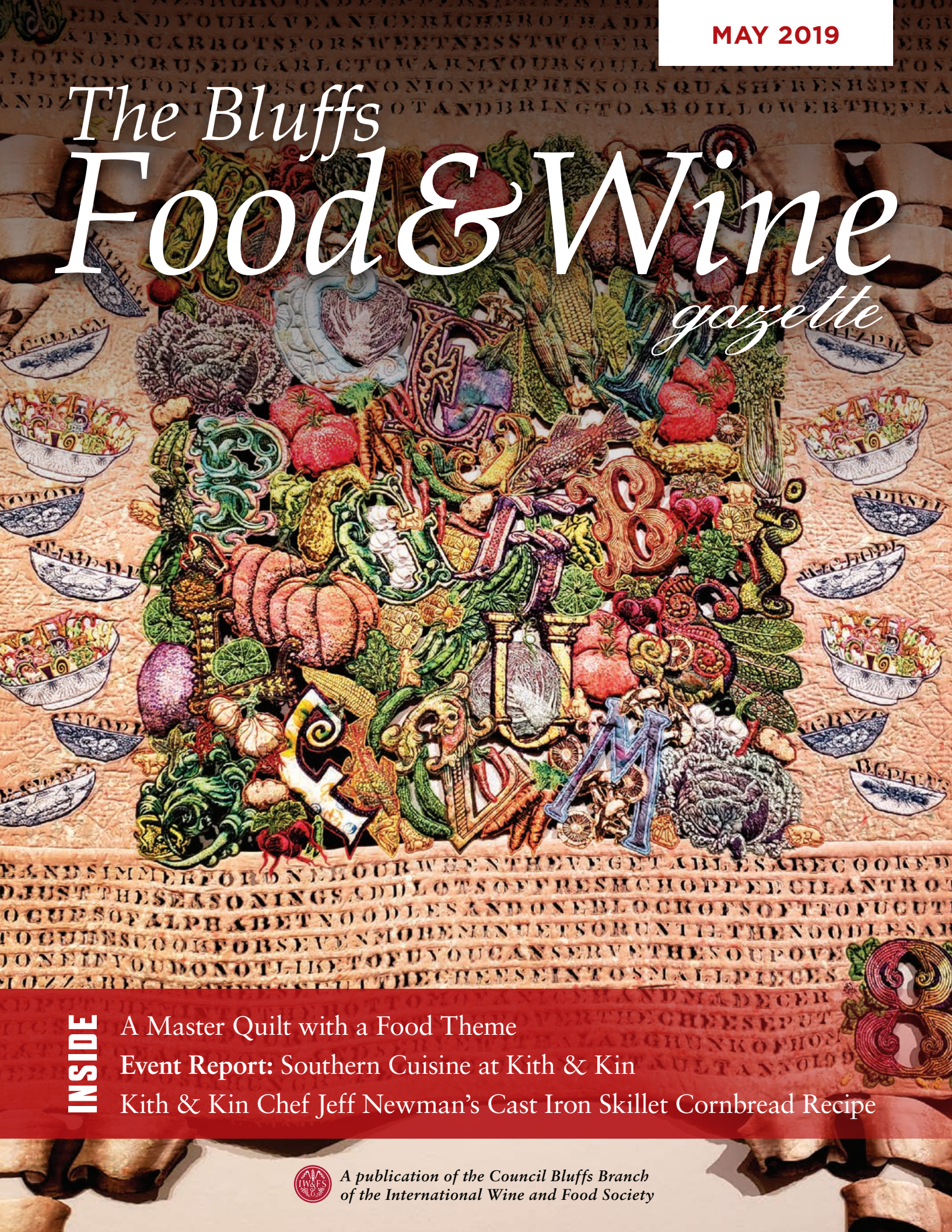


MAY 2019

# The Bluffs Food & Wine *gazette*



INSIDE

A Master Quilt with a Food Theme

Event Report: Southern Cuisine at Kith & Kin

Kith & Kin Chef Jeff Newman's Cast Iron Skillet Cornbread Recipe



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





courtesy of hugel.com

# PRESIDENT'S COMMENTS

Hello All,  
April is off to a great start. Thanks to all those that attended the April 6th, event at Kutak Rock. The event featured Pinot Noir from all over the world, and the guests got to tour one of the oldest buildings in the city. Thanks go out to the Hipple, Wilkes, and Jill Goldstein for creating such a memorable event.

More great events are coming in the next few months

Sign up for the May 23rd event at Blue Sushi, put on by the Klemkes and the Martins. This event features a special sake tasting with a sake expert. The event will sell out quick so be on the lookout for the invitation.

The board is happy to report that club is off to a good start this year. Events have been well attended, we have added 100+ bottles to the cellar, finances look good, and all the events for the rest of the year are being planned.

As usual if you have any questions, or concerns feel free to contact me anytime.

See everyone at an event soon.

Cheers! 🍷

*Joe Goldstein*

## “LOVE THE WINE YOU’RE WITH.”—ANONYMOUS

**Cover Photo:** Joan Lintault quilt called *Alphabet Soup* from the Joslyn Art Museum Pattern And Purpose, American Quilts from the Shelbourne Museum exhibit which closed 1/6/2019. Photo by Tom Murnan.

# EDITOR'S

## CORNER

Todd Lemke had a stroke of genius when he selected Kith & Kin as the venue for our March Southern themed dinner. This was comfort food par excellence with a Southern hospitality feel. Patti Hipple selected the wines. I was impressed with the 2015 Luca G Lot Chardonnay from Argentina, and I am not much of a Chardonnay lover. My problem was that everything was so delicious, I over-ate on the appetizers and the best cornbread I ever had, so by the time I got to the Braised Beef Short Ribs, I was getting stuffed.

Speaking of cornbread, I talked Alicia Rowe, the General Manager/Managing Partner, into giving us the recipe. Nicely presented in six inch cast iron skillets, this cornbread was moist and pleasing, instead of dry like a desert. You didn't need to run for the honey on this dish. Try it. The cast iron skillets are optional if you don't have any, or don't want to buy some. Just use a glass baking dish.

Finally, for you ladies who enjoy quilting, or if you don't actually sew quilts but enjoy looking at them, Joslyn Art Museum had a great quilt show last autumn. My favorite was Joan Lintault's *Alphabet Soup* made of cotton, lace and paint in 1998. It had a medley of vegetables in the center of the quilt that were raised up from the surface, and cut out letters at the top and bottom sections (with no breaks between words, which made it hard to read). The words were actually a recipe for alphabet soup, with one unusual ingredient. Even if you are a guy and not into quilts, this I thought was the best quilt of the show.

If you want to examine the photos of an event before it comes out in the Gazette, go to our website at IWFS.org, and click on The Bluffs Food & Wine Gazette & Photos. And yes, you can download photos from the site.

Skoal! 🍷

*Tom Murnan*



**"NOW AND THEN, IT IS A JOY  
TO HAVE ONE'S TABLE RED  
WITH WINE AND ROSES."**

— OSCAR WILDE



# EVENT REPORT:

## SOUTHERN CUISINE AT KITH & KIN

Story & Photos by Tom Murnan

**THE LAST TIME I WAS IN THE BUILDING,** it was called Paragon Dundee. But now a new restaurant has assumed the space with a whole new theme. **Kith & Kin** has been getting good reviews on its Southern comfort themed food. I have to say, it was delicious. Kith and Kin is a Old English/Southern US term that means Friends and Family. A large painting of a Southern belle wearing a long dress and an elegant large brimmed hat next to a magnolia tree seems to set the theme of Southern hospitality. We had 24 in attendance, which included two guests from *Omaha Magazine*: our *Bluffs Gazette* graphic artist, **Mady Besch** along with her mother **Sandy Matson**.

Our quaffing consisted of **Black-Eyed Pea Dip with House-Spiced Crackers**. This was so delicious! No calories here (LOL), it was presented in mini cast iron skillets and besides the afore mentioned black-eyed peas, consisted of pimento cheese, roasted poblano and tomatoes, sour cream, and Cajun spice, all topped with a smoked cheddar & jack cheese topping. I repeat, No Calories Here! The skillet was surrounded with blue corn tortilla chips and saltines, all house made, seasoned with chicken-in-a-biscuit seasoning. So delicious. Bring on more comfort food. Our wines were two kinds of **Iron Horse** sparkling wines: “**Brut X**” and “**Rainbow Cuvée**,” both from 2014. The acidity in the sparklers helped cut the richness of the dish. For red wine lovers, there was also a **Seghesio Zinfandel Sonoma 2014**.

Once at table, and waiting for the first course, **Skillet Cornbread** was brought out that was not on the menu. Unlike most cornbread I have had in my life, this arrived warm and moist, again in its

own 6 inch cast iron skillet. Topped with a glaze of honey and butter, with a scoop of butter in the center, it was the best cornbread I ever had. A nice little intermezzo while we were awaiting the fish course. It was so good, I asked Alicia Rowe, our friendly General Manager, for the recipe, and she provided it. See next story. Next was upcoming events. Besides learning about future Branch events, we learned that tomorrow was Joe Goldstein’s birthday (March 11th), while Co-Host Todd Lemke’s B day was today (3/10).

The **Seafood Pot Pie** was our first course. Generous amounts of Blue Lump Crab, Bay Scallops and Gulf Shrimp, peas & carrots all residing in a Lobster Béchamel sauce, were accompanied by three house biscuits. This was a rich dish, with shredded crab from the Louisiana Gulf, and small scallops. My first thought of a wine? Chardonnay, of course. Patti Hipple’s pick of the **2015 Luca G Lot Chardonnay** was just the ticket to a great match. From Argentina, it could have easily passed for a California or white Burgundy wine: oaky, a bit unctuous with intense Chardonnay flavors. Grown at 5000 feet elevation in Tupungo in the Uco Valley of Mendoza, the G-Lot is a small plot of the Adrianna vineyard in Gualtallary. Like Burgundy, the wine is barrel fermented. At about \$32.00, this is a wine worth searching out. An impressive match for this dish.

**Greens** was our second course. **Fried Green Tomato with Blackened Shrimp** were featured on this course. A slice of green tomato was breaded and deep fat fried topped by two shrimp, yellow and red cherry tomatoes sliced in half,

health smoked bacon, and drizzled with remoulade sauce (mayonnaise, paprika and Cajun spices). The under-ripe green tomato provided a lot of acidity, which cut right through the richness and made itself very apparent. A **2017 Maison L’Envoyé Pinot Noir** was chosen because Pinot Noir would pair well with the high acid in the tomato. Hailing from Tasmania, the wine is a collaborative effort of Mark Tarlov, founder of Evening Land, Old Bridge Cellars, who imports wines based out of Napa, and Tasmanian winemaker Steve Flamsteed. The wine did OK, much better than a big, brawny, tannic Cabernet.

Our final main course, **Beef**, was next. A generous amount of **Braised Short Ribs** was shredded and presented in a bowl with roasted root vegetables (turnips, heirloom carrots and parsnips) and **Red-Eye Gravy**. The meat was braised for 7 hours, in a low and slow manner with a little spice. Red-Eye Gravy is a thin sauce often seen in the cuisine of the Southern United States and associated with the country ham of that region. No rue is used to thicken it, so it appears a bit thin, like broth. It is made from the drippings of pan-fried country ham deglazed with black coffee. Our Red-Eye Gravy was a tad sweet but flavorful. This time we had a duo of wines to compare. The **2013 Ringbolt Cabernet Sauvignon** comes from Australia’s Margaret River, while the **2014 Charles Smith K Vintners M.C.K. Motor City Kitty Syrah** was raised in Washington state. Powerful with persistent nose, the Syrah brought out the spice in the meat. The Cab I thought was a bit less successful. Sporting dusty tannins, it was dark, a tad bit acidic, and tasted of black fruits. ►















# EVENT REPORT:

◀ We ended with Dessert. A nice slice of **Double Dark Chocolate Cake with Fresh Strawberry** was presented. The Italian dark chocolate came from H. Olafsson Specialty Foods at 29th and Harney Streets in Omaha (<https://olafssonspecialtyfoods.com/>). They supply many restaurants with rare and

**A double chocolate layer cake, it was decadent and delicious. A fresh, sliced strawberry and pieces of the chocolate were used as garnish.**

interesting food items. A double chocolate layer cake, it was decadent and delicious. A fresh, sliced strawberry and pieces of the chocolate were used as garnish. A **2008 Fonseca Late Bottled Vintage Port (LBV)** was our dessert wine. LBV is the cheaper alternative to Vintage Port (VP). Where VP is bottled after 2 years aging, LVB is aged for 5 or 6 before bottling. The extra time in the barrel remarkably speeds up the aging process, making it ready-to-go much earlier than a VP. Port and chocolate are an affinity made in heaven, and this was a great match for dessert.

Many thanks go out to **Chef Jeff Newman** and his crew for a rich and filling meal. Thanks as well to General Manager / Partner **Alicia Rowe** who explained all the dishes and provided our cornbread recipe, **Todd Lemke** who worked with Alicia on the dishes, and **Patti Hipple** for a great selection of wines, most of which came from our Branch cellar. 🍷









ADD ONE SOUP STONE TO THE POT FOR GOOD LUCK COVER IT WITH  
 WATER POUR IN ONE CUP OF LIME JUICE SPRINKLE WITH SALT AND  
 TSOFF FRESH GROUND PEPPER SERVE THEM AT UNTIL IT IS COO  
 ED AND YOU HAVE A NICE RICH BROTH ADD THE VEGETABLES G  
 ATED CARROTS FOR SWEETNESS TWO VERY HOT CHILI PEPPER  
 AND LOTS OF CRUSHED GARLIC TO WARM YOUR SOUL POTATOES CUT INTO  
 ALL PIECES TOMATOES CORN ONION PMPHINSORS QUASH FRESH SPIN  
 HAND ZUCCHINI COVER THE POT AND BRING TO A BOIL LOWER THE FL



MEANS SIMMER FOR ONE HOUR WHEN THE VEGETABLES ARE COOKED  
 ADJUST THE SEASONINGS ADD LOTS OF FRESH CHOPPED CILANTRO  
 TWO CUPS OF ALPHABET NOODLES AND ONE BLOCK OF SOFT TOFU CUT  
 INTO CUBES COOK FOR SEVEN MORE MINUTES OR UNTIL THE NOODLES A  
 RE DONE IF YOU DO NOT LIKE TOFU YOU CAN SERVE THE SOUP OVER  
 RMOZZARELLA CHEESE CUT THE CHEESE INTO SMALL PIECES  
 AND PUT THEM INTO THE BOTTOM OF A NICE HANDMADE CER  
 AMIC SOUP BOWL POUR THE HOT SOUP OVER THE CHEESE PUT  
 MEAT INTO EACH BOWL AND SERVE WITH A LABAGHUNK OF HOM  
 E MADE BREAD TO SATISFY HUNGRY PEOPLE JO ANITA TAYLOR



# A Master Quilt with a Food Theme

Story & Photos by Tom Murnan



**N**ow, something for the ladies. The Joslyn Art Museum featured an exhibition of quilts from the Shelburne Museum of Shelburne, Vermont. The Shelburne specializes in Americana, and so has a wide range of exhibits, such as folk art, decorative arts, circus collections, toys, carriages, decoys and textiles. The Joslyn featured quilts from the 18th to 21st centuries from October 6, 2018 to January 6, 2019 in their **Pattern and Purpose, American Quilts from the Shelburne Museum** exhibition. They were all quality pieces, but the one I found most interesting was by **Joan Lintault**.

Born in New Paltz, New York in 1938, Lintault collected historic quilts in the 1960's, but she was also a quilt maker. She had a background in fine art, and so resisted the stereotypes of traditional quilt makers. "I wanted to use all the elements of art that I was taught, by using thread as a line, fabric as shape, and color as paint...I could never understand why there was this deep prejudice against artists who used fabric and fiber. I still don't understand it."

My favorite quilt of the exhibition was Lintault's **Alphabet Soup** made of cotton, lace and paint in 1998. An unusual work, it rejects the traditional notions of quilts and textile practice; rather than a bed cover, this double sided art quilt performs as a **recipe card** complete with helpful hints about ingredient substitutions and portion size.

On the top and bottom of the quilt, there are cut out letters, all running together, giving the recipe of Alphabet Soup. Reading it was a tough slog, but luckily there was a wall placard with it already spelled out, with spaces between words!

## ALPHABET SOUP RECIPE

**Alphabet soup:** good for stomachs, heartaches, aches, and colds.

*In a four quart pot, put pieces of chicken or fish and add one soup-stone to the pot for good luck. Cover it with water, pour in one cup of lime juice, sprinkle with salt and lots of fresh ground pepper, simmer the meat until it is cooked and you have a nice rich broth.*

*Add the vegetables: grated carrots for sweetness, two very hot chili peppers, and lots of crushed garlic to warm*

*your soul. Potatoes cut into small pieces. Tomatoes, corn, onion, pumpkins or squash, fresh spinach, and zucchini.*

*Cover the pot and bring to a boil. Lower the flame and simmer for one hour, and when the vegetables are cooked adjust the seasonings. Add lots of fresh chopped cilantro, two cups of alphabet noodles, and one blocks of soft tofu cut into cubes. Cook for seven more minutes or until the noodles are done.*

*If you do not like tofu, you can serve the soup over mozzarella cheese. Cut the cheese into small pieces and put them in the bottom of a nice handmade ceramic soup bowl.*

*Pour the hot soup over the cheese, put meat into each bowl, and serve with a large hunk of homemade bread to six hungry people.*

© Joan Lintault Anno 1998

There is an incredible wealth of detail on the quilt. With all the foodstuffs, meat, fish and vegetables to examine on this quilt, they made it the most unusual quilt in the exhibition. I am still wondering if the secret ingredient in Lintault's Alphabet Soup is the soup stone added for good luck! 🍀





# KITH & KIN CHEF JEFF NEWMAN'S CAST IRON SKILLET CORNBREAD RECIPE

## INGREDIENTS:

2 cups all purpose flour  
1 cup cornmeal  
1 cup sugar  
2 ½ teaspoons baking powder  
2 teaspoons baking soda  
¾ teaspoon kosher salt  
2 whole eggs  
1 cup sour cream  
½ cup buttermilk  
1 cup creamed corn  
8 tablespoons unsalted butter  
1 can of nonstick butter spray  
5 six inch cast iron skillets  
honey (optional)

## PROCEDURE:

i. In medium sized mixing bowl, combine flour, cornmeal, baking powder, baking soda, & kosher salt. Whisk thoroughly to combine, set aside.

ii. In separate mixing bowl, add whole eggs, & whisk roughly 30 seconds until eggs become light in color. Add sugar, & whisk until homogenize. Add buttermilk & sour cream, & creamed corn, & whisk until thoroughly incorporated.

iii. Melt butter in a sauté pan, & whisk into egg mixture slowly like you would an emulsion.

iv. Add wet ingredients to dry ingredients, & stir together with a rubber spatula. Mix only to incorporate.

v. Spray cast iron skillets with non stick butter spray. Fill each skillet with 6.5 oz, and bake at 350 degrees for 13 minutes; rotating after 6 minutes.

Optional: spread butter and honey on top once out of the oven. Crown with a pat or scoop of butter in the center.

Yield: This recipe should make 5 six inch cast iron skillets. 🍷



# UPCOMING COUNCIL BLUFFS BRANCH EVENTS

## *Mark Your Calendars!*

**MAY  
23**



### **BLUE SUSHI**

Asian Theme

Tutored sake tasting with a  
sake educator from California.

Producers: Jill Goldstein, Rhonda Wilke,  
Patti & Steve Hipple

**JUNE  
23**



### **MODE DE VIE**

French Theme

Producers: Hyders & Goldsteins

**JULY  
13**



### **COUNCIL BLUFFS COUNTRY CLUB**

South American Theme

Producers: Schierbrocks & Kossows



### **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](mailto:iwfs.councilbluffs@yahoo.com)**





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*The mission of the Council Bluffs Branch of the International Wine and Food Society is to develop a profound understanding and appreciation of both wine and the culinary arts and to enjoy this experience in the camaraderie of friends. Our task is to educate our membership about wine and to develop the skill of matching wine with food. We strive to drink high quality wines and to experience an eclectic array of foods prepared by the area's top chefs.*

## *The International Wine & Food Society of London, England*

### **COUNCIL BLUFFS, IOWA BRANCH - EXECUTIVE COMMITTEE**

President: Joe Goldstein

Vice President: Jill Goldstein

Treasurer/Membership: Diane Forristall

Secretary: Connie & Gary Martin

Cellar Master: John Fischer & Patti Hipple

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## *The Bluffs Food & Wine*

*May 2019 gazette*

Publisher: **Todd Lemke**

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Graphic Design: **Omaha Magazine, LTD.**

### **KEEP IN TOUCH!**

Please notify Club Membership Chairman Diane Forristall at [DIANE@FORRISTALL.US](mailto:DIANE@FORRISTALL.US) to let her know if you are interested in hosting an IWFS event.

**To access past Gazettes and other features about our Branch, go to the international website following this link:**

[www.iwfs.org/americas/council-bluffs](http://www.iwfs.org/americas/council-bluffs)

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