

The Bluffs *Food & Wine* *December 2012* *gazette*

An All **Tapas** Dinner

Also inside
Three **Tapas** Recipes
White Wine and **Red Meat?**
Tom and Mary Murnan 2012
Wine Vacation Vol. 4



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

President's Comments

2009 Zind-Humbrecht Gewurztraminer Alsace L170 & Roasted Cornish Game Hen

Try this wine and food pairing for something different this holiday season. The Wine Spectator rates this wine 92 points/ranked number 67 of the top 100 wines in 2011. It should drink well from 2012 through 2024 and can be purchased at Whole Foods for \$26.99. Buy six and receive a 10% discount. The flavors of orange peel, fleur de sel, lychee, spice and smoke marries well with this dish.

Your president,

Patti Hipple



Recipe

Roasted Cornish Game Hens

Stuffing

2 cups chicken stock	¼ tsp ground cardamom
½ tsp salt	1 tsp fresh grated orange peel
1 tbs butter	1 cup long grain white rice
¼ tsp ground cinnamon	½ cup chopped pitted dates
½ cup chopped pecans	
6 Cornish game hens	1/2 cup orange marmalade
Salt and pepper	¼ cup Gewurztraminer
6 Tbs butter softened	

To make stuffing

Combine first six ingredients and bring to a boil. Add rice, cover and reduce heat. Simmer 20 minutes then remove from heat and allow to rest for five minutes. Fluff the cooked rice with a fork and stir in dates and pecans.

The hens

Pre-heat oven to 350, then salt and pepper the cavities and stuff with ½ cup of rice. Brush hens with butter then place in roasting pan. Place pan in oven. Melt the orange marmalade with the wine and reduce slightly. After 30 minutes, baste the hens with the marmalade mixture. Raise the temperature to 400 and cook for an additional 20 to 30 minutes, or until juices run clear and the hens are browned, basting occasionally with the sauce.

Editor's Corner

Well, the year is winding down, but not the quality and excitement factor of our events. The All Tapas dinner that Bob and Suzanne Kossow planned was the reason you joined this society: an unusual aspect of Spanish cuisine, Tapas, smartly paired with all Spanish wines. We've all had Mexican food, and maybe you have had Spanish meals before, but how many times have you had an entire meal of only Tapas, or small plates? As you will read, they are more than just appetizers. Our hostess, Elaine Fenner, provided us with recipes should you wish to reproduce a part of the dinner. Finally, John Fischer discusses the advisability of drinking white wine with red meat. Merry Christmas and Happy Hanukah to you and yours!

Enjoy!

Tom Murnan



Photo courtesy of hugel.com

Event Report

November 2, 2012

No Topping These Tapas

by Tom Murnan



Who would have thought: a little bit of Spain right here in the hills of Council Bluffs, IA. We were in for a real treat. Suzanne and Bob Kossow knew of the cooking prowess of Elaine Fenner, and her hardworking husband Bob. With fourteen different Tapas courses, Elaine was a very busy chef. Bob kept busy most of the night just doing the dishes, but he also baked some delicious bread. The world traveling duo has prepared many meals for charity events at their home. The home alone is filled with travel memorabilia, antiques, and objects d'art. Every inch of wall space was covered with posters, prints, small sculptures and paintings. Twenty-four members, including two guests, attended.

Our casual event consisted of nothing but these “small plates” that the Spanish love, but I guarantee you, no one went home hungry.



These were all washed down with ten different Spanish wines. We were free to wander the home and sit, or stand, where we wanted. The quaffing flight consisted of three Tapas: d'Espinacas, which resembled the Italian bruschetta (small squares of

rosemary infused bread were topped with tomatoes, onion, garlic and pine nuts); Andalusia Gazpacho, a type of chilled tomato soup; and, not on the printed menu, Mini Pimientos Salteados, or sautéed mini peppers with Spanish Olive Oil

and Kosher Salt. In Spain, these peppers are usually green, but green peppers are \$30.00 a dozen in Council Bluffs, so local varieties (orange in color) were used. These were marinated in grape seed oil since it can withstand the 420° F oven temperature without smoking. The peppers were quite popular, and Elaine provided us with a recipe. The three Tapas were paired with our opening wine, a 2008 Gramona Gran Cuvée Cava from the Barcelona area. This was a light sparkler with lively acidity and green apple flavors, not too profound, but a good quaffing wine. We were also free to take a slice of Spanish ham known as Jamón. The Fenners had a neat device, called a Serrano Ham Holder, to anchor this leg to keep it steady as we sliced. Elaine related that in the airport at Spain, these jamóns were selling for \$50.00 each, but US Customs would not allow them into the country and made them throw their two away. So, for a mere \$330.00 each, they ordered the same



thing from La Tienda, an Atlanta, Georgia store. It was like prosciutto except the texture did not seem as tight, and it was less salty. Finally, we could help ourselves to Marcona Almonds. These were blanched, and toasted in olive oil and sprinkled with sea salt. They are shorter, softer and sweeter than California almonds.



The next three courses, **Uno**, **Dos** and **Tres**, all had a trio of Tapas to tempt us. The **Uno** course featured **Cal Rociados Gambas**, or shrimp drizzled with lime and Sherry, **Sautéed pollo con limon**, or chicken with lemon, and **Tartaletas de tomate seco y queso de cabra**, sundried tomato, zucchini round and goat cheese on puff pastry rounds. Elaine spoke of how Spain has the most, and the best, olive oil in the world. In the shrimp dish, she cautioned us, if we were to make this ourselves, to use only organic lime as pesticides stay on the skin even though you wash it before use. You end up with lime rinds with pesticide taint. We

had two wines, both white, with this course. The **2009 Shaya Verdejo** had a light straw color, minerally nose and taste, a bit of melon, and with a touch of sweetness. The companion wine was a **2010 Botani Jorge Ordonez Moscatel**. It was slightly sweet as well, with lively acidity and lemony flavors.



The **Dos** flight found the table set with **Albondigos**, or meatballs with almond sauce and crusty bread. The meatballs



“When I read about the evils of drink, I gave up reading.”

—Henny Youngman



were made of pork, and the almond sauce of vegetable stock and white wine. **Serrano arnon** (ham like bacon) was wrapped around asparagus spears and roasted till both the ham and vegetable were cooked. It was a very pretty sight. We had Bob Fenner's **Portuguese Sweet Bread** at this point. Bob started the bread at 2:00 in the afternoon. It contained butter, sugar and yeast. The yeast was allowed to rise about five times, and it was punched down every time. The result was a very airy and light bread that was slightly sweet. Finally, **Champinones al ajillo**, or mushrooms sautéed in olive oil, garlic, red peppers and Sherry were accompanied by three wines, this time all reds. The **2010 Albacea Monastrell** was soft, fruity, simple and pleasing, with no noticeable tannins. It resembled a Beaujolais. The **2007 Sierra Cantabria Crianza Tempranillo** was more complex, drier, but very light in tannin. Finally, the **2010 Tres Picos Borasco Garnacha** finished out this round. Full bodied, nice acidity, and with virtually no noticeable tannins, this was a young, raw wine.





The **Tres** course presented us with a trio of Tapas. **Solomillo con Ajo y Jerez**, or beef with Sherry and garlic, were delicious. Elaine used prime rib for the beef. It had a wonderful, beefy flavor with garlic and spicy tones. The Sherry only enhanced the beefy flavor.



Pimientos Rojos Asados are roasted red peppers with goat cheese, olives and garlic. The red peppers are hard to find, but you can get

them at Marshall Home Goods, TJ Maxx or Whole Foods, Elaine explained. These were served on rice crackers. Finally, we tried **Zarangollo Aioli**, or zucchini with garlic mayonnaise. Rather than coat the zucchini in raw eggs, Elaine used eggbeaters. The zucchini rounds were then sautéed in olive oil. The rounds were dipped in a bowl of the garlic mayo before consumption.



We had three wines to accompany our trio of Tapas. A **2008 EmbriuxdeVall Llach** with the grape varieties of Garnacha, Carinyena, Cabernet Sauvignon, Syrah and Merlot was the most French-like wine of the evening. It had structure, tannin and oak, something we had not seen thus far in the evening. The **2009 Can Blau Montsant**, consisted of a blend of Mazuelo, Syrah, and Garnacha. The final leg of the wine trio was the **2009 Los Rochas de San Alejandro Garnacha** has been a Wine Advocate best buy for quite a while. It was quite nice, with rich fruit and few tannins.

Our **Dolce** course again featured three Tapas. **Natillas** or flan were Spanish custard creams. **Churros** were fried doughnuts,



and **Torticas** were tart lime cookies. All these were paired with our final wine of the evening, a **1927 Alvear Solera Pedro Ximenez**. This wine came from the Hipple's cellar, so we thank them for sharing personal stock. Redolent of raisins and prunes, this high alcohol wine was quite sweet and went well with dessert. Many thanks to our hosts for taking us on an impressive visit to Spain, to the Kossow's for organizing the event, and Patti Hipple for matching the wines with the food.



More photos of this event on the following page »



More photos of this event on the following page »

In the Details



Lime Drizzled Shrimp

Cal Rociados Gambas

Use fresh or frozen shrimp (wild caught). De-vein, remove shells leaving the tails on if possible. Pat the shrimp dry with a paper towel before sautéing.

12 raw shrimp, de-veined, rinsed under cold water and patted dry

3 Tbsp Spanish olive oil

2 cloves of garlic, finely chopped

¼ cup dry Spanish Sherry (like a Fino)

4 Tbsp fresh flat leaf parsley, chopped

4 organic limes First grate the zest off 2 limes and reserve, then squeeze the juice out and reserve. Make wedges from the other 2 limes for squeezing over the shrimp after they have been cooked.

Heat the olive oil in a large, heavy bottom skillet. Add the garlic and cook for 30 seconds. Add the shrimp and cook for 4 to 5 minutes, stirring until they turn pink and begin to curl. Mix in the lime rind, juice, and sherry, then stir well. Transfer the cooked shrimp to a serving dish, then season with salt and pepper and sprinkle with chopped parsley. Serve piping hot with lime wedges for squeezing over the top.

Sautéed Mini Peppers with Spanish Olive Oil* and Kosher Salt

Mini Pimientos Salteados

Wash mini peppers and dry. Do NOT remove the stems. Then put a small slit at the bottom of each pepper. In a deep pot, place 2 to 3 Tbsp grape seed oil in the pot and heat to medium high. When hot, add the peppers. Do not over-crowd the pan. Shake the pan over the heat or stir vigorously for 4 to 5 minutes. The peppers should remain whole. Remove from the pot and drain on a paper towel to cool. Grind salt over the peppers. Peppers are eaten by holding onto the stems.

[*Editor's note: Elaine uses grape seed oil in place of olive oil. "You need to sauté the peppers in an oil that can handle medium high to high heat. Vegetable oil can handle high heat, olive oil cannot. Since vegetable oil is genetically modified, I prefer grape seed oil which is not genetically modified yet it can handle high temps of 420 degrees for easy sautéing. You can use olive oil but it will not reach the higher temps without breaking down." She recommended keeping Olive Oil in the traditional recipe name.]

Red Roasted Peppers Stuffed with Goat Cheese, Black Olives and Garlic

Pimientos Rojos Asados con queso de Cabra, Aceitunas y Ajo

1 jar Mini Peppers (4 or 5 peppers)

(Save jarred pepper juice for goat cheese mixture)

4 oz goat cheese

4 oz cream cheese

¾ cup black olives, chopped fine

1 to 2 garlic cloves, chopped fine

Purchase whole red or yellow peppers in the glass jar (TJ Maxx, Marshall's Whole Foods or Home Goods). Dry the peppers on paper towels, removing any roasted skin pieces. Mix together 4 oz of goat cheese, 4 oz of cream cheese, ¾ cup of black olives chopped fine, and 1 to 2 finely chopped garlic cloves. To this add some of the juice from the jarred peppers. You will need mixture firm but soft enough to pack into each pepper. Stuff peppers with mixture, using a long handled spoon (like an ice tea spoon). Wipe the packed pepper again and wrap tightly in plastic wrap. Store in refrigerator in tight container over night. To serve, cut in rounds using a sharp, non-serrated edge knife to slice the rolled peppers into 1 -1 ½ inch slices, wiping after each cut to keep the peppers looking clean and presentable for serving. Place on unflavored crackers or bread. Elaine uses rice crackers. Serve immediately, but this will hold quite a while on a buffet/appetizer table.

[Editor's note: Elaine added these extra details. "Regarding the jar peppers: Usually there are 4-5 whole peppers per jar and they are wide peppers. The peppers have an opening already where they have been seeded. One recipe should take care of one jar of peppers. You need a long handled spoon to fill them (like an iced tea spoon). If the peppers accidentally break or tear when filling, just roll them tightly anyway. Once they settle down, and get cold, they will be easy to cut."]

White Wine with Red Meat?

by John Fischer

Is there a place for white wine with red meat? Generally speaking not. But there are many exceptions. Most beef dishes are full bodied. The primary reason that red wines work so well with red meat is that red wines are generally bigger, richer and heavier than white wines. The match of a hefty rich, wine with a similar weight food makes perfect sense, as you are matching wine with food along parallel lines: full-bodied wine with full-bodied dish. Matching weight for weight is a desirable goal in all wine-food pairings, albeit not a necessary one. Additionally, the flavors in red wines (berries, mushrooms, truffles etc.) are more congruent with the flavors in red meat.

Nevertheless, when matching wine with food you need to consider the whole dish, not just the meat. One of the most cantankerous combinations is red meat served in combination with seafood. Remember the old standard rule, "white wine with fish." What do you do when you have a sizzling steak served along with buttered lobster tail: the so called steak and tail combination?

Without doubt, a big, rich red—especially a highly tannic red—would obliterate the delicate flavors in lobster. On the other hand, white wine is certainly not the ideal match for steak, but will work great with lobster. It's time to make a choice. Go with the white! White wine will not particularly enhance beef, but will do no harm, whereas red wine will in

all likelihood smother the fragile savors in lobster.

There are also other elements of culinary sensations to consider such as tartness, sweetness, saltiness, and flavors. The easiest way to demonstrate this scenario is by example. Consider sauerbraten, a traditional German dish composed of beef marinated in a vinegary marinade, then braised, and served with gravy enriched with crushed sweet ginger snaps. Here we have beef in combination with sweet and sour. What's more, tartness decreases the weight of a dish. Since this dish has an element of tartness, its weight is reduced making it a candidate for white wine.

The matching wine should be white, sweet, and tart. What's more, ginger flavor pairs best with white wine flavors. German Riesling Kabinett is the perfect match—white wine with red meat! Additionally, it is ideal to match the ethnicity of the food with that of the wine, and here we have a traditional German dish paired with a German wine.

There are many other such examples, but I think you have the general idea; you need to look at the whole picture. Don't rely on catchy aphorisms. The Bluffs Food & Wine omaha ne



Photos courtesy of André Karwath: Wikipedia.org



Photos courtesy of wonson: flickr.com



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 2012 Wine Vacation

Vol. 4: Train Ride up the Douro to Regua

by Tom Murnan



It is June 4th, the second day of the wine trip organized by Roy Hersh and his **For The Love Of Port** online wine newsletter. We got to sleep in a bit, had a leisurely breakfast, and left the Hotel Carris for an 8:50 am train ride up the Douro River. We were excited because the views of the river would be much better than if we had taken a motor coach. I just wish I had gotten to Porto two days before the tour started so I could explore the city better. The Carris was located right in the heart of things, just one block from the river in this hilly city. Porto is at the mouth of the Douro, where it empties into the Atlantic a few miles away. We were going the opposite way: east, up deep into the interior of wine growing country.

The train station was just a few blocks away, but it felt as if we were in a kind of time warp taking us back to an earlier time when train travel was the principal way the world traveled. The station was amazing for its **Azulejo** tiles. Azulejos were first introduced to Iberian Peninsula during the 13th or 14th Centuries by the Moors, who had conquered Spain and Portugal. By the 15th and early 16th Centuries, the noble classes as well as the Catholic Church began using them. In the mid 16th Century, a new technique of painting over

the tile was adopted, allowing for crisper, cleaner tiles where you could make whole murals. We saw some huge murals with scenes of Portuguese battles and history in the Porto train depot. We left a little late,

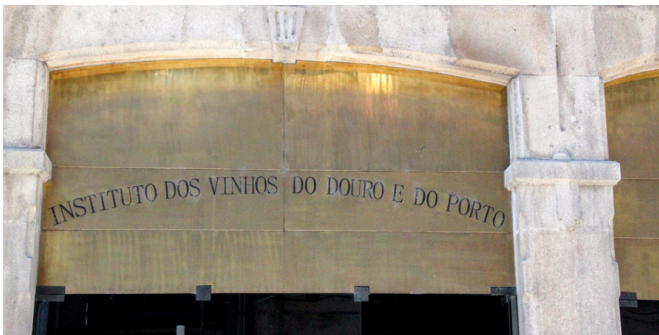
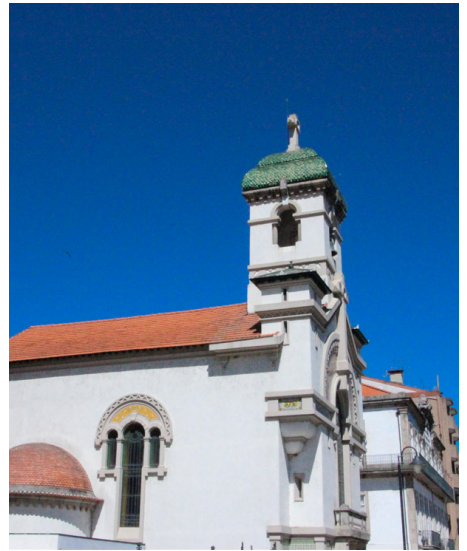
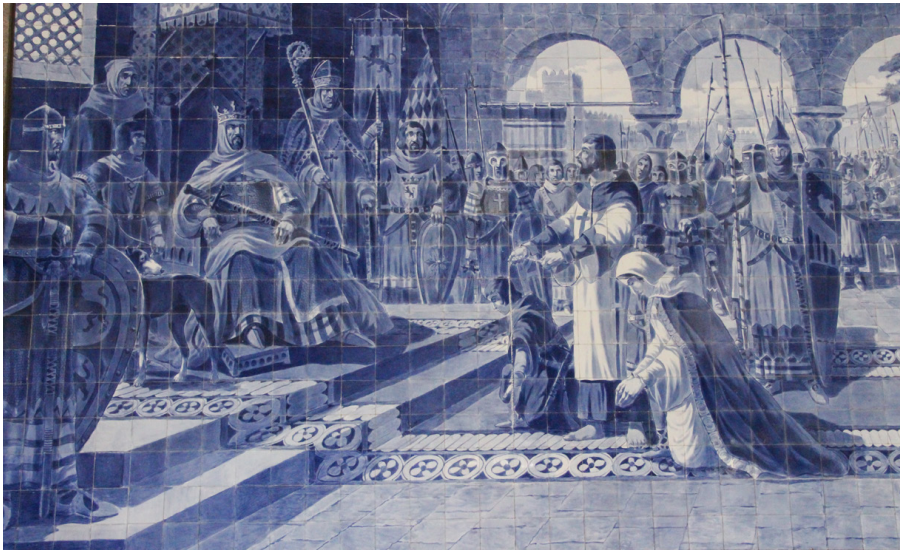


and were lucky enough to have our own car. I busied myself taking pictures through the window whenever the trees and houses had a break and afforded a good view. This was a true commuter whistle-stop line, and we stopped a minute or two for many little villages. The landscape was getting more hilly and rugged as we went east. Terraced vineyards became the norm, the only way the Portuguese could farm this rocky, semi arid land. The river is deep enough that large ferry boats full of tourists take the ride up from Porto, through a series of locks, and deep into winegrowing territory. About three hours later, we arrived at the small town of Regua. We walked around town a bit, past the Instituto dos Vinhos do Douro e do Porto, the government agency that regulates Port and Douro table wine. We were supposed to go to the Museu do Douro which specializes in wine history of the area, but it was closed. A bus picked us up to take us to the opposite side of the river. We drove past our hotel, named the Douro River Hotel, on our way to a fabulous lunch at one of Portugal's most celebrated restaurants, Chef Rui Paula's DOC.

Next time: DOC
Restaurante.



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Upcoming Council Bluffs Branch Events! Mark Your Calendars!

December 1 • Will be the President's Event again at the Omaha Press Club. There is still time to attend. Cut off is 11-24-12.

January 19 • David Tritsch and Barry Kricsfeld host this event at Harrah's 360 Steakhouse at the top floor of the Casino

February 16 • The Zin Room

March • Sherry tasting and dinner hosted by Tom Schierbrock & Tom Murnan

February 25 - March 4, 2013 • Steve Hipple asks that we join him for an 8 day wine and food extravaganza, featuring a 3 night/3 day Miami culinary adventure followed by a quiet and relaxing Caribbean Cruise. You may choose one or both. If you didn't get an email, already, contact Steve.

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

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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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