

JULY 2019

The Bluffs Food & Wine *gazette*



EVENT REPORT:

*“Sake to Me” at
Blue Sushi Sake Grill*

ALSO INSIDE:

Unfamiliar Ingredients used at Blue Sushi Sake Grill



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



courtesy of hugel.com

PRESIDENT'S COMMENTS

Greetings All,

Well we are now into June. Hope everyone is having a great start to the summer months.

Not much to report at this time.

Please keep the July event in mind. I know everyone is busy during the summer, but it promises to be an excellent time. The Schierbocks, and the Kossows will be hosting us on July 13th, at the Council Bluffs Country Club with a South American theme. I always look forward to this event. 🍷

Cheers,

Joe Goldstein



**WINE MAKES A MAN MORE
PLEASED WITH HIMSELF, I DO NOT
SAY THAT IT MAKES HIM MORE
PLEASING TO OTHERS.”**

— SAMUEL JOHNSON



Cover Photo:

Hand-passed Tuna Tataki Kyoto at our “Sake to me” event. Photo by Tom Murnan.

EDITOR'S

CORNER

We had a very interesting and educational tasting and dining experience at our “Sake to Me” event at Blue Sushi Sake Grill in the Old Market. Interesting because we had a variety of foods that many of us never try: daikon Momiji, yuzu or shishito peppers, for example. Do you know what sushi is? It is not raw fish. I, for one, was pleased to learn more about sake. For starters, I learned it was more like a beer than a grape wine or vodka. David Ward from Kobrand Fine Wine & Spirits was our sake guide. I like it when we get beyond the old familiar and experience new frontiers of wine and food. That’s why we joined the IWFS, right?

Writing up the event report, I realized that most of our readers would be helped by a list of culinary terms and ingredients that were mostly used at our event. It really helped me, and I hope it will be of value to you too. Check out the Unfamiliar Ingredients article. We had ingredients from Asia, Hawaii and South America.

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

Reminders previously sent are being sent again. Todd Lemke wanted me to pass this along. As you know, the Gazette comes to you now from issuu.com. This is the professional way to send a magazine. Todd urges members to join issuu.com. Not only will you then be able to print the Gazette if desired, but the functionality and usability is superior, especially on your mobile devices. 🍷

Tom Murnan



“IT IS THE MAN WHO DRINKS THE FIRST BOTTLE OF SAKÉ; THEN THE SECOND BOTTLE DRINKS THE FIRST, AND FINALLY IT IS THE SAKÉ THAT DRINKS THE MAN.”

— JAPANESE PROVERB



*‘The Strong Oi Pouring Sake’
by Katsushika Hokusai*

EVENT REPORT:

"SAKE TO ME" AT BLUE SUSHI SAKE GRILL

Story & Photos by Tom Murnan

We had a unique opportunity to expand our usual culinary horizons with this imaginative Japanese inspired event at the Old Market location of Blue Sushi Sake Grill. In addition to an Oriental food theme, we had a sit down Sake tasting as the first course of the meal. If you are like me, I am very inexperienced in Sake, so I made sure I signed up for this one. Our event producers were Shelli & John Klemke, as well as Connie & Gary Martin. As usual, Gary did all the work...or at least that is what he told me. I think Connie and Shelli would object mightily to that, and when pressed Gary admitted that the women did the lionesses' share of the work. And a fine job it was. First some statistics. We had 34 attend, which included 7 guests. It was Gary & Diane Forristall's 38th year of wedded bliss. We had the 3rd floor all to ourselves, and it was set up just right for our size of group. Adam Weber, whom we last saw at Dante Pizzeria, has migrated to Blue and helped in the selection of the wines. Adam is the only IWP in Nebraska (Italian Wine Professional). In a follow up story, those items in **red** can be found in the companion section **Unfamiliar Ingredients used at Blue Sushi Sake Grill**.

First off, do you know what **sushi** is? Unlike popular misconception, it is NOT raw fish. Sushi is defined as any pairing of ingredients with vinegared rice and served in bite-size pieces is considered sushi. **Sashimi**, on the other hand, always contains fresh raw meat or seafood.

Although we were having Japanese rice wine a bit later, all the other grape wines for the evening were from Europe. Quaffing found us sampling **Domaine de la Petite Marie Cabernet Franc Rosé**,

Bourgueil, France, 2018 and **I Giusti e Zanza "Dulcama" Super Tuscan 2015**. The rosé was 100% Cab Franc and just arrived in Nebraska from the Loire (Bourgueil) a few weeks ago. It was low sugar but had nice acidity, a bit unusual as far as rosés go. The Super Tuscan was decanted 4½ hours before we arrived. It was a forceful glass of red, just beginning to waken up. **Tuna Tataki Kyoto** was passed around. Raw Big Eye tuna was peppered and quick seared (tataki) and placed on porcelain spoons. A garlic note was noticeably aided by a bit of sharpness from scallions and **daikon Momiji**. Nice. We also had **Cheese Bread** passed around. **Crostini, buratta cheese, maldon sea salt** and micro pea shoots added complexity with a final touch of sweetness provided by **yuzu** marmalade.

We next sat down for our sake tasting. **David B. Ward**, National Account Manager for Kobrand Fine Wine & Spirits was our guide. Three sakes were poured, and three dishes were paired to add to the enjoyment of the sake. Just like grape wine, certain foods enhance different styles of sake. Joto Daiginjo; Ban Ryu Honjozo; and Yuki No Bosha were poured.

Sake originally came from China. David told us that sake, a rice wine, is not very similar to wine made from grapes. It is more similar to beer. Just like beer, there are only 4 ingredients allowed: **water, koji** (a type of Japanese mold), **rice** and **yeast**. Some styles of sake, known as Jozo, add alcohol to round out the flavor. There is a range of alcohol levels. Our average tonight would be 16%. Sakes are best fresh, not aged. They are aged for a short time in stainless steel. The more the rice

is polished, the higher the quality and complexity. Lower end sake is earthy and robust. Higher end sakes are quite refined. Premium sake is served chilled.

We were supposed to have a snack with our sake, so I imagined we were going to have small tidbits of food. Instead, they were in fact generous portions of food specifically selected to enhance each other. With **Joto Daiginjo** we had **Kona Kanpachi Sashimi "New Style"**. This was coconut and white **ponzu shoyu**, pink lady apple, red curry oil, and micro cilantro. This sake was the most polished of the night and the most expensive. Polished means to remove the rice husk. It had a floral nose.

With the **Ban Ryu (10,000 wings) Honjozo** we had **Sockeye Salmon Poke**. This consisted of sweet onion, **wakame**, avocado, sesame dressing, cucumber **sunamono**, and **nori** crisps. This is a more versatile style of sake and can be served cold or hot. Alcohol was added to round out the taste.

The third sake was **Yuki No Bosha**. It was mid polished, but not as polished as the Joto Daiginjo. I detected apple tones. The food pairing was **Octopus Anticuchos**: skewered grilled octopus, **aji panca** and **aji amarillo** sauces. The sauces were reminiscent of BBQ sauce.

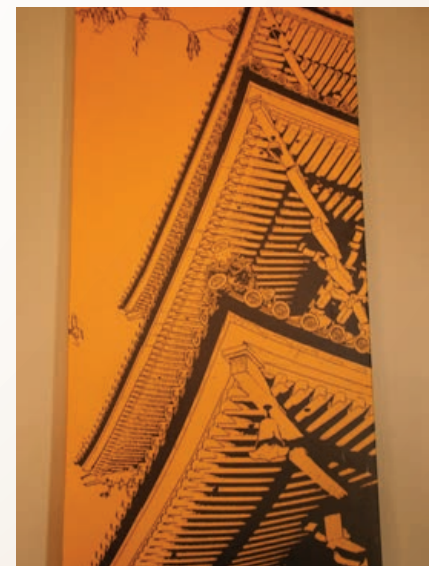
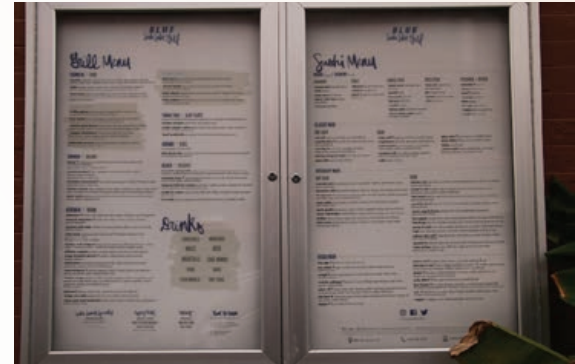
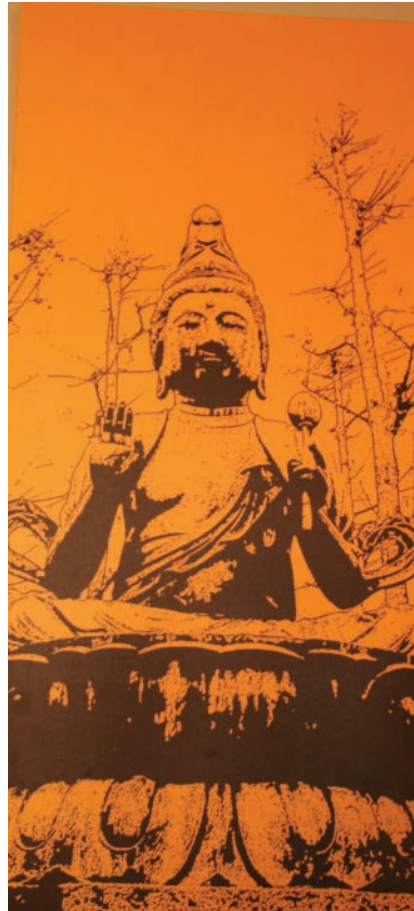
If you were serving sake at home, without all the resources of a sushi restaurant, earthy snacks, steaks, grilled meats, salty foods and sushi are all good accompaniments. Sautéed mushrooms add an Asian flair. Salmon with butter and sage is also good. ▶











◀ Our 2nd Course was **Little Gem Salad**. This consisted of Petite Romaine lettuce, watermelon radish, red onion, cucumber, sunflower seeds, torn bread crouton, ricotta salata, pomegranate and ranchovy dressing. The torn bread added crunch. This was a refreshing course, with a German wine adding to the enjoyment. The **Johann Joseph Prum Riesling Graacher Himmelreich Spatlese 2016** was in the slightly sweet style. So we had a salad which was on the dry side, paired with a sweet Riesling. My thought: the pairing worked, but a Kabinett, or less sweet style of Riesling might have been even better as the Spatlese was a tad bit sweet for the food.

Our 3rd Course was a choice of **Beef Filet** or **Black Cod**. I chose the **Black Cod**, which was quite nice with a soy taste. Pan seared with sweet soy and lime glaze, **maitake mushrooms**, **shishito peppers**, asparagus and rosemary **bonito butter**, the fish was a complex and savory dish that was perfectly cooked and moist. The mushrooms were intense. It looks like I succeeded in taking a photo of the Beef Filet, but forgot to take a picture of my own cod. But my meat eating companions seemed to enjoy their dish tremendously. We had a duo of wines to compare, one white and one red. Lopez de **Heredia Tondonia Reserva white Rioja 2005** was our oldest wine of the evening. It is made in an oxidized style and spent 6 years in American oak. Intense, dry and minerally, it was a great wine and paired well with the cod.

Our other main course choice, the **Beef Filet**, was pan seared with all-natural Angus beef, truffle crispy smashed fingerling potato, asparagus, preserved **shii-take** mushrooms and au poivre sauce. The **Cascina Adelaide Barolo Canubi, 2012** hails from the famous Canubi vineyard which has 60 year old vines. Barolo is one of Italy's greatest wines made from the Nebbiolo grape. It was the best and most austere red of the evening and was superb with the Angus.

Dessert found us with **Yuzu** Cheesecake. A square of cheesecake was covered with **miso** caramel and candied walnuts. The cheesecake was a bit dense, not at all like a light crème brûlée, with a bit of lemon flavor. The caramel offered a little challenge to selecting a wine, but the **Madeira Vintners Fenix Seco NV** was up to the challenge. Madeira Vintners is an all female company that is fairly new in Madeira. Seco, or dry, means the wine is in the style of a Sercial, the driest Madeira.

Many thanks to our kitchen crew, lead by Corporate Chef Brian Warneking in the kitchen, and Corporate Chef Nestor Rebolledo for the sushi. Thanks as well to Adam Weber our local wine guide, and David Ward, who will be a certified sake sommelier at the end of the year. Patti Hipple and Adam selected the wines. And of course, kudos to our event producers Shelli & John Klemke, and Connie & Gary Martin for putting on an imaginative and educational event. 🍷

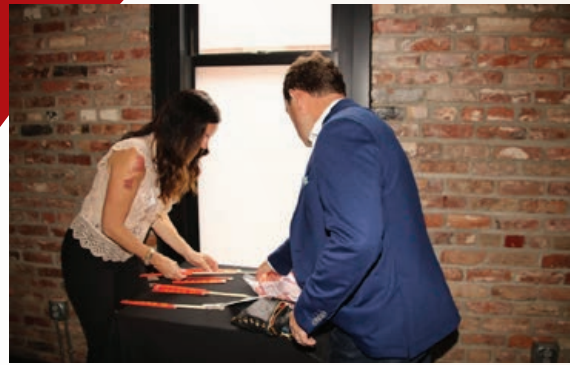


Gary & Connie Martin, Martin Villanueva, Brian Warneking (Corporate Chef Kitchen), Nestor Rebolledo (Corporate Chef Sushi), Rocendo Rodriguez, Shelli and John Klemke



Back Row: Jake Mason, Alex Newby, Brian Wall, Adam Weber IWP

Front row: Gary & Connie Martin, Mandy Carmichael, Craig Thurman, Kelly Lavey, Shelli & Jon Klemke, Joe Goldstein, President



Unfamiliar
Ingredients used
at Blue Sushi
Sake Grill

BY TOM MURNAN

If you are like me, mostly unfamiliar with sushi and Japanese cuisine, you spent time at our “Sake to me” event wondering what some of the terms and ingredients were. Here is a short list of the relevant items in our meal, coming from Asia and South America.



Aji panca

AJÍ PANCA. A variety of *Capsicum baccatum* (a chili pepper) grown in Peru and used in Peruvian cuisine. It has thick flesh and fruity overtones, it turns deep red to burgundy when ripe. It is commonly sun-dried at the farms and sold dry. It is very mild and if deseeded and deveined is considered to have no heat but is instead used for its flavor and color.



Aji amarillo

AJÍ AMARILLO. One of the ingredients of Peruvian cuisine and Bolivian cuisine. It is used as a condiment, especially in many dishes and sauces. In Peru the chilies are

mostly used fresh, and in Bolivia dried and ground. *Capsicum baccatum* is a member of the genus *Capsicum*, and is one of the five domesticated pepper species. The fruit tends to be very pungent, and are 30,000 to 50,000 on the Scoville Heat Unit scale.

ANTICUCHOS are popular and inexpensive meat dishes that originated in the Andes during the pre-Columbian era. While anticuchos can be made of any type of meat, the most popular are made of beef heart. Americanized versions of anticuchos are sometimes made of non-organ meats. The Spanish strung the meat on sticks as skewers.



Bonito or Katsuobushi shavings before being soaked in water

BONITO. A medium-sized predatory fish in the family Scombridae – a family it shares with the mackerel, tuna, and Spanish mackerel. Bonito meat has a firm texture and a darkish color. The bonito has a moderate fat content. Dried bonito flakes, known as *katsuobushi* in Japanese cuisine, are flakes of dried, smoked bonito fish. They look similar to wood shavings. **Bonito flakes** make the most delightful garnish. Yes, they bring umami to everything you put them on, but they literally dance when sprinkled over hot food. It has a smoky savory taste that is a great accent for many Japanese dishes. Because dried bonito is packed with lot of umami

(savory taste), it is perfect for making Dashi (fish broth) with which is a crucial component for Japanese cooking.



Burrata cheese

BURRATA. A fresh Italian cow milk cheese (occasionally buffalo milk) made from mozzarella and cream. The outer shell is solid mozzarella, while the inside contains stracciatella (a cheese made from buffalo milk composed of small shreds, a stretched curd fresh cheese) and cream, giving it an unusual, soft texture. It is typical of Apulia. It is usually served fresh and at room temperature.



Daikon radish

DAIKON. A mild-flavored (white radish, winter radish) usually characterized by fast-growing leaves and a long, white, napiform root. It is a horseradish as long as a carrot or a parsnip, white and with a spicy flavor. ▶



Some common brands of packaged instant dashi



Maitake mushroom bunch



Miso soup with tofu, wakame (seaweed) and scallion

◀DASHI. A class of soup and cooking stock used in Japanese cuisine. Dashi forms the base for miso soup, clear broth, noodle broth, and many kinds of simmering liquid to accentuate the savory flavor as umami. Dashi is also mixed into flour base of some grilled foods. The most common form of dashi is a simple broth or fish stock made by heating water containing kombu (edible kelp) and bonito (shavings of katsuobushi) to near-boiling, then straining the resultant liquid.

MAITAKE MUSHROOM. An edible mushroom that grows in large clusters on aging trees and fallen timber, cultivated in Japan and China for food and as a dietary supplement for its supposed beneficial effects on the immune system. Japanese, from mai, ‘dancing’, with reference to the happiness that would have resulted from finding one of these in the wild and take or ‘mushroom’. Also called Hen of the Wood in the USA. Maitake has a woody, though mild, flavor.

MISO. A traditional Japanese seasoning produced by fermenting soybeans with salt and koji (the fungus *Aspergillus oryzae*) and sometimes rice, barley, seaweed or other ingredients. The result is a thick paste used for sauces and spreads, pickling vegetables or meats, and mixing with dashi soup stock to serve as miso soup.

KONA KANPACHI SASHIMI. Hawaiian Kam-pachi is a Hawaiian yellowtail. It is grown in the open-ocean off the Kona Coast of the Big Island. It is Hawaii-hatched, reared and harvested using state-of-the-art aquaculture technology, without depleting wild fisheries or harming the ocean environment.

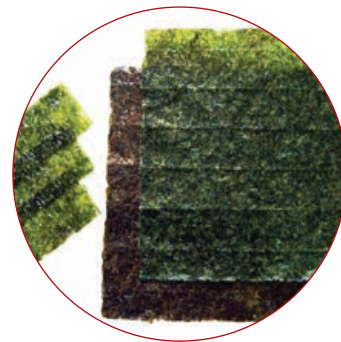


Momiji Oroshi

MALDON SEA SALT. A unique sea salt that is only produced by The Maldon Crystal Salt Company. It’s pronounced and distinctive “salty” taste means less salt is required, an advantage for those who wish to reduce their salt intake.

KATSUOBUSHI see Bonito

MOMIJI. A red chili pepper. Named after the autumn color of maple leaves. When added to grated daikon radish, it is called momiji oroshi.



Nori sheets

MIRIN. Similar to sake but sweeter with a lower alcohol content (14%).

NORI. The Japanese name for edible seaweed (a “sea vegetable”) species of the red algae genus *Pyropia*. It has a strong and distinctive flavor. It is used chiefly in Japanese cuisine as an ingredient to wrap rolls of sushi or onigiri, in which case the term refers to the dried sheets.

The finished dried sheets are made by a shredding and rack-drying process that resembles papermaking. They are sold in packs in grocery stores for culinary purposes.

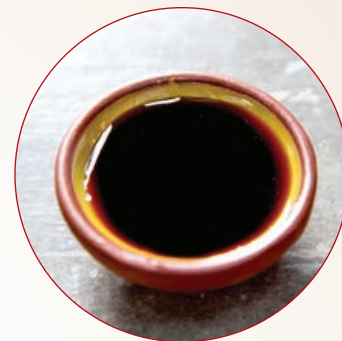




Ponzu shoyu and tuna steak



Shiitake mushroom



A bowl of soy sauce

PONZU SHOYU. A citrus-based sauce commonly used in Japanese cuisine. It is tart, with a thin, watery consistency and a dark brown color. Ponzu sh yu or ponzu j yu is ponzu sauce with soy sauce (sh yu) added, and the mixed product is widely referred to as simply ponzu. Ponzu is made by simmering mirin, rice vinegar, katsuobushi flakes from tuna and seaweed (kombu) over medium heat. The liquid is then cooled, strained to remove the tuna flakes, and finally the juice of one or more of the following citrus fruits is added: yuzu, sudachi, daidai, kobosu, or lemon.

SASHIMI. A Japanese delicacy consisting of fresh raw fish or meat sliced into thin pieces and often eaten with soy sauce. Sashimi is often the first course in a formal Japanese meal, but it can also be the main course, presented with rice and miso soup in separate bowls. Japanese chefs consider sashimi the finest dish in Japanese formal dining and recommend that it be eaten before other strong flavors affect the palate.

In some countries, the terms “sashimi” and “sushi” may be used interchangeably, but this is incorrect usage. Raw fish is one of the traditional ingredients in sushi but sushi may also be made without meat or with cooked seafood as long as it uses vinegared rice. Sashimi, on the other hand, always contains fresh raw meat or seafood.

SHIITAKE MUSHROOM. An edible mushroom native to East Asia, which is cultivated and consumed in many Asian countries. It is considered a medicinal mushroom in some forms of traditional medicine. Grown on dead logs. Shi means the tree that provides the dead logs on which it is cultivated, and take means mushroom. Shiitake are now widely cultivated all over the world, and contribute about 25% of total yearly production of mushrooms.



Shishito peppers

SHISHITO PEPPER. A sweet, East Asian variety of the species *Capsicum annuum*. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion. In Japanese it is often abbreviated as shishit. About one out of every ten peppers is spicy. For cooking, a hole is poked in the pepper beforehand to keep expanding hot air from bursting the pepper. It may be skewered then broiled (grilled), or pan-fried in oil, stewed in a soy sauce and dashi-based liquid, or simply eaten raw in a salad or as a condiment. It is thin-skinned and will blister and char easily compared with thicker-skinned varieties of peppers.

SOY SAUCE. A liquid condiment of Chinese origin, made from a fermented paste of soybeans, roasted grain, brine, and *Aspergillus oryzae* or *Aspergillus sojae* molds. Soy sauce in its current form was created about 2,200 years ago during the Western Han dynasty of ancient China, and spread throughout East and South-east Asia where it is used in cooking and as a condiment.

SUNAMONO. A Japanese dish consisting of uncooked vegetables or seafood that has been thinly sliced and marinated in su, or vinegar. Marinating the foods in vinegar often leaves them with an acidic, pickled taste.

SUSHI. Any pairing of ingredients with vinegared rice and served in bite-size pieces is considered sushi. Contrary to popular belief, sushi has nothing to do with fish at all. Instead, the word “sushi” describes the specific preparation of the rice used in sushi-making. Sushi rice is a specific variety of short-grain rice prepared with rice wine vinegar. The vinegared rice has its own unique flavor and clumps together to enable the creation of sushi rolls and other preparations.

Sushi is often made with fish and other types of seafood. It is also sometimes made with egg or vegetables like cucumber and avocado. ▶



Bonito (skipjack tuna) tataki



Wakame (edible seaweed)



Yuzu

◀ **TATAKI.** Two methods of preparing fish in Japan. 1. Sear very briefly over a hot flame or in a pan, or 2. Chopped into pieces. Tuna Tataki would mean quickly seared tuna on the outside and raw on the interior.

TATAKI SAUCE. A sauce incorporating soy sauce, mirin, green onions, golden brown sugar, lemon juice, peeled fresh ginger and garlic.

WAKAME. A species of edible seaweed, a type of marine algae, and a sea vegetable. It has a subtly sweet, but distinctive and strong flavor and texture. It is most often served in soups and salads.

YUZU. A citrus fruit resembling a small grapefruit with uneven skin and can be either yellow or green depending on ripeness. The flavor is tart and fragrant like a grapefruit with mandarin orange overtones. Very aromatic. Rarely eaten alone. The zest and juice are used like lemons. 🍊

Sources and photos: Wikipedia; Google search



UPCOMING COUNCIL BLUFFS BRANCH EVENTS

Mark Your Calendars!

**JULY
13**



**COUNCIL BLUFFS
COUNTRY CLUB**

South American Theme

Producers: Schierbrocks & Kossows

**AUG
25**



VENUE TBD

Champagne Brunch

Producer: Jill Panzer

**SEP
15**



AU COURANT

Featuring Seasonal Produce

Producers: John & Amanda Matthews

**OCT
12**



THRASHER CORPORATE OFFICE

Old vs. New wine

John Benker Catering

Producers: Dave & Tabitha Thrasher

**NOV
X**



VENUE TBD

Producers: Tom & Mary Murnan

**DEC
8**



MONARCH PRIME

President's Event

Producers: Joe & Jill Goldstein



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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: ivfs.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

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KEEP IN TOUCH!

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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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