

Shiraz

FINE WINE & GOURMET

"I have enjoyed great health at a great age because everyday since I remember I have consumed a bottle of wine except when I have not felt well. Then I have consumed two bottles."

– A Bishop of Seville

www.shirazathens.com

JANUARY 2011

As the new year rolls around, many of us make resolutions to improve our health. We have all heard that red wine in moderation is good for the heart, and studies now show that tea and dark chocolate have similar health benefits. Anti-oxidant rich compounds, called flavonoids, found in tea leaves, grapes, and berries (including cocoa berries) work magic. They improve blood flow to the heart and brain, raise HDL, and lower LDL (good and bad cholesterol, respectively), and reduce the threat of a heart attack or stroke. In fact, a team of Australian researches has concluded that a diet of wine, fish, dark chocolate, fruit, vegetables, almonds, and garlic eaten every day cuts heart disease risk by a whopping 76%. These seven foods daily (only 4 /wk for fish) will increase life expectancy by an average of 6 1/2 yrs. for men and 5 for women.

Many of us, myself included, are making resolutions to exercise more--but if you really want to help your heart, combine your exercise regimen with 1-2 glasses of red wine per day. Studies show that this moderate intake of wine is as good for your heart as one hour's exercise every day. And in addition, drinking wine duplicates the life-extending benefits of a low-calorie diet! And if you drink tea throughout the day, not only will your mental performance be stronger, your mood will be brighter as well--and it increases metabolism. (Some chocolate has been known to raise metabolic rates as well.) Is there anything, in fact, that wine won't do? It is perhaps as good for your brain as it is for your heart. Besides preventing dementia (it's true!), there's proof that wine drinkers have a higher IQ than non-drinkers. And they tend to have better verbal skills, speed of thinking, and memory, especially when they drink in moderation. Like our good friends at Kilikanoon, we endorse these studies, because we have "conducted extensive research of our own!"

It is no surprise, then, that "French Women Don't Get Fat." While their diet includes butter, whole milk, and good chocolate, they lead far healthier lives than Americans, despite lack of exercise, etc. "Eventually, the French shrug and say it must be the red wine." The island of Sardinia, off the coast of Italy, has an unexpectedly high number of residents over the age of 100. The only explanation available is the robust red wines of the region, which they partake of frequently. It goes without saying that these Italians also cook only in olive oil, the healthiest cooking base you can find, and all I will use to saute dinner.

TEA

Did you know that you can make any tea decaffeinated? Simply pour hot water over the tea bag, let steep for 30 seconds, and discard the water. Pour fresh boiling water over the same tea bag for a second, decaffeinated, cup. Studies show that up to 90% of the caffeine in tea is infused out in the first 30 seconds of steeping.

Tea also:

- * Boosts the immune system.
- * Increases metabolism, helping the body burn more calories.
- * Hydrates the body, maintaining healthy skin.
- * Inhibits plaque formation in the mouth.

CHOCOLATE

Did you know that a mere 3 oz. of dark chocolate daily lowers the average person's cholesterol by 10 points?

In addition, it:

- * Improves the health of the arteries
- * Dark chocolate increases blood flow to the brain.
- * Cocoa reduces smoking-related impairments.

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

JANUARY

Hexamer Sauvignon Blanc 2009

Nahe, Germany

"Nahe wines always taste as though they were fined with bath-salts and jewels. Hexamer's wines are a vivid demonstration, precisely because they're so steely and pristine." A beautiful Sauvignon Blanc indeed, the first vintage and extremely elegant and graceful on the palate. Lime, wintergreen, and sandstone with a hint of spice and a glimpse of grapefruit or cut grass. You're welcome!

\$20.99

Bottega Vinaia Pinot Noir 2008

Trentino, Italy

Produced from grapes grown in the Valley of Lakes, in the town of Calavino near Lake Toblino. The area is characterized by a Mediterranean climate, and marks a new direction for Trentino-based Cavit, one of the most respected and successful wine producers in Italy. A limited production "Cru" varietal wine, it is a lean, minerally, old world style Pinot Noir when first opened. Very straightforward in style, it has good acid and backbone with loads of black cherry, other red fruit, and hints of vanilla. More elegant and velvety than masculine, try it with the Tartufo cheese just the same.

\$21.99

This month, only \$15.99

Vinum Cellars Merlot 2008

Oakville, California

All Vinum wines are made by hand in small batches, and used in lightweight packaging that minimizes carbon footprint. A plush pretty statement of merlot. Just when you think they are all insipid or massively tannic, this one walks over and strokes your palate. Red cherry, red raspberry, and cassis are accentuated by concentrated blueberry and boysenberry aromas. The palate has cloves, lively acid, and big supple finish. The second day, the supple herbs come out with more concentrated dark fruit. Great with game, steaks, or every day meals like pizza.

\$10.99

This Month's Feature:

Carpazzo La Doga Morellino di Scansano

Maremma, Tuscany, Italy

100% Sangiovese

Maremma dates back to the Etruscans as a region for making wine, but is considered the next frontier in the Tuscan wine industry. The climate is similar to Sicily, and natural caves make it easier to age the wines properly. A spicy black fruit enhanced by aromas of asphalt and tea leaf. Classic big Italian red, leathery tannin and big, dry, lean dark dried fruit prevails. Rosey, smoky, and really elegant.

\$24.99

wine club deal of the month = \$14.99!

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

**THIS MONTHS WINE CLUB TASTING WILL BE
ON JANUARY 8!**

JOIN US ANYTIME BETWEEN 1 AND 5 P.M.

Wine Club Premier Cru Level!



Chateau Grand Destieu 2006

Saint Emilion Grand Cru

Bordeaux, France

Nicely ripe, moderately concentrated red/black cherry and black-berry fruit, accented by earthy tobacco flavors. It has subdued fruit with cherry, anise, and a touch of leather. The flavors are consistent from the front to the back of the palate; it is mouthfilling, but more refined than chewy. Just enough tannin to keep the flavors in check, it is a pretty example of Bordeaux, with good tannin, cigar, and a light herbal finish that makes it an ideal match for foods during the winter months.

\$41.99

cru level deal of the month = \$36.99

This month's featured brews:



TERRAPIN, ATHENS, GEORGIA

Right down the road, 2 guys have been making great beer since 2002. They won a gold at the Great American Beer Festival with only one beer; today, we look for special releases, seasonals, and side projects in addition to staples. Blue Ribbon named them the best brewery in the Southeast.

MOO-HOO

Chocolate milk stout. Do we REALLY have to say any more about it? Except that it is remarkably smooth, and you can taste all of the flavor from the cocoa nibs used in brewing it. A little pepper, vanilla, coffee, but just easy to drink and delicious.

\$9.99 / 6 pack

BIG DADDY VLADY'S

Side Project #13 Russian Imperial Stout

A very "stouty" stout. The side projects from Terrapin have been good and interesting, and this is no different. Smooth on the palate, with a bite on the finish from the 10.25% alcohol, almost like a leathery finish. Smoky, almost like bitter chocolate, and burnt malt.

\$7.99 22 oz.

KONA BREWING COMPANY, BIG ISLAND, HAWAII

The largest brewery in Hawaii and the leader of the craft scene there, Kona has also opened two beer pubs in the 15 years since they've been in business. It is the top selling craft beer in the islands, and is distributed selectedly in the lower 48.

PIPELINE PORTER

Porters when done right are mouthfilling without but not heavy, and very smooth. The Kona coffee here adds a little complexity. It has coffee and chocolate, only a touch of bitterness, and is smoky and dry, with a lift from the carbonation. And it's very drinkable on a cold winter's night.

\$8.99 / 6 pack

FIRE ROCK PALE ALE

Touted as a "Hawaiian-style" pale, it has a good punch of citrus and soft hop character. Moderate caramel and toast; light to moderate floral, marmalade, and nectarines. Bready and sweet malt, a tropical hint, and only a slight bitterness. Crisp and flavorful; sessionable.

\$8.99 / 6 pack

SHIRAZ'S RECIPES FOR JANUARY

This month's featured food item is Tartufella Caciotta al Tartufo cheese. A sheeps milk cheese made in traditional Pecorino fashion, it is a young and therefore a little softer in texture. But the kicker on this mellow, buttery, nutty cheese is that it is laced with Italian black truffles.

It is perfect for a cheese plate, but is also a great melting cheese. Try it on your next sandwich for some great cheesy flavor. And it is fabulous with this month's darker beers in beer club!

Other ways to let Tartufo maximize your dining experience: Add it to cheddar in macaroni and cheese; make an intense baked potato; or add it to gruyere for great fondue. Check Emily's fondue recipe, below--a great revisit if you haven't had it.

Caciotta al Tartufo is only \$6.99 a wedge, and comes automatically in this month's wine club.

"TRUFFLED" BAKED POTATOES

4 large potatoes
1 wedge Tartufo cheese, shredded
1 cup sour cream
1/4 cup chopped green onions
Bourbon Barrel Foods smoked paprika to taste

Preheat oven to 400°.

Bake potatoes for 1 hour and cool slightly. Cut each potato open; carefully scoop pulp into a bowl, leaving shells intact. Add cheese, sour cream, and onions to pulp, and mash.

Raise oven temperature to 450°. Stuff shells with potato mixture, and sprinkle with paprika. Place on a baking sheet for 15 minutes or until thoroughly heated.

Serves 4

CLASSIC FONDUE, EMILY'S WAY

Heat a double-boiler to medium high. Add a heaping tablespoon of minced garlic and a cup of white wine; wait until it's hot. Then add the cheese. This should be grated swiss--I personally like Emmentaler blended with Gruyere. Anyway, the cheese should be shredded, about a pound all told, and tossed in between a teaspoon and a tablespoon of flour. Basically, the cheese should be coated but not overly "floury". I know, it sounds like directions my grandmother would give me! But toss the cheese in the flour or the recipe will not turn out the same. Add the cheese, one handful at a time, mixing it in with the heated wine. Stir as you go to keep the consistency smooth. Then add 1 1/2 tablespoons of kirsch and a good healthy pinch of nutmeg.

Serve this with bread cut into cubes, green apples, carrots, and anything else you want to dip in it. You could move it into a fondue pot, etc., but it never lasts that long at my house.

(Alternative to the swiss: do the exact same recipe, except use beer instead of wine, sharp cheddar instead of swiss, no kirsch, and black pepper instead of nutmeg)

Serves 4

The Mouse Trap - Rani Bolton

Today I looked in my fridge and I saw nubs or should I say gems of all sorts of cheeses in my fridge. Leftovers from holiday parties that although are smaller are still just as delicious. But what to do with them?

1. Top some winter soups from chili to cream of potato soup with shredded leftover cheddars
2. Fold cheese into mashed potatoes
3. Make a mac and cheese with a pasta shape you have never used before and see what fun happens
4. Add to your next omelet
5. Top your next batch of biscuits
6. Make a compound butter by softening butter and blending in the cheese. Roll it in a log shape and refrigerate and freeze to cut into coins later or perhaps put into ramekins for your next dinner party.
7. Blue Cheese Vinaigrette
8. Fromage fort

Blue Cheese Vinaigrette

- 1 cup cider vinegar
- 1/2 cup sugar
- 1 cup crumbled blue cheese
- 1 small onion, chopped
- 1 tablespoon Dijon mustard
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1 cup vegetable oil
- Vegetables and salad greens of your choice

In the food processor you will add the cider vinegar, sugar, 1/2 cup blue cheese, onion, mustard, garlic, and salt. You will now cover and process until smooth. While you are processing you will need to slowly add the oil in a steady stream until the consistency of dressing is reached.

Once you reach the desired consistency you will then stir in the remaining half cup of crumbled blue cheese. You will need to pour over the salad at the time of serving. This will need to be stored in the refrigerator until time of use. You will also need to refrigerate the leftover dressing. http://www.ehow.com/how_5111596_make-blue-cheese-vinaigrette.html#ixzz1923hzu6S

Fromage Fort (strong cheese) by Jacques Pépin

Ingredients

1. 1/2 pound cheese pieces
2. 1 garlic clove
3. 1/4 cup dry white wine
4. Black pepper
5. Salt



Directions

Put about 1/2 pound of cheese pieces in the bowl of a food processor, add 1 garlic clove, about 1/4 cup of dry white wine and a big grinding of black pepper. Salt is usually not needed, but taste the mixture and add some if it is. Process for 30 seconds or so, until the mixture is creamy but not too soft, and then pack it into small containers. The fromage fort is ready to use now, either served cold or spread on bread and broiled for a few minutes. Broiling will brown the cheese and make it wonderfully fragrant.

Shiraz
675 PULASKI ST
SUITE 400
ATHENS GA 30601

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RETURN SERVICE REQUESTED

MAKE A NEW YEARS RESOLUTION TO JOIN WINE CLUB!

- did you know wine club gets extra case discounts?
- be the first to know about extra sales and specials
- events exclusive to wine club and other benefits

UPCOMING EVENTS



SHIRAZ WILL REOPEN FROM THE HOLIDAYS AND INVENTORY ON WEDNESDAY, JANUARY 5 AT 11 A.M.

WINE CLUB WILL BE AVAILABLE STARTING ON JANUARY 5.

FRIDAY, JANUARY 14

WINE CLUB-ONLY TASTING OF RAUL PEREZ WINES

Taste extremely allocated wines from one of our favorite impossible to get Spanish winemakers. If you've been to this tasting before you know it's the only way anyone in Georgia will ever see them all, much less taste them! (rescheduled by request--this WILL be the only tasting of Perez before the fall!)

premier cru only tasting 5:30 - 7:00 p.m.

open to cru and wine club 7:00 - 8:30 p.m.

\$40 per person; wine, water, bread, and cheese provided!

MEET AND GREET FOR SPANISH IMPORTER STEVEN MILES ON WEDNESDAY, JAN 26, 5 TO 8 P.M.

All family-owned, small production offerings

Taste 8 wines!

Free of charge

TUESDAY, FEBRUARY 22

A WINE DINNER AT GEORGE'S LOWCOUNTRY TABLE!

Join us as we enjoy authentic creole / cajun food in Athens. Not to mention great wine!

Details to follow.

THURSDAY, MARCH 24

AN ITALIAN WINE DINNER AT LA DOLCE VITA!

Details to follow

THURSDAYS AT SHIRAZ

Every Thursday, starting when we open at 11, we have fresh (never frozen) fish delivered--check our emails for the catch of the week. These selections will change weekly, but they will always be fresh--and delicious.

**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.*