

## President's Comments



Dear Members.

hen talking about Cabernet Franc, it is quite often thought of as a blending grape. However it is used as a varietal wine in many regions of the world, from Loire in France, to Chile in South America and many AVAs in the United States.

Its history goes back into the Loire region of France as far back as the mid-12th century. As the grape's use spread to the Bordeaux region in the 18th century it met its life partner Sauvignon Blanc, and Cabernet Sauvignon came into existence. In 1997, DNA evidence proved that Cabernet Franc had crossed with Sauvignon Blanc to make Cabernet Sauvignon. Eventually it was brought into other parts of Europe and other parts of the world. Today it is a popular varietal in many parts of the world, Old and New.

Characteristics of the grape: medium to dark-bodied, dark, plum, blackberry, raspberry, blueberry, sage, bay leaf, rosemary, tobacco, bell pepper, violets, eucalyptus. Cabernet Franc is known for being more aromatic, perfumey and fruity than Cabernet Sauvignon.

Calcu Vineyards in the Colchagua Valley of Chile offers a wonderful example of this varietal wine with their 2011 Calcu Cabernet Franc. In the local Mapuche language, Calcu means "healing doctor" or "magician." Calcu has created a magical "Super Chilean" blend that expresses the diversity of the Colchagua Valley using grapes from two different vineyards that reveal different aspects of the valley's dynamic character.

2011 was a great year. Temperatures lower than usual in summer diminished fruit yields and helped to produce great quality grapes that matured slowly. 20% of the wine was aged for 9 months in third use French oak barrels and 80% was aged in stainless steel tanks. It has 13.5% alcohol and 3.5g/l residual sugars.

This Cabernet Franc is deep, bright and dark red that blends red fruit aromas with spicy touches of dark chocolate. Moderate tannins give it slight silkiness. The acidity is just right. The finish is quite long, with lingering berry flavors and spice. It pairs well with grilled food and tomato-based pasta.

This wine is rated 90 by Wine Enthusiast and is available at Madison Ave. HyVee for less than \$20.

Enjoy,

Bob Kossow President

Theater And Dinner March 29"

A one man one act play about French culinary legend Auguste Escoffier

We encourage you to join us for this unique event you won't want to miss.

Bring a guest!

Thanks to Tom & David

Rob Sr Suzzone Klassenii.

> "Wine is constant proof that God loves us and loves to see us happy."

> > - Benjamin Franklin

### Editor's Corner



Dear Members.

ownton Abbey fans will doubtlessly be aware that August Escoffier was referenced in two episodes of Season IV. Alfred, the tall footman, desiring to better himself, wants to become a chef instead of being a footman his whole life. He applied to the Ritz Hotel's Escoffier Cookery School, named after our featured master chef who reorganized English hotel dining rooms. When he gets to the London Ritz, the hotel's French sous-chef speaks to the aspiring applicants about their first of four tasks: making potato and leek soup. He told the interviewees that the dish was perfected in their sister Ritz Hotel in New York and asked what the new innovation to this age old soup was. One student said it was made cold instead of hot. Correct! And the new name? Vichyssoise, another student volunteered. Correct again. Young Alfred did not raise his hand to answer any of these questions, but he made his soup and the other three recipes just like everyone else. Once back at the Abbey, he received a rejection letter, since he was just shy of being one of the lucky four finalists, but later, when one of the four finalists drops out, Alfred is accepted. He packed his bags, and left the Abbey for a career in "cookery." It is interesting that Downton Abbey has twice now featured a storyline that had something to do with Escoffier (they also introduced Nellie Melba). We finish our mini-series on Escoffier with this Gazette by featuring his Five Mother Sauces. The sauce was the glory of French cuisine, and Escoffier refined his predecessor, Antonin Carême's, classification on sauces. Read how these five sauces are the basis of all other sauces in French, and indeed, most Western, cuisines.

I want to highly encourage everyone to attend our unique event on March 29th. This may be the first time that any IWFS branch in our area has ever offered theater and dinner. Local professional actor Marty Skomal will present a one man play about the culinary giant Auguste Escoffier before dinner. Feel free to invite others who may be interested in the culinary arts. There is a maximum of 48 attendees.

Members are now able to register and pay for events online. Read the short article on how to do it.

This month we have a little different innovation. Regular contributor John Fischer suggested that he and I do a kind of Point/CounterPoint on the topic of Matching Food to Fortified Wine. John knows that I am a big fan for fortified wines, primarily Madeira, but also Port and Sherry. So, I am taking up the gauntlet so gallantly thrown and will defend the above wine categories in the article following his!

Tom Murnan



#### **Event Report**

## "On Broadway" at Dixie Quicks

by Tom Murnan



// hat a great venue we had for our On Broadway event. An entire art gallery for just our group, the artist herself, and a restaurant mostly to ourselves. Hey, maybe Tuesday nights is the time to present an event, based on a nice turnout of 20 members and two guests. The spacious RNG Gallery was the perfect spot to meet and greet, munch on oysters prepared three ways (raw, cooked and deep fried). Also served was Shark Ceviche, seasoned with onion, tomato, jalapeño, garlic, lemon and olive oil, and two matching quaffing wines: a Prosecco, and a Sauvignon Blanc from Alpha (Greece). The Riondo Prosecco, whose cork was secured by a string, was a mild bubbly, where the Alpha was a forceful, grassy Sauvignon Blanc. Bill Harriott had the great idea of asking Connie **Christian**, whose art was showing at the gallery. Connie talked of her paintings, two of which had genuine red wine stains on the canvas!



Chef René Orduña had a gem of a menu in store for us once we moved to the opposite side of the building into our own corner. We started with Arancini or fried goat cheese rice balls atop a pool of a tomato based sauce with shredded cheese. This was paired with an Alsatian Pinot Gris: the 2005 Marcel Deiss Beblenheim. The garnish of breaded, then deep fried green olives was one that I had never experienced before, and its tart acidity added interest to the dish.



Our second course was an Asian Cobb Salad. Shredded cabbage, scrambled egg pieces, bits of steak and crab meat atop a piece of iceberg lettuce were supposed to be eaten like a wrap, in the hands. I didn't see anyone eating it this way, however. The salad seemed like it was dry, without a sauce. This lack of a vinegar based dressing kept it from opposing the 2012 Beckman Vineyards Grenache Rosé, which was a good accompaniment.



The next was perhaps my favorite course: Chicken Pernod. This recipe was said to have been served on the Orient Express. Served with rice mélange, tomato, shallots, spring vegetables, cream sauce reduction and seasoned with bay leaf, the anise like flavor dominated the cream sauce. Very unusual! The 2011 Belle Glos Pinot Noir from Meiomi (from three distinct California AVA's) held its own with the licorice flavor, where the acid in the wine helped cut the richness of the cream. Good wine choice. I would get on this train again. May have to dig up the recipe.



As a palate cleanser, we had a Mango Champagne Sorbet. Personally, I did not get much mango taste, but it was redolent of molasses and certainly did what it was designed to do: refresh the palate.



Our second meat course was Veal Étouffée. Our table was not sure exactly what étouffée was. Looking up its definition when I got home, étouffée is a Cajun stew traditionally made with crawfish, tomatoes, vegetables and a dark roux. In our entree, it was placed at the bottom of the plate, mashed potatoes to the side, with a veal chop on the bone surtout. The tomato based étouffée enlivened the veal but did not overpower it. The meat was quite tender and delicious. The selected wine, a 2009 Bodegas Heredad Ugarte Rioja Cincuenta was Pinot Noir like in its gentleness and mild tannins, another good match.

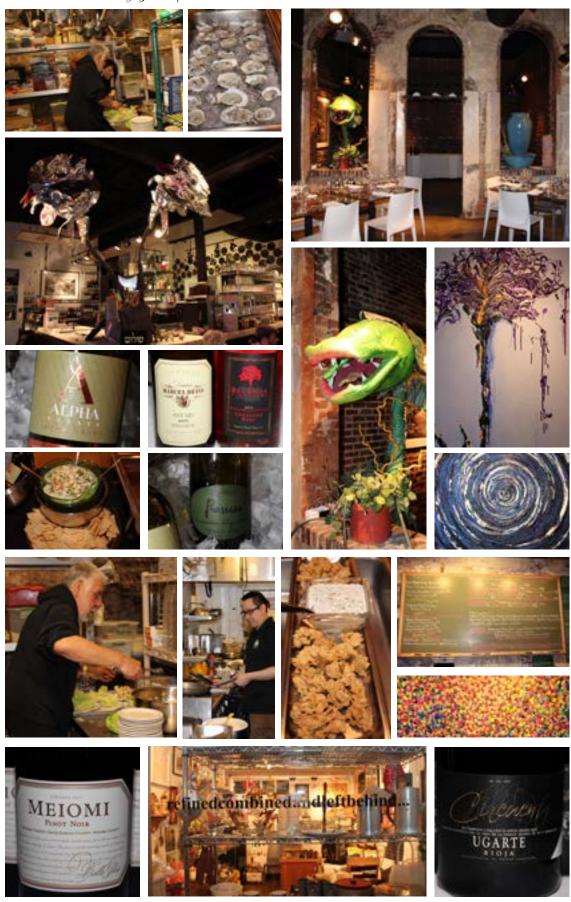


Dessert consisted of a Beignet with chocolate and vanilla halves, separated by whipped cream, and cassis sauce to provide color and flavor. A small glass of Cassis was available for those who wished it. The essence of black currants, this liqueur was sweeter than the dessert.

Many thanks to Sandy Lemke, Elizabeth Cannon, who selected the restaurant and worked with the chef, Bob Kossow who finalized the arrangements and John Fischer who made the wine selections. Thanks also to co-owner Robert Gilmer for letting us use the RNG Gallery as well as Chef René Orduña and his staff for wonderful cooking and attentive service. Wine Good



More photos of this event on the following pages »























## A Unique IWFS Event: Theater and Dinner

by Tom Murnan



t's not Every day you get a chance to have Theatre with your Dinner, but that is exactly what is planned for our Saturday, March 29th event at the Council Bluffs Country Club. We have engaged a professional actor to bring the world of Auguste Escoffier alive. The one man play is delightful, fitting right into the second part of our IWFS name: FOOD, and its mission to educate its members about the world of food and wine. This man was a giant in the culinary world at the end of the 19th century and the beginning of the 20th. Escoffier met with, and impressed, the important people on the world stage at that time: King Edward VII, Kaiser Wilhelm II, actress Lily Langtry, hotelier César Ritz, and opera superstars Nellie Melba and the divine Sarah Bernhardt. When Ritz ran the London Carlton, and Escoffier ran its dining room, together they changed English society's dining habits. It became more important to be seen dining at the Carlton than to stay and eat at home. Learn about his relationship with these luminaries, the challenges of his day, and his culinary accomplishments as the character comes alive and speaks directly to you as if you were having a tête à tête in his home in Monte Carlo.

Marty Skomal (Escoffier) is a graduate of the conservatory of theatre arts at Webster University. A native Omahan, he has been an arts administrator with the Nebraska Arts Council for 25 years, as director of programs for the last ten. Previously

he was director of theatre at the Jewish Community Center, production manager at Chanticleer Theatre, and has worked with many local and regional theatres including the Nebraska Theatre Caravan. As a director, Marty has directed for the



play lab of the Great Plains Theatre Conference at Metropolitan Community College in Omaha. He has performed Escoffier in Omaha previously at Le Voltaire Restaurant, for the Institute for the CulinaryArtsatMetropolitanCommunityCollege, and in Lincoln for the Angels Theatre Company. Marty wishes to thank Barbee Davis, who directed and wrote a large portion of the production, for her unwavering support in bringing Escoffier from conception to reality. Wine Good

# Register and Pay for Your Event Online!



n an effort to make it easier for our members to register and pay for events we are now offering that option to our members on our website. The event host will send you an email with

- The invitation as an attachment in Word and
- A hyper link to the international web site.

All you need to do to register is go to the event page by clicking Click To Register.

NEXT, LOG IN USING YOUR COUNCIL BLUFFS BRANCH LOG IN INFORMATION If you don't you won't be given access to register. This is located at the top right of the page. Each Branch has its own log in information, so if you also belong to the Omaha Branch, that login name and password will not allow you to register for a Council Bluffs event. Once in, click on Register for this Event. Fill out the registration information. Click Save Registration.

#### TO PAY FOR THE EVENT YOU CAN EITHER CHOOSE "MAIL" OR "ONLINE".

- MAIL: Then you would send your check to the event chair specified on the invitation, or Diane Forristall, our treasurer.
- ONLINE: It will take you to a payment screen. Click the "Buy now" button when it comes up. You will be taken to the PayPal website where you can pay for the event by either using your PayPal account or credit card. If you click "I don't have a PayPal account" it will give you the option to pay by credit card. This PayPal option for payment by PayPal account or credit card is something our club has set up to facilitate payments, it is not run by IW&FS.

One nice feature is that you can see who has signed up online by clicking on View Registration List. This will not be the complete list of attendees because it will not reflect those who have not used the online registration process.

We hope you like this new option and are interested in your feedback as to its usefulness. Wine food

Questions-email our club at our new email address <u>IWFS.CouncilBluffs@yahoo.com</u>

#### **Escoffier: The Five Mother Sauces**

by Tom Murnan



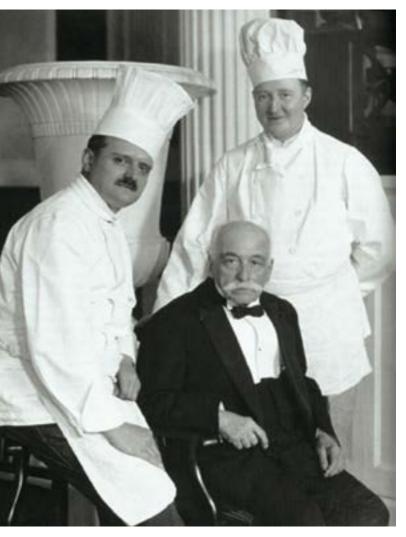
ur series on the influence Auguste Escoffier had on modern cooking ends with his classification of the five mother sauces. Sauces are the glory of French cuisine, and his predecessor, Antonin Carême had previously set forth four grandes sauces as the basis of French cooking: béchamel, espagnole, velouté, and allemande. Escoffier modernized this list with his five mother sauces by dropping allemande sauce, which is a variant of velouté, and adding hollandaise and tomato sauce.

Let's start by defining just exactly what a sauce is. A sauce is a thickened liquid used to flavor and enhance other foods. A good sauce adds flavor, moisture, richness and visual appeal. A sauce should compliment food. It should never disguise it A sauce can be hot or cold, sweet or savory, smooth or chunky. A mother sauce is the base or starting point for making other secondary sauces. Three of the mother sauces use roux, or flour and butter, as a thickening agent. A **roux** is equal parts clarified butter and flour, sautéed for various lengths of time. The longer you sauté it, the more brown it becomes. For a white sauce, you would sauté the roux for only a short time, for example, enough to take away the floury taste. Each sauce has a different flavored liquid as its base. Here are Escoffier's five mother sauces:

- 1. **VELOUTÉ SAUCE** is another fairly simple sauce whose liquid can vary from chicken stock to veal or fish stock. Again, the liquid is thicken with a roux. Daughter or small sauces include **Normandy Sauce** (fish stock, chopped mushrooms thickened with egg yolk and cream) for seafood dishes, **Mushroom Sauce**, or **Suprême Sauce** (chicken Velouté Sauce with cream).
- 2. **BÉCHAMEL SAUCE** is probably the simplest of the mother sauces because it doesn't require making stock. If you have milk, flour and butter, you can make a very basic béchamel.

Béchamel is made by thickening hot milk with a simple white roux. Clarified butter is the preferred fat to be used. Clarified butter is heated butter where the milk solids and water are poured off, resulting in a translucent golden butter fat.

The sauce is then flavored with onion, cloves and nutmeg and salt, then simmered until it is creamy and velvety smooth. **Daughter sauces** (secondary sauces) made from Béchamel sauce includes **Mornay Sauce** (cheese added), **Crème Sauce** (cream instead of milk) and **Nantua Sauce** (shrimp butter instead of plain clarified).



Auguste Escoffier (in black) with two of his chefs.

3. ESPAGNOLE SAUCE, also known as Brown Sauce, is a more complex sauce. It starts with meat stock which was prepared with beef bones that were browned in the oven. This roasting adds a deep brown color and more flavor than if you just put the bones in water to make a stock. Espagnole also uses a roux, cooked until the flour is dark brown, but it then adds tomato purée and a mirepoix. A mirepoix is a mixture of finely chopped onion, celery and carrots. Roasting this vegetable mixture first adds even more flavor. Since Espagnole sauce simmers for a long time, the vegetables have time to release their flavors. Secondary sauces made from this mother sauce include Marchand de Vin Sauce (red wine sauce), Madeira or Port Sauces, Bercy Sauce (white wine and shallots) Mushroom Sauce, and Demi-Glace. Demi-Glace, the

crown glory of French cuisine, is a reduction of half brown stock reduced by 50%, and half Espagnole sauce and is the basis of many meat sauces.

- **HOLLANDAISE SAUCE** does not use a roux as its thickening agent. It is an emulsified sauce where the liquid is hot clarified butter and the thickening agent is egg yolks. An emulsion is a mixture of two liquids that would ordinarily not mix together, like oil and vinegar. In the case of Hollandaise, it is the lecithin in the egg yolks that acts as the emulsifier. Lecithin, a fatty substance soluble in both fat and water, will readily combine with both the egg yolk and the butter, essentially holding the two liquids together. Daughter sauces include Mousseline Sauce (whipped cream), Dijon Sauce (mustard), Béarnaise Sauce (tarragon leaves, shallots and tarragon vinegar), and Choron Sauce (tomato paste added to Béarnaise), and Mayonnaise.
- 5. **CLASSIC TOMATO SAUCE** is the fifth mother sauce. This sauce resembles the traditional tomato sauce that we might use on pasta and pizza, but it's got much more flavor and requires a few more steps to make.

First the chef renders salt pork and then sauté aromatic vegetables. Then tomatoes are added along with stock and a ham bone, and simmered in the oven for a couple of hours. Cooking the sauce in the oven helps heat it evenly and without scorching.

Traditionally, the tomato sauce was thickened with roux, and some chefs still prepare it this way. But in reality, the tomatoes themselves are enough to thicken the sauce. Here are a few small sauces made from the classic tomato sauce: Spanish Sauce (sautéed green onions, green peppers, garlic and mushrooms), Creole Sauce (same as before but cayenne pepper and no mushrooms), and Provençale Sauce (sautéed onions, garlic, capers, olives and Herbes de Provence).

These five mother sauces, then, give birth to hundreds of other sauces. With the addition of different meats, vegetables, herbs and spices, these small or daughter sauces can enhance an infinite variety of food.

Sources: http://culinaryarts.about.com/od/sauces/tp/Mother-Sauces.htm; Wikipedia.

## Matching Food to Fortified Wines

by Dr. John Fischer

every once and a while, I see articles popping—up extolling the virtues of pairing fortified wines with foods. The fact that some people actually like some of these concoctions compels me to further deliberation. A good place to start is by reviewing some of the concepts involved in creating successfully wine-food pairings.

The alcohol added to fortify wines the likes of Port, Sherry, and Madeira brings them to somewhere between about 17-20% alcohol. Compare this to ordinary table wines that range between 12-15½% alcohol. That relatively small increase in alcohol content will represent a significant change in the character of the wine.

First among the concepts to make successful wine-food pairing involves correlating the weight (body) of the wines to that of the food. The general tenet is to keep the weight of the wine no greater than that of the food. If you do this, you are heading in the right direction. For example, serve Cabernet Sauvignon (full body) with beefsteak, Pinot Noir (medium to full) with chicken, and Sauvignon Blanc (medium light to medium bodied) with tilapia.

The body of a wine is the magnitude of the substantive feel of wine as it crosses the palate. What is it that gives wine its weight? There are several components in wine; however, the principal substance is ethyl alcohol. Many believe is it glycerin (also an alcohol) because of its viscosity, but glycerin is present in much smaller amounts than ethyl alcohol and contributes little to a wines weight.

Because fortified wines, by their nature, are high in alcohol, you can see a potential problem developing. There are few foods that have the



John Fischer is a member and two-time president of the Omaha Branch of the IW&FS, past director of the Nebraska Chapter of LADV, and founding member of the Council Bluffs Branch of the IWFS. He teaches a course on wine and matching wine with food at the Institute for the Culinary Arts in Omaha, NE and is author of two books: *The Evaluation of Wine* and *Wine* and *Food – 101*.



full-bodied gusto to match with such alcoholic behemoths as fortified wines. Furthermore, the flavor profile in these wines is often not exactly complementary to most food styles save dessert items.

Flavors in fortified wines such as nuts, butterscotch, caramel, chocolate and dried fruits work well with such dessert items such as fruit cakes (especially liquor infused), savory chocolate cakes, butterscotch cookies, chocolate brownies, rich maple sugar desserts and the like. However, these flavors struggle when matched to items such as meats, pasta, fish, etc.

Granted, you can tweak some foods to work with fortified wines by adding richness and specific complementary flavor substances, but that is like trying to push a square peg into a round hole. Why bother? Just serve a good table wine that will work better anyway.

Remember, the idea in wine-food marriages is to produce an anamnestic response. For example, if the pleasure derived from wine equals one and the pleasure derived from food equals one, the union of wine with food should give pleasure equal to three or four or more. In a winning wine food pairing, the whole should always be greater than the sum of its parts. Wine should

## Fortified Flavors Beg for a Fortified Wine

by Tom Murnan



was invited by John Fischer to respond to his article about Matching Food to Fortified Wine. This is doubtlessly because John knows that I am a big fan of fortified wines, having returned from a wine tour of Portugal's Douro River and Madeira in 2012. He also attended a Madeira event that I hosted where every course was paired to a Madeira, and the star attraction was a 1863 Barbeito Bual Madeira.

In his article, John seems to want to pigeon hole fortified wines into the dessert corner. He is also wondering why anyone would bother to try to pair fortified wine with regular meals, saying that these matches are just "concoctions." Perhaps it is because we are over-familiar with regular wine

pairings and are just bored! Perhaps we just want a challenge.

First of all, I agree with John that you must select your menu item carefully when you pair food to a fortified wine. A delicate dish like sole could be obliterated by a fortified wine. All you would taste is the wine, no fish. There are several factors you need to consider when pairing high alcohol wines to food: Sweetness Level; Flavor Profile; Acid Level; and Alcohol Level.

Some fortified wines have a range of sweetness that helps with food pairing. Both **Madeira** and **Sherry** range in styles from dry to sweet. In the order from **dry to sweet**, Madeiras go from **Sercial** (bone dry), to Verdelho, then Bual (somewhat sweet) and finally to Malmsey (very sweet). Sherry categories are a little more complex but include wines affected by flor (a yeast): Fino (light and dry), Manzanilla (dry but fuller bodied) and Amontillado (dry and full). Oloroso (dry and full but no flor) is another category. But Sherry also has sweet categories represented by East India Sherry, Moscatel and Pedro Ximénez (PX) which is quite sweet. Port is less versatile and more uniformly sweet, although the Tawnies can be a bit less sweet than Vintage Port.

Once you know which wines are sweet and which dry, then you need to know their flavor profiles to be able to match them to food. These wines tend to have intense flavors. Both dryer style of Madeira and the longer aged styles of Sherry have oxidized flavors with wood tones. The flavor of nuts is common to both. Molasses, toffee, hazelnuts, raisins are found in Madeiras, as is tangerine, nutmeg, spices, lemon peel, coffee, and marzipan all in a pantheon of complexity, and depending on whether sweet or dry. Sherry can have notes of walnuts, vanilla, pecans, cigar ash,



chocolate, crushed almonds, raisins, and salt, again depending on whether it is dry or sweet.

The acidity level is also a concern. Madeiras are known for their acid backbone, but the dryer style is where acidity is most noticeable. Sercial's nickname is "dog strangler" due to its high acidity. Likewise, in Sherry, in the dryer styles, such as Fino and Manzanilla, acidity is more noticeable.

So, in your food pairing, you need recipes that can stand up to the strong flavors of the wine itself, as well as foods that can neutralize or at least tame the high acidity in the dryer styles. A bit of pork or beef can help minimize acidity in the wine, for example. Spicy food flavors will be less likely to overwhelm a fortified wine. Sometimes, it isn't just spiciness that is difficult to pair with a regular wine. Dry Sherry is one of the few wines that can stand up to asparagus and artichokes, notoriously hard to pair to regular wines.

Both Sercial and Verdelho, as well as Amontillado and dry styles of Oloroso work well with consommé, and especially French Onion Soup. The Spanish pair seafood with Fino and Manzanilla. Oloroso is a powerful wine and needs a meat with much flavor, like oxtails.

We have not even talked about the **sweet Madeiras** and Sherries, which many times are redolent of raisins and prune flavors, and intensely sweet. A spice cake or a Bolo de Mel (spiced honey cake) pair nicely with Malmsey or PX. Ports come into their own with desserts, but don't have to be served with just chocolates. One of my favorite pairings is a blue cheese, grapes and rosemary pizza that pairs magnificently with Vintage Port.

Finally, you have to be conscious of the higher alcohol level. Strongly flavored recipes help hide the higher alcohol level. You might, however, want to limit your use of fortified wine pairing to one or two courses in your dinner menu.

So, although it is more of a challenge, and you need to do some wine homework to familiarize yourself with the styles of fortified wines, they can pair very well to a wide variety of food. A food analogy might be that once you develop a taste for Vietnamese or Thai cuisine (not necessarily the very hot versions), it is hard to go back to Chinese, which by contrast seems under-flavored. Vive la difference! Wine Good

## Upcoming Council Bluffs Branch Events

Mark Your Calendars!

### Saturday, March 29, 2014

An Unique event: Theatre and Dinner! We will feature a one man, one act play about French culinary legend Auguste Escoffier at the Council Bluffs Country Club. Professional actor Marty Skomal will play Escoffier. Hosts: Tom Murnan and David Tritsch.

MARCH						
SUN	MON	TUES	WED	THURS	FRI	SAT
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23	24	25	26	27	28	29
30	31					

## Saturday, April 12, 2014

Stacie Matz & John Fischer host this event at the Happy Hollow Country Club in Omaha.

APRIL							
SUN	MON	TUES	WED	THURS	FRI	SAT	
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20	21	22	23	24	25	26	
27	28	29	30				

## Saturday, May 18, 2014

Patti Hipple hosts a Spring Fling at one of Omaha's best restaurants: V. Mertz in the Old Market.

			MAY			
SUN	MON	TUES	WED	THURS	FRI	SAT
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12	13	14	15	16	17	[18]
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### 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: bob.kossow@cox.net



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Keep In Touch!
Please notify Club Membership Chairman

Diane Forristall at Diane@Forristall.us to let her know if you are interested in hosting an IWFS event.

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