



SHIRAZ'S RECIPES FOR JANUARY

This month's featured food item is a choice of Elements Truffle chocolate or Taza chocolate. Chocolate is so good for you that we want you to incorporate it into your diet in the new year! Grab your favorite. Elements Truffles chocolates are \$8 each, and Taza chocolates are \$5 each. You get your choice in this month's wine club!

In the new year, most of us make healthy resolutions. We know red wine in moderation is good for the heart. Studies also show that tea and dark chocolate have similar healthy benefits. Antioxidants in tea leaves, grapes, and berries (including cocoa berries) improve blood flow to the heart and brain, raise HDL and lower LDL cholesterol, and reduce the threat of a heart attack or stroke. The "polymeal" of wine, fish, dark chocolate, fruit, veggies, nuts, and garlic eaten every day cuts heart disease risk by 76%! These 7 foods daily (4 times a week for fish) also will add 6 1/2 years to your life for men and 5 for women. It's shown that wine drinkers have higher IQs, better verbal skills, better memory, and think more quickly--especially when they drink in moderation.

If you want to make your exercise regimen more powerful, combine it with 1-2 glasses of red wine a day! A glass is as good for your heart as an hour in the gym. Wine also duplicates the benefits of a low-calorie diet. Champagne has great brain benefits: a glass daily helps prevent dementia and Alzheimer's, and improves cognitive function. Drinking tea throughout the day strengthens mental performance, brightens your mood, and increases metabolism. It also boosts the immune system, hydrates your body, and fights plaque too!

Chocolate also raises metabolic rates, improves the health of your arteries, and increases blood flow to the brain. It also reduces the bad effects from smoking, if you're kicking that habit for new years! 3 ounces of dark chocolate daily lowers the average person's cholesterol by 30 points too.

PRODUCT SPOTLIGHT

The new year seems like a great time to join our Wine Club. Our wine club is \$50 a month, and though it's a guarantee to get \$50-\$65 of wine and food, sometimes we break the budget. We work constantly to make sure that our wine club isn't just the best deal in Athens, but anywhere around! FAQ about our clubs are on our website, www.shirazathens.com or ask us -- or our club members! The first Saturday of every month is dedicated to a tasting of the 3 wine club wines, the food item, and the club feature. It's only \$5, but it's free for members--just another perk of the club. We were the first in town to start a wine club, and we are still the best!

(And did you see we won the Best of Georgia for wine stores again this year?!?)

JANUARY CHEESE CLUB

Iconic and New Specialty American Cheeses

NETTLE MEADOW, NEW YORK

Lavender Honey Fromage Blanc

The perfect spreadable soft cheese for bagels or waffles (toss our sweet potato biscuits in your waffle maker and top with cheese!) I love it in savory salads or with grilled lamb on a pita. It's great tossed in pasta too--and doubles for creaminess and flavoring.

\$7.99

Kunik Mini

A button made of both goat and cows milk, with a nice buttery texture and mild, fudgy, salty flavor. It's the perfect nugget alone or with fruit for brunch or a charcuterie board. The triple creme is richer than a normal brie, and it's an iconic American cheese for good reason.

\$9.99

SEQUATCHIE COVE, TENNESSEE

Walden

A Reblochon Alps style cheese, its washed rind with nutty flavors and a oozing, gooey texture has sourdough and mushroomy notes too. Put it with a baguette and a slice of ham for a perfect sandwich, or make the traditional dish of potatoes and onions with melted cheese.

\$11.99

SWEETGRASS, GEORGIA

Green Hill

Their riff on a Camembert is our best selling cheese. It's soft, mild, and the perfect size to command a cheese plate. You can bake it, top it, or slice it up your leisure. A killer double cream icon. Let it get to room temperature, add some honey, and add crusty bread. Amazing.

\$13.99

This month, cheese club will receive all 4 featured cheeses, plus Savannah Bee whipped honey and Effie's original oatcake crackers. That's \$59 worth of food!

VALENTINE'S SURF & TURF

AVAILABLE FOR PICK UP FEB 10, 11 & 13

DINNER FOR 2 ONLY \$55, TAX INCLUDED!

- 2 6 ounce lobster tails
- 2 4 ounce prime filet mignons
- 2 individual potatoes au gratin
- 8 ounces organic green beans
- OR organic asparagus
- herb compound butter to top dinner
- seasoning blend to sprinkle on
- salted caramel cake
- OR lemon cheesecake to split

Dinner comes with easy cooking instructions and all the ingredients

RSVP EARLY TO ENSURE YOUR PERFECT DINNER

(ingredients sold separately but save \$15 with the kit!)

Shiraz

675 PULASKI ST
SUITE 400
ATHENS GA 30601

EMILY'S WINE CLUB SELECTIONS FOR JANUARY

Windemere Coastal Vineyards Chardonnay 2020 Santa Barbara County, California

From Craig Stoller (Willamette Valley, Oregon) comes this little Santa Barbara beauty. It's nicely balanced, with a touch of richness. Lime zest, yellow apple, and notes of brioche fill out the ripe yellow fruit. Put it with a simple roast chicken, crab dumplings, or a casserole to elevate the meal.

\$15.99

Sattler Zweigelt 2020 Burgenland, Austria

From extremely mineral soils where the Danube used to run comes this oh-so elegant red. Pure in its expression of the Austrian terroir, it has mellow black cherry and the softest of tannins to go with slate, silt, and pepper. Put it with pork, mushrooms, barbecue, dumplings and pasta, and anything heavy with paprika.

\$20.99

Dharma Tinto 2017 Dao, Portugal

Touriga Nacional, Alfrochiero, Tinto Roriz

A dark, opaque wine with a blackish purple color and a fresh nose, it has spicy floral notes along with buttered bread smoothness. Balanced, with blackberry and mulberry fruit, hints of chestnut and notes of mineral on the finish. Such a pretty and elegant wine is perfect with pork, game birds, salt cod, or stew.

\$12.99



This Month's Feature:

KWV Classic Cabernet 2019 Western Cape, South Africa

A mild but firm nose with lavender, rosemary, and orange peel opens up into flavors of blackberry, coffee, chickory, and black cherry. It has very integrated tannin with long, smooth flavors all around. It is perfect with steak tartare, steak or heavy fish with capers, fresh herbs on grilled foods, or even savory snacks. A great all-around Cab!

\$13.99

Wine Club deal of the month = \$9.99!

NEW YEARS HOURS

Open January 5-7 during normal hours
Closed the week of January 9 for inventory

VALENTINE'S SURF & TURF

AVAILABLE FOR PICK UP FEB 10, 11 & 13

Rosé of the month



La Selve Maguelonne 2019 Rose Ardeche, Rhone Valley, France

40% Cinsault, 30% Grenache, 25% Syrah, 5% Viognier

A light salmon color with lovely red fruit and lots of floral notes. Clean and fresh, there is plenty of black cherry and lemon. It's delicate, aromatic, and has a good backbone. It's the perfect aperitif with smoked fish or a fruit salad. It's excellent with goat cheese or steak tartare.

\$17.99

Wine Club Cru Level RED!



Cantine Pasqua Lui 2018 Verona, Italy

80% Cabernet, 20% Corvina

The Corvina is aged in Hennessy barrels and half of the Cab is made in the appassimento method (air dried for richness) so the result after 12 months in barrel is actually much more elegant than I had expected. A pleasant floral aroma with dried fruit has black raspberry and mulberry. A little tart with cranberry and rich raspberry fruit. Put it with dark chocolate, roast pork, or creamy pasta.

\$24.99

Wine Club Cru Level WHITE!



Thorne & Daughters Paper Kite 2020 Swartland, South Africa

100% Semillon

Old vine Semillon in the old school style... more savory and less fruity. It has peppered greens on the nose along with nutty aromas. The palate is full and round, with lots of honeydew melon, apricot, and baked bread. There is plenty of lemon on the finish, making it crisp and full. Put it with smoked fish, lobster, or poultry.

\$35.99

UPCOMING EVENTS



SATURDAY, JANUARY 7

Monthly tasting of Wine Club wines

1-5 PM Shiraz tasting room

\$5 per person; free for club members in good standing

SATURDAY, FEBRUARY 4

Monthly tasting of Wine Club wines

1-5 PM Shiraz tasting room

\$5 per person; free for club members in good standing