

# *The Bluffs Food & Wine*

*October 2014 gazette*

## **Event Report:** Sorensen Lamb Dinner

### **Also Inside:**

Mary Sorensen's Lamb Shanks Braised  
in Red Wine & Garlic Mashed Potatoes  
with Chives

IWFS Rhone River Cruise: Part 2



A publication of the Council Bluffs Branch of the International Wine and Food Society



# President's Comments



## Winemaker's Notes

The 2011 Cabernet Sauvignon is full-bodied and balanced with savory aromas of blackberry, plum, black cherry and sage. Flavors of rich black cherry, mocha espresso, brown spice and caramel unfold gracefully across the palate with lush tannins and a long elegant finish.

Blend: 90% Cabernet Sauvignon, 8% Merlot, 1% Cabernet Franc, 1% Petite Verdot, 1% Malbec

Dear Members,

Dear Members,

It's hard not to think of **Napa Valley** when thinking of California wines. Napa brought world recognition to California wine making with one of the most popular varieties grown in that region, **Cabernet Sauvignon**. This grape is responsible, as a whole or a partner, for some of the greatest wines in the world. The grape adapts to many different soils and climates, and its wine reflects the place where it is grown.

One wine that highlights both Napa and the Cabernet Sauvignon grape is the **2011 Black Stallion Estate Napa Valley Cabernet Sauvignon**.

The winery is located on the grounds of a historic equestrian center, in the **Oak Knoll District** of Napa Valley. It is a relatively new winery founded in 2007. The winery prides itself on crafting high quality wines that are elegant, distinctive, and approachable.

The wine is barrel aged for 18 months in 25% French oak and 25% new French oak. The alcohol content is 14.5%.

In the glass, the wine displays a medium-deep garnet color with inviting aromas of blackberry, currant, and plum interlaced with brown spice and hints of mocha spice. In the mouth, it is full-bodied and well-balanced, with a velvet-like texture, supple tannins, and a spice accented, full finish.

This rich, fruit-forward wine calls for succulent, flavorful dishes such as grilled tenderloin with roasted shallots, and creamy bleu cheeses.

Black Stallion is rated 92pts by Wine Enthusiast and available in Omaha.

Enjoy,

*Bob Kossow*  
President

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**"Wine is the most civilized thing in the world."**

— Ernest Hemingway

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## Editor's Corner

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Dear Members,

Those of us who took the trek up to Harlan, Iowa for the **Sorensen Lamb Dinner** were rewarded not only in early Autumn scenery and great picnic weather, but some seriously good country comfort food. It's not every day that one gets to go to a lamb farm, let alone be treated to dinner harvested from the farm's lamb, but I guess that's why you joined this club! Trying the culinary unusual is our stock in trade. Read all about it within.

**Mary Sorensen** was gracious enough to give me the recipe for the main course: **Lamb Shanks braised in Red Wine and Garlic Mashed Potatoes with Chives**. Now you can duplicate our meal.

We continue our series on the **IWFS Rhône River Cruise**. This time the SS Catherine has left port and has started her cruise. First stop: the city of **Beaune** and the famous **Hospice de Beaune**, a former working charity hospital for the indigent, with its iconic tiled roof. Get aboard and join the fun.

Enjoy!

*Tom Murnan*



Photo courtesy of hugel.com

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**"If you speak when angry, you'll make the  
best speech you'll ever regret."**

— Groucho Marx

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## Event Report

# Sorensen Lamb Dinner

by Tom Murnan



After Mary and I attended the Sorensen Lamb dinner on 9-23-2012, I knew that if a new opportunity arose to go to another I would jump at the chance. Well, the Sorensen's graciously hosted their fourth lamb dinner on 9-21-2014. Every course featured lamb to some degree except the **Mango Salsa** on thin bread and the **dessert**. Plus, Mary and Jerry did all the cooking themselves! Needless to say, I was not let down. Twenty members participated, including two guests and two new members: **Gina and Ronald Stinn**. We had a perfect evening, albeit a bit windy at first. We dined al fresco on the patio, soaking up the country goodness, big sky, and scenery. All the wines came from the Branch cellar.

Jerry grilled **Jalapeño Lamb Stuffed Mushrooms** while we quaffed and ate the **Mango Salsa**. A mêlée of mango, green and red peppers sat atop Philadelphia cream cheese and cocktail bread. When the Jalapeño Lamb Mushrooms arrived hot off the grille, they were irresistible. I couldn't stop going back for more. Mildly lamb in flavor, with the Jalapeños not too spicy, they went well with our range of quaffing reds: the 2011 Meiomi Pinot Noir, the 2010 Box Head Cab, the 2007 Perrin Vin Sobres from the Rhône, and a 2006 Ruffino Modus, a Super Tuscan from Italy.

We sat down for our Second Course, **Baked French Onion Soup**. The lamb broth was the secret ingredient here, and added a sweeter, more delicate note than if the soup had been made with beef broth. Homemade lamb stock and onions surrounded the traditional crust of bread topped with cheese. Mary worried that her misbehaving oven didn't brown the cheese like it should have, but mine was just fine. The **2005 Marcel Deiss Pinot Gris**, with its slightly sweet body, proved to be a great match for the light and sweet lamb stock.

The Third Course was country comfort food par excellence. **Braised Lamb Shanks in Red Wine Sauce** were baked in the oven for four and a half hours [because there was such a large amount] and was melt in your mouth tender. Carrots, celery onions, garlic and rosemary, and of course the lamb, added flavor to the complex sauce. It was »







« hale and hearty, filling the most ravenous appetite. **Garlic Mashed Potatoes** was our side. Roasted garlic was added to two kinds of potatoes: Yukon Gold and Russet. The jackets were not removed on the Red Potatoes. These were moistened by sour cream and whipping cream. No calories there and just as much garlic! I heard many people remarking how good the potatoes were.

For this course, we had two wines to compare. The **2008 Stump Jump Shiraz** was contrasted to the **2006 Hall Cabernet Sauvignon**. With the food rounding off all the edges, the Shiraz had raspberry fruit with no noticeable tannins. The Hall was more tannic and complex, with typical cab flavors of cassis and oak. Diane Forristall took a survey, and overall, it was about 50/50 who liked which wine. Personally, I favored the Hall. Being a Cabernet Sauvignon, it was the classic accompaniment to lamb. It was very well balanced and ready to drink.

Dessert found us eating a scrumptious **Orange Blossom Cheesecake**, covered with **Raspberry and Pomegranate Sauce**. Not too sweet, it was a great topping off of the meal. This was paired with a **2012 Quady Essensia Orange Muscat**. The Quady was intensely sweet balanced by high acidity and intense orange flavors, a good match for the pomegranate.

I want to thank **Mary & Jerry Sorensen** for all their work in planning, cooking, serving and

cleaning up, not to mention renting the tables and chairs for our event. Thanks as well to the three neighbor girls who came over and helped serve and clean up. Thanks as well to **Diane Forristall** for selecting the wines and transporting them to Harlan and helping with the sign up.

I thought the ride up to Harlan was delightful as we city dwellers got to see how the countryside was changing into autumn. The beans are turning yellow and the corn brown. It was fun going into the barn to see the rams, ewes and lambs as well. All in all, it was a very relaxing outing in the country.



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# Recipe: Lamb Shanks Braised in Red Wine & Garlic Mashed Potatoes with Chives

by Mary Sorensen

## Lamb Shanks Braised in Red Wine

6 lamb shanks  
3 T olive oil  
2 tsp crushed black peppercorns  
2 bay leaves  
8 C. chicken broth  
2 C. dry red wine (we always use a Cabernet)  
2 heads garlic- peel and halve the cloves  
4 ribs celery- dice large  
4 carrots- dice large  
1 large onion- 8 wedge chunks  
1 C. mushrooms- thick slices or whole  
5 - 3" sprigs of rosemary

Heat oven 425 degrees.

Season shanks with salt and pepper. Put oil in high sided oven proof pot and heat. Sear all sides of shanks to golden brown. Put shanks back in pot, add all other ingredients and put in oven. Turn shanks every ½ hr until tender (about 2 hr)

Remove shanks and some of veggies. Strain the braising liquids. Degrease it. Simmer liquids until reduced by about 1/3. Sometimes we thicken with a little Wondra flour. Serve over shanks. Serve veggies on the side.

*Serves 6*

## Garlic Mashed Potatoes with Chives

To make roasted garlic. Preheat oven to 425 degrees. Take 1 head garlic and cut off ¼" off top to expose the cloves. Place in small dish, drizzle with 1 T. olive oil, salt and pepper. Cover bowl with foil. Bake until tender (40 min). Squeeze out the garlic and mash it with fork. Check on it at 30 minutes because you do not want it to burn.

1 lb red skin potatoes- cut in 1" pieces  
1 lb Russets or Yukon Golds – peel and cut in 1" pieces  
½ C. whipping cream  
¼ C. butter  
2 T. sour cream  
¼ C. fresh chopped chives



Boil potatoes in salted water (about 18 min). Drain. Return to pot.

Stir over low heat & allow excess water to evaporate. Add whipping cream, butter, sour cream & garlic. Smash together with a fork or old fashion potato masher. (I never mash them with mixer.) Season with salt and pepper. Stir in chives.

*Serves 6*



# IWFS Rhône River Cruise:

## Part Two

by Tom Murnan



All day **Sunday, June 8th, 2014** was the day of embarkation for members. One was free to roam the ship or go back to Lyon for more exploration. Bicycles and walking sticks were available for onshore excursions. Ship amenities included such things as massages, exercise, Tea Time with live music, sundeck, the several bars, or just enjoyment of the stateroom. The SS Catherine left port at 5:45 pm. Destination: north to Chalon-sur-Saône, near the Burgundy area. Highlights of the cruise include seven evening Champagne receptions with high end Champagne, seven dinners with premium wines purchased by the IWFS and selected by member and wine expert **Mike Bittel**, and various tours, including the world renown Château Beaucastel in the Châteauneuf-du-Pape area.

So the first evening's travel was on the water. Every night for seven nights there would be a Champagne Reception before dinner, and what a reception. Only the highest end Champagnes were served. On the inaugural night, **2004 Dom Pérignon** Brut was poured. Mike Bittel would give the history, interesting facts and tasting

notes on the Champagne and the wines for each of the evening dinners. Tonight, following the Champagne Reception, the main event was a six course dinner designed just for IWFS members.

1. **Starter:** Poached free range egg on a butter crouton with Burgundy Pinot Noir Sauce, glazed silver onion, sautéed mushrooms and bacon strips. 2013 La Chapelle de Sainte Roseline Cru Classé Côtes de Provence (Mourvèdre and Syrah).
2. **Soup:** Cream of Dijon mustard with fried sausage chips
3. **Hot Appetizer:** Seared loin of white Hake, Chablis sauce with quinoa stuffed piquillos peppers and mushy peas. 2011 Chablis Grand Cru Les Preuses La Chablisienne, Burgundy (Chardonnay).
4. **Entrée:** Free range chicken "Bressanne" in creamy white wine mushroom sauce, spring vegetables and basmati rice. 2009 Sancerre Rouge Grand Cuvée Comte Lafonde Loire Valley (Pinot Noir).

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« 5. **Cheese selection:** Assortment of French Artisan cheeses with condiments, crackers and baguette. 2007 Ailes d'Argent Château Mouton Rothschild, Bordeaux (Sauvignon Blanc and Semillon).

6. **Sweet:** Bourbon vanilla crème brûlée and small baba soaked in Martinique rum syrup, whipped cream and fruit brunoise. 2011 Muscat de Beaumes-de-Venise La Chant des Griolles Paul Jaboulet Aîné Rhone (Muscat à Petits Grains).

**Monday, June 9th** found the ship docked at the Quai Gambetta. The planned activity was a guided walking tour of **Beaune** and the famous **Hospice de Beaune**. Remnants of the walled city of Beaune still exists, and members were able to walk the 15th century ramparts. Beaune was the seat of the Dukes of Burgundy and many buildings survive from that era. Saturday morning is the day for the weekly market. Cobblestone streets invited one to stroll the historic section. One of the jewels of France is the **Hôtel Dieu**, better known as the **Hospices de Beaune**. Notable for its colored glazed roof tiles, this charitable institution was founded in 1443 by Nicholas Rolin, chancellor of Duke Phillip the Good. Due to war, plague and famine, the majority of the people around Beaune were destitute. The buildings were built to help them. The Hospice is a pair of two story buildings arranged around a courtyard, one the hospital and the other served as an office and cloister. Today the original hospital is a museum, but the world famous charity wine auction, begun in 1851, continues today. Placed in the middle of a three day festival of Burgundy food and wine known as **Les Trois Glorieuses**, the auction is preceded by a black tie dinner on day one at Clos de Vougeot and a lunch at the Paulée de Meursault on day three. Proceeds of the auction keep the modern hospital running.

Back on the ship, the 7:00 Champagne reception began. This evening featured the **2004 Taittinger Comte de Vogüé Brut** and Mike Bittell's lively and interesting wine comments.

1. Starter. Smoked duck breast and marbled foie gras, Chanterelles salad in Melfor vinegar, Vin Jaune gelée. 2009 Rene Mure Vorbourg Gewurztraminer Vendanges Tardives from Alsace.

2. Soup. Beef Consommé double with a dash of Sherry, brunoise vegetables, boiled diced beef and truffles under a puff pastry dome.

3. Hot Appetizer. Seared scallops in salty butter, white beans, shellfish pesto jus. 2011 Domaine Buisson Battault Mersault 1er Cru Poruzots from Burgundy.

4. Entrée. Grilled Veal Tournedos, morel sauce, seasonal vegetables and Arlie potatoes. 2012 Domaine Roblot Chambolle Musigny Les Pas de Chat from Burgundy.

5. Cheese Selection. Assortment of French Artisan cheeses with condiments, crackers and baguette. 1999 Alain Brumont Château Montus Cuvée XL from Madiran in the South of France, using the Tannat grape.

6. Sweet. Grand Marnier Soufflé served straight from the oven with red berry compote and blood orange sorbet. Petit fours. 2007 Tokaji Prince Tamas Aszu 5 Puttonyos from Hungary.

After dinner, the Leopard Lounge was very popular for cigar smokers, conversationalists and night capers. Tomorrow would find our members back in Lyon.

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# Upcoming Council Bluffs Branch Events

Mark Your Calendars!

## November 7, 2014

Italian food and wine at Biaggi's

Italian cuisine and Italian wines.

Producers: Dean Dougherty and Mary Kay Young

## December 7, 2014

President's Formal

Omaha Press Club.

Producers: President Bob Kossow and Todd Lemke host.

## January 18, 2015

Quinta do Noval's Traditional Field Worker's Meal.

We will replicate the meal we had at this famous Port Lodge during our Portuguese Wine vacation in 2012. Douro still wines and both Tawny and Vintage Ports.

Chef Hattam Catering.

Producers: Tom & Mary Murnan.

## February 6, 2015

Save the date! French themed dinner at Le Voltaire.

More details to follow.

Producers: Phyllis Hegstrom and Tom Murnan

### Hosting an event?

Let us know when, where and a little bit about what's going on!

We would love to include YOUR event on the calendar!

email details to: [dmatz@darland.com](mailto:dmatz@darland.com)





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in hosting an IWFS event.

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