

Upcoming Events

Annual Icewine Weekend

Saturday, February 7 and Sunday, February 8, 2009

As the bitter-cold winter winds start blowing through the region, The Ontario Wine Society wants to warm you up by inviting you to another amazing weekend in the Niagara Region. Members and their guests can enjoy a great afternoon wine tour and tasting followed by a special dinner then later relax in luxurious accommodations.

The featured winery this year will be the brand-new Southbrook Vineyards, which opened this summer after calling Richmond Hill home for years. The Niagara-on-the-Lake winery's sensory centerpiece is a Jack Diamond-designed pavilion that reflects Southbrook's focus on innovation, classic truths and environmental stewardship. Its vineyard has been granted OC/PRO Canada organic certification. This means that the estate-grown grapes harvested for the 2008 vintage will be designated "organic." Southbrook Vineyards has an enduring commitment to producing great wines with a sense of place, and believe that organic and biodynamic grape-growing are essential to that goal.

The tour will be lead by owner Bill Redelmeier and he has promised to open some "Poetica" as part of the tasting. Poetica is a true reserve wine that has been produced in limited quantity dating back to 1998. It combines great art "in" the bottle along with great art "on" the bottle. Dinner will be served in The Great Room, in the heart of the Pavilion, with lovely views of the vineyard in winter, the wine library and a glass barrel vault

Accommodations will again be at White Oaks Inn & Resort, conveniently located a few kilometres from the winery. Use of the pool and work out facilities and an extensive breakfast buffet are all included.

\$470 per couple for members; \$510 per couple for non-members (based on double occupancy)

\$305 for single members; \$325 for single non-members

For more information and the registration form please see the attached flyer.

Previous Events

Are You Passionate About Pinot???

PATRICIA DINSMORE



A Tableful of Pinots - Photograph by Patricia Dinsmore

The ninety people who attended the November event of the Toronto chapter definitely fit into the category of people who are passionate about Pinot Noir. Leading the tasting was someone who is definitely passionate about Pinot Noir – Norm Hardie of Norman Hardie Wines. Known for crafting fine Pinot Noir in Prince Edward County, Norm explained the intricacies of growing Pinot Noir and crafting fine wines from this fickle, temperamental grape. Just to name a few of them, with Pinot Noir, you have to find the best yield per acre, choose the correct clone for the soil you are growing the grapes in and, at the end of the growing season, choose the best day to harvest. It is a lot of trial and error and mistakes can be made but, when it comes to The Heartbreak Grape, finding the perfect combination can reward you with some amazing wines.

As Ontario is growing as a world wine region, we have started to make some truly amazing Pinot Noir and the time had come for us to put our best up against the best from other New World wine regions. The international contenders were from the Sonoma Coast of California, New Zealand and South Africa. The Ontario contingent comprised wines from both Prince Edward County and the bench lands of the Niagara Peninsula. To get slightly more scientific results, we decided to do the tasting as a blind tasting with only the wines featured listed on the back of the tasting sheet. Just to refresh everyone's memory, the wines for the evening were:

Allan Scott 2007 Marlborough Pinot Noir (NZ)

Angel's Gate Winery 2006 Pinot Noir (ON)

Bouchard Finlayson 2005 Galpin Peak Pinot Noir (SA)



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Flat Rock Cellars 2007 Estate Pinot Noir (ON)

La Crema Winery 2006 Sonoma Coast Pinot Noir (CA)

Norman Hardie Wines 2007 County Pinot Noir (ON)

Tawse Winery 2006 Pinot Noir (ON)

Since no one knew the order of the wines as well as which one's were from Ontario versus the other countries represented that evening, we asked everyone to guess whether they thought the wine was from Ontario or one of the other countries and to also choose their favourite.



Passionate Pinotfiles - Photograph by Patricia Dinsmore

While the results were varied on the Ontario versus international question, there were two clear front runners – Allan Scott 2007 Marlborough Pinot Noir and Bouchard Finlayson 2005 Galpin Peak Pinot Noir. This is not to say that the Ontario wines showed poorly because that could not be further from the truth. Looking over my own notes, I scored nothing under sixteen out of twenty and several other people who attended expressed how impressed they were with the wines overall. While the core components of all of these wines were the same – fruit, spice, smooth as silk palates – there were two different styles of Pinot Noir in play here. Some of them were lighter tasting while others had heavier, jammy fruit palates that kept you coming back for more. The two that came out as top favourites – the wines from New Zealand and South Africa – seemed to represent the best of each style which just goes to show that variety is the spice of life. Whether you like the earthiness of some Pinot Noir's or the jammy, fruit forward complexity of them, there was definitely a style of Pinot Noir there that evening for you to try and fall in love with. Pinot Noir's are the type of wine to either be loved or hated – there is very little middle ground with them – and, by the sounds of it, those attending found wines that fit their palates with perfect passion.

Niagara Chapter's Annual Dinner - 2008

FRED COUCH

The Niagara Chapter held its Fifth Anniversary dinner at the newly opened August Restaurant in Beamsville. The theme of this year's dinner was "From 'C' to 'C'" which stands for Celebration, Corporate Members, Calamus Estate Winery, Colio Estate Winery and Closson-Chase Winery (the featured wineries of the evening). Our event began with a reception of canapés served with 2006 Colio Lily Sparkling wine.

Before dinner was served, Yvonne Trout, President of the Niagara Chapter introduced our guest speaker for the evening, Dr. Gary Pickering, Chair & Professor of Biological Sciences/Wine Science, Brock University. Dr. Pickering gave an interesting talk about how people taste wines differently. He explained the difference between "tasters", "non-tasters" and "super-tasters" and how the different groups perceive the taste of wines (and other foods). More information on Dr. Pickering and his publications can be found at: www.brocku.ca/ccovi/gary. Yvonne then introduced Derek Saunders, owner of Calamus Estate Winery in Jordan. Derek spoke about the winery and the Calamus wines being served with dinner.

Once dinner commenced, guests were treated to four delicious courses, which were expertly prepared by Chefs and co-owners Marc McKerracher and Beth Ashton. The main course was a choice between Good Shepherd Farm Beef Braised with Olives, served with Buttermilk Spaetzle or Lightly Smoked Rainbow Trout with Caramelized Apple and Crème Fraiche. Wines served with the main courses were



*Guest speaker Dr. Gary Pickering
Photo by Bruce Jackson*

Calamus Cabernet Franc, Niagara Peninsula 2006 and Closson Chase Chardonnay, Prince Edward County 2006.

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The evening ended with a Warm Bourbon Pecan Butter Tart served with a Colio Estate Winery CEV Vidal Icewine 2007.

We'd like to thank the owners and staff of August Restaurant for hosting the dinner and Dr. Gary Pickering and Derek Saunders for addressing the group. We'd also like to thank Sue Couch of the Niagara Chapter for planning the event. Photos were taken by Bruce Jackson and can be viewed on the website:

www.flickr.com/photos/photoshopplake

News from the Vines

Fred Couch, OWS – Niagara Chapter

Winemakers on the move: Jason James who left Thomas & Vaughan Winery, Beamsville, a few years ago to become assistant winemaker at Sumac Ridge Winery in the Okanagan, has now been promoted to winemaker. Sue-Ann Staff, formerly winemaker for Pillitterri Estate Winery and 20 Bees Winery, is now the winemaker for Megalomaniac Wines owned by John Howard, the former owner of Vineland Estates Winery. Sue-Ann will also have the opportunity to work in Bordeaux, France since John Howard also has an investment in Chateau Haut Pontet.

Plans are in the works to open a new Niagara College Wine Education and Visitor Centre in the summer of 2009. Wineries, other than Niagara College Teaching Winery, will also be invited to set up in the college's retail area offering wine samples to visitors. This will be done on a rotating basis. A giant wall displaying bottles from the more than 120 wineries in Ontario will be placed alongside the Niagara College Teaching Winery products. The centre will serve to promote the entire wine industry and provide visitors information on grape growing and wine production.

Two wineries have been chosen to provide the Provincial Legislature's official wines of 2008-09. Reif Estate Winery, Niagara-on-the-Lake, was chosen for its VQA 2006 Cabernet Sauvignon Reserve and Colchester Ridge Estate Winery, Harrow, for its VQA 2007 Riesling. The selected wines will be served at official legislative events.

Golf pro Mike Weir announced plans to open a winery next to the Whirlpool Golf Course on the Niagara Parkway. In 2005 Weir launched his own wine in partnership with Peter Jensen and Laura McCain-Jensen, who own Creekside Estate Winery. That relationship was severed in June of this year. Weir announced a new winemaking partnership with Chateau des Charmes Winery who owns 270 acres in Niagara. Construction of a new building, which will have a wine processing

facility, a retail store and a Mike Weir gallery of golf memorabilia, is expected to begin next summer.

The main building at Ravine Vineyard Estate Winery is now open. The winery is located behind Olson's Food and Bakery at 1366 York Road, St. Davids. Website: www.ravinevineyard.com

Toronto Chapter

OWS Volunteer Event Organizer Required

The Ontario Wine Society requires one (1) volunteer event organizer. A volunteer event organizer must have time to attend Board meetings, which we hold about once every month and a half, and be the lead organizer for one or two events per year. If you are interested please call Ken Burford at 416 574 8981.

Corporate Member Events

CALAMUS ESTATE WINERY

Christmas at Calamus

December 6 & 7- 11:00 a.m. ~ 5:00 p.m.

Sample our wines and complimentary seasonal goodies. Wine will also be for sale by the glass. Join us for carol singing Sat. Dec. 6 between 1:00 and 4:00 in our new event room.

Complimentary tastings as always but requesting a donation to our local food bank, non perishable goods or cash would be greatly appreciated.

FLAT ROCK CELLARS

In the Winemaker's Boots: Full Day Sessions & Weekend Workshops

Don't miss your chance to be a winemaker for a day! Four sessions throughout the year allow you to experience first-hand what goes into making a fantastic bottle of Flat Rock Cellars wine. With Flat Rock's Winemaker Marlize Beyers and President Ed Madronich as your guides, you will actively participate in vineyard activities, lab analysis, and wine tasting and blending. Your day includes a delicious lunch accompanied by Flat Rock Cellars wine, and a souvenir T-shirt and certificate to prove that you 'walked in the winemaker's boots'.

Please contact the winery to reserve your spot for 2009 or give a friend the gift of a day in the vineyard.

Price: \$200 per person



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Our Weekend Workshops are a great way to discover what Flat Rock Cellars is all about.

These two hour sessions include enough to satisfy your initial curiosity but will definitely whet your appetite for more. The last seminar of 2008 is coming up soon...

HENRY OF PELHAM FAMILY ESTATE

“A taste of place”

January 14, 2009 at 6:30 p.m.

Globe celebrates Winter comforts with a special multi-course dinner featuring Daniel Speck from Henry of Pelham Family Estate. The evening includes a tasting menu that highlights local delights specially matched to Henry of Pelham wines including the Speck Family Reserve.

\$125 per person- wine, food, taxes and gratuities included.

Reserve with a credit card by calling 416-466-2000 or email info@globebistro.com for more information.

INNISKILLIN WINES

I.C².E. Inniskillin Cool Culinary Experience

December 13, 2008

I.C².E. will prove to be a one of a kind dinner experience that showcases culinary interaction with unique food and Inniskillin wine pairings, including our world famous Icewines. Relax, unwind and let us guide your experience. www.inniskillin.com Cost: \$150 pp inclusive Reserve @ 905-468-2187 ext. 5403

DAILY TOURS & TASTINGS

Boutique Hours: 10:00 a.m. ~ 5:00 p.m.

Public Tours Daily @ 10:30 a.m., 12:30 p.m. & 2:30 p.m.

\$5 dollars per person

Food & Wine Pairing

Weekends Only: *Inniskillin's daily pairing changes monthly* 11:00 a.m. ~ 4:00 p.m. Founders' Hall Demonstration Kitchen

Vanilla-Infused Icewine French Toast paired with 2006 Oak Aged Vidal Icewine. \$10 per pairing

2006 Oak Aged Vidal Icewine Bottle \$89.95, Case \$539.70

This luxurious Icewine is aged in French oak barrels for 3 months. The Icewine shows aromas and flavours of candy peach, apricot and toasted, sugared walnuts. Oak Aged Vidal Icewine also pairs wonderfully with other cream and sugar based desserts, or try it with aged cheeses, such as Parmesan Reggiano.

PILLETTERI ESTATES WINERY

Wineries of Niagara-on-the-Lake present

12 Stocking Days of Christmas

December 3 - 14, 2008

The Wineries of Niagara-on-the-Lake are dusting off an exclusive selection of limited edition and back vintage wines for you stock up for holiday entertaining and gift giving. Each winery has specially-selected one gem from their cellars to offer to you during this 12-day shopping event. You'll enjoy tastings of reds, whites and Icewines that are available in very limited quantities and have the opportunity to purchase your favourites to enjoy this holiday season, to gift to friends and family, or to cellar for a future special occasion.

Tickets are \$75 and include an eco-friendly six-bottle shopping tote, complimentary tastings of the featured wine selections and six, \$10 vouchers to be used towards the purchase of the featured wines offered exclusively December 3rd through 14th.

Join us at Pillitteri Estates Winery as we feature a rare tasting of our 2002 Family Reserve Merlot. Carefully crafted from an outstanding vintage, this wine swells with sensations of black cherry and cigar, rich spice and a warm cocoa finish.

The 14th Annual Niagara Icewine Festival

January 17 & 18, 24 & 25 - 11:00 a.m. ~ 5:00 p.m.

My Favourite Franc

Though the weather outside is frightful our Cabernet Franc is simply delightful!

You'll be pressed to pick a favourite Franc in this line up! Cozy up to 3 styles of our signature red, including our award-winning Icewine, and delight in pairings that match the savoury with the sweet. You'll be hard-pressed to pick a favourite Franc in this line up!

\$10.00 without a Discovery Pass. For more information please call 905-468-3147 ext.258.



Other Winery Events

Coyote's Run Estate Winery

Coyote's Run Pinot Noir Charity Auction

December 1 - 14

An expression of terroir like no other.

The same grape, Pinot Noir, has been planted in two very distinct types of soil: red clay and black clay. Both wines were processed identically, but taste remarkably different.

The package includes one bottle of each:

2004 Red Paw Vineyard Pinot Noir

2004 Black Paw Vineyard Pinot Noir (Pinot Noir of the Year, Canadian Wine Awards)

2006 Red Paw Vineyard Pinot Noir

2006 Black Paw Vineyard Pinot Noir (Bronze medal, Canadian Wine Awards) and from the highly anticipated 2007 vintage, to be shipped to you upon completion.

2007 Red Paw Vineyard Pinot Noir 2007 Black Paw Vineyard Pinot Noir

All proceeds will go to Big Brothers Big Sisters, St. Catharines - Thorold District - a community based organization committed to helping children and youth through personal mentorship and leadership programs that enhance self esteem and create success one child at a time.

Visit www.coyotesrunwinery.com for more details.

Library Sale

For the month of December we open up our library and give you access to some of our 'sold out' wines. These wines are in very limited availability so act fast!

Every day in December 11:00 a.m. ~ 5:00 p.m.

MALETA WINERY

Every weekend (Friday ~ Sunday) of December

Given the overwhelming response to our GRAPE BRAIN sale, we have decided to extend this promotion until year-end. Just in time for the holiday season, prices on the following GRAPE BRAIN wines have been slashed, so stock up on great values for drinking or gift-giving to friends and family. This promotion is only available in-store during weekend days (Friday to Sunday) in December.

2004 GRAPE BRAIN Cabernet-Merlot — \$9.95

2003 GRAPE BRAIN Riesling — \$9.95

2006 GRAPE BRAIN Chardonnay — \$9.95

SANSON ESTATE WINERY

Holiday Weekends

Join us at our tasting bar as we celebrate our passion for pairing food and wine each weekend in December.

13 & 14 - Tasty traditional tortierres line our trays! Using her own family recipe, Caldwell's Grant chef, Laura Giberson, brings us these delicious homemade meat pies to share with our guests.

20 & 21 - Delight in the luxury of winter's gift! Get the rare opportunity to sample our icewine, paired with sweet morsels.

Step up to our tasting bar between 12:00 noon and 4:00 p.m. during these December weekends to enjoy these complementary offers. Visit our website for more information: www.sansonestatewinery.com

TIME FOR THE PINOT NOIR CHALLENGE

2007 was Baco ... 2008 Cabernet Franc ... 2009 will be the year Pinot Noir takes center stage, as OntarioWineReview presents the next in our series of grape variety People's Choice awards ... The Pinot Noir Challenge.

Over the course of four nights in February, we'll convene at Campbell House Museum in downtown Toronto where we'll taste over 40 different wines from 28 Ontario wineries. Each night, we'll taste approximately 10 different wines, tasting will be done blind (you'll know they're Pinot Noir, but that's about it). Then, each taster will decide, based on a scale from 1 to 10, the following criteria: 1) Do you like it? 2) Would you buy it? 3) Is it good value? There will also be a brief talk about Pinot Noir, its history and future in Ontario, all hosted by the Grape Guy himself, Michael Pinkus. Your votes and feedback will determine Ontario's Best Pinot Noir.

Afterward we'll mix and mingle for coffee and dessert around a cozy fire ... featuring some special bottles of wine from area fruit wineries, Balderson cheese, some sweet treats and coffees from Raymond Emes & Co. There will also be door prizes from Schott's Zwiesel, who are also our official glass sponsor for the event.

The Pinot Noir Challenge features wines from these participating wineries*:

Aleksander Estate Winery; Black Prince; Cattail Creek; Cave Spring Cellars; Chateau des Charmes; Dan Aykroyd; EastDell Estates; Fielding Estate Winery; Flat Rock Cellars; Henry of Pelham; Inniskillin; Jackson-Triggs; Kacaba Vineyards; Lailey Vineyard; Lakeview



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Cellars; Legends Estates; Long Dog Estate Winery; Magnotta; Malivoire Wine Company; McLaurin- Picard; Niagara College Teaching Winery; Norman Hardie Winery; Pelee Island Winery; Pillitteri Estates; Puddicombe Estates; Ridgepoint Wines; Rosehall Run; Rosewood Estates; Stoney Ridge; The Grange of Prince Edward County;

Four Nights: Wednesday February 4, Thursday February 12, Monday February 16 and Monday February 23.

Different wines are poured each night

Wine and Cheese Reception, with tour of Campbell House Museum – 7:00pm

Tasting 8:00pm ... Followed by an after party with cookies, award winning pies and a special assortment of wines from Ontario. For more information, go to <http://ontariowinereview.com>. For those who prefer to speak to a live human being, you can call my home office at 416-385-9400 – if you get the machine, please leave a message and I will get back to you ... promise. Or you can email me at michael@ontariowinereview.com.

An Interview with Shari Darling

GLEN SIEGEL

Shari Darling has just released her new book “orgasmic appetizers with matching wines” which is an extension of one of her previous books “Harmony on the Plate”. She presents an novel and interesting approach to food and wine pairing. I spoke with her in early November 2008 in downtown Toronto.

OWS: Planked Cheese? How did you come up with a recipe for planked bloomy rind cheese with pesto?

SD: I plank everything because I like the big flavours! As I mention in the book, there are three categories of tasters: non-tasters, medium-tasters and super-tasters. The type of taster you are is genetically determined but, in general, a super-taster has a more sensitive palate than the other two groups and would therefore prefer milder flavours.

I originally tried this recipe with the pesto between the cheese and the plank and the cheese collapsed. Even with the pesto on top, you have to keep watching the cheese as the rind keeps the heat in. Take the plank off the heat as soon as the cheese looks like it is wilting. If you wait, it will collapse into a blob. It's still good though.

OWS: How did you get the title of the book?

SD: There were two reasons: First, I wanted a title that would show that food and wine should be fun. Second, among my friends, the word “orgasmic” is frequently applied to food. I find party food falls into three levels: First, at the end of the evening, people thank you for the invitation and don't mention the food. Second, people

stop talking while they are enjoying the food. Third, and best of all, people actually moan when they try the food. It's this third category that this book is about.

OWS: You have three Building Block Principles in food and wine matching that you explain in the book. Why did you develop these?

SD: I wanted to develop a consistent method of pairing food and wine. I realized that basing food and wine matching on the flavours in the wine was difficult as everyone experiences flavours differently. However, the sensations caused by the Building Blocks are experienced by everyone in essentially the same way. For example, Chardonnay frequently has apple flavours but that doesn't mean that Chardonnay pairs well with Applesauce. The primary building block in Applesauce is sweetness while the primary building block of Chardonnay is sourness. They fight.

OWS: In the book, you have a chart showing wine styles like dry sparkling, off-dry sparkling, crisp, dry white and on through rosés and reds to sweet port and port-style wines. With these categories, you give the corresponding building blocks of sourness, sweetness, fruitiness, bitterness and fattiness. You also group the recipes by these categories. Some of the wine styles, dry sparkling and crisp, dry white and dry rosés, for example, have the same building blocks. Does that mean that these wines can be paired interchangeably?

SD: Yes, to a great extent they can. As the matches are based on the building blocks, and not the flavour profiles, they are more flexible. Now, some matches will be more to your liking than others, but they should all be reasonably good.

OWS: You also have a list entitled “tantric twosomes & titillating trios”. Tell me about it.

SD: That is a list of food pairs or trios that really work together. Almost anything you do with those two or three items should work well. Take for example, apple and cheddar cheese. They work well together as a snack and apple and cheddar cheese is classic. Garlic and ginger is another pair that you find in a variety of recipes.

OWS: I noticed that in some of the pairs, since they are listed alphabetically, the second items also pair. For example, you have avocado and cilantro, avocado and lime and avocado and lobster in the list. Cilantro and lime certainly work together and they also pair well with lobster.

SD: I hadn't noticed that. I don't think the second item in all the pairings work like that.

OWS: Well, you also have cheddar cheese and beer beside cheddar cheese and broccoli. I'm not to sure about that one!

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OWS: You have notes along side most of the recipes. One of them pointed out that Parmigiano-Reggiano has little crystals of glutamate in the cheese that form over the aging process. I always thought that they were salt crystals.

SD: No, they are glutamate. You see them in other cheeses also. As I explain in the book, the aging process causes the amount of umami to increase over time and the glutamate leaches out and forms crystals. The same increase in umami can be seen in other foods like kobe beef, truffle oil, ripe tomatoes and Marmite.

OWS: In the book, you talk about umami, glutamate and monosodium glutamate or MSG. When I was younger, you could buy in the spice section in a product called Accent. Now, however, restaurants post that they don't use MSG and I know many people reported headaches from it.

SD: North America is addicted to glutamates. Look at how many people put ketchup on everything! We like delicious foods and glutamates make that food taste more delicious. There's high levels of glutamate in many things including icewine and maple syrup.

One of the things people were really reacting to was the high levels of salt that were frequently used with the msg. If, after a night of overindulgence, you feel bloated, it is more likely fluid retentions. Drinking water will help the flush that out.

OWS: You don't use sherry or Madeira in your recipes although they are listed in the Synergistic Umami chart.

SD: My friends and I don't drink them so I don't have them in the house. I just haven't cooked with them but maybe in the future.

OWS: Were you tempted to call the chapter "big fat white" chapter the "oaked chardonnay" chapter?

SD: Yes but I wanted to keep the chapter titles consistent. Speaking of big fat whites, have you tried the Oaked Chardonnay from Oak Heights Winery in Warkworth?? It's really outstanding and it's aged in Canadian Oak.

OWS: How long did it take to produce this book?

SD: About a year and a half although I had been collecting and working on the recipes for a long time. I did all the food stylings and worked directly with the photographer as I didn't want perfect platings in the pictures. I wanted platings that anyone with the interest could actually make.

OWS: You mention, in the book, that you also do workshops using Wine and Music or Wine and Fabric for people. How did these come about?

SD: I was inspired by one of my favourite chefs: Heston Blumenthal. He uses sand paper and velvet with ice

cream. I also wondered if it would work with sound. The results of these seminars are really interesting. Perhaps I should do one of these seminars for the OWS.

OWS: I'll pass that suggestion along to the board!

OWS: Is there and "orgasmic desserts" in the future?

SD: Well I'm not really a dessert person so I hadn't given that much thought I was thinking about an "orgasmic entrees" and also a book of tips collecting all the little tips I've received from people. For example, I received a tip on how to increase the bubbles in a sparkling wine flute. It's really simple and works really well.

OWS: Now for the desert island question. If you could only have one wine, or the wines made from one grape, which would it be?

SD: Brut Champagne – it's festive and whether you are happy or sad, it's perfect!

Orgasmic Appetizers and Matching Wines

By Shari Darling

Published by Whitecap Books

\$29.95: 231 Pages

ISBN:978-1-55285-930-0

REVIEWED BY GLEN SIEGEL

Shari Darling's book "orgasmic appetizers and matching wines" is a little unusual in that she doesn't get to the recipes until page 48 of the book. The first part of the book is used to describe and extend the food and wine matching principles she first developed in her book "Harmony on the Plate".

In the Introduction to the book, Darling gives an overview of the book. She talks about using a unified language in the book and then gives glossary of terms so that it doesn't matter if you are more food oriented or more wine oriented, you can follow what she is saying.

In Part One of the book, entitled "The Science & Art of the MOAN FACTOR", Darling explains her building block oriented process of matching food and wine. First, she reviews how your sense of taste works anatomically but without using unnecessary amounts of Latin. After that, she reviews the four basic taste sensations of sourness, sweetness, bitterness and saltiness. These are followed by the secondary taste sensations of heat and spice, metallic taste and astringency.

These taste sensations are then used to describe the building block principles that structure the book's recipes. Darling devotes several pages to umami and types of glutamates to illustrate how the addition of an umami rich ingredient like Parmesan or soy sauce can enrich a dish.

Darling then explains how aromas, textures, appearance and sound are all important to the tasting experience. She



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then discusses why comfort foods are so important to us and points out that they are usually rich in various combinations of fat, salt, sweetness and umami. This is followed by an extensive list of food pairings and trios that match well together. You could use this list to create your own menus. The final part of the discussion is devoted to the effects of mood and culture in our preferences.

Part one is wrapped up in a section on "the art of getting organized". Although this is unrelated to the rest of part one, it is a really useful chapter on hosting a party so that you can actually use the recipes in the rest of the book.

Part two is "orgasmic Appetizers to pair with..." Darling goes through the wine types she described in part one using the Building Blocks Principles. For each wine type, she explains the building blocks, the flavours you normally find in these wines and then gives examples of the wines and where they are produced. For example, Crisp, dry whites have the building blocks of sourness and fruitiness and the flavours of lemon, lime, gooseberry, grapefruit, green apple and pineapple. These would generally be Sauvignon Blancs, dry Rieslings, Aligote, Chenin Blanc and so on. Several recipes are given with good descriptions of how to prepare them.

This book would be a welcome addition to anyone's home library. It's clear, well written and full of flavours for you to try.

The 500 Best Value Wines in the LCBO

By Rod Philips

Published by Whitecap Books

\$19.95: 256 Pages

ISBN:978-1-55285-938-4

REVIEWED BY GLEN SIEGEL

We would all like to taste everything the LCBO sells so we can make informed decisions but it would be an overwhelming task for most of us. Rod Philips, for the second year in a row, has actually done this. This book is an update to the 2008 edition but Philips deleted 180 entries from the earlier version. Each wine has a rating out of 5, brief notes and the all import LCBO product number so you can go online and find the wine in the LCBO system. In addition, there is space for your own notes after each wine. Philips has also changed his notes to focus more on style instead of flavours.

The book groups the wines by colour and then country for whites and reds. Rosés, Kosher, Sparkling, Sweet & Desert, Port and sherry all get their own sections.

The book is small enough to slip into a coat pocket or purse to take with you to the LCBO. A handy book for anyone who has been a little lost in the LCBO and a nice gift for the wine lovers in your life.

Salute Toronto Wine + Food Festival

New Toronto festival will be a celebration of wine, food, life and style

May 5 - 9, 2009

Toronto, ON (December 4, 2008) – International wines, inspired cuisine by celebrity chefs and fashionable venues...all will be a part of this city's newest taste experience: Salute Toronto Wine + Food Festival, set to kick-off the city's summer festival season, May 5 - 9, 2009.

"We are absolutely delighted to announce this fresh and stylish new festival for Toronto," says Susan Puff, festival manager. "Presenting 50 wineries and winemakers from around the globe, and one feature region, Salute will provide the opportunity to taste a wide range of wines, from ultra premium labels to value brands."

Attendees of the festival will enjoy an impressive line-up of tasting events, wine and shopping experiences, educational seminars led by leading wine experts and exclusive menus at Toronto's top restaurants. Aiming to be a true city festival, Salute will hold events at a wide range of venues including The Carlu, The Berkley Church, Hart House and The Distillery District, where stylish lounge environments will create hip and happening surroundings from which to appreciate the wine and food on offer.

A highlight will be a special kick-off event on May 5, 2009, in support of Toronto East General Hospital and their efforts to raise funds for a da Vinci robotic Surgical System. Chaired by a group of illustrious Torontonians including philanthropist, Michael McMillan, noted physician Dr. Rajiv Singal and acclaimed wine writer David Lawrason, the event will feature sumptuous wines, cuisine created by a team of celebrity chefs led by Lynn Crawford, special guest appearances and a silent auction that pays tribute to the many innovations of Leonardo da Vinci.

Tickets for the Salute Toronto Wine + Food Festival go on sale Saturday, February 14, 2009. Visit the festival's web site at www.salutewinefestival.com for ongoing updates including event details, ticket prices, sponsorship opportunities and to learn how to connect with Salute and the featured winemakers via a host of social media applications.