroganov, a noted 19th century gourmet (as well as a friend of Alexander III and a celebrity in turn-of-the-century St. Petersburg), is often credited with creating Beef Stroganoff, or having a chef who did so.

But, in fact, a recipe by that name appears in a cookbook published in 1871, well ahead of the heyday of the genial count. So, the origin of the dish remains open to both interpretation and speculation.

One thing we know for sure: Beef Stroganoff can be a challenge to pair with wine. Obviously, it’s not the beef that presents the conundrum. Nor is it the mushrooms. Like many dishes, the flavor of Beef Stroganoff is defined

little deeper into the nuances of the dish.

One excellent match is Chateauneuf-du-Pape or a “G-S-M” (a Grenache, Syrah and Mourvedre blend) from Australia. The softness of the Grenache complements the fatness of the sour cream, while the alcohol level enables the wine to stand up to the weight of the dish as a whole.

A nice, dry rosé is another way to go. The red fruit flavor matches the beef, while the high acidity serves as a counterbalance to the cream.

A third approach would be simply to succumb to the sauce and grab a bottle of buttery Chardonnay. Hey, if we can drink red wine with fish, why not white wine with beef? It’s a pairing that definitely can work with the appropriate sauce.

Light
& Sweet

**THE FASTEST-GROWING
CLUB IN VINESSE HISTORY!**

- A club for people who enjoy a touch of sweetness in their wines.
- Wines that are lighter in style, sometimes sparkle, occasionally blush, and are simply fun to drink.
- Wines selected from top regions around the world.

EACH SHIPMENT INCLUDES:

- 2 bottles of delicious light-and-sweet wines
- Detailed Tasting Notes for each featured wine
- Latest edition of The Grapevine newsletter

WINE COLOR MIX:

Mostly White; Occasionally Blush/Pink or Sparkling

FREQUENCY:

Approximately Every Other Month

PRICE:

Only \$12 Average Per Bottle Plus Shipping

TO LEARN MORE ABOUT THIS CLUB, GO ONLINE TO WWW.VINESSE.COM OR CALL 800-823-5527



POACHED SALMON SALAD WITH MUSTARD VINAIGRETTE

We turn to lighter fare in the spring and summer months, and this salad matches well with Sauvignon Blanc or Pinot Gris/Pinot Grigio, as well as fruit-forward Chardonnay. This recipe makes 4 servings.

Ingredients

- 3 cups water
- 2 cups dry white wine
- 4 sprigs tarragon, leaves removed, coarsely chopped, stems reserved
- 2 bay leaves
- 1 lemon, sliced
- 1 teaspoon whole peppercorns
- 4 salmon fillets, about 6-oz. each, skinned
- 1/4 cup Dijon mustard
- 3 tablespoons white wine vinegar
- 3/4 cup olive oil
- 4 shallots, chopped
- 4 cups mixed greens
- 1/4 teaspoon salt
- Freshly ground pepper

Preparation

1. Combine water and wine in a Dutch oven or skillet. Add tarragon stems, bay leaves, lemon and peppercorns. Heat to a boil over high heat; reduce heat to medium. Cook 15-20 minutes. Reduce heat to a simmer. Add salmon. Cover; simmer 10 minutes. Turn off the heat. Allow the salmon to cool in the pan. Drain on paper towels. Wrap in plastic wrap; refrigerate until ready to serve.
2. Combine the mustard and vinegar in a small bowl; gradually whisk in the olive oil. Stir in the shallot and tarragon leaves. Toss the mixed greens with salt and pepper in a large bowl; drizzle with a little of the vinaigrette. Toss.

3. Arrange the greens on four plates. Top each with a salmon fillet. Spoon some of the mustard vinaigrette over the fish. Garnish with additional sprigs of tarragon.

TROUT MEUNIERE

Almost any white wine will pair beautifully with this classic, yet easy to prepare, dish. A light-bodied Pinot Noir also would work well. Note that you may substitute tilapia or perch for the trout. This recipe makes 4 servings.

Ingredients

- 4 whole rainbow trout, or 8 fillets of any white fish
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup flour
- 3 tablespoons butter
- 1 tablespoon vegetable oil
- Juice of 1 lemon

Preparation

1. Season fish with salt and pepper inside and out. Dust with flour; tap to remove excess. Heat 1 tablespoon of the butter and the oil in a skillet over medium heat until the butter foams. Add the fish; cook until browned, about 5-6 minutes. Turn and brown the other side, about 4-5 minutes, spooning fat over the fish. Transfer to a platter.
2. Melt remaining 2 tablespoons of the butter in the skillet. Stir in the lemon juice; pour the sauce over the trout, and serve.

As a Member, You Can View Your Account Online

For full details about your account, including your personal shipment history, charge amounts, and more, please visit www.Vinesse.com and log on via the "Your Account" link at the top right.

TO ORDER CALL TOLL-FREE: 800-823-5527
HOURS: MONDAY-FRIDAY 8AM TO 5PM PST

Vinesse

822 Hampshire Rd., Suite E, Westlake Village, CA 91361 • www.Vinesse.com