

AUGUST 2019

# *The Bluffs* *Food & Wine* *gazette*

*Event Report:*  
*Summer Fête at Mode de Vie*

## **ALSO INSIDE:**

Recipe: Passion Fruit  
Mousse with Black  
Pepper Shortbread

Sake: A Brief Description  
of How it is Made



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



# PRESIDENT'S COMMENTS

Hello All,

Let's start by saying thank you to the Schierbrocks and the Kossows for putting on a great event at the Council Bluffs Country Club. The wines were excellent, and the staff did a great job on the food. It was nice to see so many guests in attendance. I always find it fun to show off what we are all about to new people, and potential members.

Please note that the August event will now be on Saturday, August 24th at HUB (Helping U Barbecue). The theme includes demonstrations on new barbecue equipment, how to properly use your current grills or smokers, and some award winning BBQ, with wines from our cellar. This event is limited to the first 40, due to the size of the venue. We will start by opening to members only, and will include guests if space is still available.

Finally, I want to tell you why I believe our branch of IWFS is special. As usual the Goldstein's were sitting around just twiddling our thumbs with nothing to do on a weekend. Out of the blue the Hyders' texted and asked us to join them for dinner, and wine on a Friday night. I assume they either took pity on us, or their original plans fell through and they thought "Text the Goldsteins. They won't be doing anything." After a great dinner, and wine, the Hyders' graciously invited us to their home to try some wines from their cellar. We sampled some great old and new vintages from the cellar none of which we had ever tried before. It was a great evening and an educational experience that we would never have been available to us had we not joined the Council Bluffs branch. The friendships, and the ability to do things outside of the club with other members is what makes this club unique. I encourage you to have a night out with other club members, and have some fun. 🍷

Cheers,

*Joe Goldstein*



**A BOTTLE OF WINE BEGS TO BE SHARED; I HAVE NEVER MET A MISERLY WINE LOVER."**

— CLIFTON FADIMAN



**Cover Photo:**

Antique glass of Château Guiraud Sauternes 2005 at Mode de Vie, Omaha

# EDITOR'S

## CORNER

**M**ode de Vie has been on the Omaha restaurant scene since early August of 2018, but I had never gotten over there to try it. I discovered quite a few other of member attendees had not been there either. It is advertised as a Champagne Bar. It is a French forward kind of dining experience, with a number of Champagne poster reproductions on one wall, giving you a good flavor of its Gallic-centric theme. There are also high end Champagnes in the bar. As such it promotes the cuisine of places like New Orleans, Vietnam, North Africa, the French Caribbean and of course La Belle France itself. The meal there was quite enjoyable. I know I will return. This was Michel and Hassan Hyder's first solo event. Read about it within.

I was bowled over by the Passion Fruit Mousse with Black Pepper Shortbread dessert at Mode de Vie. Created by Laura Nilles, a recent graduate of Iowa Western Community College, who worked earlier as an intern for Mode de Vie she hit the ball out of the park with this one. Coordinating with Executive Chef Shawn Phifer, who instructed her on the flavors of the Sauternes we would have (honey, saffron, passion fruit, black pepper), she created our dessert. It was utterly fantastic with the wine. I asked for the recipe since I don't see that many recipes that work this spectacularly with Sauternes. It is easy enough to try at your next dinner party to wow your guests with your cooking prowess.

To continue a little bit on our Asian / Sake theme from last month, I thought it would be of interest to our members to know more about how sake is made. The better quality sake polishes the grains of rice down to remove the bran and improve the flavor.

Please note there has been a change in the event date and venue for August. It has been moved from Sunday the 25th to Saturday the 24th. Check out the Future Event section.

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

*Tom Murnan*



**BEING ASKED IF I WANT  
ANOTHER GLASS OF  
WINE IS LIKE ASKING ME  
IF I WANT MORE MONEY."**





MODE DE VIE

*french inspired*

# EVENT REPORT:

## SUMMER FÊTE AT MODE DE VIE

*Story & Photos by Tom Murnan*

I was looking forward to dinner at Mode de Vie. Advertised as a Champagne destination, it got a good review in the Omaha World Herald. Since it had just rained, it kept us from enjoying the patio. The interior is smartly modern and appealing. The restaurant had closed just for us, so we had plenty of room for our group to spread out. We had 34 sign up, including two guests and two no-shows. Aaron Halbert was presiding as co-owner. SamFam LLC is a restaurant group owned by Ron Samuelson and his two nephews, Justin and Aaron Halbert. (They also own Herbe Sainte and Dela Costa.) It opened in August of 2018. They specialize in French inspired food, including Vietnamese and North African, all part of the former French empire. Mode de Vie also just won first place in the 2019 Omaha's Choice Awards for best European restaurant.

Although we did not have a true Champagne at our event, we did have a **Patrick Bottex Bugey Cerdon Méthode Ancestrale NV** sparkler. Bugey Cerdon is one of the best-kept secrets of France. It is a geographical crossroads between the Savoie, the Jura, Burgundy, and the Rhône. *Méthode ancestrale* is a rare procedure that predates the *méthode champenoise* technique used in Champagne to carbonate wine in the bottle. In the *méthode ancestrale* the wine first goes through a primary

fermentation in cuve, but is then bottled before all of the residual sugar has converted to alcohol. After going through a secondary fermentation in the bottle for at least two months, the wine is ready. In the *méthode Champenoise*, the secondary fermentation is accomplished by adding a mixture of sugar and yeast, called the *liqueur de tirage*, to still wine. It is capped, and allowed to carbonate when the yeast converts the sugar to carbon dioxide. Finally the temporary cap is removed, a dosage of sugar may be added, then a cork and wire cage is installed to finish the bottle off.

We also had a red quaffer. **Château Moulin-à-Vent, Moulin-à-Vent, Beaujolais 2012** sported the Gamay grape (not Pinot Noir). Moulin-à-Vent is the best and most full bodied of the 10 Cru Beaujolais wines. However, I thought the Bugey Cerdon the superior wine. A touch sweet with lively acidity and deep rosé color it had great flavor, while the Beaujolais was smooth and easy to drink, but on the simple side for being on the top of the Beaujolais heap.

Three appetizers were passed around by the staff: **Blackened Scallop Cerviche with Carambola and Anise; Pork Confit with Sour Rhubarb Compote and Blackstrap Molasses; and Pissaladière with Caramelized onion, Anchovy and Picholines.** Pissaladière is a Provençal open tart

resembling pizza, typically made with onions, anchovies, and black olives, but with a heavier crust than pizza. A picholine is a medium-sized brine-cured green olive of French origin. All were quite tasty and made for good Gallic hors d'oeuvre.

Our event producers, **Michelle & Hasan Hyder** introduced **Aaron Halbert** and **Executive Chef Shawn Phifer**. Aaron would talk about the wines for each course, while Shawn discussed the food.

**Salad** was our first sit down course. We enjoyed a **Pepita Crusted Chèvre, Caramelized Watermelon with Arugula, Pea Tendrils, Ruby Grapefruit and Ikura Vinaigrette**. A patty of chèvre was patted with pepita peppers and deep fat fried to form a crisp crust. Served warm, the crustiness was perfectly done. This was a rich dish, but the acidic grapefruit helped to cut the richness. The bitterness of the arugula also counteracted the richness of the cheese. The watermelon added sweetness. The pea tendrils seemed mostly decorative, but did have a slight pea flavor. At first, our **Château Gassier Côtes de Provence Esprit Rosé 2017** literally had a cheese nose...reminiscent of Parmesan. Luckily, those cheese notes blew off fairly quickly with airing. The grapes were grown at the foot of Mount Sainte Victoire. Gassier only sells Esprit fresh, and never after one year. Dominated by Grenache, it had peppery red fruits and tight acidity and was a good salad wine. ▶













◀ **Air** was our next course. **Pan Seared Duck Breast, Sweet Potato Chèvre Purée, Haricots Verts, Grilled Stonefruit Fondue** awaited us, along with a white and a red wine pairing. Sweet potato and goat cheese were mixed into the purée, which seemed to work quite well. The duck was fanned out over this orange colored purée along with the fresh green beans, which made for a nice colorful presentation. My duck was perfectly cooked. The surprise was the stonefruit fondu, which arrived warm. Deeply flavored and a bit peppery and acidic, you were instructed to dip your duck into the stewed fruit, which became almost a syrup, and completely changed the flavor of the duck.

Our white wine was the **Emile Beyer Pinot Gris 2017**. This is a wonderful producer out of Alsace. Crisp acidic, it was perfectly balanced with pear and wet pebble notes. Superb. It went very well with the sweet potato and duck. In contrast, the red wine, a **Domaine Haute Marone Gigondas 2015**, I found too heavy for the duck. Gigondas is only 15 miles from Châteauneuf-du-Pape, and has many of the full-bodied red wine grapes of CduP, especially Mouvedre and Grenache. These full bodied grapes quickly overwhelmed this domesticated duck, whose flesh is fairly delicate. Interestingly enough, the stonefruit fondu provided a “bridge” to the dish, so it wasn’t a total failure. The red went quite well with the deep fruit flavors of the “bridge.”

**Land** was our 3rd course. **Pistachio Crusted Beef Tenderloin, Foie Gras Celeriac Purée, White Asparagus, Corn Coulis and Bourbon Demi** was paired with a red and white wine, the second time we had a white and red to compare. The pistachios were flavored by cooking them briefly in the duck fat rendered off the previous course. Patted on the beef, it was then sautéed. I loved the celeriac purée. Celeriac is the root of the celery plant. It was a nice alternative to the ubiquitous mashed potato or puréed parsnips. The Bourbon demiglace topped off the flavors of the dish.

Our white was a **Joseph Drouhin Saint-Véran Mâconnais 2017**. Mâcon is a southern district of Burgundy, and just above Beaujolais, known for making good value Chardonnay wines, much cheaper than cru Burgundies in the Côte d’Or or Côte de Nuits. Our guides revealed a white was chosen because of the pistachios, which is a classic pairing. Also, asparagus and corn coulis is a popular Burgundian dish. Corn coulis is where corn is sautéed in a skillet, wine and spices like saffron are added, then the mixture is puréed for a thick “sauce.” The wine was dry, with apple notes, and minerally like most Burgundy Chardonnays. It went well with the accoutrements of this dish: the asparagus, corn, celeriac and pistachios. The red wine was a **Château Les Gravières Saint Émilion Grand Cru 2009**. One of the few Bordeaux wines made of one grape variety (100% Merlot), it was well balanced with smooth tannins and low acidity, and blackberry and red current flavors. It was an outstanding match for the beef, but went well with the other flavors as well.

**Dessert** was our 5th course. **Passion Fruit Mousse, Black Pepper Shortbread, Caramel Hazelnut Drops and Fresh Berries**. This dish really sang with the **Château Guiraud Sauternes 2005** which came from the Hyder cellar. Coincidentally, the Hyderys had just returned from France where they stopped at Château Guiraud

in Sauternes. The dessert was made by an intern named Laura Nilles who graduated from Iowa Western Community College a year ago. As Chef Shawn said, “she crushed it!” I agree. The passion fruit showed a great affinity to the honeyed unctuousness of the Sauternes. A marriage made in heaven. I thought the blueberries were a bit of a distraction, not a perfect accompaniment due to their high acidity, but that is splitting hairs. The wine was served in a variety of antique glasses. It looked so beautiful I chose to use one for our Gazette cover. The Hyderys also gave a bottle to the kitchen staff so they could viscerally experience how the wine interacted with the dessert. The whole was definitely more than the sum of its parts, one of those great wine pairings you remember. I asked Aaron for the recipe, and he graciously agreed. See the next story to make your own passion fruit mousse with black pepper shortbread.

We had many playful moments with this meal. We had red and white wine comparisons where each wine brought forth different qualities of the food. The Stonefruit Fondue was another such moment, as was the watermelon, grapefruit and pepita crusted chèvre salad. Our menu was a tour-de-force of inventiveness and breaking away from the stodginess of the old French rules of cuisine of yesteryear. Many thanks to the Hyderys, who pretty much did all the work on this, their first solo event. They did a great job. I can’t wait for the next Hyder event! Every member Event Producer has to have a Board Member behind them, and Joe and Jill Goldstein fulfilled that role. Executive Chef Shawn Phifer did a superior job of creating or Gallic inspired menu, and of course, many mercis to Laura Nilles for the dessert recipe. Aaron Halbert helped select the wines. This time, the wines came from the Branch cellar, the restaurant, and from the Hyder personal cellar. We appreciated the attentive wait staff as well. Merci bien! 🍷





# PASSION FRUIT MOUSSE WITH BLACK PEPPER SHORTBREAD

## CREATED BY MODE DE VIE PASTRY CHEF, LAURA NILLES

### SHORTBREAD | YIELD: 8 SERVINGS

4 oz. butter, soft  
1/3 c. granulated sugar  
1 c. AP flour  
1/8 tsp. salt  
1/2 egg yolk  
1/4 tsp. vanilla extract  
1 tsp. coarsely ground black pepper

1. Cream butter and sugar together until light and fluffy with a mixer.
2. Beat in yolk and vanilla.
3. Starting on low, beat in flour, salt, and black pepper, increasing speed as needed to create a uniform dough. It will be thick.
4. Roll out to 1/4" thick and cut 2 1/2" circles. Gently place circles on a greased and paper lined pan.
5. Bake at 325°F for 7-10 minutes or until edges just start to turn golden brown.

### PASSION FRUIT MOUSSE

4 oz. passion fruit purée  
.1 oz. powdered gelatin (unflavored)  
1 oz. granulated sugar  
1/4 tsp. lemon juice  
5 oz. heavy cream

1. Combine 2 oz of the purée and the gelatin. Set aside to bloom.
2. Heat remaining purée, sugar, and lemon juice until sugar dissolves.
3. Combine heated purée mixture with gelatin mixture until smooth with a whisk. Chill to 70F or until gelatin begins to set, making the mixture jiggly like jello.
4. Whip heavy cream to medium peaks. Fold into cooled fruit mixture.
5. Pipe mousse onto shortbread with an 845 size star tip.

**NOTE:** If passion fruit is unavailable, substitute with mango purée.

### OPTIONAL CARAMEL HAZELNUT

3 C sugar  
3/4 C water  
16 hazelnuts toasted and skinned  
16 heavy toothpicks inserted into hazelnuts

1. Heat sugar and water in a heavy saucepan over medium heat, stirring occasionally, until sugar is dissolved and syrup is clear. Stop stirring; cook until syrup comes to a boil.
2. Continue to boil, gently swirling occasionally, until medium amber.
3. Dip hazelnuts into caramel and set aside on plate and cool.
4. Drizzle caramel on serving plates around shortcake. Add hazelnuts.

**Optional:** Garnish with fruit and berries like dried apricot, pomegranate seeds, pear, dried and candied fruit mix and/or blueberries.



*Sake brewery,  
Takayama,  
with a sugitama  
globe of cedar  
leaves indicating  
sake.*

## *A Brief Description of How it is Made*

**S**ake, also spelled *saké* also referred to as *Japanese rice wine*, is an alcoholic beverage made by fermenting rice that has been polished to remove the bran. Despite the name, unlike wine, in which alcohol is produced by fermenting sugar that is naturally present in fruit (typically grapes), sake is produced by a brewing process more akin to that of beer, where starch is converted into sugars, which is then ferment into alcohol. The brewing process for *sake* differs from the process for beer. With beer, the conversion from starch to sugar and then from sugar to alcohol occurs in two distinct steps. Like other rice wines, when *sake* is brewed, these conversions occur simultaneously.

The rice used for brewing sake is called *saka mai*. There are at least 80 types of sake rice in Japan. The grain is larger, stronger (if a grain is small or weak, it will break in the process of polishing), and contains less protein and lipid than the ordinary rice eaten by the Japanese. Sake rice is used only for making sake, because it is unpalatable for eating. Sake rice is usually polished to a much higher degree than rice that is used for eating. The reason for polishing is a result of the composition and structure of the rice grain itself. The core of the rice grain is rich in starch, while the outer layers of the grain contain higher concentrations of fats, vitamins and proteins. Since higher concentration of fat and protein in the sake would

lead to off-flavors and contribute rough elements to the sake, the outer layers of the sake rice grain is milled away in a polishing process, leaving only the starchy part of the grain (some sake brewers remove over 60% of the rice grain in the polishing process). That desirable pocket of starch in the center of the grain is called the *shinpaku*. It usually takes 2 to 3 days to polish rice down to less than half its original size. If the sake is made with rice that has a higher percentage of its husk and outer portion of the core milled off, then more rice will be required to make that particular sake, and it will take longer to make. As a result, sake made with rice that has been highly milled (i.e., much of the rice has been polished off) is that it is usu-

ally more expensive than a sake that has been made using less polished rice.

Water is one of the important ingredients for making sake. It is involved in almost every major process of sake brewing from washing the rice to dilution of the final product before bottling. The mineral content of the water can play a large role in the final product.

Sake is produced by the multiple parallel fermentation of rice. The rice is first polished to remove the protein and oils from the exterior of the rice grains, leaving behind starch. Thorough milling leads to fewer congeners and generally a more desirable product.▶



(left) Sake bottle, Japan, ca. 1740; (top right) Moromi, the main mash; (bottom left) Sake can be served in a wide variety of cups; a sakazuki (a flat, saucer-like cup), an ochoko (a small, cylindrical cup), and a masu (a wooden, box-like cup).

◀ Newly polished rice is allowed to “rest” until it has absorbed enough moisture from the air so that it will not crack when immersed in water. After this resting period, the rice is washed clean of the rice powder produced during milling and then steeped in water. The length of time depends on the degree to which the rice was polished, ranging from several hours or even overnight for an ordinary milling to just minutes for highly polished rice.

After soaking, the rice is steamed on a conveyor belt. The degree of cooking must be carefully controlled; overcooked rice will ferment too quickly for flavors to develop well, and undercooked rice will ferment only on the outside. The steamed rice is then cooled and divided into portions for different uses.

The microorganism *Aspergillus oryzae* (a mold) is sprinkled onto the steamed rice and allowed to ferment for 5–7 days. After this initial fermentation period, water and the yeast culture are added to the koji (rice and mold mixture) and allowed to incubate at 39 °F for about 7 days. Over the next four days, pre-incubated mixture of steamed rice 200 lb, fermented rice and water are added to the fermented mixture in three series.

This staggered approach allows time for the yeast to keep up with the increased volume. The mixture is now known as the main mash, or *moromi*.

The main mash then ferments, at approximately 59–68 °F for 2–3 weeks. With high-grade sake, fermentation is deliberately slowed by lowering the temperature to 50 °F or less.

Unlike malt for beer, rice for sake does not contain the amylase necessary for converting starch to sugar; it must undergo a process of *multiple fermentation*.

After fermentation, sake is extracted from the solid mixtures through a filtration process. For some types of sake, a small amount of distilled alcohol, called brewer’s alcohol, is added before pressing in order to extract flavors and aromas that would otherwise remain behind in the solids. In cheap sake, a large amount of brewer’s alcohol might be added to increase the volume of sake produced. Next, the remaining lees (a fine sediment) are removed, and the sake is carbon filtered and pasteurized. The sake is allowed to rest and mature and then usually diluted with water to lower the alcohol content from around 20% to 15% or so before it is finally bottled. Like other

brewed beverages, sake tends to benefit from a period of storage. Nine to twelve months are required for sake to mature.

The four main grades of sake are *junmai*, *honjozo*, *ginjo* and *daiginjo*.

**JUNMAI-SHU** Pure sake made only from rice, water, and koji without any additional alcohol.

**HONJŌZŌ-SHU** Sake made from rice, koji, water, and a small amount of added alcohol for balance. Rice polished to 70% or less of its original size.

**GINJŌ-SHU** Special brew sake is polished to 60% or less and fermented at low temperature.

**DAIGINJŌ-SHU** Very Special brew.

In general, it is best to keep sake refrigerated in a cool or dark room, as prolonged exposure to heat or direct light will lead to spoilage. After opening a bottle of sake, it is best consumed within 2 or 3 hours. 🍷

Source: wikipedia.org/wiki/Sake

# UPCOMING COUNCIL BLUFFS BRANCH EVENTS

*Mark Your Calendars!*

**AUG  
24**



## **NOTE DATE CHANGE, THE HUB**

Barbeque education and theme  
Producer: Steve & Patti Hipple and  
Joe & Jill Goldstein

**SEP  
15**



## **AU COURANT**

All Washington wines  
Producers: John & Amanda Matthews

**OCT  
12**



## **OLD VS. NEW WINE**

Thrasher Corporate Office  
John Benker Catering  
Producers: Dave & Tabitha Thrasher

**NOV  
10**



## **LE BOUILLON**

Paso Robles Wines  
Producers: Tom & Mary Murnan

**DEC  
8**



## **PRESIDENT'S EVENT**

Flemings  
Producers: Joe & Jill Goldstein



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

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## *The Bluffs Food & Wine August 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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