

The Bluffs
Food & Wine
gazette

July 2016

CORKSCREW

WINE & CHEESE

OPEN

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





Presidents Comments

It is always nice to try new places. It's a little like a wanderlust, and since Omaha is blessed with such a diversity of great restaurants, it's hard to stay tied to just a few places. But that's why you joined, right, to try new tastes, combinations of wine and food pairings, and new venues. I really enjoyed our event at Corkscrew Wine & Cheese Blackstone District. The original shop is in Rockbrook off 129th and Center Streets. The new shop is a sharp and modern interior in an old building. And the staff was wonderful. Since the place is a wine shop, all the wines except the dessert wine came from Corkscrew. The manager, and our event Maitre d, **Zach Ferguson**, just moved to Omaha. He did a great job of selecting the wines. **John Benker**, one of the best caterer in town, executed the entire meal except for the appetizers. Give the Event Report a read if you missed the event, and maybe to discover new details even if you did attend.

And speaking of new places, how about discovering the Tapas restaurants in Spain. **Suzanne Kossow** along with past president **Bob** have been globetrotting for the past few years, with several trips just in 2016 alone. In April they joined a tour with the Washington State University Viticulture & Enology department and explored a number of Spanish wine districts. but the focus of this article is when they went to **Valladolid, Spain** and experienced the Tapas scene. I have been to Spain just once, and went to a place called Tapas Tapas in Barcelona. It was good, but it was geared more towards the tourists. The places Suzanne describes sounds like the real deal, a place where the natives go. Give it a read and take a look at the great photos.

I must have unreliable spies. My sources were wrong about **John Fischer** ending in his quiz series last month because we now have a new challenge: Wine Quiz Number Six. This time the topic is tannin. Tannin can be a big deal to certain palates. Tannins are one reason why many neophytes dislike wine. Some wines are filled with tannins, while others are not. John has been suggesting that his book, *Wine and Food-101*, would be a great help to those who want to know more about wine and food interactions. John has a different angle than a lot of food and wine books. Instead of giving you lists of wine and food combinations, he wants the reader to understand concepts that can be applied to any wine and food situation. That way, you can walk into any restaurant and determine the best wine to order for that chosen dish. Take the quiz, if for nothing else, for the learning experience. John is wondering if anyone is reading and taking the quizzes. Reply to my link at murnantom@gmail.com and tell me whether you have taken one, two, all or none of the quizzes. No need to reveal how well you did. An author wants to know if his works are being read! Feedback, Please!

Cheers,

Tom Murnan

**In wine one beholds
the heart of another.**



Event Report: Dinner on the Patio at Corkscrew Blackstone District

by Tom Murnan

Well, it wasn't as hot as it had been for the end of June, but the area just west of the old Blackstone Hotel is hot, and businesses are investing in infrastructure and remodeling old buildings to make this a destination area along with the Old Market, Midtown Crossing and Aksarben Village. The Corkscrew east is in a long, narrow building that boasts a surprising amount of fine wine. The front of the house has a bar with tables going the length of the building to the private room at the north end. That's where our group found itself. A full view, dark brown powdered coated garage door opened up to a small patio. A counter area with a roll up shutter held our appetizers, accessible from the outside. The rear space was framed on the east end by the 1912 old brick three story house that held Katelman Antiques for 36 years (sold in 2014). Plenty of parking at the rear.

The Corkscrew Wine & Cheese - Blackstone, its proper name, serves some light food, such as flatbreads and salad. They did not feel their kitchen was up to the job of producing an IWFS level of an event, but they did provide the wine and the flatbread. Our Maitre d, or manager, was **Zach Ferguson**, and he chose the wines. **Jessica Keith**, along with her brother Korey, are the owners. Jessica was on duty for our event. **John Benker** catered all the food except for the appetizers. John has done a number of IWFS events and is one of the best caterers in town. Attendance was 26 including two guests of the Farmers: Megan and Ken Meier.

We opened with 8 different flatbreads. Jessica listed them for me: **Chicken Pesto; Roman Coin; Gorgonzola and Pear; Smoked Bacon; Salmon Bruschetta; Fresh Tomato; Pig & Fig;** and finally **Roasted Pear**. Frankly, these were so good I had to restrain myself to leave room for the rest of the meal. Zach had selected a few starter wines for us: **Gruet Brut Rosé** non vintage and **2013 Strasserhof Kerner Riesling**. The surprising thing is where each wine hails from. Gruet (yes, pronounce the final 't' like you do for Moët, which is Dutch not French) comes from New Mexico, and Strasserhof from Italy. From the name you would assume it is Austrian or German. He also poured a 100% Petit Verdot red from Mendoza, Argentina. You

won't see any of these on a regular wine list. The Gruet sparkler is quite French like with a great price point. The Riesling had a touch of sweetness. The red was **Ruca Malen Petit Verdot Reserva 2011**, purple in color and tasting of black fruits and mushrooms. In Spanish, the name means house of the young girl.

Dinner found us at one of 4 assigned tables with the garage door down so the air conditioner could take over. From this point on, **John Benker Catering** prepared the food. We started with a **Vegetable Tartare**, a nicely presented cylinder of green and red peppers and avocado, all sitting atop a bed baby greens, and crowned with a colorful Nasturtium flower. This was a complex, refreshing salad with **Lemon Dijon Vinaigrette**, a wine friendly dressing. The wine pairing was a Rosé. The **2015 Mirival Rosé** of Brad Pit and Angelina Jolie was just the thing for a vege salad. No tannins to fight the slight vinaigrette taste, the wine went with the high acid of the vegetables. Zach informed us that Brad & Angelina were married at the vineyard.

A nice touch was the butter served with the bread at table. I asked John Benker what it was. He told me it was a **Caramelized Shallot Mustard Butter**. You could see the tell tale round grains of mustard and slender strings of the onions in the butter. Nice.

The next course was tagged as From the Sea: **Grilled and Lightly Smoked Corvina with Grilled/Roasted Tomato and Pepper Relish**. Corvina is a salt water fish like a Drum. The fish was grilled over a charcoal fire and sat atop a bed of the Tomato and Pepper Relish, which also contained some zucchini. There was a touch of sweetness in the sauce, with acid and tart coming from the tomatoes and peppers. The sauce is what made the dish as the Corvina itself is rather bland, although it picked up smoky notes from the grille. The sauce also acted as the bridge for the wine. Zach had chosen a Burgundy as he wanted a lighter red wine for the fish. We had what was the best wine of the evening here, a **2013 Hubert Lignier Morey St. Denis**. Light in tannins with deep, earthy flavors and a long farewell, its only "fault" was that it was too elegant for the dish.



Not on the menu was a sorbet. Nicely presented in a martini glass, we had a **Lemon Verbena Sorbet** and blue berries with sauce as a palate cleanser. The lemon verbena came from John's garden. Light, sweet and refreshing, it was accented with a small yellow violet flower.

The From the Land course found us with a nicely plated meat course of two lamb chops. The **Rosemary, Red Current and Balsamic Glazed Rack of Lamb Chops with Gorgonzola and Mascarpone New Potatoes** were delicious. My lamb was perfectly done with a char on the outside and rare in the center. The sauce was not overly jammy and used a veal demi glace as its base. That, and some Florio Marsala, is where a slight sweetness was coming from. Fresh herbs added complexity. The potatoes were covered with the Gorgonzola and Mascarpone cheeses. Mascarpone is an Italian cheese made from cream, coagulated by the addition of acid (like lemon juice). The two sauces mixed together was quite tasty. We had two wines with this course. A **Michael David 2012 Inkblot Cabernet Franc** and a **2012 Hartford Old Vine Zinfandel, Russian River Valley**. Both are very ripe, high alcohol wines.

The Zinfandel was perhaps the more classic pairing of the two. Aged for nine months in new oak, it boasts of raspberries and cracked pepper. It is unusual to have

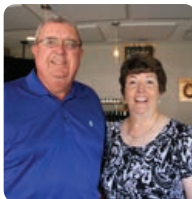


a 100% Cabernet Franc wine, especially from Lodi, CA. It went well with the lamb and sauce. Blackberry and vanilla nose, it was jammy and wonderful with the lamb, especially the sauce. The inkblot had an eye catching label for me. It reminded me of my days as a clinical psychologist when we would administer the Rorschach Inkblot test and ask patients what they saw in the blot. Some may call me crazy but in this case, I saw some pretty fine drinking.

The From the Bakery course found us being served **Chocolate Raspberry Shortcakes with Melba and Fudge Sauces and Whipped Cream**. Topped with fresh mint, this was a lively and intensely chocolate dessert which demanded a strong wine. The **NV Yalumba Museum Reserve Muscat** was up to the chore, and reminded me of a sweet style Sherry. The raspberries lightened the heaviness of the dish as did the mint and cream.

Many thanks for our producers, **Jill and Joe Goldstein**, who executed their "first on their own" event. Thanks to **Zach Ferguson** for his expertise in selecting some unusual but delicious and well matched wines, to **Jessica Kieth** as attentive owner who helped out, and **John Benker** and his crew, who worked hard in the heat to make a delicious dinner. All together, you made a very favorable impression on our Branch. 🍷







A Note from the Board: Tapas in Valladolid, Spain

by Suzanne Kossow

In April 2016, Bob and I joined a tour of the “Wines and Vines of Northern Spain” sponsored by Washington State University Viticulture & Enology department. WSU partnered with the Escuela Internacional de Cocina (International School of Culinary Arts) of Valladolid, Spain. We visited some of the top wine appellations (DOs) in Spain along with visits to Barcelona and Valladolid. The trip would not have been complete without visits to the La Veruela Monastery in Zaragoza and Burgos Cathedral (ADOC). We enjoyed the culinary delights of Spain during the traditional late afternoon multi-course lunches and tapas by night.

The first half of the trip included tastings of DO Cava (sparkling) wines in Penedès, wines from DO Priorat (red wines from one of the oldest wine regions), DO Montsant (wine making dating back to the Middle Ages), DO Campo de Borja, and DO Navarra (78 years old), and DO Rioja wine regions. As we traveled through northern Spain, we enjoyed overnight stays in Barcelona, Zaragoza, Olite, and Logrono before ending with 5 nights in Valladolid.

On Day 7 of the tour, we arrived in Valladolid, home to the Escuela Internacional de Cocina. Once the capital of Spain, Valladolid proved a surprisingly charming base for the second week of our tour. From here we visited the historic DO Toro, DO Rueda (known for Verdejo), wine region of Ribera del Duero, and the DO Cigales (known for **rosés** and increasingly popular reds). It’s a lovely city to explore. Miguel de Cervantes lived here for a few years, and his house on Calle del Rastro is open to the public. Christopher Columbus died in Valladolid, and Casa Museo de Colón can also be visited.

We joined Ángel Moretón, school director, for an informal Valladolid tapas tour. The Spanish tradition is to “tapa hop” visiting several tapa bars in one evening. Tapas are enjoyed with wine, small glasses of beer and even vermouth. The word “tapas” is derived from the Spanish verb *tapar*, “to cover”. There are several theories on the origination of Spanish tapas. The more practical theory is that the goblet of wine or beer was “covered” to prevent nature’s most annoying invention – the Spanish fruit fly -- from landing in your beverage. The original tapas were slices of bread or meat which sherry drinkers in Andalusian taverns used to cover their glasses between sips. The meat used to cover the sherry was normally ham or chorizo, which are both very salty and activated thirst producing more alcohol sales. Tapas have evolved through Spanish history by incorporating new ingredients and influences.

Valladolid is host to the Concurso Nacional de Pinchos y Tapas (National Tapas) competition held yearly in November. Our tour began at **Don Bacalao Tapas Bar** and Restaurant, recipient of the 2015 winning Spanish tapa '**Lechazo Taj Mahal**' ('Taj Mahal Suckling Lamb') created by their chef Isabel González. This tapa is a blend of two cultures consisting of a roll made stuffed with the traditional roasted suckling lamb with a blend of Indian spices and Masala pearls. The tapa was presented on a small ceramic elephant. What a great presentation! The second tapa we tasted was a **carpaccio of codfish** sprinkled with Pimenton de la Vera and drizzled with local extra virgin olive oil. Both tapas were paired with an excellent rosé wine from DO Cigales. 🍷





Next we ventured to several other tapa bars before calling it a night. Creativity was a highlight of the tapas' presentation. An interesting custom is to throw your napkins on the ground.

And for dessert - Churros and custard

LA RECETA

- Lechazo 400 gr
- Cebolla 1 u
- Pan de cristal 1 u
- Yogur 1 u

Se asa el lechazo y posteriormente, se guisa, luego se enrula con el pan. Con el Tandoori masala se hace caviar. Se fríe, se coloca encima el caviar y todo ello encima del elefante.



Finally a vineyard complete with soil, two 30 year old Grenache vines and a cork!



Another tapa was seafood with sauce served over beer and dry ice (just smell the beer...don't drink it!)



It was a wonderful educational and great tasting evening to join the locals!



We continued with a Squid baguette in an edible bag



Wine Quiz Number Six

by John Fischer

Tannins—pick the answer that best fits the question. Tannins are one of the most complex topics in the understanding of wine. Don't be upset if you miss a few of these questions. The ones that you miss are the ones you learn from.

Quiz #6

1. Tannins are most prominent in

- (a) deep colored red wines with purple hue at the meniscus (upper rim of the glass)
- (b) most young white wines
- (c) mature red Burgundies
- (d) mature red wines in general

2. Tannins

- (a) help to preserve wine
- (b) are a family of different astringent chemicals
- (c) dry your mouth
- (d) form part of sediment
- (e) all are correct
- (f) all are incorrect

3. Tannins

- (a) concatenate (join together) to form larger molecules
- (b) combine with pigments to form the sediment
- (c) decrease in number as the wine matures
- (d) all are correct

4. Tannins

- (a) can be bitter
- (b) can be scabrous
- (c) can be soft and polished
- (d) can cover over a wine's flavors
- (e) all are correct

5. Tannins

- (a) decrease in number as a wine ages
- (b) are important in the creation of flavor
- (c) become smaller in size as wine matures
- (d) cause the oxidative spoiling of wine

6. Tannins combine with a wine's pigment to form anthocyanin-tannin complexes

- (a) the smaller complexes are most astringent
- (b) The smaller anthocyanin-tannin complexes are associated with brown tones
- (c) Larger complexes are found in young wines
- (d) all are correct

7. You would expect to find high levels of tannins in

- (a) young Zinfandels
- (b) mature Bordeaux wines
- (c) young Sauternes
- (d) German white wines

8. Tannins can be obtained from

- (a) grape stems
- (b) grape's seeds
- (c) grape skins
- (d) the barrel the wine is aged in
- (e) all of the above

9. The amount of tannin in a wine

- (a) can be manipulated by the wine maker
- (b) is associated with a wine's longevity
- (c) can sometimes disrupt a wine's balance
- (d) all are correct

10. Tannins

- (a) are not essential in determining the character of a wine
- (b) are the bane of red wines—you are better off with them
- (c) are very important in a wine's development
- (d) may not be present in all red wines

**Answer key on page 14*



Upcoming Council Bluffs Branch Events

Mark Your Calendars!



July 23, 2016

Connie & Gary Martin were going to open the Martin Cabin, but with temps expected to be 102°, the event has been moved to The Railcar Modern American Kitchen.

Chef Jared Clark

Producers: Connie & Gary Martin and Don & Kathy Wittler



October 7, 2016

Cornerstone Mansion

Producers: Patti & Steve Hipple



November 18, 2016

Council Bluffs Country Club

Producers: Tom & Jeanette Schierbrock



December 3, 2016

President's Holiday Dinner at Le Bouillon

Theme: French Comfort Food

Producers: Tom & Mary Murnan



August 28, 2016

Whose Wine is it Anyway?

Salt 88

Producers: Jill Panzer and Michelle Heyder



September 16, 2016 NOTE DATE CHANGE

Biaggi's

Producer: John Fischer

Quiz #6 Answers:

1. (a) deep colored red wines with purple hue at the meniscus(upper rim of the glass. There are no brown tones, which indicates, the wine young. Young deep colored wines are very likely to be high in aggressive, astringent wines. As the wine matures the aggressiveness will gradually abate.

2. (e) all are correct,

3. (d) all are correct. As a wine ages, the smaller aggressive tannin/pigment molecules start to link together to form larger less aggressive molecules that can eventually become so large that they fall out of solution as sediment, The wine becomes less pigmented, softer, and more flavorful.

4. (e) all are correct

5. (a) decrease as a wine ages. Tannins cover over flavors, become larger in molecular size as a wine matures, and helps prevent oxidative spoiling of wine.

6. The smaller complexes are most astringent. These are found in young wines.

7. (a) young Zinfandels: White wines have no significant tannin

8. (e) all of the above

9. (d) all are correct.

10. (c) are very important in a wine's development

If you have difficulty with these quizzes or you wish to learn more, you can purchase my book *Wine and Food-101* by John R. Fischer, which is available on Amazon or for a signed copy contact me at jrudyf@cox.net

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



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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*

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*The Bluffs
Food & Wine
July 2016 gazette*

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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.

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

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