

# Shiraz

FINE WINE & GOURMET

www.shirazathens.com

JANUARY 2019

## The new year seems like a great time to talk about our Wine Club.

It is a great way to make any of these resolutions work:

- drink more good wine
- expand your palate
- save money on wine and food
- eat more real food

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--this month, members get \$74 of delicious product!! 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](http://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.

## JANUARY CHEESE CLUB

### THE CELLARS AT JASPER HILL, VT

#### Harbison

One of my favorites of all time--a ripened Brie-type cheese wrapped in an inner strip of spruce bark. It's woody but sweet, with a touch of intensity from earthy vegetal notes, balanced by a spicy floral texture. Oozy - you can SPOON this! Try with jam or better yet, put with pate and cornichons. Fruity or sparkling wines, sour beers, dry Rieslings are all magic. \$16.99 / 9 oz

#### Moses Sleeper

Like a beautiful Camembert, with a fudgy textural paste, firm instead of runny. Hints of creme fraiche, roasted nuts, and mushrooms make it pretty and delicate. Wonderful with Rose, cider, and sparkling wine. A perfect match is Italian mostarda, English biscuits, or jam. It is amazing with chocolate. \$13.99 / 8 oz

### 2 CHEESES FROM AMISH COUNTRY:

#### PASTURE PRIDE, OH

##### Oven baked cheese filled with fresh Parmesan

This is Juusto, or bread cheese. Named after an old Scandanavian recipe (Juustoleipa), it's cheese that forms a crust because it's baked. It has a sort of crust--think of it as grilled cheese without the bread. I like eating it the old-school way: warm and dip it in coffee or hot chocolate, or serve it drizzled with honey. So delicious for a healthy breakfast or snack. \$5.99

#### BUNKER HILL, OH

##### Farmer's Cheese

A natural, vegetarian, organic cheese made since 1935! Basically the texture of cottage cheese, but it's pressed into a firm mold. It's a mild, pliable cheese that is naturally lower in fat. Perfect for melting onto sandwiches or eating for a healthy snack with some fruit or nuts. Try it in mac an cheese, on a pizza, or topping a potato. \$4.99

*This month, cheese club gets all 4 of the featured cheeses, plus Effie's corncakes AND Divina Fig & Cocoa spread (a must for any cheese board!)*

*\*did you know cheese club saves on their goodies each month? this month they get \$55 of provisions for only \$50!\**

**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.**

## SHIRAZ'S RECIPES FOR JANUARY

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..

Cheese has been linked to healthy blood pressure levels too! Not to mention it's the perfect food: high in protein, all the right fats, lactose free...



# JANUARY

## **Hidden Sea Cabernet - Shiraz 2014 Limestone Coast, South Australia**

Named for the marine wildlife buried underneath the vineyards, they are wildlife foundation benefactors. Sweet dried herbs like eucalyptus and bay leaf add a nice balance to the dark, intense fruit. Smooth, with touches of green peppers and roasted cashews and chicory. Blackberry and black cherry show a rustic vibe on day 2. Inky blackberry and structure pair nicely with steak, blue cheese burgers, moroccan spices and veggie tagines. Moussaka or stews with mushroom and tomato are also ideal.

**\$19.99**

## **La Source Tourette 2014 Valle d'Aoste, Piedmonte, Italy**

70% Petit Rouge, assorted indigenous varietals  
Only 5 or 6 families make this! Super earthy, with that rustic barny Italian feel, it has notes of stone and leafy earth/underbrush. Floral, with notes of lemon and elegant cranberry and black cherry as it opens up. Rustic and gripping, yet pretty. Black fruit is balanced by softness. Grit and gravel on the finish add a good complexity. As with all Northern Italians, put this with meat based meals, braised vegetables or meats, game, or rich and hearty stews. Also good with a cheese and charcuterie platter.

**\$27.99**

**Price this month = \$23.99**

## **Buena Vista The Count Founder's Reserve 2014 Sonoma County, California**

A pretty Cab blend named after the man who dug Sonoma's first wine caves and started Cali's first premium winery in 1857. A dark, silty and ashy style Bordeaux blend with cinnamon and mocha, it has pretty blackberry, plum and black raspberry fruit. Elegant and well delineated, it is pretty throughout with a finish of tar, tobacco, and tannin. Inky grip completes it and the finish lingers softly afterward. It's the kind of California wine that works as well with olives and eggplant as it does with beef or ribs.

**\$19.99**



### **This Month's Feature:**

## **Twelfree Grenache - Mataro 2013 Greenock / Ebenezer, Barossa Valley, Australia**

This winery focuses on Grenache from different areas of Australia--and Mourvedre is at its finest in the hot Barossa. Heaps of rich, ripe fruit: blackberry, boysenberry, mulberry are everywhere. On the palate, it's dark and deep with cranberry and black cherry. Hints of earth with tea leaf, cumin, and clove. It has grip and body, but the lingering finish is elegant. Altogether super lush and incredibly smooth. Anything featuring game, fruit sauces, or a sweet/spicy combo like traditional barbecue is ideal. Hearty root veggies, mushrooms, and aged goat cheese are delish.

**\$36.99**

**Wine Club deal of the month = \$19.99!**

## **Rosé of the month**



## **Joel Gott Grenache Rose 2016 Central Coast, California**

A lush, rosy rose with notes orange, raspberry, and strawberry. Bold and juicy dark, ripe fruit are rich and loaded with red raspberry and bright melon. Bold and clean on the finish--this is everything I want in a wintertime rose. This is the perfect wine for tacos, fajitas, mushroom pizza, and fried chicken. It is also good with a mildly spicy curry or stir fry.

**\$13.99**

## **CRU LEVEL WINES**

For club members who upgrade to cru, an extra \$25 a month gets you wine club PLUS an extra special bottle, more discounts, and extra perks!

## **Wine Club Cru Level RED!**



## **Domaine de l'Echevin Saint Maurice 2015 Guillaume de Rouville Rhone Valley, France**

90% Syrah, 10% Grenache

Rich and earthy, with grilled meat, underbrush, bacon fat, and a bold dark undercurrent of mulberry and wild berries. The midpalate is ripe and pretty, with cassis, anise, garrigue, and some raw power. This wine has it all--dark and intense, meaty, juicy, and full of blue fruit too. It is a go go go wine that has full throttle flavors, typical of the 2015 Rhone Valley vintage. Put it with your darkest, gamiest meals--or with lentils, aged goat cheese, Asian glazes, potato dishes, or mushrooms.

**\$24.99**

## **Wine Club Cru Level WHITE!**



## **Azienda Vinicola Caespes 2016 Colli Tortonesi, Terri i Libarna, Piemonte**

100% Timorasso

An almost extinct grape from a tiny region. Really lean, with a honeycomb waxiness giving it some good weight. Lemon peel, orange, and passionfruit resonate throughout the middle, with a cool and delicate note of strawberry on the finish. So complex it will change your mind about Italian whites being something simple to knock back before dinner! Put this with smoked fish, game, deep wintery dishes... and get ready to be amazed.

**\$29.99**

## **Wine Club is the best deal in town!**

This month, our wine club gets \$74 worth of wine and food plus half off each feature for only \$50! PLUS, wine club saves on every feature and extra on any mixed cases!

# Shiraz

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SUITE 400  
ATHENS GA 30601

## DIGITAL UPDATES

**Facebook:** Shiraz Athens, our fan page, has information on sales, specials, and events, as well as one FB only sale each week: Web Wednesday!! And our weekly updates are on Facebook now too, including our specialty food for sale and a wine of the week

**Twitter:** Shirazathens

**Instagram:** Shirazathens

cheese plates, wine specials, and gift ideas weekly

**[www.shirazathens.com](http://www.shirazathens.com)**

Our website now has updated pictures every week, including cheese plates available each friday!

## WHY JOIN WINE CLUB?

Our wine club is the best deal in the wine business. We work hard every month to find wines that are special, hard to find, and great values. The reason people tell us they like wine club the most? All the great finds. The second best thing? Great discounts! For only \$50, members get \$50-65 worth of wine and food, plus tasting notes and recipes. Plus, there's an extra wine on sale for club members, and we have extra case discounts on top of everything.

And our monthly wine tasting is free for members (2 tickets per membership, another \$10 available at the ready!) Ask us about our wine club—it's an amazing deal with wonderful things to try every single month!

## UPCOMING EVENTS



**JANUARY 8-12**

**SHIRAZ IS CLOSED FOR INVENTORY**

**REOPEN JANUARY 15 AT 11 AM**

**SATURDAY, FEBRUARY 2**

**Monthly tasting of Wine Club wines**

1-5 PM Shiraz tasting room

\$5 per person; free for club members

### 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.**

**Our tastings on the first Saturday of the month are from 1 to 5 p.m. and run every 20 minutes. The tastings are \$5 per person; the fee is waived for wine club members in good standing.**