

FEBRUARY 2019

The Bluffs *Food & Wine* *gazette*

**IWFS QUÉBEC GREAT WEEKEND
THURSDAY 9-27-2018, DAY 2:**

CULINARY TOUR AND DINNER
AT LE-SAINT AMOUR

INSIDE

- Results of the November 2018 IWFS CB Survey
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- Chef Jacob Newton's Anson Mills Red Peas Salad: Tobiko, Lime, Cilantro



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



PRESIDENT'S COMMENTS

H^{ello} All,

Hope everyone's new year is off to a great start.

A big thanks to Bob and Suzanne Kossow for hosting the January event at Spencer's. What a great evening of wine, and food it was.

In the last month the board has been very busy.

We have considered requests from numerous people about joining the club, and let me be the first to welcome the following new members:

- Joe & Andy Kafka
- Bill & Jennifer Livingston
- Dan & Heather Thrasher
- Mike & Rhonda Wilke

The Board also considered and brought on two new members this month. We are pleased to let you know that Dave & Tabitha Thrasher have agreed to join our board. They bring a great knowledge of wine, and plenty of new ideas to the group. We are lucky to have them involved. The new Board membership was due to long time Board members, David and Deb Tritsch, not renewing their membership this year, leaving a gap on the Board.

Lots of great events coming up. Plenty of new venues and plenty of great wines. Make sure to get out and attend as many events as you can.

February 24, we will be at Pasta Amore and will be hosted by the Hipplés, and Wilkes. Please clear your schedule, you don't want to miss this.

Looking forward to a great year. See everyone soon.

Cheers, 🍷

Joe Goldstein

**“WINE IMPROVES WITH AGE.
I IMPROVE WITH WINE.”**

EDITOR'S

CORNER

Greetings all! We were having a problem where the Gazette photos were dropping off those of you who opened the PDF on your iPhones. Android phones and desktops did not seem to have a problem. This seemed to be associated with reducing the strength of the PDF so it could load faster and not tie up your email. Thanks to *Omaha Magazine* and Todd Lemke, with this issue we are upgrading to issuu.com. You will have a stronger, sharper image, and you can click to change the page, like e-magazines do. Thank you, Todd, for helping us be more user friendly, up to date and professional.

The Branch sent out a four question survey on Survey Monkey. About half of our members responded. Check out the results of how you answered the survey.

It is always a treat to go to V. Mertz, one of Omaha's great restaurants. President Joe Goldstein selected V. Mertz as his venue for his first President's Holiday Dinner Party. Turnout was great as well. One of the courses featured a Red Pea Salad with Tobiko, Lime and Cilantro. It was a good vegetarian dish (assuming you drop the Tobiko, or flying fish "caviar") if you have friends or family members to whom you would like to serve a meatless dish. Chef Jacob Newton gave us the recipe so you can recreate it at home.

The Québec Great Weekend continues with Day 2. The day started with a culinary walking tour through the vieux quartier, and ended up with dinner at Le Saint Amour, one of the city's best restaurant. This time the article is written by Wayne Markus, the second part of our tag team of scribe/attendees. Connie and Gary Martin wrote Part 1.

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. 🍷

Tom Murnan



**"A KISS IS A LOVELY TRICK,
DESIGNED BY NATURE, TO
STOP SPEECH WHEN WORDS
BECOME SUPERFLUOUS."**

—INGRID BERGMAN





EVENT REPORT:

PRESIDENT'S HOLIDAY DINNER PARTY AT V. MERTZ

Written By Tom Murnan / Photos by Tom Murnan

This is the first time that I can recall going to V. Mertz for a Presidential dinner. What I did not know until I arrived was that David Hayes sold the restaurant to CB Branch members Jon and Jill Panzer. Now for something completely different! This will be 180° different than railroad accounting. Good luck in your new endeavor, J&J. And thanks so much, David and Diane, for always being a gracious host and friend to the IWFS branches, providing many a gourmet meal of the highest quality for us.

Repeatedly a treat, Manager and Advanced Sommelier Matthew Brown planned an unusual themed event. It was to be an Old World / New World event... for both the food and the wine. Two pairs of courses would have the same wine but different food. One course was built towards one of the wines, while the second was geared towards the other. Your job was to decide which wine went better with what pair. There was no right or wrong answers, only personal preference. The wine and food pairings show how flexible the wines could be. Most of the time we have only one course to compare a wine to. Tonight we had two.

To start, we sampled from a delightful **Cheese and Charcuterie** selection, which featured pâtés, prosciutto, salamis, five kinds of cheeses, crackers, and various other effects like pickled onions. Having been given a glass of non vintage **Gosset Grand Blanc de Blancs Brut Champagne**, we were starting with a very festive way. The demand for the Gosset exceeded the supply, and backup bottles of J-M Sélèque Solesence Brut were also opened. The crush of people by the entrance way and down to the appetizers only lessened when we were called to table. 53 signed up, with two no shows.

Our first course was **Anson Mills Red Pea Salad with Tobiko, Lime and Cilantro**. I was confused because I didn't see one traditionally shaped round, green pea, but I subsequently learned from Matt that although shaped like a small bean, Anson Mills Red Eye peas are a variety of heirloom field pea called Sea Island Red Peas. Originally from Africa, these members of the legume family were imported to coastal Carolina in the 17th Century. Also in the mix were Christmas Lima beans (which are not green). Cooked al dente, there was some crunch to the mix. Lime and cilantro provided

aggressive flavoring, but there was also garlic and Sherry vinegar in the recipe. An intriguing cilantro and buttermilk sauce was delicious. The dish was topped with **Tobiko**, or flying fish roe. This dish would attract vegetarians, but perhaps not vegans because of the buttermilk and fish eggs. I was impressed enough to ask for the recipe, and Matt Brown agreed to have Chef Jacob Newton provide it.

A 2014 **Penner Ash Viognier from Oregon** was compared to 2015 **Les Hauts de Barville, Châteauneuf-du-Pape (CduP) Blanc** for this and the next course. Surprising to me, the Viognier had the stronger acid spine than the CduP. Traditionally a low acid wine, Viognier originates from the Northern Rhône area and finds its spiritual home in Condrieu, while CduP blanc can be a blend of Grenache Blanc, Clairette, Bourboulenc, Roussanne, Picpoul and/or Picardan. I found the Viognier to have notes of melon and peach with a good acid structure, while the CduP was minerally. Paired with this dish, which had assertive flavors, I thought the Viognier had the edge with its slightly higher acidity. ▶







◀ Using the same wines, our second course was **Dungeness Crab “Cake” with Cardamom emulsion and Old Bay**. Old Bay is a seafood spice mix consisting of celery salt, red and black pepper and paprika. The crab meat had no gluten, just crab. The crab cake sat on a bed of white cream base cardamom sauce and fermented butternut squash. It was topped with tomato jam and a fennel leaf. The cardamom’s presence was noticed but it was not too dominant. The better wine? Again a matter of choice. I liked the CduP because I thought the mineral flavors paired better.

Mushroom Royale in Pork Broth and Braised Greens started us with our second pair of wines and recipes. When you see the word Royale, it usually means mushrooms will be involved. Served cold, the bowl was delivered with one cube of mushrooms side by side with a dark green cube of nori (seaweed) and duxelles, or finely chopped mushrooms. This was all crowned by a Parmesan crisp. The staff came by and poured the pork broth around the cubes. The mushroom cube found its fungi encased in a panna cotta. Basically, what we had here was a Umami Celebration with pork, nori, mushrooms, broth and salt. The seaweed helped to cut the richness back a bit.

Frankly, I thought a Pinot Noir / Burgundy comparison would have been the better choice for this dish, but our wine offerings instead were **2010 Château Lalande-Borie** from Saint-Julien in Bordeaux comparing to the new world **2014 Spring Valley “Frederick” Bordeaux-Style Blend** from Walla Walla Valley in Washington. The Bordeaux was rich, mildly tannic and complex. Saint-Julien has a larger percentage of Merlot in its blend than, say, Pauillac, so less tannins. The Washington wine had polished tannins, plum, cedar, currant and mocha flavors with good structure. I gave the nod to the Walla Walla, because it was a bit fruitier than the Bordeaux and seemed to ingratiate itself to the dish better. Both wines were quite good however.

Wagyu Beef Roulade with Potato Gnocci, Daube Sauce and Pickled Cucumber was our second half menu to try with the reds. Daube means stew in French. Similar to a Beef Burgundy, daube is made using heartier wine than Pinot Noir, like Syrah or Merlot. It comes from the Languedoc, south of the Rhône, districts where the Mediterranean touches land, and includes foodstuffs like tomato and olive. Unfortunately, the dish was de-railed by tough, fibrous meat where everyone could not get past its chewiness, myself included. I did notice that the pickles atop the beef provided a refreshing contrast to the sauce, which was deep and quite good, and was a kind of palate cleaner. There were numerous complaints about the meat’s toughness, however, ruining an otherwise thoughtful dish. I did notice that the Spring Valley seemed to improve greatly as it sat in the glass, but the Bordeaux seemed to match all the dish’s French touches a bit better.

I asked Matt a few days later what happened with the un-chewable meat. He told me that Chef Jacob had called Imperial Wagyu Beef and talked to the rancher himself on the beef selection. Jacob’s mistake was to accept the rancher’s recommendation. By the time it was discovered the beef was so tough it was too late to substitute. Only extended braising could have softened this cut. Unfortunately, this was so off putting that it became the course everyone remembers, marring an otherwise great dinner. I am confident that this was a one time occurrence and there will be great meals in the future as there was in the past.

We ended with **Vanilla Poppy Seed Cake, Ginger Crum, Nutmeg Custard, Candied Pecan, Blueberry** and a very salty chip on top. The nutmeg custard flavors dominated, but the vanilla and nutmeg married quite well with the Sauternes. Our wine was a 1976 Château Climens, Barsac. Barsac is a commune in Sauternes, the only one of five that

WE ENDED WITH VANILLA POPPY SEED CAKE, GINGER CRUM, NUTMEG CUSTARD, CANDIED PECAN, BLUEBERRY AND A VERY SALTY CHIP ON TOP. THE NUTMEG CUSTARD FLAVORS DOMINATED, BUT THE VANILLA AND NUTMEG MARRIED QUITE WELL WITH THE SAUTERNES.

can be labeled only Barsac, with no mention of Sauternes. Climens is a premier cru Sauternes, with only Yquem exclusively being rated higher. They only plant Semillon. There is no Sauvignon Blanc, which is unusual. Peach, honey, ginger tones, it was a classic French sticky that went quite well with the dessert.

In France, they quite often add small bouchées as extras. We were treated to a chocolate truffle-salted caramel candy as a parting flavor. Many thanks our event producers, Jill and Joe Goldstein. Thanks as well to Matthew Brown who planned the menu, along with Chef Jacob Newton, and chose the wines. Our Pastry Chef was Ally Peralta, and certified sommeliers David Eckler, Dylan Thompson and Terrence Dougherty all assisted with the service as well as the behind the scenes supernumeraries. We thank everyone who gave up their day off to cater to our Branch for a Sunday evening. 🍷





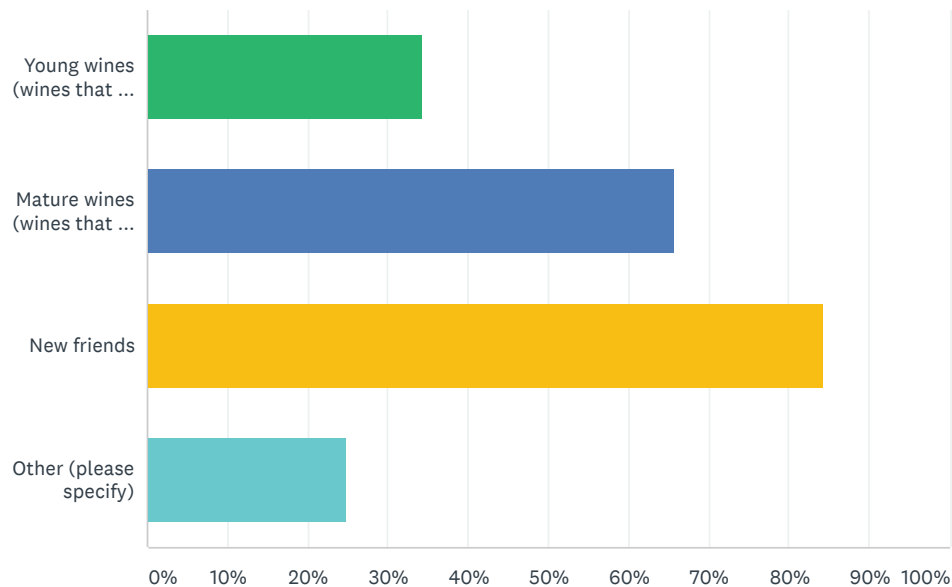


Q1



What is the primary reason that you chose to belong to the IWFS Council Bluffs Branch? (Choose all that apply)

Answered: 32 Skipped: 0



ANSWER CHOICES

RESPONSES

Young wines (wines that may improve with age)	34.38%	11
Mature wines (wines that are ready to drink now)	65.63%	21
New friends	84.38%	27
Other (please specify)	25.00%	8

Total Respondents: 32

Results of the November 2018 IWFS CB Survey

A survey was sent out electronically via Survey Monkey to all members in mid-November. We received 32 responses, roughly half the Branch. The following is the results of that survey and any additional comments. The Board is reviewing your comments. The number one reason for joining the Council Bluffs Branch was to make new friends. The second reason was to drink mature wines. Purchasing mature wines is cost prohibitive, and you don't always know how the wines have been stored prior to purchase. This is why we have invested in a cellar. Unfortunately, since we are a young Branch, we do not yet have a cellar

with many mature wines. But wine have been purchased and are slumbering in our cellar, improving constantly. It will just take awhile before we can rotate through more mature wines.

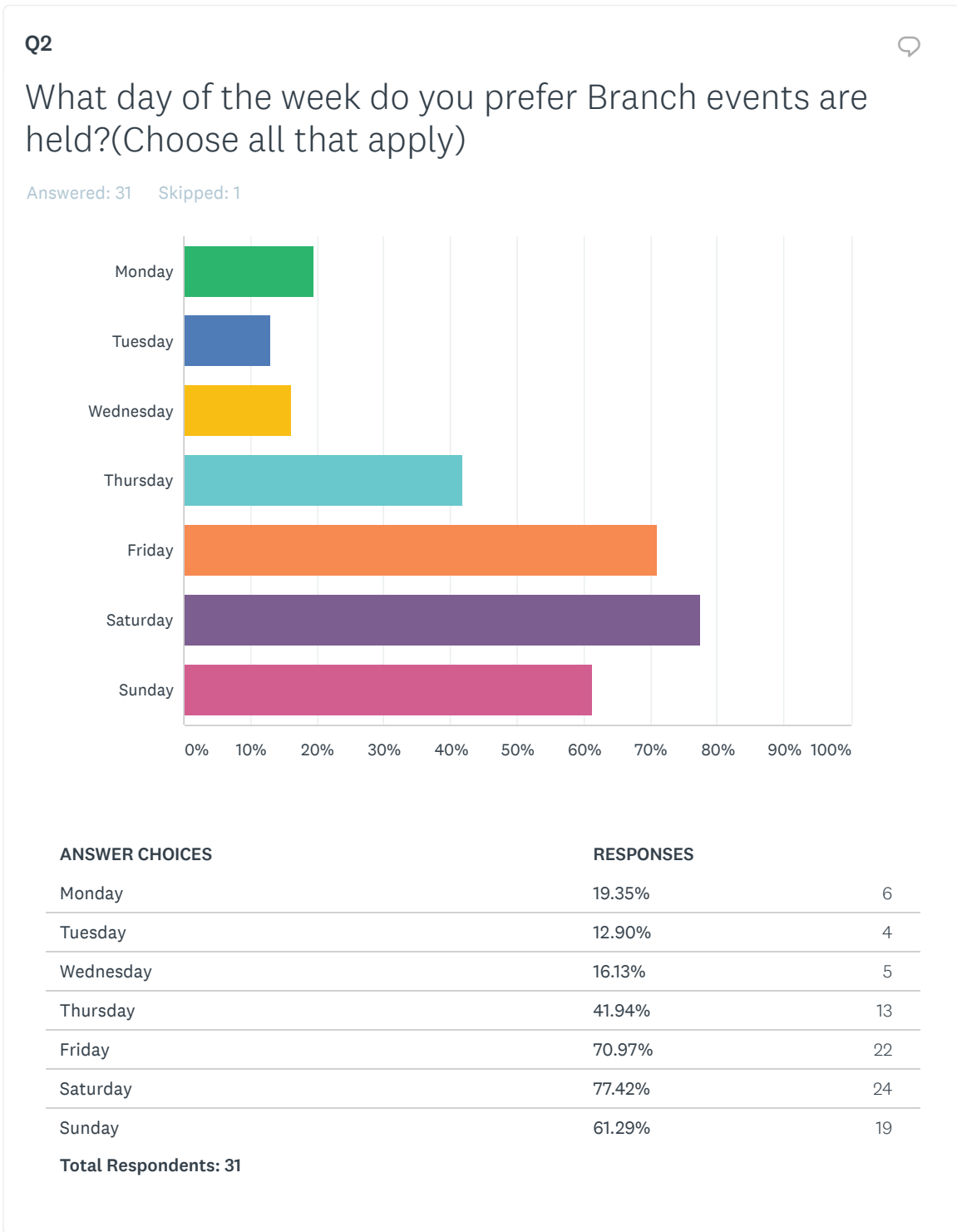
Friday, Saturday and Sunday were the preferred days to have events, with Friday and Saturday having the most votes. Thursday came in second, and the rest of the week a distant third.

A number of ideas were thrown out for venues. There are a number of factors that enter into site selection. Unless the venue is a country club, most restaurants will not seat a large group on a Friday or Saturday, since these are their busiest

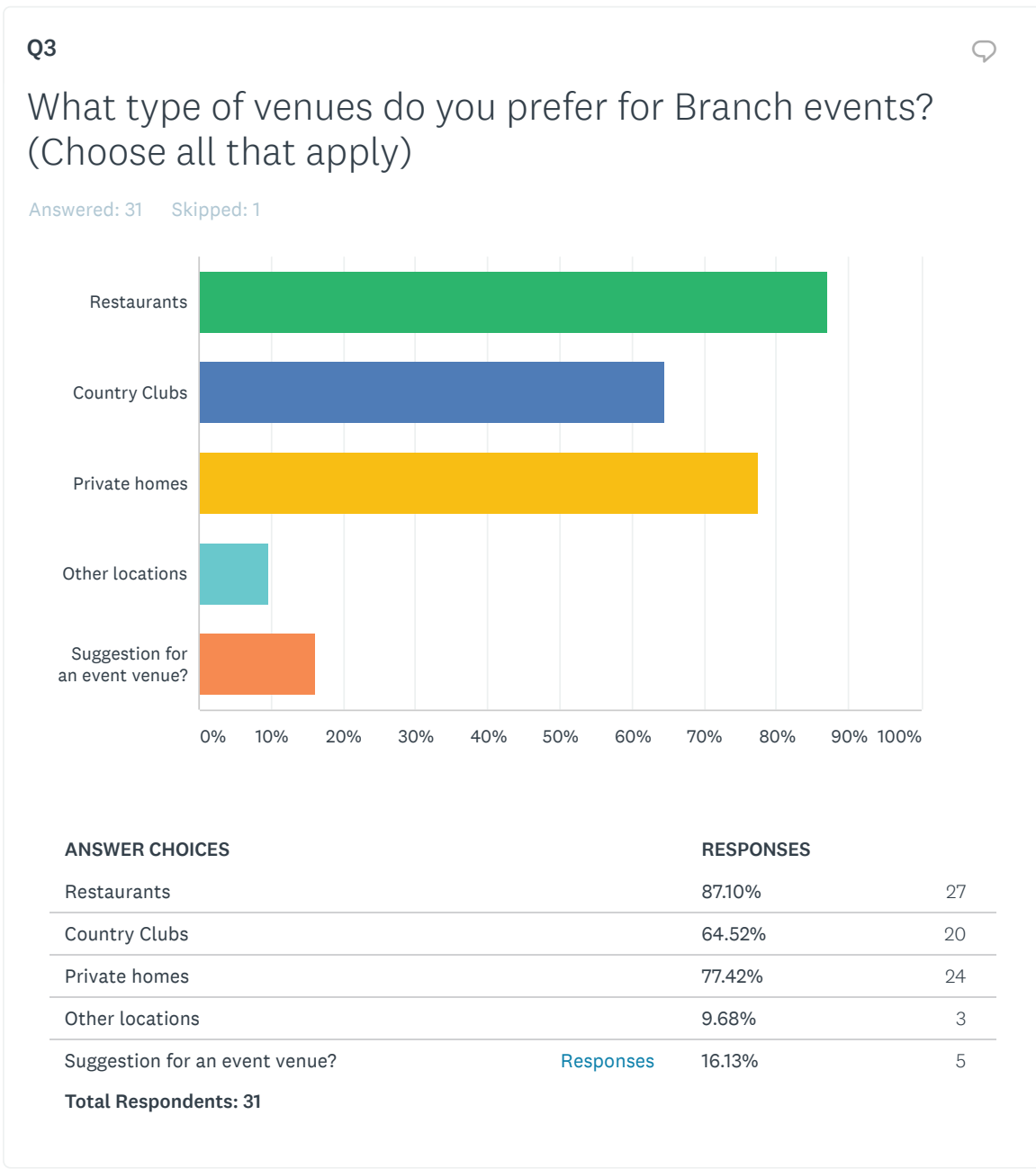
days. Relatively few have party rooms large enough to handle 35-40 people. This is why Sunday has been selected in the past. In addition, the restaurant may be closed on Sunday, allowing us to utilize the entire facility. We received a high rating for having events in a private home. Volunteers anyone?

Finally, on the question of more education at events, almost 81% selected featuring a specific wine region, and 45% liked focusing on a food region. At our 85th Anniversary celebration in November, we had a sit down Madeira tasting on the different styles of Madeira, and an 86 year old bottle to sample. 🍷

Results of the November 2018 IWFS CB Survey



Results of the November 2018 IWFS CB Survey

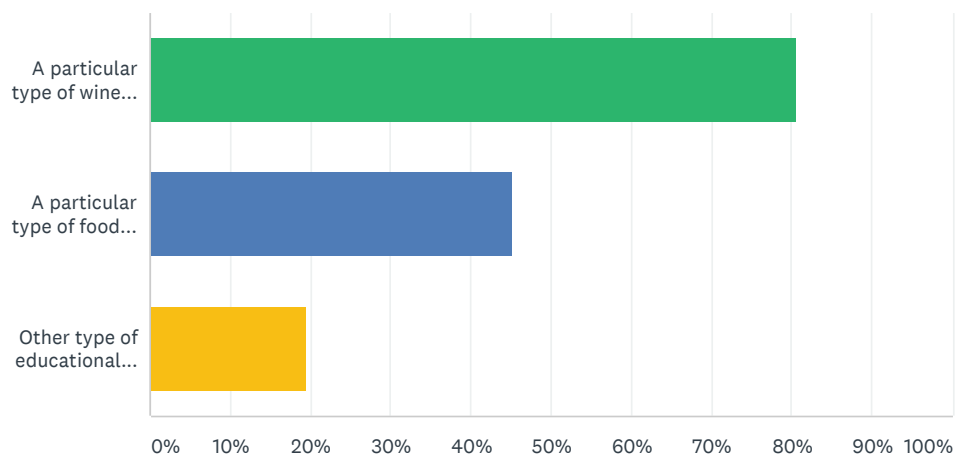


Results of the November 2018 IWFS CB Survey

Q4

Are you interested in a more educational focused event related to:

Answered: 31 Skipped: 1

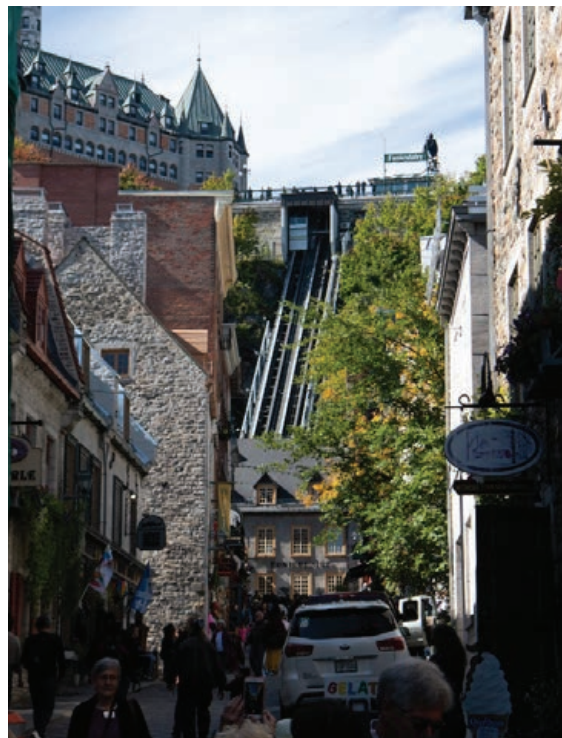
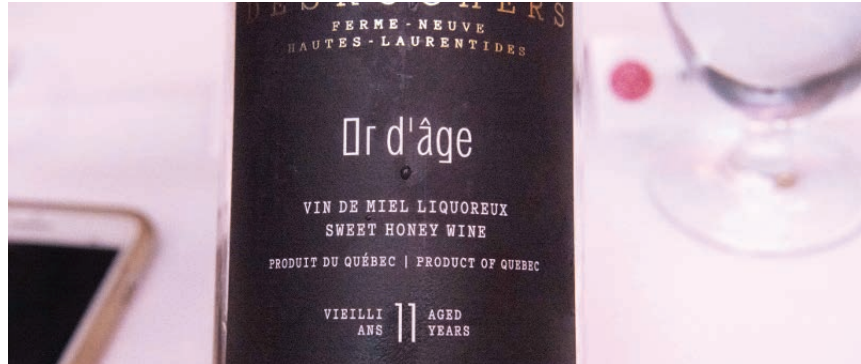


ANSWER CHOICES

RESPONSES

A particular type of wine or wine region?	80.65%	25
A particular type of food or food region?	45.16%	14
Other type of educational focused event?	Responses 19.35%	6

Total Respondents: 31



IWFS QUÉBEC GREAT WEEKEND THURSDAY 9-27-2018, DAY 2:

Culinary Tour and Dinner at Le-Saint Amour

Written By Wayne Markus / Photos by Wayne Markus



PASCAL DUBOIS EXPLAINED THAT, COMPARED TO ICE CREAM, GELATO HAS LESS CREAM BUT TASTES CREAMIER, IS MADE WITH LITTLE OR NO EGG YOLK, HAS LESS AIR BECAUSE IT IS CHURNED AT A SLOWER SPEED, AND FROZEN AT A HIGHER TEMPERATURE ALLOWING MORE FLAVOR TO BE TASTED.

Québec was originally occupied by the indigenous Algonquin Indians. French explorers, fur trappers, and Roman Catholic missionaries arrived, and the city was founded in 1608. The Algonquin word kébec, meaning “where the river narrows,” is the origin of the name. Canada was derived from “Kanata” the Huron-Iroquois word meaning village or settlement. It was ruled by the French until 1754, by the British until 1867, then and now by self-rule as a member of the British Commonwealth.

Thursday, the second day of the IWFS Great Weekend in Old Québec City, we broke into small groups for a **culinary tour** of Québec City. It included six restaurants followed by lunch at Chez Muffy. We were taken by coach to the first site then walked to the others ending with lunch. Our group visited five of the six. Most of the restaurants are small and unique.

Tutto Gelato was founded in 1998 by Italian Giacomo Donati. His friend Pascal Dubois has owned and managed it for 10 years. He has a passion for Gelato made in the authentic Italian style. He explained that, compared to ice cream, gelato has less cream but tastes creamier, is made with little or no egg yolk, has less air because it is churned at a slower speed, and frozen at a higher temperature allowing more flavor to be tasted. Some of this was verified by Bosch’s 14-year-old daughter on the current Amazon Prime hit “Bosch,” when she re-directed their father-daughter ice cream visit to gelato. Several samples were tasted, the favorites varied. I preferred the coconut gelato with its slightly crunchy texture. Meringue gelato was a favorite. Two were intensely flavored and lactose-free, made with rice milk, so probably not authentic gelato.

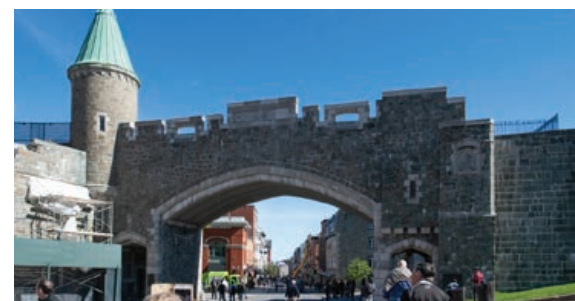
Tournebroche is a farm-to-table restaurant with beehives on the roof. Two honeycombs are near the door and guests are welcome to scoop the honey and taste. The chef, Stéphane Roth, is from Jura, France and after working in several European restaurants he came to Canada to the Patriarch, a five-diamond restaurant. He and partners founded Tournebroche as a rotisserie. They are largely organic and green and can provide for vegans. Their garden, about an hour away, provides 65% of their food. We sampled a local Québec deep-fried Grondines, cheese fondant with homemade panko crust and honey from the roof. It was served with Vin Blanc Les Petit Cailloux, a local blend of the hybrids Prairie Star and St. Pépin. It is a light white wine similar to Riesling and Sauvignon Blanc. Prairie Star was hybridized in Minnesota and is planted by a few Nebraska wineries.

LUZZ (luminescence or light in Spanish) is difficult to describe, very millennial or Generation Z. Our host, one of the owners, was a young lady with multiple tattoos and hair clipped short who spent time in Mexico then came back to Québec City and started LUZZ. She describes the restaurant as “Multi-cuisine.” A barista bar up front serves various coffee drinks and smoothies. We were served a drink with a long list of ingredients including cassis that did not sound like anything one would order, but was very good. Some had two. It was served with a canapé-like morsel with fruits and mushrooms on bread, but very tasty. In keeping with LUZZ the salt and pepper shakers were in the shape of light bulbs. ▶









◀ **Restaurant 23** on the 23rd floor of the building that houses the Hilton Hotel has a wonderful view of the Château Frontenac, La Citadelle, and the Saint Lawrence River. We were served Foie Gras on a spoon and Tomato with Mozzarella on a spoon along with Ruffino Prosecco Mimosas. Yum!

La Ninkasi Saint-Jean is noted for their list of Québécois microbrews, wines and spirits. They also serve limited food and have a variety of entertainment including comedy, sports, karaoke, etc.

Côtes à Côtes Resto-Grill is in Quartier Petite Champlain on the Saint Lawrence River that is the oldest commercial district in North America. We walked down the steep “Breakneck Stairs” to get there. Gabriel Gosselines, a wealthy landowner, began construction of this home, now housing the Côtes à Côtes in 1683. Even those not fond of duck enjoyed the grilled duck legs and beer.

Lunch at **Chez Muffy** followed the culinary tour. It is listed by Relais & Châteaux. They have their own garden on the Île d’Orléans. Choices included flaked poached salmon, velvety corn soup with maple syrup, lightly seared trout, chicken breast and grilled beef steak flank. Desert was apple dacquoise and buttermilk ice cream. After lunch several shopped and took the funicular.

Thursday and Friday dinners were at the Le-Saint Amour and Le Restaurant Initiale, both with limited seating so the members were split into two groups and alternated sites. Members had multiple discussions as to their favorite. Le-Saint Amour provided multiple flavors and textures. Le Restaurant Initiale featured one item on each plate enhanced with smaller sides and usually an edible flower. It seemed that more favored the Initiale. Connie and Gary Martin will review Le Restaurant Initiale in the next issue.

Le-Saint Amour has been rated in the top ten of Canadian traveler’s favorite restaurants. Famous guests include Sir Paul McCartney and Sting. The dining room is elegant covered by an arch of glass and hanging plants. The wall has sconces of light on a red background.

**ÎLES DE LA MADELEINE
SEA SCALLOPS, CEVICHE
WITH GREEN ALDER
PEPPER, NORDIC SHRIMPS
AND SEA BUCKTHORN
WERE SERVED WITH
2016 SANCERRE, MONTE
DAMNÉS, PIERRE PRIEUR
ET FILS. THE CRISP ACIDIC
SANCERRE ENHANCED.**

Chef Jean-Luc Boulay has great respect for the producers and farms that he sources from. According to their website he finds meaning in the beauty of colors, the joy of flavors, the delicacy of textures and the pleasure of perfumes. These became apparent during the seven-course dinner.

Amuse en Bouch duck foie gras was covered by sea-buckthorn jelly. Also served were sesame red tuna tataki, avocado, fresh oyster on the half shell, a dollop of caviar and a small blue flower. Champagne Bourdaire-Gallois 2007, nicely accompanied this course.

Seared foie gras with crispy hazelnut tile and natural jus was accompanied by two fresh grapes macerated with Armagnac. The grapes were tasty, but not sure

they matched. The 1990 Vouvray Moelleux, a sweet Chenin Blanc by François Pinon paired well.

Îles de la Madeleine sea scallops, ceviche with green alder pepper, Nordic shrimps and sea buckthorn were served with 2016 Sancerre, Monte Damnés, Pierre Prieur et Fils. The crisp acidic Sancerre enhanced. Sea Buckthorn is a small red tart berry, similar to a cranberry that is local to Québec.

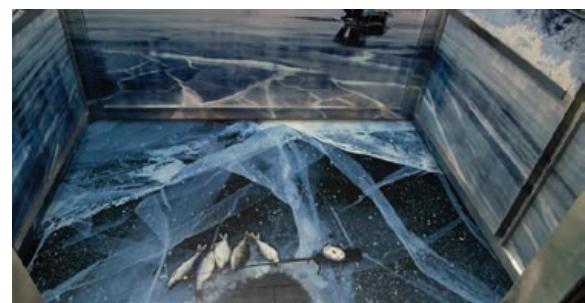
A Québec lobster course with Gaspesian algae (seaweed), and wild mushroom bouillon was served with Burgundy Pinot Noir from Cotés de Nuit, 2013 Marsannay from cult-like Domaine Joseph Roty. The chef felt that with the slightly salty seaweed and mushroom flavor made for an Asian fusion character that the red Burgundy would match. Sid Cross commented on the pairing in the IWFS Blog “...had some merit with the earthy mushrooms, but did not quite work...” I thought the pairing was good, but do not have Sid Cross’s nose.

Next came farm raised red deer, pheasant mousseline dressed in red cabbage, Grand Veneur sauce, and peppery green Alder Mikado. While the deer and pheasant were mildly gamey, their textures were different. A full-bodied wine was called for, and the 2011 La Magia Brunello di Montalcino filled that need.

A course of fine cheeses paired with Hydromel, Or d’âge, a blend of 9 and 14-year-old, from Apicole Desrochers in Québec. Hydromel is “water-honey,” actually mead or honey wine. It is sweet containing 76 g/dL sugar. The total production was 279 bottles.

Dessert was “Contrasts and Textures of Chocolate” with Taylor Fladgate, 20-year Tawny Port. This was a chocolate lovers delight.

Following dinner we walked back to the Frontenac and many went to the bar for libations. 🍷





CHEF JACOB NEWTON'S ANSON MILLS RED PEAS SALAD: TOBIKO, LIME, CILANTRO

Ingredients:

1 cup Anson Mills Red Eye Peas
1 cup Anson Mills Runner White Peas
1 cup Christmas Lima Beans
½ cup Buttermilk
½ cup Lime Juice
3 tsps. Lime Zest
¼ cup Chives, minced
3 each Shallots, roasted and pureed
1 head garlic, peeled, roasted and pureed
2 tbsps. Sherry Vinegar
1 bunch cilantro, stems and leaves minced
1 scoop Caviar or Tobiko (optional).
[Tobiko is flying fish roe. Editor]
1 tbsp. Toasted Breadcrumbs (optional)
To Taste Kosher Salt
To Taste Black Pepper

Procedure:

- i. Soak peas and beans separately in 3 cups of cold water for 12 hours in the refrigerator.
- ii. Strain Peas and Beans and cook in separately, starting with cold water, until tender. This can be done a few days ahead of time, best if stored in the cooking liquid.
- iii. The day before enjoying strain the beans and peas and mix with all ingredients except caviar and breadcrumbs
- iv. Allow the salad marinate overnight.
- v. On the day of enjoying portion the salad to your liking and top with caviar or Tobiko and breadcrumbs.

Enjoy!



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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

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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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UPCOMING COUNCIL BLUFFS BRANCH EVENTS

Mark Your Calendars!

FEB.
24



PASTA AMORE

Theme: Italian
Producers: Wilkes and Hipple

MAR.
10



KITH AND KIN

Theme: TBD
Producers: Lemkes and Hipple

APRIL



Producers: Patti & Steve Hipple

MAY
23



BLUE SUSHI

Producers: Klemkes and Martins



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**