

May 2015

The Bluffs Food & Wine gazette

Event Report:

V. Mertz Spring Dinner

Inside

Chef Kyle

Lamb Short Rib Ragout Recipe

Tom & Mary Murnan

Portuguese Wine Vacation

Vol. 14 June 7, 2012: Madeira



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



President's Comments

Dear Members,

Dear Members,

Spring is here and summer is around the corner. With the warm weather it is time to fire up the barbeque grill and enjoy the patio. One of our favorite wines to enjoy is Pinot Noir. I recently found a great Pinot blend. Not a blend of grape varieties but a blend from 3 different locations.

The wine is a 2013 Meiomi Pinot Noir from California. The winemaker, Joseph J. Wagner, is a fifth-generation winemaker from a family with farming and winemaking roots in the Napa Valley since the 1880's. He grew up working at his grandparents' winery Caymus.

Meiomi Pinot Noir is a blend of multiple vineyards stretching along the California coast. According to the winemaker it is a blend of 37% Monterey County for its rich texture, 34% Sonoma for its bright cherry and minerality and 29% Santa Barbara for its brightness and creamy viscosity.

Each Pinot lot was kept separate in the winery. The wine was aged on 100% French oak, being 60% new oak. It is a food friendly wine that is lush and balanced.

To go with this wine, at the right is a recipe for Moroccan grilled lamb chops that the winemaker suggested.

The wine is available at Hy Vee for under \$25 a bottle.

Enjoy!

Bob Kossow

Moroccan Spices For Grilled Lamb Chops

Ingredients

1 tablespoon Oregano
1 tablespoon Cardamom
1 tablespoon Turmeric
1/4 tablespoon All Spice
1/4 teaspoon Cloves
Salt & Black Pepper to taste
Cayenne to taste

Directions

Take a rack of lamb and cut into chops.
Cover with spices overnight and grill to taste.

Makes 4 servings



Cover photo:
Chalet Vicente
Restaurante, Funchal,
Madeira. Shot taken
on 6-7-2012
by Tom Murnan

Wine Spectator 92pts

"Offers an exciting interplay of berry, oak, earth and spice notes. This is rich yet medium-weight, with subtle edges to the blueberry, raspberry, mocha and fresh-turned earth flavors, ending with a tasty melted black licorice aftertaste."

Drink now through 2020.



Editor's Corner

I always love it when we can have a branch event at V. Mertz. The menu is exciting with unusual ingredients, the culinary skills are par excellence, and the wine knowledge and service superb. A cheese tasting was held, pairing three wines with four cheeses, something that has not been done for a long time. This was instructive because all cheese does not go with all wine. Did you notice that there were two wines for most courses? I did. Having done many events myself, I appreciate all the time and effort that Patti Hipple put forth tracking down highly rated wines that won't bust the budget. It is a lot of behind the scenes work, and takes hours of research. But the result is a high quality event that is affordable. You couldn't even approach doing this at a restaurant for yourself and a few friends economically. The wine cost would be too great, and you can't guarantee getting high quality or unusual wines for a low price when you go out (well...except perhaps at V. Mertz). Plus, we had a custom designed menu that let the chef stretch his legs and get creative.

I cajoled chef Kyle Lamb for the delicious Short Rib Ragout recipe. Now you can be a culinary hero or heroine at your next dinner party with this secret weapon.

With this issue, we are back to my series on my Portuguese wine vacation that I joined with the online Port newsletter For The Love Of Port. The last installment was in August of last year as we have been focusing on the fabulous international cruise to the Rhône River for the past eight months. With part 14, we finally get to explore one of my main destinations: Madeira. In the August 2014 issue of the Gazette, I reviewed the different kinds of Madeira, typically named after the grape variety used, so you might want to review just to get back up to speed. We had a wonderful and unusual menu for a lunch that stretched about four hours and yes, drank a lot of fortified Madeira wine. Read on!

Bon Appétit et bon vin!

Tom Murnan

A couple are sitting in their living room,
sipping wine. Out of the blue, the wife says,
"I love you." "Is that you or the wine talking?"
asks the husband. "It's me," says the wife.
"Talking to the wine."





V. Mertz Spring Dinner

by Tom Murnan

V. Mertz has become one of our Branch's favorite haunts. Year after year, it delivers high quality, imaginative, and true gourmet dining. This year was no exception. The staff gave up their Sunday off to provide an exceptional meal. Thirty seven people attended, of which there were seven guests. Four certified sommeliers assisted with the wine service.

After our welcome wine, a non-vintage Roederer Estate Brut sparkler, we sat down to a wine and cheese pairing. Three wines were paired with four cheeses: an **Aged Cheddar** from Wisconsin, a Spanish **Manchego**, Creamy **Toma della Rocca** from the Alta Langa region of Piedmont, and fresh **chèvre**. Our three wines included **2013 Cape Mentelle Sauvignon Blanc/Semillion** from Margaret River, Australia; a **2013 Poet's Leap Riesling** from the Long

Shadows Vintner's Collection, Columbia Valley; and a **2010 Bodegas Hermanos Pérez Pascuas "El Pedrosal" Tempranillo**. We were not given much direction except to determine which wine went the best with which cheese.

Here are some random conclusions from the wine/cheese pairings. The cheese reduces the brightness and clarity of the wine, especially the Tempranillo. The Chevre went best with the Sauvignon Blanc. Always look for body, acidity and tannin structure when pairing your wine to a cheese. The Manchego and Wisconsin cheddar went well with the Tempranillo. The ideal pairing for the Toma della Rocca was the Riesling where the cheese needed the viscosity and sweetness that the Riesling had.

After the tasting, the wait staff brought out the first course: **Bay Scallops, Radish, Beurre Blanc, Tarragon and Ricotta**. A house Ricotta continued the cheese theme. It was hidden under a ribbon of radish. Small Bay Scallops laying in a bed of beurre blanc sauce were tasty if not a bit scant. I could have used a few more! The only thing I could fault this dish on was that I tasted no tarragon. A bit unusual with seafood, it would have gone splendidly, I'm sure.

The wines for this course compared white Rhône varietals in the old world European style (read Châteauneuf-du-Pape) with a Sonoma wine. A **2012 Clos St. Jean Châteauneuf-du-Pape Blanc** contained Roussan and Grenache Blanc, and a bit of Clairette, and was structured and minerally. The **2012 Anaba Turbine White** contained a few more varieties than the CdeP: Roussan, Grenache Blanc, Picpoul and Marsanne with 30% new French oak. It was bright, sharp, but a bit softer and less minerally than its French counterpart, tasting of stone and tropical fruits. Both wines were transformed by the food and gained complexity.

Duck Breast with Cherry, Popcorn and Broccoli was next. Popcorn? It was added for a textural contrast. The duck was melt-in-your-mouth succulent, with the fat giving marvelous flavor. The medium rare duck sat atop a **Cherry/Duck Glaze** and a piece of broccoli. Duck stock, red wine, cherry and corn syrup were reduced to make a sauce whose cherry flavors enhanced the flavor of the **2009 D'Arenberg Ironstone Pressings Grenache/Shiraz**. We had to decide what went better, the previously mentioned d'Arenberg or a 2010 Pegasus Bay Pinot Noir. Pinot is a natural for the earthy, umami duck except this wine was



so young it was a bit raw. The Grenache/Shiraz was a chance for a new perspective, with its bright cherry flavors in the Grenache making it quite harmonious with the sauce. Most diners thought it was a tie as to which wine was the better match.

The **Short Rib Ragout with Tomato, Garganelli, Almond and Olive Oil** was nothing short of spectacular. It was OMG true gourmet in my book. I asked Chef Kyle Lamb for the recipe and he agreed to provide it. Melt in your mouth ground short rib with intense beefy flavor (I believe

the Chef said it came from Morgan Ranch from Burwell, NE) combined with tomato, acidity, saltiness, Mâche and Arugula which all combined to give one a refined taste experience. Instead of grated Parmesan cheese, shaved almond was used instead. A homemade pasta, the Garganelli shape, was used. Longer and thinner than penne, and with ribs, it completed the Italian look of this dish.

Appropriately enough, an Italian wine was selected: the **2007 Fattoria dei Barbi Brunello di Montalcino**. A California



Cab was used as a comparison: the **2008 Hall Cabernet Sauvignon**. I thought the Hall was a great wine, but not the compete match it should be. It was a bit too strong, whereas the Brunello was harmonious, a great match to the pasta and tomato flavors of this beefy dish. A great marriage.

A **Citrus Layer Cake, Ginger Cream and Citrus Gel** was garnished with **Coconut Semifreddo and Flax Tuile**. I was expecting the **2012 Royal Tokaji "Mád Cuvée"** to be a red wine, like a Tokaji 5 puttonos, but that was because the menu

description didn't say "Late Harvest." That made all the difference in the style, which was like a refreshing Riesling, and white to boot. Lively, crisp acidity, and not too sweet, it was a great match to the citrus, coconut, ginger and caramel flavors (the tuile). A wonderful end to our feast.

Framed Membership Certificates were handed out to our newest members: **Diane Hayes, Chris and Christina Toth, Jon and Denise Meyers, and Matt Devries and Mikayla Smith**. Welcome aboard, all!

Thanks to event producers **Patti Hipple and Diane Hayes**, as well as staff members, **Head Chef Kyle Lamb**, Sous Chef **James Calkins**, Pastry Chef **Lauren Melhus** and Certified Sommeliers **David Eckler, Jenn Fravel, Nile Schneider** and **Matt Brown**.









Chef Kyle Lamb Short Rib Ragout with Fresh Garganelli



Garganelli Pasta Dough Recipe:

12 Egg Yolks
1 cup All Purpose Flour
1 cup '00' Flour (Also known as pasta flour)
4 teaspoons Salt
2 Tablespoons Olive Oil
2 Whole Eggs

Combine the wet ingredients together in a bowl. Combine the dry ingredients in the bowl of a food processor. Spin all the dry ingredients together. As they spin, slowly add the wet ingredients 1 egg yolk at a time until fully incorporated. This shouldn't take more than 20 seconds to do. The key is to not develop the gluten as much as you would by hand kneading. Take the dough out of the bowl and form it into one solid mass. With slightly wet hands, knead the dough a couple of time to bring it together fully. Let the dough sit for at least 4 hours before rolling, and preferably over night. Roll the dough into garganelli shape. There is a great YouTube video on this technique. Just open the hyperlink:

www.youtube.com/watch?v=BfRF5R74u7U

Shortribs

2 lbs beef short ribs
1 teaspoon salt
1 teaspoon ground black pepper
3 tablespoons vegetable oil
2 onions, diced
2 carrots, peeled and diced
2 celery ribs, diced
3 garlic cloves, minced
1 1/2 teaspoons dried thyme
2 bay leaves
4 cups beef broth
1 1/3 cups dry red wine
6 plum tomatoes, coarsely chopped
1/2 cup fresh parsley, chopped

Directions

1. Sprinkle the short ribs with half each of the salt and pepper.
2. In a shallow Dutch oven, heat half of the oil over medium-high heat and brown the short ribs.
3. Transfer to a plate and drain the fat from the pan.
4. Heat the remaining oil in the pan over medium heat.
5. Cook the onions, carrots, celery, garlic, thyme, bay leaves and remaining salt and pepper, stirring occasionally, until the vegetables are softened, about 6 minutes.
6. Stir in the broth, wine and tomatoes and bring to a boil.
7. Return the short ribs to the pan.
8. Reduce the heat, cover and simmer until tender, 2 to 2-1/2 hours.
9. Transfer the ribs to a plate.
10. Bring the sauce to a boil and boil until reduced to about 5 cups, 12 minutes.
11. Meanwhile, remove the meat from the ribs.
12. Dice the meat and return it to the pan.
13. Stir in the parsley and simmer until heated through, about 3 minutes.
14. Discard the bay leaves.

Finish by spooning the short ribs into a bowl. Top with Garganelli pasta and a green, like a mâche leaf, for color and flavor.

Yield: 5 servings.

Porto Santo
islands



Tom & Mary Murnan Portuguese Wine Vacation Vol. 14 June 2012: Madeira

by Tom Murnan



Thursday, June 7, 2012. Well, we have finally arrived at one of the main reasons I subscribed to this tour. I wanted to see Madeira, the Hawaii of the Atlantic. We are in Funchal, the capitol. While the island itself is named after the laurel forest that covered the island (Madeira means wood), the city is named by the 15th century colonists after the aromatic fennel plants (funcho in Portuguese) that abounded everywhere. The island is volcanic and level surfaces are rare. The number one industry today is the production of flowers, then bananas, with wine coming in as 4th. Madeira is also known for its hand-made embroidery. It is 250 miles north of the Canaries Islands, 373 miles west of Morocco and 608 miles south of Lisbon. Temperatures are moderate or subtropical,

ranging from average lows in January of 55 °F to 79°F average highs in September. Rainfall averages 27 inches a year.

Madeira is one of a set of small islands in the archipelago. The other larger islands are **Porto Santo** (which you can see from Funchal) and **Dersertas**, which like the name implies, is pretty much deserted. Madeira is mountainous and rugged, covered with trees. There are no sandy beaches. It was not inhabited before being discovered in 1419 by **João Gonçalves Zarco** and his two other captains, who were in the service of Prince Henry the Navigator. Colonization began in 1420. The Portuguese crown granted them the land under the **Sesmaria system** whereby they had to settle and develop the land, and in return, they became the landowners. So, the entire island was owned by three people

who then made land grants to others. There is a natural harbor at Funchal on the southern end.

Agriculture is done on a small scale, with little farms sites being laboriously scraped off the sides of mountain slopes. Banana production exceeds wine production. The largest commercial vineyard belongs to H&H and is only about 10 hectares. Small farmers bring their production of grapes to the surviving commercial wineries for the crush. They average one-third of a hectare per farmer. The sweet varieties are harvested first, and the dry last. In 2009, 1,304 growers sold their fruit to the major production companies.

There are two kinds of wine companies: producers and shippers. **Producers** make and sell the wine, and **Shippers** just trade

it. There is a third kind of company known as **Partidistas**. They make and store wine but only sell it to other traders. Their wine may never leave the island. There are currently only six producing companies: **D'Oliverias**; **Artur de Barros e Sousa**; **Madeira Wine Company**, which includes Blandy, Leacock and Cossart Gordon; **H.M. Borges**; **Henriques & Henriques** (H&H); and **Vinhos Barbeito**.

Since we arrived so late, we got to sleep in. We stayed at the Hotel Meliã Madeira Mare Resort and Spa, a modern hotel with a view to the sea. It is about 1 mile from the historic downtown section of Funchal. Our first scheduled activity was to have lunch with the **IVBAM**, which is the acronym for the Instituto do Vinho, do Bordado e do Artesanato do Madeira. This translates to the Institute of Wine, Embroidery and Handicrafts of Madeira.

Lunch proved to be alfresco on the patio of the **Chalet Vincent Restaurante**. An antique (circa 1960's) black Mercedes was permanently parked there as part of the ambience. We were met by Rita Gaval from the Promotion Department of the IVBAM as well as Mr. Americo Perereita, and Paula. In their mission to promote all thing Madeira, they were great ambassadors to the island. The table was set with what proved to be an ubiquitous island appetizer: **Bolo de Caco**. It looked and tasted like garlic bread, but was actually made from sweet potatoes. Olives were also set out.

We began with **Octopus Salad**, which was served cold. Diced octopus, red peppers, sweet onions, cilantro, vinegar, olive oil and lemon comprised the dish, which was served with a **5 year old D'Oliveria seco (dry) Madeira** made from the Tinto Negra Mole grape. It is one of the driest wines on the island and able to stand up to the vinegar in the salad. It was served cold as well, about 45°F. I mention this because, usually, Madeira is served at room temperature.

Next we had a hot vegetable salad. Mushrooms, tomatoes, two kinds of sausage including a blood sausage. Another **5 year old Reserva Secco Madeira**, this time by **Borges**, was paired with the sausage. Not as dry, and a little lighter, less oxidized, with fresh acidity, it had an elegant and long aftertaste.

Alheira, a Game Bird Sausage was next. It was made from the white meat of chicken and pheasant. This dish originated by Jewish immigrants who moved to Madeira. They couldn't have pork in their

sausage, so they substituted fowl instead. Another dish, a **Tuna Vintresca** was also brought out. From the Valley of the Tuna, it was sautéed with onions and tomatoes. Roy Hersh, our guide, thought it was really Mackerel, a close relative to Tuna. The wine pairing was an **H&H 5 Year old Finest Medium Dry Madeira**. Medium dry was better for the fish. It too was served cold.

A fish course consisting of two kinds of fish was served next. The first recipe was **Bacalhau**. Cod patties were dipped in egg and sautéed with onions and parsley. The other dish was **Espada (Scabbard) Fish** served with **Malandrino Rice**. This had a real island flair because the sauce was Passion Fruit and Bananas. The fish was dipped in egg and fried. The rice, whose nickname is "**doesn't like to work**" had onions, garlic, tomato sauce, coriander and a little prosciutto. The selected wine was a **2010 Palmeira E Voltas**, a Vinho Branco or white wine. At only 12% alcohol, it was our first "regular" or non-fortified wine. Minerally, a bit salty because it was grown by the sea, the wine sported tropical flavors of pineapple and passion fruit. Table wines are not exported, even to Portugal as the total production is only 200,000 liters.

Two desserts were served. One was a **Madeira Fantasy**, a traditional dish of bananas, pecans, and cinnamon cake covered with custard sauce. The other was **Crème Brûlée with Muscado Sugar**. Two wines were chosen for the dessert. A **10 Year Old Barbeito Boal Old Reserve Madeira** and a **Blandy's 20 Year Old Malmsey Colheita 2004**. 2004 was the year the wine was bottled, after being in the cask 20 years. Both of these are sweet, fortified wines, with the Malmsey being the sweetest. The Bual was better with the cake, where as the Malmsey was best with the Crème Brûlée.

We finished this luncheon feast with fresh **Santo de Serra cheese**, a dark chocolate with a soft, runny center, pumpkin jam and a few grapes for garnish.

Between courses, Paula told us about the role of the IVBAM, whose mission is to promote Madeira wines, table wines, embroidery and wicker products. They carry a lot of government control over the quality of wine, take samples, and issue the paper seal of authenticity that you see on every bottle. They control and apply the rules, production of, and level of sugar allowed in the wine, and define the varieties that are allowed. They also promote the wine internationally and at home. They support

and control the growers, trying to get them to raise better grapes.

The entire island has about 500 hectares available for wine production. Of that, 96% of grapes go into wine. Only 4% are used for table wines. The rest are fortified wines. 85% of the grapes are **Tinta Negra Mole** (TNM), a chameleon of a grape that can mimic the other styles of noble grape varieties. Only TNM is a red grape. The rest are white. The other varieties are **Sercial** (dry in style), **Verdelho** (medium dry), **Boal** or **Bual** (medium sweet), **Malvasia**, also known as **Malmsey** (very sweet). Fantastic traditional grape varieties of **Terrantez** and **Bastardo** (both medium dry) were virtually extinct, but are coming back.

The IVBAM's biggest challenge is to improve and increase the production of the traditional grape varieties. They have a nursery to study the good varieties. In their international promotion, for example, they are trying to get the French to drink Madeira wines and not just use it in sauces and cooking. They also issue approval seals and control the rules for wicker and embroidery.

The best thing I learned at this meal was that you do not have to serve big, expensive, sweet museum piece Madeiras. The 5 year olds were great, and the 10 and 20 year old Colheitas were not terribly expensive either. This is the future of the Madeira wine industry, not the 19th century, expensive, historic wines that you rarely drink. This is what the younger generation and people in America need to learn.


Next time: a tasting at Henriques & Henriques.






Upcoming Council Bluffs Branch Events

Mark Your Calendars!

 June 6, 2015

Dinner in the Country. Dinner at Toby Jack's Steakhouse in Mineola, IA.

Producer: Todd Lemke

 July 12, 2015

What's the Point? Dinner at J. Coco's.

Producers: Jill Panzer and Diane Hayes

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:

iwfs.councilbluffs@yahoo.com



When you hire **Omaha Door & Window** for your home remodeling needs you can expect exceptional service and quality products.

With having served more than 130,000 customers for over 50 years we are a company that you can trust to be there after the sale.

Our products include **Garage Doors, Windows, Siding, Entry Doors, Attic Insulation, Sunrooms and much more.**

www.omahadoor.com 402-733-6440

The International Wine & Food Society of London, England
Council Bluffs, Iowa Branch - Executive Committee

President: Bob Kossow
Vice President & Gazette: Tom Murnan
Treasurer/Membership: Diane Forristall
Secretary: Sandy & Todd Lemke
Cellar Master: John Fischer & Patti Hipple

bob.kossow@cox.net
murnantom@gmail.com
Diane@Forristall.us
ssahls@mac.com
jrudyf@cox.net | stephenhipple@hotmail.com



The Bluffs
Food & Wine
April 2014 gazette

PUBLISHER: Todd Lemke
EDITOR: Tom Murnan
GRAPHIC DESIGNER: Rachel Joy

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.

*Purpose: To meet communication and service needs, to broaden participation
and understand and to be an information exchange for the membership of
The International Wine & Food Society in the Americas.*

To access past Gazettes and other features about our Branch, go to the international
website following this link: www.iwfs.org/americas/council-bluffs

All versions of Wine & Food Gazette are published monthly by Omaha Magazine, LTD, P.O. Box 461208, Omaha, NE 68046-1208. Telephone: (402) 884-2000. No whole or part of the contents herein may be reproduced without prior written permission of Omaha Magazine, excepting individually copyrighted articles and photographs. Unsolicited manuscripts are accepted however no responsibility will be assumed for such solicitations. The opinions expressed in this publication, except as specifically stated to the contrary, are solely the opinion of the author and do not necessarily represent the views of the Board of Governors of the Americas. The International Wine & Food Society, LTD., the publisher and any officer, director, member or agent thereof. The international Wine & Food Society does not endorse advertisers' products and is not responsible for damages incurred from the use of such products nor does it guarantee such products.