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The Grapevine

THE OFFICIAL NEWSLETTER FOR VINESSE WINE CLUB MEMBERS

Solutions for a Stress-Free *Turkey Day*

**A Surprising Find Along
the Iowa Wine Trail**

**Tasty Recipes for Those
Thanksgiving Leftovers**

**The Secrets of Portugal's
Rias Baixas Wine Region**

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EDITOR'S JOURNAL

Let's Talk Turkey... and Open a Bottle of Wine

By Robert Johnson

Historians have made solid cases that the "first Thanksgiving" meal involving the Pilgrims and Native Americans never happened.

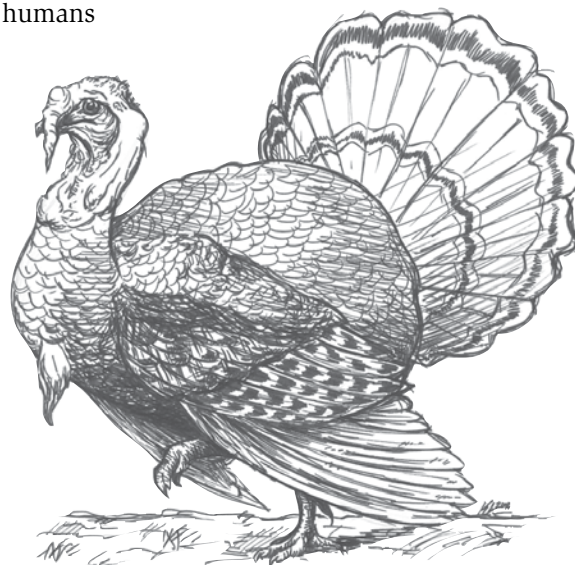
They say the story was concocted and included in history books to "create a sense of common heritage" for the children of immigrants who were coming to America from all over the world. It seems that the tradition of having turkey on the Thanksgiving table is much less "entrenched" than we've been led to believe.

Still, America raises a lot of turkeys, with most of the production centered in the South, where there is a rich tradition of tobacco farming. The No. 1 enemy of the tobacco plant is the hornworm, and turkeys love to munch on hornworms as much as we humans love to munch on, well, turkeys. According to farmers, 50 turkeys can protect 100,000 tobacco plants.

Once his hornworm duties are completed, however, a turkey faces an unpleasant fate: the roasting pan. And it's not just Thanksgiving when a turkey needs to be watching his back. In the 34 years from 1970 to 2004, the average American's annual consumption of turkey jumped from 8.1 to 17.4 pounds.

As you might expect, this November edition of *The Grapevine* includes a good deal of information on the food and beverage possibilities surrounding the Thanksgiving holiday. In particular, check out the "Cellarmaster," "Vinesse Style," "Food & Wine Pairings" and "Cookbook" departments before you start planning the big feast at your abode.

Whether that "first Thanksgiving" really happened or not, the *next* Thanksgiving can be extremely enjoyable when you add wine to the mix.





The Best Way to Wash Wine Glasses

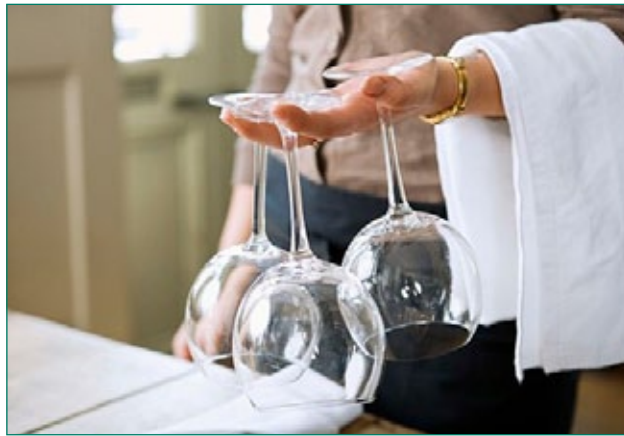
Each year, we receive numerous inquiries about the proper way to wash wine glasses — both to get them as clean as possible, and to ensure that they don't break.

After the big Thanksgiving feast, one thing is certain: There will be *lots* of wine glasses to wash. The good news is that cleaning glassware actually is quite easy, because it's more about the process than specific cleaning products.

A mild liquid detergent — one that rinses well — is all you really need. Be sure to avoid using harsh soaps and scouring pads.

Wash each glass by hand with the aforementioned mild liquid detergent and lukewarm water. Once the glass is clean, adjust the water temperature to warm, and simply rinse out the remaining detergent.

Some like to let their glasses air dry, but that's generally not a good idea because it requires placing the glass upside down, and the rim is the most fragile part of the



glass — easily chipped, even when the stem is handled with care.

It's better to dry the glass immediately, while it's still warm, using a linen towel or another type of lint-free towel. Use one hand to “cup” the bowl of the glass — with the glass sitting on the towel — and use your other hand to dry the inside of the glass.

Obviously, stemware made with thinner glass requires a gentle touch; you definitely don't want the glass to break with your hand inside it.

Follow these simple steps, and you'll have crystal clear glassware for that next special meal. And given the time of year, it won't be long for that occasion to arise.

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An Unexpected Bonus in Pres. Hoover's Hometown



Thousands visit the tiny town of West Branch, Iowa, each year to learn about President Herbert Hoover's early years and his contributions as President of the United States. Those that venture farther down Main Street encounter an unexpected bonus: a winery.

Ilene Lande and John McNutt opened their cozy tasting room in March of 2010, following some unexpected building renovation challenges.

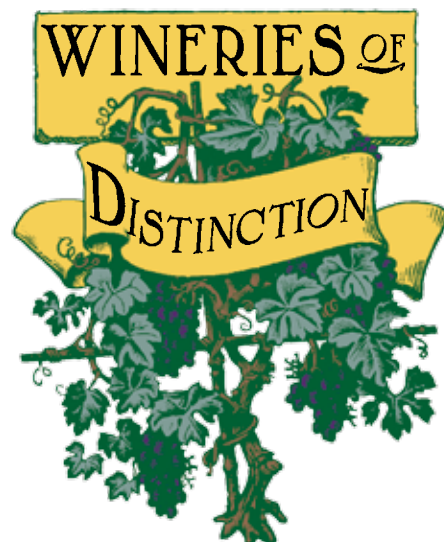
Ilene grew up in Webster City, Iowa, and attended the University of Iowa beginning in 1969. (Except for a two-year post-doctoral fellowship in Dallas, she has always lived in Iowa.) She earned BS and PhD degrees in Microbiology/Immunology, was involved in basic biomedical research for 10 years, and then started a small biotechnology company, Elmira Biologicals Inc., in 1988.

John was born in Iowa City and raised on a farm a few miles from town. He farmed with his father, Paul McNutt, for 27 years before leaving his allergies behind to change careers. Since 2000, he has been using his BS in Ag Econ (from Iowa State) and MBA (University of Iowa) as a business management consultant at Latta, Harris, Hanon & Penningroth in Tipton, Iowa.

Ilene and John were married in 1980, and still live in the farmhouse that John's great-grandfather built in 1908.

In 2005, they partnered with Ed, Melody and Joan Wallace to start Wallace Winery, near West Branch. After five years of joint effort, the partners decided to part ways, so and John and Ilene looked for a new location for their own wine production and tasting room.

That led them to West Branch, where they acquired the town's historic 1907 Post Office with the intention of transforming it into Brick Arch Winery.





But during construction, the building collapsed, forcing Ilene and John to start from square one.

They set about rebuilding the iconic structure, and created an elegant space that offers not only wine tasting, but also beer tasting and “small plates.” The on-site “Brick Bistro” came about because so many visitors told the owners, “I wish you served more food.”

The Bistro serves fresh, hand-made dishes on Fridays from 5 to 8 p.m. and on Sunday afternoons from 1 to 4. Each week’s menu includes two or three choices of flat-bread pizza, the Brick’s nachos, and one or two additional main courses and desserts. The specifics of the “fresh menu” are published each week on the winery’s website.

Brick Arch Winery sources grapes from all over the Upper Mississippi Valley, and Lande crafts an array of

both dry and sweet varietal wines and blends. There’s even a sparkling wine in the lineup.

The winery also hosts music performances on most weekends in its comfortable performance space, so if you want to make a weekend of it, there’s more to do in West Branch than simply touring the Hoover museum and historic site.

If you find yourself traveling in Iowa, a stop at Brick Arch Winery is a great way to break up the drive.

Winery 4-1-1
Brick Arch Winery
 116 West Main St.
 West Branch, Iowa
 319-643-4001
Open 7 days at 12 noon



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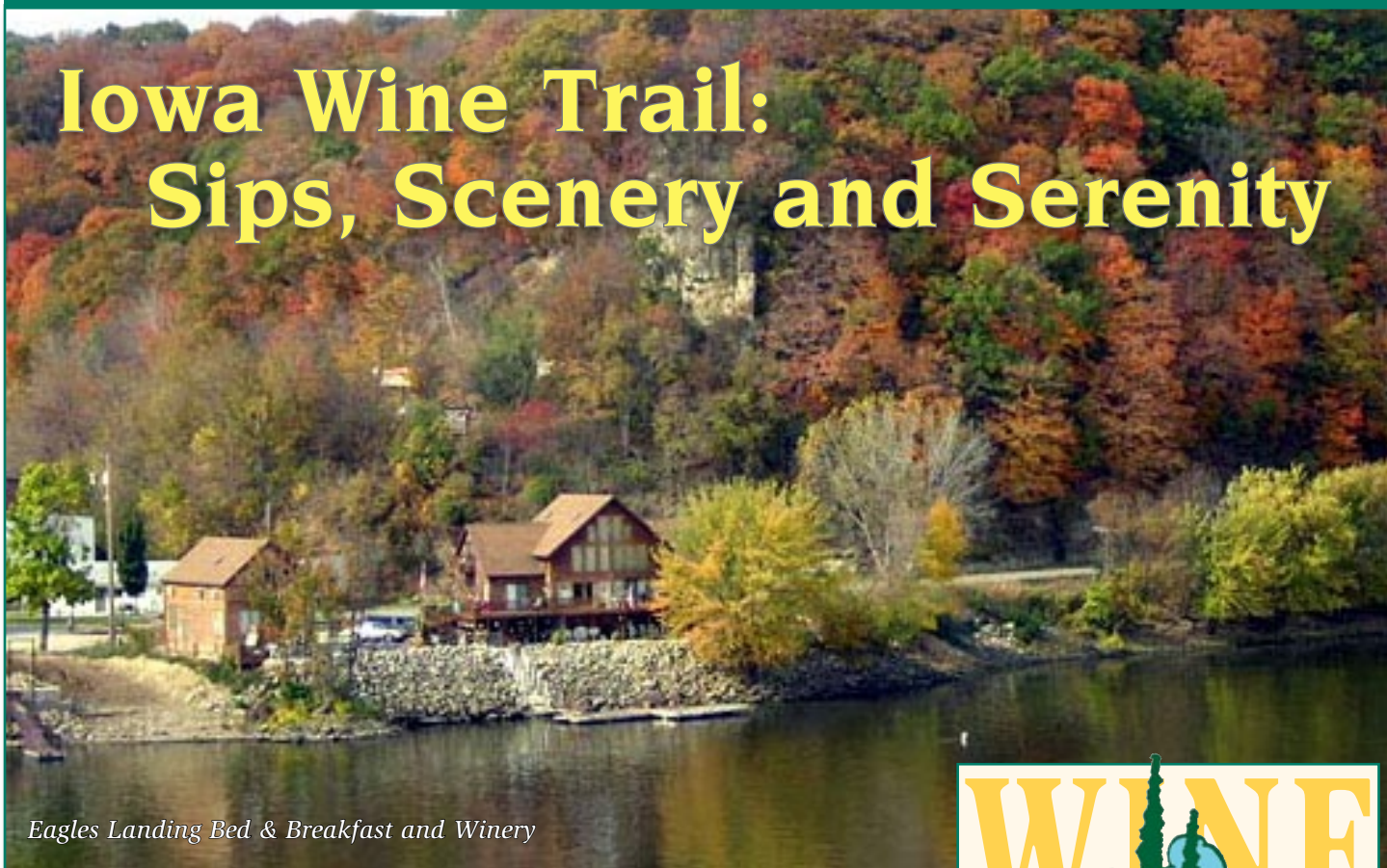
Approximately Monthly

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Iowa Wine Trail: Sips, Scenery and Serenity



Eagles Landing Bed & Breakfast and Winery

Every state in the United States of America is now home to at least one winery, and that includes Iowa, which boasts more than 48 winemaking estates — eight of which have teamed up to create the “Iowa Wine Trail.”

You can visit the Iowa Wine Trail by traversing the upper Mississippi Valley wine region at Anamosa, Baldwin, Bankston, Clinton, Decorah, Fredericksburg, Lisbon, Marquette and West Branch.

The wineries can be visited almost daily, and at each site a winemaker is likely nearby to answer questions about the region’s special and unusual varietals. Visitors can view operations, enjoy the grounds, and sample award-winning wines and sparkling ciders.

The region features designated scenic byways, alpine hills, and cold-water streams that are full of trout. The area was spared historic glaciers, thus leaving soils, slopes, caves and aquifers ideal for irrigation, drainage, circulation, and sun to produce the best grapes.

Here’s a look at the estates you’ll encounter along the Iowa Wine Trail...

■ **Brick Arch Winery** — See “Wineries of Distinction” in this issue.

■ **Daly Creek Winery & Bistro** — The tasting room features a 20-foot handmade bar made of Iowa red cedar. In the tasting room, you’ll also find two large windows for observing winemaking operations, and a gift shop with more than 500 items. Daly Creek’s upscale Italian Bistro seats 50 guests, and an enclosed patio accommodates 40 more while prominently displaying a large Grant Wood mural.

■ **Eagles Landing Bed & Breakfast and Winery** — Residing on the scenic Great River Road in the quaint river town of Marquette, Eagles Landing features a grapevine-lined patio and gazebo. The B&B is a cedar log-sided timber frame home, built from native oak trees that were harvested, sawed into posts and beams, and erected without a single nail or screw; it’s all



TOURING TIPS

held together by wooden pins. The location, on the banks of the mighty Mississippi River, is a bird watcher’s paradise.

■ **Engelbrecht Family Winery** — Located 40 miles north of Waterloo, this winery has a Farm House Antique & Wine Shop that offers one-of-a-kind antique pieces and features the winery’s three white wines, five red wines and a blush wine. You can walk and picnic along the Plum Creek Nature Trail that runs through the farm, and stay the weekend at the Farm House Bed and Breakfast Inn.

■ **Park Farm Winery** — A hilltop chateau, built to capture the beauty of



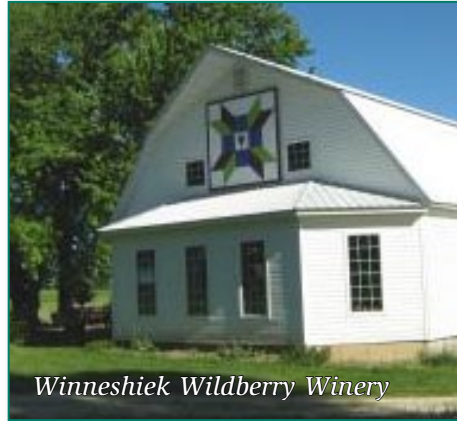
Engelbrecht Family Winery

northeast Iowa, overlooks a wooded valley, vineyards and a church steeple on the horizon. Enjoy a glass of award-winning wine on a spacious deck, as Park Farm prides itself on producing quality wines of unique character from grapes and fruit that grow in the Midwest. Live music is featured on Sunday evenings from May through October.

■ **Tabor Home Vineyards & Winery** — Tabor Home's estate vineyards were planted in 1989. Red varieties include Marechal Foch, St. Croix and Catawba, while La Crosse is the primary white grape. The tasting room and gift shop overlook vineyards, a Civil War era barn and miles of Iowa's Grant Wood countryside. Tabor Home emphasizes production of premium table wines with an

eye toward establishing a respected regional identity for Iowa wines.

■ **Wide River Winery** — Set atop the Mississippi bluff north of Clinton, Wide River offers an array of bottlings, from dry and white to sweet and red, made primarily with Midwestern grapes, including some organically grown. There's also a hiking trail along the Mississippi bluff, a peaceful deck for relaxing, and a small gift shop.



Winneshiek Wildberry Winery

■ **Winneshiek Wildberry Winery** — A family owned and operated winery specializing in fruit and table wines. The majority of the grapes and fruit used are locally grown or grown on site. Visitors can sip wine while enjoying the diverse seasonal views from the winery's veranda.

For Further Information

Brick Arch Winery

116 W. Main St.
West Branch, IA
319-643-4001

Daly Creek Winery

106 North Ford St.
Anamosa, IA
319-462-2525

Eagles Landing Winery & Vineyard

127 North St.
Marquette, IA
563-873-2509

Engelbrecht Family Winery

2866 270th St.
Fredericksburg, IA
563-237-5969

Park Farm Winery

15159 Thielen Rd.
Bankston, IA
563-557-3727

Tabor Home Vineyards & Winery

3570 67th St.
Baldwin, IA
563-673-3131

Wide River Winery

1776 East Deer Creek Rd.
Clinton, IA
563-519-WINE

Winneshiek Wildberry Winery

1966 337th St.
Decorah, IA
563-735-5809

VINESSE

Hot LIST

1 Hot Bordeaux Wine Excursion.

The Ferme Equestre "Les Abrons" offers a unique way to see the Bordeaux region of France — on horseback. Rides are offered during the harvest season and in the spring, and include gourmet food and lots of French wine along the way. Each excursion lasts a full week, so those with weak backs would be advised to find another mode of transportation for exploring France's famed wine region.
www.les-abrons.com

2 Hot Portland Dining

Destination. No disrespect to Maine's largest city, but the Portland in Oregon has to be among the leading communities for America's foodies. It seems as if a restaurant offering a unique culinary twist opens every month there. Among the most enjoyable we've recently visited is Raven & Rose, which features wood-oven cooking in a renovated carriage house, along with a wine list heavy on bottlings from southern Oregon.
www.ravenandrosepx.com

3 Hot Demonstration Vineyard.

For those who enjoy learning about wine grapes, the Black Stallion Winery, located along Napa Valley's Silverado Trail, provides an opportunity to analyze the cluster sizes and leaf shapes of 17 different varieties. Once visitors have worked up an appetite, they can purchase gourmet flatbread pizzas to accompany their Black Stallion wine samples (weekends only; call 707-227-3250 for details).
www.blackstallionwinery.com



Phenols. Chemical compounds derived from the skins, stems and seeds of grapes, as well as oak barrels.

Quarts de Chaume. A sweet white wine appellation of the western Lorie Valley's Anjou district in France.

Riddling. Process in Champagne making that concentrates yeast sediment in bottle necks prior to disgorging. Involves rotating and tilting the bottles a little bit each day.

Spumante. Italian for sparkling, or foaming. Asti Spumante, for example, is a sparkling wine from Italy's Asti region.

Typicity. Describes a wine that is "typical" in color, aroma and flavor for its variety and growing region.

Unfined. A wine that has not been put through the fining process for clarification.

VINESSE STYLE



The holiday season is upon us, and that means many of us will be spending more time in the kitchen than usual.

Use traditional family dishes as a starting point for your special menu, then add little twists to easy-to-prepare dishes to create a holiday feast that your family and friends will talk about for weeks.

A few ideas to get your creative cooking juices flowing...

■ Oregano can be sprinkled on grilled eggplant and zucchini, sautéed with mushrooms, or blended into tomato sauces.

■ Grind peppercorns to bring almost any salad to life, or combine them with extra virgin olive oil and salt, and toss the mixture with pasta.

■ Rosemary is an aromatic, flavorful complement to a leg of lamb.

You also can pair it with garlic in marinades for pork, or sprinkle it with crumbled feta over focaccia.

■ Herbs de Provence — a mix of aromatic Mediterranean herbs such as fennel, rosemary, lavender, thyme and savory — can be added to grilled zucchini and peppers. If you like olives, add a dusting of herbs de Provence and warm them in olive oil. For a special treat, add the herbs to roast turkey or grilled swordfish.

■ If you're a fan of twice-baked potatoes, add a sprinkle of sweet paprika for a new (and wonderful) culinary experience.

■ To add a different twist to your holiday turkey, rub rosemary directly on the bird prior to cooking. Your nose... and your guests... will thank you.



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APPELLATION SHOWCASE



Rías Baixas

Rías Baixas (*ree-ahs-buy-shuss*) is the most important Denomination of Origin (DO) in the Galicia region of northwestern Spain.

The DO was formally established in 1988 and owes much of its acclaim to the white Albariño (*al-ba-ree-nyo*) grape, which has been elevated by many in Spain and abroad to near-cult status.

The history of the DO dates back to 1980, when an official denomination was created specifically for the Albariño grape variety. When Spain entered the European Union in 1986, however, the denomination was changed to Rías Baixas because EU wine laws did not recognize a DO named for a single grape variety.

The Rías Baixas DO is regulated by the Consejo Regulador (local governing body), which ensures adherence to permitted grape varieties, viticultural practices, winemaking and aging procedures.

Rías Baixas vineyards are all located within the province of Pontevedra in Galicia. There are 8,650 acres under vine, with more than 6,500 growers and almost 20,000 individual vineyard plots ranging from 330 feet to 985 feet in altitude.

The cool, damp climate is dominated by its proximity to the Atlantic Ocean. However, there are varying microclimates within the five different designated sub-zones of the region: Val do Salnés, Condado do Tea, O Rosal, Ribeira do Ulla and Soutomaíor.

While 12 grape varieties are permitted in the DO, the white Albariño grape represents 90% of all plantings. Other important grapes include Treixadura, traditionally blended with Albariño; and Loureiro, a high-quality local variety associated primarily with O Rosal. Caiño Blanco, Torrontes and Godello are planted to a lesser extent around the region.

While most wines do not see oak, there is a move toward barrel fermentation using French, American and native Galician oak. More and more vintners also are putting their wines through full or partial malolactic fermentation. In addition to imparting a creamier, fuller character, this helps the wines to age gracefully.

Four Seasons



WINES THAT MATCH THE SEASON

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Q Our kids are 9 and 11, and we want to take them with us on our next visit to wine country. But I'm afraid there won't be anything for them to do while we're at a winery — and we're definitely leaving the video games at home. Do you have any ideas for a family-friendly winery visit?

A There are lots of things for kids to do in wine country — hiking, biking, fishing, etc. — but there are not that many wineries that cater to children. This is understandable, since wine is an adult beverage, and the purpose of a winery's tasting room is to sell wine to adults. But at Iron Horse Vineyards in Sebastopol (Sonoma County), Calif., kids can sample grape juice during the harvest season (while their parents taste sparkling wine), and they also can go apple picking. There are more than 30 varieties of apples grown on the estate. Be sure to call ahead (707-887-1507) to inquire about available dates for these activities.

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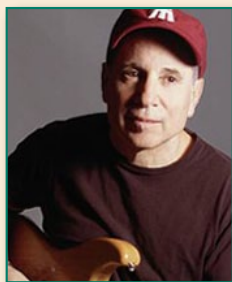
Number of bottles of wine that can be produced from 1 ton of grapes. The number varies by grape variety and the age of the vines, both of which contribute to the amount of juice provided by the berries.

“ I love everything that is old; old friends, old times, old manners, old books, old wines. ”



— *Oliver Goldsmith, in The Vicar of Wakefield*

Q Quick — can you name the world's third-largest producer of Pinot Noir, trailing only France and the United States? It's Germany, where Pinot Noir is made in a lean and elegant style, perfect for accompanying food.



Paul Simon once wrote, “It's all happening at the zoo,” but there's a good deal of animal life on California wine estates as well. Among the animals that are used to help control pests and cultivate vineyards are falcons, owls, chickens, sheep and bats.

“ **A**fter experimenting for several years with a few blocks of vines, in 2003 we decided to make the jump to the entire vineyard,” says Marimar Estate Vineyards & Winery founder Marimar Torres. “The whole idea is to create an ideal balance between the vines and nature. The vineyard will be ecologically healthier, and the grapes of higher quality. That's our long-term reward.” Torres adds that she is excited about taking the next step. “Now that our vineyards are certified organic, we are moving into biodynamics,” she says. “This is really a step up from organic viticulture, where the approach is to see the vineyard as an ecological whole; not just rows of grapevines, but the soil beneath them — an organism in its own right — and the other flora and fauna in the area, growing together interdependently. To enhance biodiversity, ‘compost teas,’ prepared from special herbs, are also sprayed in minute quantities. Biodynamics is a leap of faith; it's impossible to quantify the success of the practices. But we firmly believe that our wines have become more reflective of their terroir, rounder, and more ‘stand-alone’ since we became organic.”



FOOD & WINE PAIRINGS



Thanksgiving Options

Trying to find the “perfect” wine for the Thanksgiving feast can be like trying to select just one wine to accompany a meal at a smorgasbord. There are so many eclectic flavors on the table, and not all of them match well with all types of wine.

Over the years, we’ve identified two basic strategies for those who are too busy to try to pair each featured dish with a specific wine:

1. Simply pour your favorite vino — regardless of its color or level of sweetness.
2. Open up a number of different bottles, and let the diners figure it out for themselves.

If you favor the latter approach, try to make sure that one of the wines pairs well with the main course — be it turkey, ham, roast beef or a pork crown roast.

Turkey is the most “wine-friendly” of those options, as it pairs nicely with either Chardonnay or Pinot Noir. Put a bottle of each on the table, and you should satisfy the preferences of most guests.

Another solid white choice would be an off-dry Riesling, while another red option would be a fruit-forward Zinfandel.

Ham is a bit more challenging, first because it’s quite salty, and second because, at holiday time, it may also come with a honey glaze. Whether just salty or salty *and* sweet, a glass of Beaujolais — including the Nouveau style — works well. Another option is Viognier, which typically provides a nice counterpoint to the smoky quality of the ham.

Slicing roast beef for guests? Cabernet Sauvignon is an obvious choice, but you may want to opt for Merlot since it would pair better with a wider array of side dishes. (It’s also more “user-friendly” for less-experienced palates.) Pinot Noir also is a tasty option.

A pork crown roast demands a little more attention when selecting a wine partner. As with turkey, white and red options are available. For fans of white wine, go with Gewurztraminer. If you’d prefer to serve a red, look for varietal bottlings or almost any blend involving Grenache, Syrah and Mourvedre.

Remember, food and wine pairing can be a “science,” but on Thanksgiving, all it needs to be is fun.

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TURKEY CASSEROLE

Sure, you can make sandwiches out of the leftover Thanksgiving turkey. But if you're feeling a bit more creative, try this tasty dish, which pairs nicely with Chardonnay. Even though it includes veggies, the kids will love it because of its cheesy sauce. This recipe yields 6 servings.

Ingredients

- 4 cups uncooked spiral pasta
- 1 garlic clove, minced
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon prepared mustard
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 2 cups milk
- 1 1/2 cups shredded cheddar cheese
- 2 cups cubed cooked turkey
- 2 cups frozen mixed vegetables, thawed
- 1/2 cup slivered almonds

Preparation

1. Cook pasta according to package directions.
2. In a large saucepan, sauté garlic in butter until tender.
3. Stir in flour, salt, mustard, thyme and pepper.
4. Gradually stir in milk.
5. Bring to a boil, and cook and stir until thickened (about 2 minutes).
6. Remove from heat. Stir in cheese until melted.
7. Drain pasta and place in a large bowl. Toss with turkey, vegetables and cheese sauce.
8. Transfer to a greased 13-inch by 9-inch baking dish. Sprinkle with almonds.
9. Bake, uncovered, at 350 degrees for 35-40 minutes (until heated through).

SPINACH AND HAM 'PIZZA'

Here's a tasty way to "dispose" of leftover holiday ham. This dish matches nicely with Beaujolais or Pinot Noir, and this recipe yields 6 servings.

Ingredients

- 1 loaf French bread
- 3 tablespoons olive or vegetable oil
- 1 can (8 oz.) pizza sauce
- 1 cup chopped cooked ham
- 1 small onion, chopped
- 2 cups chopped fresh spinach
- 12 slices (1-oz. each) Provolone cheese, cut in half

Preparation

1. Heat oven to 400 degrees F.
2. Cut loaf of bread in half horizontally, then cut each half cross-wise into thirds.
3. Place cut sides up on an ungreased large cookie sheet, and brush with oil.
4. Bake 5 to 6 minutes, or until tops are slightly toasted. Remove from oven.
5. Spread pizza sauce evenly over cut sides of each piece of bread. Top evenly with ham, onion and spinach. Place 4 half-slices of cheese on top of each.
6. Bake 7 to 10 minutes, or until cheese is melted and pizza is hot.

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