

The Bluffs Food & Wine

July 2013 *gazette*

Event Report:
Caddy's Riverside Grille
Hits Hole in One

Also inside

Winemaker or **Maker of Wine?**

Recipes from **Caddy's Riverside Grille**

Alcohol—**How Much is Too Much?**



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

President's Comments



Hi Everyone,

Here is a great Zinfandel for the money, 2011 Seghesio Sonoma County. This wine is loaded with fruit and tannins. The fruit is black cherry and wild berry along with other flavors of mineral and toasted sage. There are some spicy notes in the nose. Some great pairings for the summer would be barbecued chicken, ribs and burgers. Wine Spectator scores this wine a 92 and drinks best from 2015 -2021 although I find it is drinkable now. I purchased this wine for \$19.99 at Whole Foods. Remember if you purchase six or more you will receive a 10% discount.

Best Wine, Food and Friends,

Patti Hipple
President

Editor's Corner

IWFS Council Bluffs Branch had its first ever winemaker's dinner in June. New member Elizabeth Cannon, who works for Okoboji Wine, brought Tamarack Cellar's winemaker Danny Gordon to the attention of event organizers Patti & Steve Hipple, and Deb & Davie Tritsch. The Tritschs' knew of just the right venue to hold our private wine tasting and dinner: Caddy's Riverside Grille, with its new Executive Chef, Christopher Reber. It was a wonderful night of wine and gourmet food. Danny told us how he became the maker of wine at Tamarack Cellars, and Christopher stayed in the kitchen most of the night to provide us with a delicious dinner. Christopher was also gracious enough to give us two recipes. John Fischer discusses the role alcohol plays in health.

Drinking too much is bad for you, but a little bit is actually healthier for moderate wine drinkers than the teetotaler approach. Also, the optimal amount is different for women than men. Read John's article to learn more about this topic. So, sit back and enjoy the Gazette, and try making one of the recipes.

Enjoy!

Tom Murnan



Photo courtesy of hugel.com

Event Report

June 5, 2013

Caddy's Riverside Grille Hits a Hole in One

story by Tom Murnan

I have to admit, I have never heard of **Caddy's Riverside Grille** before I attended our June 5th event. I discovered it was housed in the clubhouse of the Dodge Riverside Golf Club, and that Brian and Jamie Cadwallader became owners in September of 2012. We quickly learned that Brian had assembled a great team, led by young chef **Christopher Reber**, former sous chef at the Oakhills Country Club. The staff was excited by the challenge preparing a wine dinner, complete with wine maker, for 27 gourmets. And an ambitious and imaginative dinner it was.

A spectacular Charcuterie Board greeted us. Luckily, we had Christopher's father, **James Reber**, who himself is the executive



James Reber

chef at nearby Harrah's Casino, to explain why there were two executive chefs present, and what all was on this delicious looking board. James told me he was just here so Christopher could concentrate on the kitchen. Rather than Christopher, it would be James that would explain each course as it came out. I'm sure I don't have everything listed, but we sampled Prosciutto from La Cuicera (south of Des Moines), pepperoni, Pecorino, *Buffalo Mozzarella and Brie cheeses, *Applewood smoked bacon, olives *Tosso ham, grapes, cornishions, artichokes, strawberries, and crackers. The asterisk marked items were smoked, in the case of the meats, or prepared by Christopher, and were wonderfully savory. These were all enjoyed with 2012 Tamarack Cellar's Mouvédre Rosé.



Danny Gordon

There was a buzz of excitement in the air because this was the first winemaker dinner for the young Council Bluffs branch. **Danny Gordon** from Tamarack Cellars of Walla Walla, WA was here, along with his wife Carin, to give insight into his wines. Tamarack has been getting more and more favorable reviews from the wine press. We were fortunate that new member, **Elizabeth Canon**, who works for Okoboji Wines, was able to arrange this visit. Danny is on a trip

to the Midwest to promote Tamarack's wines.

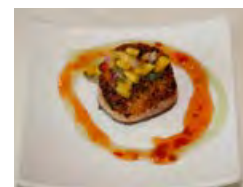
We moved to table for our First Course, **Roasted Pork Tenderloin with Triple Berry Compote and Apple Cider Arugula**, which was served at room temperature, perfect for a hot summer's day. James Reber explained the chef had chosen an orange colored heirloom tomato, and the compote consisted of blackberries, raspberries, and strawberries. The pork was salt brined. A confit of garlic added



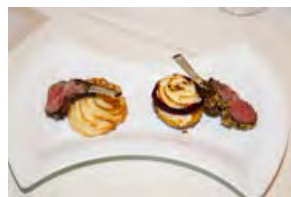
flavor, and was cooked in a cool oven at 150 degrees. A sweetness came from the compote, and the taste of leather and pipe tobacco from the apple cider arugula, all of which complimented the 2011 Tamarack Cellars Firehouse Red. There was a generous portion of pork, enough to make one wonder how he/she was going to make it to the dessert if the other courses were this generous.



Luckily, the Second Course was quite a bit smaller: a single **Seared Diver Scallop with Mango-Pineapple Salsa and Cilantro-Lime Gastrique**. This was deeply pan seared on the outside, but rare on the inside, and just melted in your mouth. There was a sweet touch of spice/hot with the red pepper and jalapeño gastrique but this was fairly mild and did not detract. The Mango relish provided fruitiness. This course was chosen because the wine, a 2011 Tamarack Cellars Chardonnay, was bold enough to handle the Caribbean flavors.



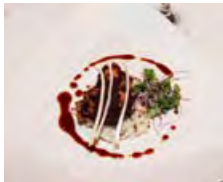
The Third Course found us with **Dual Lamb Chops**. One on each side of an oblong plate, we had competing chops prepared differently. One was **Dijon-Pistachio Encrusted** with a side of nicely piped Duchess Potatoes. The other was **Rosemary Oiled with Beet and Goat Cheese Gratin**. It had an imaginative side of beets. Red beet slices sandwiched a golden beet slice. Goat cheese held the ensemble together, and the cap was topped with Duchess potatoes. I asked for the recipe. Both chops were nicely rare with a browned exterior. Grey



Poupon Dijon mustard, roasted garlic, panko and pistachio formed one coating, while rosemary infused oil formed the other. The lamb was put in a 400° oven for 8 minutes and allowed to rest for 20 minutes before serving. I preferred the pistachio chop as the rosemary was a bit strong on the other chop. This course had a duo of wines to compare to the duo of lamb. We contrasted the **2011 Tamarack Cellars Cabernet Franc with the 2009 Merlot**. I gave the nod to the Cab Franc, with its deeper and more intense flavors.



Moving onward towards the **Fourth** and main course, **Cocoa Dusted Petit Filet Mignon with Wild Mushroom Risotto and Dark Cherry Reduction** was served. An unusual dusting of chocolate powder covered the pan seared tenderloin. Portobello and porcini mushrooms went into the risotto base, and all was garnished with elegant long stemmed enoki mushrooms. Micro greens provided a color contrast.



This was a very nice entrée that harmonized with the wine. The chocolate on the steak went well with the chocolate notes in the **2008 Tamarack Cellars Cabernet Sauvignon**.



The **Fifth** and final course was a **Tomato Tarte Tatin with Mascarpone Crème Fraîche**. Mascarpone is an Italian cheese made of cream coagulated with citric acid (e.g., lemon) or acetic acid. Inside a little nest of puff pastry sat the base of what looked to be tomato jam, complete with tomato seeds. Atop this was placed the mascarpone, then strawberries and a garnish of fresh mint. The sauce, a mango coulis, added color and flavor, was placed around the plate. I asked for the recipe on this one as well. The dessert was paired with a Gruet sparkling wine from New Mexico. The wine was a little on the dry side for the sweet dessert and was just an adequate match. A sweeter wine, like a Moscato or Sauternes would have worked better.



Many thanks to all the people involved in putting on this event. First thanks to the Hipples and Tritschs for planning and hosting, and thanks to Elizabeth Canon for arranging Danny Gordon to present his wines. Finally, thanks to Christopher Reber and his staff for a great job in designing the menu and preparing the food. *The Bluffs Food & Wine gazette*



More photos of this event on the following page »





There is no love sincerer than the love of food.

- George Bernard Shaw

Winemaker or **Maker of the Wine?**

by Tom Murnan



Danny Gordon and wife Carin were on a trip to the Midwest to expand business opportunities for **Tamarack Cellars (TC)** when new member Elizabeth Cannon, who is in the wine trade, asked Danny if he would host a wine dinner for our branch. Danny stood up at every course and spoke of his wines. Located in Walla Walla, WA, the winery was founded in 1998 by Ron and Jamie Coleman. At first TC was a “small ship,” making 300 cases of Merlot. Today, TC employs five full time employees.

In 1999, Danny just kind of walked into the winery one day and asked if they needed any help. They did. He grew up down the road from a pioneer in the Oregon Pinot Noir industry, but had never worked in the industry before. Starting with odd jobs taking care of the wine, it was just Ron Coleman and himself in the winery. Working 18 hour days during the harvest season, he eventually got his chance to make wine. Both Coleman and Danny make wine, so to distinguish themselves, Coleman is the wine maker, and Danny is the **Maker Of The Wine!** He is now in his 15th harvest at TC. Now days, Danny makes the wine and Coleman does the marketing. He modestly says that “anyone can make wine.” After tasting through the line up, I think he is selling himself short.

Our quaffing wine was the **2012 Mouvèdre Rosé**. It saw little skin contact and was picked a bit early. So, the alcohol is lower, and there was a lot of bright acidity. It had a lot of substance to it because they pressed the grapes hard, not just collecting the free run juice.

Our **2011 Firehouse Red** was named after a restored World War II army airbase fire station. It is TC’s largest seller and consists of 11 varietals including Syrah, Merlot and Cab Franc. TC buys most of its grapes, but is very scrupulous in their selection. It will retail for about \$18.75 and was a good match to our pork dish.

With the pan seared scallops, we had the **2011 Chardonnay**. This is 90% French oak fermented, with 10% new oak. The old oak gives a creamier finish so as not to mask the fruit. It is not a stainless steel Chardonnay, but it is not a big oak bomb either.

Danny told an amusing story on why TC began selling a white wine. Owner Ron Coleman was at a posh restaurant on the 75th floor of the tallest skyscraper in Seattle when the woman next to him asked if TC made white wine. When Ron said no, she asked why. Ron told he because he didn’t know how! So he decided he had better start making a white. They started with one barrel and now make 1800 cases. The Chardonnay stood us nicely to the touch of spice/heat in the scallop dish. It should sell for about \$18.00.

We had two wines with the lamb. The **Cabernet Franc 2011** is a limited production item, and is unusual in that it is made of 100% varietal. Usually, it is a blending grape. It is a low tonnage, deep, dark wine with no bell pepper flavor usually associated with this grape. 2003 was the first vintage. It was my favorite of the evening, and I bought two bottles that night for \$24.50. The other wine was the **2009 Merlot** was less intense but low in tannins and a great match to the lamb. It sells for about \$23.50.

Our final TC wine for the evening was the **Cabernet Sauvignon 2008**. This was a delicious and intense wine, and many picked it as their wine of the evening. The cuttings for the vines came from Leonetti Cellars. The wine sold for \$27.50 that night.

TC now sells 20 to 25 thousand cases, a far cry from that first 300 case vintage. Okoboji Wine is bringing the wine to our area. Look for it in the near future in Council Bluffs. Our thanks to Danny Gordon for agreeing to conduct our tasting.

The Bluffs
Food & Wine
gazette

Chef Christopher Reber's Tomato Tart



yield: 9 tarts

Tart Shell:

1 box of two sheets Pepperidge Farms puff pastry
3-inch cookie cutter
2-inch cookie cutter
parchment paper
1 egg

Take one box of puff pastry, frozen, and open the 9.25" x 9.5" folded sheet gently with a knife. It will break apart in 3 sections. Take in to account that the dough is much easier to work with when frozen as opposed to thawed. Cut 9 three inch rounds on first sheet with cookie cutter to make the bottom layer. Stab 10- 15 times with a fork, and lay on parchment paper lined cookie baking sheet. Take the next square and cut 9 rounds with 3 inch cutter. Then, cut out the centers of these rounds with the 2 inch cutter so you will have a small ring of dough with a hole in it. Have your egg whipped with a brush and brush the bottom layer with egg and place ring on top of bottom layer and line edges up. Repeat with the next square. Brush lightly with remaining egg on tops of last ring. [There will be extra dough that you can use to make more rounds. Allow to thaw, roll out on a floured surface, and cut with cookie cutters as above.]

Cooking the tart shell:

This is the most important part about making these shells. They are very easily ruined during cooking process. Set oven to 350 degrees. Once the oven is preheated start to cook your shells. You want to cook in 5 min increments at four different heats. Start at 350° for 5 minutes. Once time is up, drop 25° to 325° and rotate pan. Cook for another 5 minutes. Drop to 300° and rotate once again 5 more minutes and drop to 275°. Repeat until gold brown (you may have to do this two or three more times). The

reason for the heat change and rotation is to ensure that the dough rises and cooks evenly. Once golden brown remove from oven and rest at room temperature. When cool, cut the center round out, so tart becomes deeper. Do not cut all the way through the bottom

Tomato filling:

5 to 6 ripe plum tomatoes or 1½ cups diced tomatoes
1 cup sugar
½ tablespoon of vanilla

Start with tomatoes and remove cores. Next dice completely. Mix sugar with diced tomatoes seeds and all. Add to sauté pan and start cooking process at medium heat to start. Once sugar becomes a syrup and tomatoes begin to break down add vanilla. Reduce heat to medium low and simmer for 15 to 20 minutes or until tomatoes become jelly like. Remove from heat and allow to sit at room temperature to cool. Once cooled down, but not completely cold, add to tart shell.

Mascarpone crème fraiche :

1 cup heavy cream
1 teaspoon vanilla
1 tablespoon confectioners' sugar
½ cup mascarpone cheese

In Kitchen Aid whip cream until stiff peaks are about to form. Beat in vanilla, sugar, and mascarpone cheese until peaks form. be sure not to over whip.

Once tomato is in the tart shell warm up slightly in oven. Pipe crème fraiche, garnish with strawberries and mint leaves. Serve.

Chef Christopher Reber's Beet Nepoleon

(Beet and Goat Cheese Gratin Recipe)



Ingredients:

Red beets x 5
Golden beets x 5
white vinegar x 2 cups
Sugar x 2 cups
Goat cheese x 1 log
lemon zest x 1
panko bread crumbs - 1/2 cup
1/4 cup heavy cream

Beets:

To start you need to peel all beets. Start a stock pot of boiling water and blanch the red and yellow beets separately. You don't want the beets to bleed out or mix their colors. Small beets blanch for about 20 minutes, or if they're larger 40 minutes. Once beets are cooked, thoroughly shock in an ice bath. Again, make sure you shock the different color beets separately. Once cooled, slice beets quarter inch thick. Heat vinegar and sugar in sauce pan to almost boiling. Add red beets first and cook once again for just 2 to 3 minutes until beets take on the sweet acidity. Remove and place on sheet pan with cloth to dry. Refrigerate.

Goat Cheese Mix:

In medium sized bowl mix goat cheese, lemon zest, panko, and cream. Mix well, adding more cream if needed to loosen. Be sure not to add too much. You want to make sure that mix will hold up in pastry bag.

Slice beets, making sure they are of the same size. To make rounds uniform in size, use cookie cutter. Start with either red or yellow lay on sheet pan and pipe goat cheese mixture on top. Alternate colors. On top pipe more mix. Once again alternate color and pipe nicely on top. Repeat for the rest.

Cook in convection oven at 400 degrees only until tips brown slightly then serve.

You can also pipe potatoes on the very top before you put into the oven.

Alcohol – How much is too much?

by Dr. John Fischer



Photo courtesy of: Eater National (flickr.com)

The consumption of alcohol can have beneficial or harmful health effects, which are dependent on sex, body size, and the amount of alcohol consumed. The definition of one drink is twelve fluid ounces of regular beer, 5 fluid ounces of wine, or 1.5 fluid ounces of 80 proof distilled spirits.

Moderate consumption is defined as that level of alcohol consumption where your risk of dying from all causes is at its lowest level. Most studies indicate that the lowest mortality rate occurs with moderate alcoholic consumption, which is defined as one or two drinks per day for men and one drink per day for women. Non-drinkers have higher mortality rates than moderate consumers, but the highest levels of morbidity and mortality are those drinking large amounts of alcohol.

There are a number of reasons for the lower consumption rate for women. These include lesser body size, greater body fat, less blood volume, more rapid alcohol absorption, and a deficiency in an enzyme (alcohol dehydrogenase), which is the substance responsible for metabolizing alcohol. In addition, estrogen levels are elevated by alcohol, which is likely responsible for the increased incidence of breast cancer in addition to other gynecological problems.

Health risks are related to blood alcohol levels: high levels incur higher mortality rates. Binge drinking is therefore less healthy than drinking the same amount of alcohol, but doing it a little each day. The practice of weekend binging increases health risks even if it averages out to less than the standard total daily moderate consumption.

Compared to non-drinkers, moderate adult consumption appears to have a significantly lower risk of coronary heart disease, certain types of cancer, and several other diseases. Moderate consumption in young adults provides similar health benefit but a substantially higher risk of traumatic injury and death.

There are several studies that are more lenient in regard to alcohol consumption and health benefits. In the book *The French Paradox*, moderation for men is given as two to three drinks per day, and other studies allow as many as four drinks per day.

It is theorized that many individuals under report their alcohol consumption, which consequently adversely affects the statistics by giving lower levels of alcohol consumption when applied to health benefits. However, there is little doubt that individuals that drink more than four or five drinks per day (about one bottle of wine) increase their mortality rates by 50%.

Moderate alcohol consumers have approximately a 10% lower risk of dying from all causes and a remarkable 40% less risk of heart attack. *Because of other salutary compounds found in red wine, such as resveratrol, this beverage is associated with greater health benefits than any other alcoholic drink.*

To be on the safe side, one should probably follow the dictum of one drink for women and one or two drinks per day for men. If you are of a more venturesome bent, it would be wise to place the upper limit to no more than one-half bottle (two and one-half drinks) per day for men and one-fourth bottle (6 oz.) for women. The Bluffs Food & Wine gazette



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*.



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

Upcoming Council Bluffs Branch Events! Mark Your Calendars!

July 13 • Todd & Sandy Lemke, and Patti & Steve Hipple host a Summer Dinner in the Old Market. Chef John Ursick will present a four course dinner in the Stokes' private room.

August 29 • Shonna Schram is planning an event at the new Brix Midtown Crossing.

December 8 • President's Event at the Omaha Press Club

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: stephenhipple@hotmail.com

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

President.....	Patti Hipple	stephenhipple@hotmail.com
Vice President.....	Bob Kossow	bob.kossow@cox.net
Treasurer/Membership	Diane Forristall	Diane@Forristall.us
Secretary.....	Suzanne Kossow	suzannem@cox.net
Cellar Master.....	John Fischer	jrudyf@cox.net



The Bluffs
Food & Wine
July 2013 *gazette*

PUBLISHER: Todd Lemke
EDITOR: Tom Murnan

GRAPHIC DESIGNER: Katie Anderson

KEEPING 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.

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.