

The Bluffs Food & Wine

August 2013 *gazette*



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in the Old Market

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Wine Vacation June 2012



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President's Comments



Hi Everyone,

Here is a nice red blend from Australia, 2011 Mollydooker Two Left Feet. This 15.5% alcohol full bodied wine is 72% Shiraz, 14% Cabernet Sauvignon and 14% Merlot. The fruits in this wine are ripe blackberries and black plum compote along with vanilla, dark chocolate and Indian spices. I enjoyed this wine with Indian cuisine. It will also pair well with grilled lamb or ribeye. Wine Spectator scored it 92 points. It should drink well through 2016. This wine can be purchase for \$27.99 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

We are in the midst of the dog days of summer, but we are always up for a great meal of wine and food. This month we journeyed to Stokes in the Old Market, where we had a quite nice evening of unusual food pairings and comfort food. Most of you will have to read about it because we seemed to run afoul of summer schedules and activities and had a lower than usual turnout. Nevertheless, the food was really nice, as were the wines. I cajoled a recipe out of Chef Salgado for utterly delicious Short rib Crostini that you really should try to wow your guests at your next party. Legend has it that Ponce de Leon searched for the fountain of youth, but should he have just kicked back and had a glass of red wine? This month, John Fischer writes of longevity and red wine. Read and find out if red wine is the elixir of youth! I hope you have been following my wine adventure in Portugal

last summer. Another installment has been made (volume 8), but there have been some unusual wine vacations taken just this month. Speaking of Portugal, when on our tour I discovered you shouldn't brush your teeth too quickly after drinking Port as you can remove some of the enamel. I came across an article reinforcing what I heard in Portugal. President Patti and Steve Hipple went to Kuala Lumpur, Malaysia, for an IWFS festival, the Kossows visited France and a number of winegrowing areas (think Champagne, Alsace and more), and the Forristalls toured Bordeaux. I will be working on all three couples to share their impressions, as well as their photos. If anyone else has had a wine or food vacation and wants to share, let me know. We would love to feature your story.

Enjoy!

Tom Murnan



Photo courtesy of hugel.com

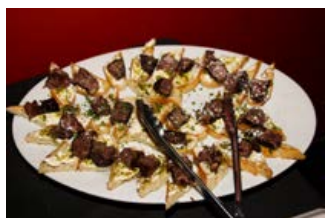
Event Report

July 13, 2013

Summer Dinner at Stokes in the Old Market

story by Tom Murnan

A hot July Saturday evening found our branch struggling to find parking in a packed Old Market district. The search was worth it, however, as we had a very tasty meal at Stokes. We had our own private dining room, so we shut out the noise of the rest of the restaurant. Summer schedules and vacations reduced the group to 12 individuals, including some guests from the Omaha branch.



We started with an assortment of cheeses, homemade hummus, and short rib crostini. The latter was utterly delicious comfort food, and quite unusual as far as the universe of crostini goes. I for one have never seen it before. Short ribs were braised, and the meat removed from the bone, and bite sized pieces laid on a slice of baguette. This had base of cream cheese with a corner of basil pesto. The intense beefy flavors of the braised meat just melted in your mouth. One thing I appreciated was that the bread was not toasted too much and was still soft. I asked for the recipe. Our quaffing wine was a sparkler from California, a non vintage Mumm Napa Brut Cuvée Prestige. It was a Wine Spectator Top 100, and a nice way to start our evening.

Upon arrival at table, President Patti Hipple presented our two newest members with their

framed membership certificates. Elizabeth Cannon and Bill Harricott accepted their certificates, and we welcome them on board enthusiastically.



Our First Course consisted of Smoked Trout Salad with a 2011 Zuccardi Torrontes wine from Argentina. Steve Hipple got up to explain his wine choice. Torrontes is the name of a grape that is just becoming popular in this country. It was very soft, with flavors reminiscent of passion fruit, and chosen because it was a good match to the smoked fish. Everyone seemed to agree. I found no sharp acidity edges on the wine. It was a fine pairing.



Next, we had Braised Maple Lacquered Pork Belly with Crispy Calamari, Micro greens & Olive Oil paired with a 2011 Dr. Loosen Wehlener Sonnenuhr Mosel Spätlese.



This was a bit unusual, with the juxtaposition of non typical sea and farm on one plate. The calamari was breaded and deep fat fried, while the pork belly was braised in stock and then coated lightly with maple sugar. This course had a German Spätlese wine matched to it, mostly because of the maple and the touch of sweetness that the sugar was to provide the pork.

Moderately sweet, soft and round, it too was a Wine Spectator Top 100. My opinion, but I thought the deep fried calamari tasted a bit greasy once it inevitably cooled down and that greasy taste interfered with matching the wine. The maple taste seemed to get lost in the pork's richness and fat, and was not very apparent or sweet. It is really difficult to select a wine where the food has not been tasted, which is the case most of the time with our events. All in all, I thought that the Riesling was an adequate match. I wonder if the calamari had not been deep fat fried, and the maple flavor stronger and sweeter if it would not have fared better with the Spätlese.

The Third Course found us with short ribs again. I wasn't complaining because the dish was so expertly done. Beef



Short Rib, Crispy Shallot, Potato Sweet Corn Hash & Balsamic-Fig Sauce was presented. This time, however, we had to select our favorite between two different kinds of red wines. Which would go better, the 2011 Seghesio Sonoma County Zinfandel or the 2010 Casa Lapostolle Cuvee Alexandre Alpato Cabernet Sauvignon? How to choose was the question. The answer became apparent upon eating the rib. The outstanding deep beefy flavor

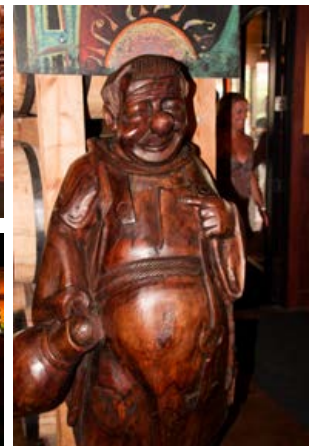
was not the answer. The secret was with the sauce. Since the fig sauce provided such a fruity and savory flavor, it had a great affinity for the zinfandel with its soft blackberry and raspberry flavors. Had the chef chosen a red wine or Madeira sauce, it would have completely changed the structure of the dish, and the cabernet would probably have won out since it was more structured and tannic. After Steve called for a vote, there were one or two holdouts who preferred the cab, but the consensus was that the zin worked better.



Dessert concluded our meal with a Lemon Crème Brûlée, Caramel & Raspberries. This was more like a crème caramel, where the caramelized sugar sits at the bottom of the container and gets soft, rather than a brûlée, where you have a hard cover of sugar on top. It went extremely well with the 2003 Château d'Arche from France's Sauternes district. Classified a Grand Cru Classé (Second Growth) in 1855, it is a delicious bargain in today's wine market. Made from noble rot affected Semillon grapes, it was very sweet with notes of apricots and peaches.



Chef Valentin Salgado and server Henry Cooley came out for pictures, and the Chef explained how he braised the short ribs for three hours in beef stock, carrots, onions salt pepper and garlic at 300 degrees. The sauce consisted of Chinese BBQ sauce and figs. Many thanks for our hosts, President Patti Hipple and husband Steve, along with Todd and Sandy Lemke, and of course the Stokes staff, for a very enjoyable evening. *The Bluffs Food & Wine gazette*



More photos of this event on the following page »



What disease did cured ham actually have?

Stokes' Chef Valentine Salgado's Short Rib Crostini



yield: 36 Crostini

Beef

6 beef short ribs
Canola oil
salt & pepper
2 carrots coarsely chopped
4 ribs of celery coarsely chopped
1 onion coarsely chopped
1 quart chicken broth
½ bottle red wine

Short ribs

Preheat oven to 300° F
Salt and pepper ribs, then sear in canola oil in heavy pan.
Add carrots, celery and onion.
Add chicken stock and red wine to cover meat.
Cover and place in oven for 3 hours to braise.
Remove from pot and cool.
Take meat off bone and cut into bit sized pieces to top crostini.
[Braising liquid can be used elsewhere for a sauce or gravy. Editor]

Pesto

1 cup fresh basil leaves, cleaned
2 cloves garlic
½ cup extra virgin olive oil
½ cup grated Romano or Parmesan cheese

Place first two ingredients in mini food processor. Turn on machine to purée and begin adding the olive oil slowly. When oil is incorporated, add grated cheese. Turn machine off.

Crostini

8 oz Philadelphia Cream Cheese
1 baguette Ciabatta or French bread

Assemble Crostini

Slice bread about ¼ inch thick. Place slices on a baking sheet and lightly toast under broiler. Center should be soft and not toasted too hard. Remove from broiler.

Spread cream cheese on each slice. Place dollop of pesto on one side of bread. Add piece of short rib on other side. Serve.

[Editor's note. To save heating up the kitchen in the summer, you can cook the ribs in a crock pot at low temperature for 5 hours.]

Longevity and Red Wine

by Dr. John Fischer



Photo courtesy of: Florida Homes Magazine (flickr.com)


The health-giving effects of red wine have been well documented. It logically follows that a major benefit in preventing or delaying the onset of disease is an extended longevity. However, this effect is not the real thrust of this topic. A polyphenol found in red wine called resveratrol has the ability to prolong the time a living cell has to repair its DNA genetic material: In other words, it interferes with the aging process of cells! It has the promise of delaying or abolishing age related diseases and prolonging human life by decades.

Dr. David Sinclair, PhD, a Harvard genetic scientist is the vanguard in the field of this research. His research involving non-human studies has extended life by as much as 70 percent. It is noteworthy that the “longevity gene” present in his study population is the same gene that is present in humans.

Although wine drinkers derive a cornucopia of benefits from the resveratrol in wine, they do not live to be centenarians. The reason for this might very well be related to dose. Human studies have shown that resveratrol is quickly metabolized. In studies using 25 milligrams of resveratrol, only trace amounts were found in plasma; most of the oral dose was recovered in the urine. However, the metabolism of resveratrol in mice (one

of the test subjects in Dr. Sinclair’s research) is much slower, and significant amounts were present in the plasma after an oral dose. A glass of red wine contains 3-5 milligrams of resveratrol. Although bestowing many salubrious benefits at this dose and extending life by an average of three to four years, the dose may not be adequate enough for one to become a centenarian

A major problem with resveratrol is that it is easily oxidized. There are resveratrol pills on the market; however, by the time they reach the consumer, they have oxidized (reacted with the oxygen in air) and no longer have any activity. Such is not the case for wine. At this time, the best source for resveratrol is red wine. Red wine is bottled in nitrogen flushed bottles that are air tight, which protects the resveratrol content in the bottle. The highest concentrations of resveratrol are found in Pinot Noir from the Pacific Northwest.

Who knows, in a few years, fully active resveratrol pills may be available in the marketplace and mankind may take a giant step into the future; however, for the present time, enjoy yourself, and obtain your daily dose of resveratrol from a glass or two of Pinot Noir or any good quality red wine. 



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*.

Tom and Mary Murnan's Wine Vacation

Quinta do Tedo

June 2012: Vol 8

by Tom Murnan



It is Tuesday morning, June 5th, 2012, day three of our tour. I was thanking my lucky stars that I didn't have to drive the narrow and winding highway in the darkness last night, after all the food and wine at the Quinta do Crasto. But today was a new day, and we were going to a new Port lodge: the **Quinta do Tedo**. Located on the south side of the Douro, it again occupies very rugged, semi arid terrain at the confluence of the rivers Tedo and Douro. The name Tedo comes from Don Tedo, who went to the Moorish king in the early XI century to make a peace treaty, but was instead captured and imprisoned by the king. His beautiful daughter, Ardinia, in a case of love at first sight, stealth fully set Tedo free. The two ran and got married, after she first got baptized. But the king swore to kill whoever let the prisoner free. He first ambushed his daughter and slayed her, then in a later battle, killed Don Tedo. His blood flowed into the river they now call Tedo.

We were met by Kay Steffey Bouchard. Kay, a Californian, married Vincent Bouchard, a Burgundian, and in 1992 they purchased, and began to restore, the 250 acre estate of Quinta do Tedo. Kay and her family actually live in the Chianti region of Italy but stay frequently at the Quinta. Kay turned us over



to winemaker Jorge Alves for a tour of the property. We started our tour by taking a drive in a small truck. We saw a crew with modern heavy equipment laboriously repairing a stone wall that makes the terrace

on the steep topography. This is incredibly tough work in hot weather, but necessary to preserve the terrace. About once a century, they need to be rebuilt. We saw an old man in a fruit tree, picking fresh cherries. We observed the state of the very young bunches of green colored grapes, which were formed but just beginning to swell out. We then returned to the Quinta for a tour of the cellars and a tasting.



And a large tasting it proved to be. But first, Jorge showed us the cellars and the large aging vessels, and explained the winemaking process for the different kinds of port. When we sat down for the tasting, we tried a 1999 Tawny, and a 2001 single grape port (100% Tourega Nacional). The latter is pretty unusual since most ports are blends of different grapes, usually contain only about 10% Tourega Nacional. Also tried were a 1998 LBV, a 2005 Colheita (single year tawny), a 1997 vintage, a 1994 vintage, and 2002, 2010, and 2011 all from huge 7000 liter Balseiros, great wooden vessels that age the wine slowly, imparting little oak flavor. The 2011 was by far too young, and tasted grapy and yeasty, with tooth coating tannins.



We were then treated to lunch made by Austrian chef Thomas Egger. We started with a 2009 Vertice Douro sparkling wine with **Bolinhos de Bacalhau**, or balls of salt Cod, and shrimp. Bacalhau is one of the great foods in Portugal, and found nearly everywhere. We then had **Onion Soup with Moira Sausage**, a smoky sausage whose name means a Muslim girl. The soup was thickened with potatoes, but also had carrots and garlic. This was paired with a white wine, a 2010 Terra



Douro Reserva, a nice match. Next we again had bacalhau, this time flavored with garlic, breaded and served on a roof tile with roasted potatoes. We moved to red wine with the 2007 Quinta do Tedo Grand Reserva Savedra (name of the vineyard). It was the Portuguese equivalent to a French Grand Cru. Dessert was chocolate cake with condensed cream, strawberry jam, and white chocolate sprinkles. Three kinds of Port were tasted: a 10 Annos tawny, a LBV from 2007, and a Vintage Port, also from 2007. The 10 Annos was the best match with dessert. Finally, to our surprise,

we had the freshly picked cherries that we saw 68 year old Alberto picking in the tree during our tour. Talk about fresh and delicious!

Stuffed, we loaded into our vehicle for the next stop, the Quinta do Panascal, one of the named vineyards that supplies world famous Fonseca Port. The Bluffs Food & Wine magazine



Next
Stop:
Quinta
do
Panascal

Updated Medical Advise: When Dentists Didn't Know Best

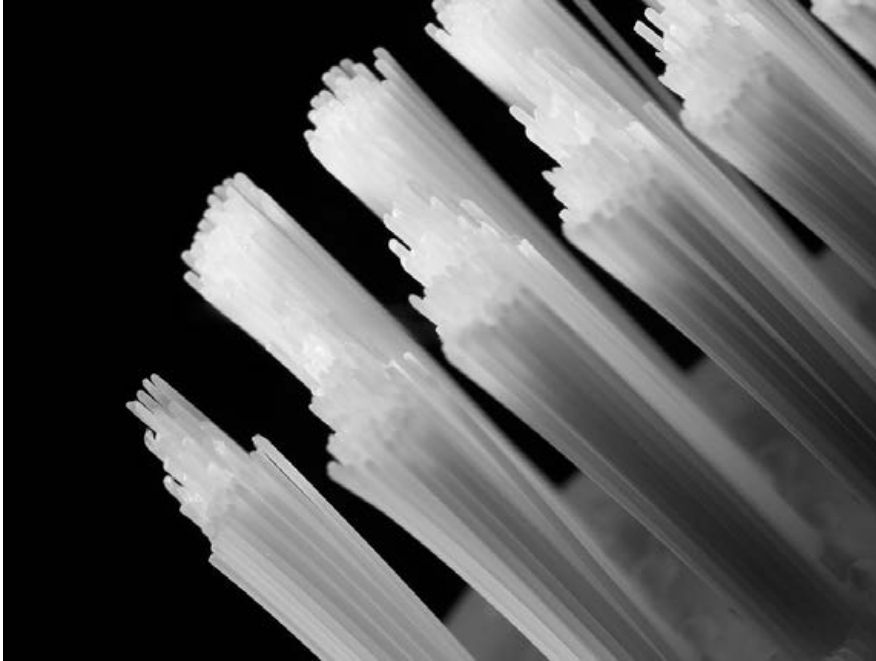


Photo courtesy of: J.D.H. (flickr.com)

Not so long ago, in the old days, dentists advised their patients to brush as soon as possible after a meal. Modern thinking suggests that you may actually be harming your teeth from premature brushing by “rubbing in acids from food and beverages such as citrus fruit, vinegar and soda” which could wear down tooth enamel. [This is especially true of high acid, high alcohol wines, such as Port. Editor.] Modern thinking suggests that after eating and drinking, especially drinking wine, rinse your mouth immediately with water, then wait 30 minutes before brushing. Source: Readers Digest June 2013

I'm supposed to respect my elders,
but it's getting harder and harder for
me to find one now.



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Upcoming Council Bluffs Branch Events! Mark Your Calendars!

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

September 29 • Dean Dougherty hosts this Reprise of last year's event at Big Sandy at his cabin north of Ashland, NE.

October 18 • A Taste of France in the Heart of Little Italy. Tom & Mary Murnan host a French meal at Chef Hattam Catering in the old Café de Paris, 1228 S 6th St., Omaha not far from the Old Market.

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

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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.

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