

**Shiraz**  
 675 PULASKI ST  
 SUITE 400  
 ATHENS GA 30601

RETURN SERVICE REQUESTED

PRSRT STD  
 US POSTAGE PAID  
 ATHENS GA  
 PERMIT NO. 51

**DO YOU WANT TO RECEIVE A PAPER NEWSLETTER?**

We will continue to print, and mail, our newsletters in the new year.

If you would rather receive email updates only, please let us know and we will conserve our use of paper products.

If you want to continue with hard copies, we will be happy to send them to you!

Please contact us with any changes at

mailers@shirazathens.com

**UPCOMING EVENTS**



**THURSDAY, OCTOBER 14  
 5 TO 7 P.M. AT SHIRAZ**

a Beer Tasting with Innis & Gunn  
 with US sales manager John Freeman  
 Scottish Beer aged in American Bourbon Barrels  
 Oaked Aged like no other Beer  
 Edinburgh, Scotland

**SUNDAY, OCTOBER 24**

Join us at Ashford Manor for the Watkinsville Wine Fest!  
 3 to 6 p.m.

**THURSDAY, NOVEMBER 4  
 AT THE FOUNDRY**

A SPECIAL WINE EVENT WITH JUANJO GARCERA PINOL

Join 4th generation winemaker Juanjo from Cellar Pinol in Tierra Alta Spain for a special tasting. Featured will be 7 wines from this incredible region. Pinol is a darling of Robert Parker, with ratings from 90 to 92 points on all of the wines; the focus from the winery is on grapes indigenous to Spain, blended to showcase the terroir and fruit. Chef Martin Smetana has prepared a special tasting menu with food to complement each of these wines, and live music will be provided to enhance the experience. Enjoy a chat with Juanjo while you taste the wonderful pairings, and even get a bottle signed by the

winemaker! Tasting 6:30 – 8:30 p.m. (early admission to Shiraz wine club at 6), \$30 per person, all-inclusive. Special all-inclusive rate of \$149 includes hotel room and 2 tickets.

Portal Blanco 2009  
 White Crab & Apple Salad on Citron Perfumed Belgian Endive

L'Avi Arrufi Blanco 2008  
 Georgia Mountain Chicken Galantine with Pecans, Thyme, & Autumn Pear Chevre

Ludovicus 2009  
 Five Spiced Duck Breast on a Pumpnickel Crisp with Black Cherry Compote and Fresh Chervil

Portal Red 2007  
 Smoked Australian Strip Loin with Argentinian Chimichurri Blend

Sacra Natura 2008  
 Prosciutto Wrapped Melon with Award Winning Stilton Bleu and Blackberry Balsamic Aspic

Mather Teresina 2006-2007  
 Local Coffee Braised Beef Brisket hash on a Red Mule Grit Cake

Josephina Pinol Red Dulce 2006  
 Petit Fours Napoleon – Chocolate Truffles and Petit Fourss on a Bamboo Skewer

**Call us for reservations at 706-208-0010.  
 And drop in any Saturday between 1:00 and 5:00 p.m. for our theme wine and food tastings.\***

*\*Our wine tastings are for educational purposes only.*



*"Grass plus sunlight is an original form of capital"*

*-Mateo Kehler, Jasper Hill Farm*

www.shirazathens.com

OCTOBER 2010

I recently had the opportunity to take an intense, 6-hour cheese course with famed expert Max McCalman. I learned a lot, and wanted to share a few of the "random" facts that I gleaned from the seminars.

Some cheese trivia:

- 90 percent of the cheese produced worldwide is from cows milk ("cows rule!")
- It takes 600 sheep to give the same amount of milk as 50 cows
- Cheese is virtually lactose-free
- Cheese has all the nutrients of milk—except calcium
- The more water in a cheese, the shorter the shelf life
- Sheeps milk cheese freezes the best because it contains more solids
- Mold is good for cheese because it takes out moisture and adds flavor
- Greeks eat twice the amount of cheese per capita than Americans
- A cheese called Sbrinz is the great-grandfather of Parmesan
- Gouda was one of the first cheeses to be flavored with spices
- France has more cheeses than any other country worldwide
- There are no rules protecting where Camembert can be made, but it's a French recipe
- Milking seasonally means when the animals are full of fresh summer grass, then letting them "dry out" December through May
- The artisan cheesemaking renaissance in the US began in the late 1970s
- Farmstead cheeses do not use hormones, etc., but an organic label is not often used because of the extra expenses for things labeled "organic"
- Stilton is the only name protected cheese from England
- Cheese produces mood-elevating chemicals, triggered by Tyrosine
- Cheese also regulates blood sugar and protect skin against sun damage

ASK US ABOUT WINE CLUB!  
706-208-0010 OR  
EMILY@SHIRAZATHENS.COM  
EMILY'S WINE CLUB SELECTIONS FOR

## OCTOBER

### d'Alessandro Nero d'Avola 2007

#### Agrigento, Sicily, Italy

The black colored wine is infused with flavors of olives, blackberry, and tarry raspberry. Hefty, slightly sharp, it is full with purple fruit and mediterranean nuances. Tar, ink, and smooth, heavy black fruit finish out this great food wine. Try it with Indonesian Pork or Pumpkin Casserole, or with any Italian dishes. The winery also recommends steak and mushrooms as pairings.

regularly \$16.99

this month = \$14.99

### Ollieux – Romanis Corbieres 2009

#### Capucine Rouge, Vin de Pays del'Aude Carignane, Grenache, Syrah, Merlot

An organic estate, try a great small production offering. Scents of pencil, slate, graphite, and violets are rich and heady. Deep black fruit and inky, blueberry pie are all there. Super smooth, extremely dry, it has an almost bitter finish. But it maintains a pretty nature, with soft fruit and minerals all over the palate. Try this with food with a little Asian flair.

\$13.99

### Turkey Flat Vineyards Rose 2008

#### Barossa Valley, Australia

#### 63% Grenache, 18% Shiraz, 13% Cabernet, 6% Dolcetto

Named after the bush turkeys that used to occupy the area, this winery is home to the oldest Grenache vines in the Barossa (planted in 1921). Firm, hefty, and, of course, dry! Cherry, red raspberry, and a touch of cranberry on the palate really show off the Grenache. The red berry fruit is enhanced by a slippery texture. Try it with anything--great with fall goat cheese salad.

regularly \$16.99

this month = \$13.99

#### This Month's Feature:

### Pikes Riesling 2005

#### Clare Valley, South Australia

Classic Clare Riesling—did you know this is one of the most famous places for it in the world?! This wine is all about structure, acid, and minerality. Big, dry, and austere, it has more slate and stones than fruit. Cool and crisp, it pairs with absolutely everything you can think of, especially cream sauces and hefty foods that need acidity to slice through.

\$19.99

wine club deal of the month = \$9.99!

**TASTE WHAT THE WINE CLUB ALREADY KNOWS--  
OUR PICKS ARE DELICIOUS!**

**THE FIRST SATURDAY OF EACH MONTH, THE WINE  
TASTING WILL STAR THE WINE CLUB PICKS!**

**JOIN US ANYTIME BETWEEN 1 AND 5 P.M.**

#### Wine Club Premier Cru Level!



### Raul Perez Vico 2008

#### Bierezo, Spain

#### 100% Mencia

We are REALLY big fans of Raul. Those of you who have tasted his wines love him; for anyone who hasn't tried them yet, here is a great chance to enjoy one of the grapes he champions. The huge nose has tons of spice, acidity, tannins, and floral character. Red and flavorful fruit fills the palate, with raspberry and deep dark cherries. A hint of cigar and a tart, mouthwatering finish complete the wine. A big boy, it's worth cellaring--or at least decanting. As always, it is extremely limited, with only 300 6-packs for the U.S.

"These wines have no track record of longevity but the balance and fruit quality suggest to me that my aging estimates are probably conservative. Of course, time will tell." -Robert Parker (93 point rating)

\$29.99

#### This month's featured brews:



### MAD RIVER, BLUE LAKE, CALIFORNIA

Winner of Small Brewery of the Year! at the Great American Beer Festival

(the award that put Terrapin on the map)

#### Steelhead Extra Pale Ale

The fruity nose reminds me of passionfruit and dry citrus. Medium-bodied, it has soft fruit to the palate, and a dry and crisp finish. It is a very refreshing style of pale ale, more mouth-watering than bitey. Try it with seafood--especially sushi or something spicy!

\$11.99 / 6 pack

#### Jamaica Red Ale

A very good red ale, with bitter rye notes integrated well with a roasty malty molasses undertone. The palate is robust, but the finish is soft and creamy. It manages to be caramelly yet dry. Great with cream sauce or goat cheese.

\$11.99 / 6 pack

### PEAK ORGANICS, PORTLAND, MAINE

#### Fall Summit Ale

Made of all Summit hops, this is a great cheese beer. Citrus, pine, spice, and malt make for a medium-bodied, richer style beer. Not too tart, it's great with foods like pumpkin casserole--and hard cheeses are perfect with it.

\$9.99 / 6 pack

#### Espresso Amber

Get out! This is one of my favorite new beers because it doesn't taste like beer. . . it tastes like coffee. Absolutely smooth, soft, and full of chocolate, carob, and yes, espresso. Try it for brunch, or with chocolate or pulled pork.

\$9.99 / 6 pack

## SHIRAZ'S RECIPES FOR

## OCTOBER

This month, our featured food item is Sustainable Sourcing organic heirloom long peppers in a refillable grinder. The long pepper has been used in cooking since the 1500s, and has been described as a cross between black peppercorn and 5 spice powder. I've found it's a versatile replacement for pepper in simple recipes or an easy way to ramp up Asian-themed meals. Sprinkle it over veggies with a honey/ soy combo, sprinkle it over meaty fish, or mix in whipped cream to put atop a chocolate cake. Or try one of the recipes below. Sustainable Sourcing refillable grinders are only \$7.99, and the long pepper comes automatically in this month's wine club.

### PEPPERED FENNEL - POTATO SOUP

1 large bulb fennel  
1 yellow squash  
1 T olive oil  
1 onion  
2 T. butter  
3 cups chicken (or vegetable) stock  
1 white potato  
1 green pear  
3 T sour cream  
2 T heavy cream  
1 † Sustainable Sourcing long pepper

Heat oven to 350 F. Slice fennel and cut squash lengthwise and place in a baking dish; top with oil. Bake about 12 minutes, til soft. Meanwhile, heat a pot on medium and rough chop onion. Melt butter and add onion; cook til soft. Add stock, fennel, and squash. Dice potato and add; repeat with pear. Cook 10 minutes, and make the crème fraiche (gradually add cream to the sour cream and mix in pepper). Turn off heat and puree with an immersion blender. Ladle into bowls and add a generous dollop of crème fraiche. serves 4

### BEEF & GOAT CHEESE SALAD

4 ounces fresh chevre  
2 beets  
2 green apples  
1 † Sustainable Sourcing long pepper  
¾ cup walnuts  
2 T brown sugar  
1 T olive oil

Boil beets for 15 minutes, drain, and cool. Using a paper towel, pull skin off the beets. Mix sugar and pepper; toss nuts in oil, then sugar mixture. Bake at 350 F for 10 minutes. Cut apples in slices and cut beets into matchsticks. Divide among 4 plates: slices of apple in a round, a wedge of cheese, and beets on top. Top the salad with toasted walnuts.

### PUMPKIN CASSEROLE

1 small red onion, diced  
2 Tablespoons butter  
1 15 ounce can pumpkin  
1 teaspoon Sustainable Sourcing long pepper  
2 eggs, beaten  
¾ cup milk  
¾ cup ricotta cheese

In a small casserole dish, melt butter and add onions; cook until softened. Add all other ingredients and bake, uncovered, at 375 F for 20 minutes. Serve with Indonesian pulled pork instead of noodles—see this month's Athens Food & Culture for our recipe!

We are also proud to carry Himalayan sea salt from Sustainable Sourcing and their four pepper blend. The Tellicherry Peppers help to support a school for farm worker's children; the pristine salt is free of impurities and high in essential minerals; and the company has NO carbon footprint!

### The Mouse Trap - Rani Bolton

I am a child of the 70's. My sister Jayn and I loved watching Julia Child on PBS. In fact, we created a game "Who Wants to be Julia?" One person is Julia the other is the audience. Jayn, being the oldest, would go out on the front porch pretend to be Julia. In her best high pitched Julia voice she would place a lovely "air pizza" in the top oven and pull out the stunning baked air pizza from the bottom oven. My job as the audience was to ooh and aah at the amazing pizza. The we would switch places and reverse roles.

Should you want to make a real pizza, we have brought in a lovely fresh goat cheese by Capriole, a farmstead goat cheese (made using milk from the farm's own animals) produced in from Greenville, Indiana. Judy Shad started Capriole in the 1980's and is considered a pioneer in the industry. You can enjoy her cheese in places such as Daniel Boulud's flagship in New York to Restaurant Gary Danko in San Francisco and yet she still stays true to her mission and continues to personally sell her cheese in local Indiana farmers markets.



Bon Appetit!

Instant Pizza with Fresh Goat Cheese and Peppers

- \* 1/4 cup olive oil
- \* 2 large red onions, sliced
- \* 2 large red bell peppers, thinly sliced

- \* 2 1-pound Boboli (baked cheese pizza crusts)
- \* 3/4 cup olive tapenade
- \* 1/2 pound soft mild goat cheese
- \* 1/2 cup chopped fresh oregano
- \* 1/2 cup toasted pine nuts - OPTIONAL

Preheat oven to 450°F. Heat olive oil in heavy large skillet over medium heat. Add sliced red onions and sliced red bell peppers and sauté until beginning to brown, stirring frequently, about 10 minutes. Place crust on cookie sheets. Spread each Boboli with half of olive paste. Top each with half of onion mixture. Sprinkle with crumbled goat cheese. Bake until cheese softens, about 10 minutes. Remove from oven. Sprinkle with chopped fresh oregano and toasted pine nuts. Cut pizzas into wedges and serve.