

## UPCOMING EVENTS



### MONDAY, APRIL 7

237 PRINCE / BISCHERO WINE DINNER  
ROWLAND CELLARS

Special Guest Gerald Rowland!  
Sold Out! Waiting List Only

### TUESDAY, MAY 20

MAISON BLEU WINE DINNER  
NINER WINE ESTATES

6:30 reception; 7:00 first seated course  
6 wines, 5 courses  
Niner is a super-premium, Central Coast winery located in Paso Robles. Join President Mike Musso as we taste the inaugural vintage made by Amanda Cramer, Heidi Barrett's assistant winemaker at Paradigm.  
\$60, all-inclusive

**Call us for reservations at 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.*

**Shiraz**  
FINE WINES & GOURMET  
675 PULASKI ST  
SUITE 400  
ATHENS GA 30601

RETURN SERVICE REQUESTED

### JOIN OUR WINE CLUB!

Each month, Emily and the staff here at Shiraz select 3 wines we think are special and that you are sure to enjoy. All wines that we pick come complete with tasting notes and serving suggestions. Though all of the wines may be purchased separately, members receive a substantial discount on their package every month. This package consists of the three wine picks and one of our gourmet items selected for your sampling pleasure. The cost of the wine club package each month is \$45 (the cost separately is \$50-60); this month is \$56!—save \$11 this month alone! If you are a member of our wine club, you'll also get the first peek at special items here in the store, as well as a guarantee that you'll receive the 3 wines each month (sometimes they do run out!) Please ask us if you'd like more information or to join—it's the best deal in town! This month, the featured gourmet item is Classy Delites Balsamic Black Bean Dip. It is great on its own with chips, or add it to a variety of foods for an extra kick.

PRSR STD  
US POSTAGE PAID  
ATHENS GA  
PERMIT NO. 51

**Shiraz**  
FINE WINE & GOURMET

On average, 2oz of dried apricots have 10 times the sulfites as a glass of wine does.  
-WineIntro.com

"Contains sulfites". What does that really mean? The very word brings to mind chemicals, headaches, and breakouts. No one wants to ingest them, and no one seems to know where they come from. Sulfites are a natural by-product of the wine-making process. Sometimes small amounts are also added to prevent spoilage and oxidation. They are an inherent component in a bottle of wine, and are actually an innocuous component at that. The truth is, sulfites are present not just in wine, but in beer and many food products, including sugar, pickles, olives, seafood, and even fruit juice. Another cold, hard truth is that without them, wine would turn to vinegar in a matter of months.

What brought about this heightened awareness about sulfites, anyway? In the 80's, there was an exposé (several, actually) on their use in salad bars all over the United States. Constant spraying on lettuce and other foods upped the levels to 2,000 parts per million. In comparison, wine contains 350 or less, and most are actually under 150 (parts per million).

Often, customers ask me why they have had bottles of wine in Italy or France that did not contain sulfites. The truth is, these wines contain them also—the difference is in government regulations pertaining to labels. In the U.S., the FDA enforces these, and other countries' agencies do not. The warning label added to wine bottles in 1988 caused people to worry a little more than necessary about sulfites; many still blame any headaches related to wine drinking on these compounds. Here are two actual facts that you should know:

1. If you are truly worried about consuming sulfites as something unhealthy in your body, I recommend drinking organic wine. It stands to reason that grapes without chemicals sprayed on them during their growing season will potentially be lower in any undesirables once wine is made. Organic wines also lead the way in wines without any added sulfites. You will occasionally see labels on wine that read "NSA". This means "no sulfites added," and they are also a good option when looking for lower amounts. Just keep in mind that not every winery that refuses to add them puts this fact on the label.
2. Most of the time that someone has issues with red wine it is attributed to sulfites, but histamines are likely the culprit. For one thing, white wines commonly have more sulfites than red, but reds almost always have more histamines, as they come from the skins, where the reds get their color.

Histamines affect people with allergies adversely when they eat certain foods. Red wines can trigger a rash just as a strawberry or a peanut might. Of course, the levels in a bottle of wine are slight indeed, but sometimes that is all someone needs to cause a reaction.

One other note while we're on the subject: RWH, or red wine headache, is a common complaint amongst occasional wine drinkers. Sulfites are often blamed for this ailment, but scientists point to prostaglandins, hormones that cause pain and inflammation. Aspirin is recommended before drinking red if you suffer from RWH.

www.shirazathens.com

APRIL 2008

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

**Domaine Charvin à Côté 2006**  
**Vin de Pays de la Principauté d'Orange**  
**Rhone Valley, France**

This winery, a 6th generation family enterprise, has vineyards that are partly in the Cotes du Rhone and partly in Chateauneuf du Pape. The entire capacity of the grapes is under 7,000 cases, so we don't see very much of it. Bright and focused with brisk minerality, this medium-bodied red has lots of red berries on the palate. Briar, raspberry, boysenberry, and hints of cranberry round out into softer, more subtle aromas and flavors as the wine opens up. A great value, this is great with anything from salads to steak. It's fun enough to take on your first spring picnic too!  
**\$14.99**

**Qupe Central Coast Syrah 2006**  
**Santa Barbara, San Luis Obispo, Arroyo**  
**Grande Valley, and Paso Robles, CA**  
**94% Syrah, 5% Grenache, 1% Counoise**

This 25th anniversary bottling of Qupe's most accessible Syrah has a great balance of ripe, forward fruit and cool climate acidity and spice. With prestige vineyards, neutral French oak, and minimal filtration, it tastes more like an old-world, pure expression of the grape than many American wines. Bright, bright fruit has black berries off the vine and currant, with a hint of white pepper in the backbone. The acidity and fruit make it a great food wine. I've had it with a variety of foods, from salad with a creamy dressing to grilled lamb chops, and it matches well with the gamut.  
Best Syrah under \$20 in Food & Wine—  
3 years running!  
**\$18.99**

**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.**

**Cinnabar Mercury Rising Blanc 2006**  
**Monterey Co., Sonoma Co., and Clarksburg, CA**  
**72% Sauvignon Blanc, 20% Viognier, 8% Semillon**  
Cinnabar calls this their "edgy" blend, made with zero oak aging or malolactic fermentation to interfere with the fresh fruit flavors in the wine. Fragrances of lime, honeysuckle, melon, and orange blossom flowers have even more juicy flavors on the crisp, citrusy palate. Hints of spice and stones are enhanced with orange peel and tropical fruit. Its bright, fresh, zesty character is perfect with fried or spicy food, and it is excellent with rich dishes or on its own. Try this hand-harvested, cold-fermented bottle with an open-faced salmon sandwich or chips and dip.  
**\$14.99**

**This Month's Feature:**

**Vinum Cellars Rosé It's Okay! 2006**  
**Napa Valley, CA**  
**100% Cabernet Sauvignon**

This is the kind of wine that makes us glad it's springtime. The Cabernet grapes keep it from being sweet or candied in any way, yet it is extremely refreshing and brisk. There are hints of blackberry and red berries, but the flavors are very full of cherry: bing, dried, black, and even soda. Light amounts of tannin and spice round it out with just enough heft to make it a brilliant match for all types of picnic fare or anything else you have in mind this time of year. It is especially good with mexican food or anything prepared with Classy Delites Balsamic Black Bean Dip.  
**\$11.99**

**Wine club deal of the month = \$9.99**  
**Plus, take an additional 10% off cases!**  
**(as low as \$7.99!)**

## SHIRAZ'S RECIPES FOR **APRIL**

This month's gourmet food item is Classy Delites Balsamic Black Bean Dip. It makes a great snack on its own or in a variety of dishes. It is fat free, has no sugar added, and is delicious! Balsamic Black Bean Dip is only \$6.99 a jar, and comes automatically in wine club this month

### **CHERRIED CHICKEN SOFT TACOS**

8 flour tortillas  
1 pound chicken breasts, baked  
2 T. Wild Thymes thai chili garlic dipping sauce  
½ c. Wild Thymes morello cherry salad refresher  
Classy Delites Balsamic Black Bean Dip  
lettuce, sour cream, and other toppings as desired (I add cucumbers)  
Chop chicken and marinate in thai chili sauce and cherry refresher for at least an hour. Spread black bean dip on tortillas and add chicken and any other toppings.  
Serves 4.

### **VEGGIE SPREAD SANDWICH**

4 slices hearty bread  
Classy Delites Balsamic Black Bean Dip  
Hummus  
roasted red peppers, in strips  
fresh tomatoes, in slices  
lettuce and other toppings as desired  
Spread hummus and black bean dip on 2 slices a piece. Add any additional veggies on the slices and put the sandwiches together so that each serving gets both spreads. Makes 2 sandwiches.

### **LAYERED MEXICAN DIP WITH STYLE**

Classy Delites Balsamic Black Bean Dip  
Classy Delites Pistachio Dip (or guacamole)  
salsa, your choice (corn salsa works great)  
lettuce, chopped finely  
sour cream  
shredded cheese  
Layer ingredients in order listed. Cut corn tortillas into wedges and toast in a 350 degree oven for 15-20 minutes or until crisp, or serve with bought corn chips. This recipe plus a bottle of rosé make for the easiest, most guilt-free girls' night ever! Just add a movie.

### **OPEN-FACE SALMON SANDWICH**

¾ – 1 pound salmon, grilled (in 2 large fillets)  
4 T. Classy Delites Balsamic Black Bean Dip  
1 T. olive oil  
2 T. good-quality mustard  
1 T. fresh fennel fronds (or ½ T. dried dill or parsley)  
2 slices thick, hearty bread, toasted  
  
Layer toast, bean dip, and salmon on each plate. Mix oil, mustard, and herbs and drizzle over the top of the sandwich. Excellent with steamed greens or a side salad (make extra mustard mixture and add a dash of vinegar for a great salad dressing)  
Serves 2.

### **SOUTHWEST SALAD & CHIPS**

Toss the following ingredients:  
fresh lettuce  
red onions  
corn kernels  
fresh jalapenos  
red bell peppers  
cucumbers  
cheddar cheese  
Drizzle the salads over the top with a little bit of lime salad refresher or other dressing to taste. Throw a little fresh cilantro in and toss. Surround each salad with chips topped with balsamic black bean dip.

