



# To Your Health!

**Good news wine lovers! Drinking one or two glasses of wine each day can be good for you!**

More than ninety studies, published since 1991, state what traditional diets have proven for centuries: There are remarkable health benefits associated with consuming one or two glasses of wine every day.

The most comprehensive study on health and alcohol, the Copenhagen City Heart Study, tracked 13,000 men and women, aged 30 to 70, from 1976 to 1988. The conclusion: Those who consumed wine daily were far less likely to die from heart disease, than consumers of other alcoholic drinks or non-consumers.

A “French Paradox” was discovered through research by Boston University and France’s health research agency, INSERM. Despite similar fat intake, France’s heart attack rate is one-third that of the U.S. In a report by **CBS 60 Minutes**, researchers pointed to the French custom of daily enjoyment of wine with meals as a key factor in healthy living.

In addition to reduced heart disease, modern studies have linked moderate wine consumption to a variety of health benefits. For additional information on these studies, please contact the Department of Research and Education, Wine Institute, (415) 512-0151, [www.wineinstitute.org](http://www.wineinstitute.org); the American Heart Society or your physician. Until then, raise a glass of wine in the traditional toast.

**Zum Wohl!  
à Votre Santé!  
à Tu Salud!  
Saluté!  
To Your Health!**



# Wine Overview

**White Wine of the World** - More than 90% of all quality white wine is made from these three grapes. On average it takes 30 pounds of grapes to produce one case of wine. The flavor profile will vary depending the country of Origin.

**Chardonnay** - The world recognizes Chardonnay for its flavors and textures. The Chardonnay grape itself also contributes to the wine's popularity. It is a relatively low-maintenance vine that adapts well to a variety of climates, resulting in fairly high yields worldwide. Chardonnays boast an impressive range of flavors from the expected buttered, oak overtones to the fresh, fruit flavors of apple, pear, tropical, citrus and melon, leaving a lasting palate impression. Chardonnay will pair well with poultry dishes, pork, seafood or recipes that have a heavy cream or butter base.

**Sauvignon Blanc** - The Sauvignon Blanc hails from the Loire Valley of France. However, the grape that is the constituent of this white wine is also grown in Marlborough, New Zealand. It is a dry white wine whose French variety has grand herbal tones while the New Zealand variety has tropical fruit and gooseberry flavours but that is not a familiar smell or flavor to most Americans. The best thing about Sauvignon Blanc is it's refreshing crispness, offering a range of flavors from herbal to veggies and flavors of grass, hay and mineral tones to melon, pear, citrus and tropical flavor. Sauvignon Blanc is a very food-friendly wine and terrific for appetizers such as artichoke dip, veggie dishes or dips, garlic or Italian seasonings in creamy sauces, fragrant salads - like Greek, Caesar or Garden, Thai food, fish (sushi), poultry and the list goes on.

**Riesling** - The Riesling wine is something that is native to the Rhein and the Mosel rivers in Germany. The original Rieslings are Johannisberg Riesling and White Riesling because they are the only ones prepared by original Riesling grapes. You can get your Riesling any way you prefer - dry or sweet. The dry Rieslings are labelled trocken and the sweet variety is known as Auslese. You can get this white wine in flavors of apple, peach and pear. The undertones are also myriad - from floral to vibrant mineral quality. Riesling wine can be consumed with spicy Asian food, pork, fish, appetizers and desserts.

**Cabernet Sauvignon** – The Preeminent classic red grape variety. More than any other varietal, cabernet has a vast ranges of quality, structure and maturity. Flavors of blackberry, black currant, cassis mint, eucalyptus, cedar wood, leather and plum make this wine a must with red meats and rich poultry.

**Merlot** – Very similar in flavor to Cabernet Sauvignon. Merlot – the name means little black bird aromas and flavors are very similar to Cabernet Sauvignon but with a softer, fleshly and plumper profile. Will match well with any red meats, grilled vegetables and poultry dish.

**Syrah (Shiraz in Australia)** – Rustic, manly and yet elegant. Flavors lean toward leather, earth, wild blackberries, pepper and spice. A great complement to red meats, veggie cuisine, rich poultry and seafood.

**Pinot Noir** – is lighter in body and far less tannic than all the other reds with the most difficult to make into wine. Soft silky textures and erotically earthy aromas of warmed baked cherries, plums, mushrooms, cedar, chocolate, cigars and dry leaves make Pinot Noir an easy wine to accompany any food.

# The International Flavors of Northern California

Northern California's cuisine reflects the bounty of a Mediterranean climate and a constant availability of fresh seafood. There's also a bounty of culture, with French, Asian, Italian and Hispanic people, interpreting dishes from their homeland with new American accents. **Cioppino**, for instance, is named for *cioppin*, an Italian dialect for "tasty stew of various fish." The dish is thought to have come to America with Italians and Portuguese fishing the waters off of San Francisco. It is distinguished from the famed Italian fish soup Zuppe di Pesce, by its reliance on clams, Dungeness crab and shrimp. With its rich tomato base, Cioppino can be served with an equally rich red wine, a **Cabernet Sauvignon**.



## California

A great brunch dish, **Hangtown Fry**, is said to have been created during the Gold Rush at the Cary House in Hangtown (now Placerville.) Because oysters and eggs were luxuries, the dish was a favorite of miners with new strikes of gold, and the last request of outlaws awaiting the hangman. Hangtown Fry is a scramble of eggs, bacon and oysters. Another California classic, **Chandon Brut**, will turn your brunch into an extra-special occasion.

**Cobb Salad** (created by Hollywood restaurateur Robert Cobb in 1936) and **Caesar Salad** (created by Tijauna chef Caesar Cardini for a group of California visitors in the 1920's) ushered main course salads into the culinary world. **Crab Louis Salad** tosses the Pacific Ocean's King and Dungeness crab with mayonnaise; a delicious complement would be a California Chardonnay.

Asian immigrants contributed to America's economy, first as railroad and vineyard workers, and then to American cuisine. **Chop Suey**, ("odds and ends" in the Cantonese dialect,) is said to have been created by Chinese workers, using bits and pieces of new-found ingredients to create an all-American dish. A sweeter California wine is a delicious complement to Asian spices.

# Midwest Food with Wine

The surge in home entertaining and trend away from fussiness have led Midwest comfort foods to a new reign in the culinary world. Homey stews, cakes with molten, gooey centers, rustic preparations of meat, poultry and fish are getting the gourmet treatment in the hands of some of the country's best chefs.

One of the Midwest's oldest traditions is the **Friday Fish Fry** — featuring native whitefish, perch or pike, simply topped with a squeeze of lemon. Add extra refreshment to this homey meal with a light, lemony white wine, such as a **Sauvignon Blanc** or a **Pinot Grigio**.

*Bon Appetit* named the use of cheese as one of the top restaurant trend. The Midwest has long been a center of cheese, ever since Germans arrived in the early 19th century with their cheese-making tradition. Limburger, Butterkase, Gruyere and Cheddar are all award-winners in the Midwest.



*Midwest*

America's first artisan cheese, **Maytag Blue**, was born here — created by the Iowa Maytag family in 1941. Try this speciality by combining equal parts of Maytag Blue (at room temperature) and butter; season to taste; roll in plastic wrap to form a log. Refrigerate until firm, then slice to top other Midwest classics, such as seared corn and grain-fed beef. Serve with a rich Cabernet Sauvignon. And don't forget the garlic mashed potatoes!

# Northern Italian Wine and Food

The northern Italian cuisines of Piedmont and Veneto are typified by butter used as a cooking agent rather than olive oil, rice and polenta instead of pasta, and preparations influenced by the courts of France and Austria, art and international trade, rather than rural farmlife.



Piedmont means “at the foot of the mountains.” Piedmontese cuisine, as one might expect, is suited to strong, mountain people, accustomed to cold Alpine weather and hard work. Richly flavored dishes are prepared with roasted game birds – such as pheasant – and meats – especially venison. A local specialty, **Finanziera di pollo** is a stew of chicken giblets, sweetbreads, mushrooms and the region’s famed white truffles, cooked in a meat or tomato sauce. In this region, valuable truffles are also shaved over risotto, sliced turkey breast or simply eaten raw.

Piedmont’s wines are considered some of Italy’s finest, and the world’s. The great grape Nebbiolo produces Barolo called “the king of wine and the wine of kings,” and Barbaresco, “the queen of reds.” Both are deeply-colored wines, high in acidity and tannin and capable of great age. Dolcetto is a lighter red, with soft aromas of violets and herbs. Italy’s famous fizz, Asti Spumante, hails from the region, adding its strawberry-sweet flavors to pastries and confections around the world.

The wine and food of Veneto are like its people: charming, straightforward and down-to-earth. The region is important for agriculture: vegetables, fruit and grazing land for high grade cattle. Onions flavor many dishes, such as **Fegato alla Venezia** (liver and onions.) Seafood abounds, drawn from rivers and the Adriatic sea, to be simply grilled, baked in parchment or slow-cooked for a hearty fish soup.

Veneto is world-famous for their wines. Soave, a dry, refreshing white, is the perfect complement to seafood and antipasti. Valpolicella, with cherry aromas and soft texture, is an all-purpose red, perfect to complement a Venetian specialty, your neighborhood’s best pizza or burgers from the grill.



Italy



# Food Through the Season

The four seasons bring a bounty of fresh foods and flavors.

Spring begins the culinary year with the rebirth of baby greens, new potatoes and asparagus. Strawberries dot the marketplace, offering their sweet-tart freshness after winter's long-cooked flavors. Mangoes and papaya arrive from the tropics. (Serve a fruity wine to complement these fruity flavors.) Spring lamb, rubbed in rosemary and garlic, can be the center of an evening, accompanied with a salad of new greens and new potatoes. A strawberry tart brings the meal to a light but flavorful conclusion, try with a glass of white wine!

Summer bursts on the scene with summer squash, cucumber, avocado, lettuce and herbs of all kinds. Berries, melon and peaches are in abundance. The word of the day is "easy." Chilled soups and salads make refreshing starters, as seafood and poultry await the grill, marinating in olive oil and fresh herbs. (These herbal flavors can be complemented by the Sauvignon Blanc grape, which is often described as "herbaceous.")

Fall brings the harvest. Potatoes, hard-shelled squash, cabbages and bell peppers fill pantries. Apples, pears and figs inspire baked goods. A simple pumpkin can make exotic ravioli, followed by garlic-infused pork tenderloin and wild mushroom gratin. An apple pie with cinnamon whipped cream, and a hot toddy warms the crisp Autumn night. Don't forget hearty soups, pasta and the traditional Thanksgiving turkey! (Look for a soft, flavorful red wine to match with rich poultry.)

Winter whips in with cabbage and yams. Grapefruit and kiwi are still available. Potatoes and flavorful breads accompany hearty vegetables, meats and stews. Juicy prime rib with a mustard crust served with a twice baked potato fills the evening. A rich, red wine is delicious with dinner and then makes a unique pairing with chocolate, in a comfy spot by the fire.



# Cooking with Wine

**A**dd a new dimension of flavor, even to your tried-and-true recipes, **by cooking with wine**. The basics of choosing a wine to cook with are simple:

— Choose a wine with the flavors that you want to highlight in your dish. To add a buttery, woody quality to mushroom soup, for instance, add California Chardonnay. For a peppery accent to soups and stews, add Syrah (called Shiraz in Australia).

— Don't cook with a wine you wouldn't enjoy at the table. As wine evaporates in cooking, its flavors – whether good or bad – concentrate dramatically. Wine labeled "cooking wine" is salted, leaving hard, salty flavors in your recipes. You don't need to spend a lot of money to avoid unappealing flavors. Just choose the same wine that you're serving with dinner, or one that's similar, just a few dollars less in price.

## **There are several ways to cook with wine**

### **Marinating:**

When you marinate meat, seafood or poultry with wine, you have three great results: The wine's natural acids gently tenderize your main ingredient; the wine flavors your dish with delicious, underlying tones; finally, marinating foods before high-heat cooking seems to reduce unhealthy carcinogens. As always choose a wine with similar flavors as your dish. For a simple marinade, combine equal parts of olive oil and wine. Season to taste with herbs, lemon juice, garlic, salt and pepper. Place main ingredients in stainless steel pottery or glass bowl, toss with marinade. For meats and poultry, marinate 2 to 48 hours, tossing frequently. For seafood, marinate about 1 hour. As always, choose a wine with similar flavors as your dish.

### **Deglazing:**

After roasting or searing meat, pour off excess fat or oil. To the cooked-on drippings, add wine to cover pan's bottom. Return the pan to medium-high heat. Stir until drippings loosen and dissolve into the wine. To concentrate flavors, simmer until liquid is reduced by half. Be careful not to burn or over-reduce. This deglazing liquid becomes the base of a sauce, or a sauce in itself, simply drizzled over your dish.

### **Braising/Stewing:**

Tough cuts of meat are both economical and flavorful. A bit of wine (and imagination) can elevate them to company fare. Begin by browning meat in a heavy pot, then add sturdy vegetables, stock, water and wine. The key is slow-slow cooking, just barely bubbling. Your tough cut will be incomparably tender and enhanced with the wine's unique flavors.

# Taste Like a Chef - Taste Like a Sommelier

Everyone knows how to taste, right? You know right away when you taste a wine or food if you like it or not. You may not realize, however, all the complex sensations that go on during the simple activities of eating and drinking.

Chefs consider taste using four basic sensations:

- Salty
- Sweet
- Sour
- Bitter

A simple dish (such as chicken broth) will use one or two basic flavors. A complex dish will balance many flavors in one delicious mouthful, (a hearty chicken soup, full of vegetables, rice and seasonings, for instance.)

Other qualities that affect taste are aroma, temperature and texture — what chefs and sommeliers call "mouthfeel." To understand how these factors affect a dish, think of a hot, juicy slice of Thanksgiving turkey; then think of a cold, dry piece of turkey left over a little too long.

Sommeliers also employ specific sensations to guide wine appraisals.

They are:

- Acidity — The tart (or sharp) taste resulting from the grape's natural acids.
- Alcohol — A rich texture and warming (or hot) sensation created by fermentation. A wine with 8% alcohol will have a light mouthfeel, similar to lemonade. A wine with 14% alcohol will feel hot and viscous in the mouth.
- Sweetness — The presence or lack of sugar.
- Fruit — The aroma and flavor of the grape, whether the sensations be fruity in flavor (as in Riesling), peppery (as in Syrah), herbal (as in Sauvignon Blanc) or minerally (as in Chardonnay grown in the mineral soils.)

A balance of flavors is as essential to wine as to your favorite foods.

## This just in:

Research reported during the *Proceedings of the National Academy of Sciences* has identified a fifth human taste, known by the Japanese term "umami" (pronounced like, "Ooh, Mommy!") *Umami* flavors are contained in amino acids, such as monosodium glutamate.



## A Systematic Approach to Wine Tasting

1. Holding the glass by the stem, at a 45-degree angle, look at the wine's appearance, its "face." The wine's face should be clean and bright, not dull or muddy.
2. Swirl the wine in the glass several times to let the wine "breathe." Inhale the wine's aroma DEEPLY, like smelling a delicious dish. The wine's aroma should be clean, natural (animal, vegetable, mineral or fruit,) and, of course, pleasing.
3. Slurp the wine, like it was hot minestrone. Swish the wine around your mouth, (not unlike mouthwash) hold it for a few seconds, then swallow or spit it out. (Taste buds are only in the mouth, not in the throat or tummy.) Wait three seconds, allowing the flavors and texture to finish. The flavor and finish should be clean, natural and appealing. In addition, the wine should balance the sensations of acidity, alcohol, sweetness and fruit.

The next time you enjoy a meal paired with wine, keep these tasting components in mind. Notice your enhanced enjoyment of the total meal when you focus on your own, unique taste sensations!

# Champagne & Sparkling Wine

Champagne and sparkling wine – it's not just for holidays anymore! Low alcohol levels and light flavors make sparklers the perfect brunch-lunch beverage and great way to kick off an evening. In the heat of summer, sparklers are icy refreshment – you can even add fruit or sorbet for your own signature punch. As the temperature drops outside, a glass of Champagne or sparkling wine makes a celebration out of after-office get-togethers, or a quiet evening at home. In fact, Americans are discovering what Europeans have always known – that a glass of Champagne or sparkling wine doesn't need a special occasion, it *makes* the special occasion!



## Terms, Flavors and Food Complements:

**Blanc de Noirs** (*BLANCK duh NWAR*) - A white wine made from black (or red) grapes.

Generally dry, but laced with richer flavors than standard brut. Delicious with:

Richer poultry (such as Thanksgiving turkey with all the trimmings)

Fried and spicier foods (Asian cuisine or *calamari fritti*)

**Brut** (*BROOT*, like 'boot' or 'brook') - A basically dry sparkler (technically, about .8 to 1.2% sugar.) Brut's light-to-medium body and tart, lemony finish make it the classic complement to:

Lighter seafood (caviar, shrimp salad, sushi roll . . .)

White meats and poultry (such as pork chops or turkey club sandwich)

**Champagne** (*sham-PANE*) - The most famous sparkling wine, produced in Champagne, France. This region's limited supply and painstaking production make Champagne the world's most highly-valued sparkler.

**Extra Dry** - Delicately sweet (about 1.2 to 2% sugar.) Extra dry's soft appeal satisfies a lot of menu items, occasions and palates. Wonderful for:

Toasts and cocktail parties

Soft cheeses, sausages and fruit

Spicy cuisine

Breakfast in bed!

# The Well-Stocked Wine Rack



**Be ready for an impromptu get-together or a wine-and-food experience (for one or more) with a wine collection to satisfy all palates. What about a wine tasting in your home?**

## **Champagne (or Sparkling Wine)**

For festive occasions or to turn a simple event (laundry? an evening without the kids?) into a celebration. The “Brut” style is dry and refreshing with appetizers and light dishes; sweeter styles, like Asti Spumante, or Champagne labeled “Demi-Sec” or “Extra Dry,” complement cheese and fruit or dessert. (Serve ice-cold, but don’t store sparkling wine in the fridge.)

## **Light, Dry White Wine**

Pinot Grigio or Soave make casual cocktails and complements to light dishes. (Serve cold.)

## **Light, Sweeter White Wine**

Riesling, Gewurztraminer, Vouvray and other sweeter wines are crowd-pleasers and complement a wide range of foods, from turkey with cranberries to spicy ribs. (Serve cold.)

## **Richer, Dry White**

Currently, the top-selling style. Chardonnay complements rich food, especially prepared with butter (such as scallops sauteed in butter); Sauvignon Blanc, rich food, especially prepared with olive oil (scallops sauteed in olive oil, garlic and herbs.) (Serve cool to the touch.)

## **Light Red**

The most versatile wine style of all; great for cocktails and to complement almost all foods, except dessert. Styles include the richest Rosé, Beaujolais, Chianti and Pinot Noir. (Serve cool to the touch or cool room temperature, depending on taste and usage.)

## **Rich Red**

For carnivores only, to be served with the richest poultry or rich red meat. Styles include Cabernet Sauvignon, Merlot, Syrah and Chianti Riserva.

# At Table with Wine

Wine is the mealtime beverage of choice because it's healthy, because it makes food taste delicious and because a glass of wine turns even the simplest meal into a special occasion.

## Some guidelines for pairing wine with food:

*(The examples are our favorites;  
you develop your own!)*

- 1 **Start with a lighter wine, move to a richer wine.**
  - *For instance, serve Pinot Grigio for cocktails, Chardonnay for the main course.*
- 2 **Start with a drier wine, move to a sweeter wine.**
- 3 **Look for common denominators in wine and food.**
  - *With wines described as “lemony” – like Pinot Grigio – serve dishes prepared with lemon.*
  - *With foods prepared with fruit sauce – like turkey with cranberries – serve fruity wine – like Riesling.*
- 4 **Follow Guideline 3 except when serving spicy, smoked or salty foods.**

In this case remember, fruit and spice makes everything nice.

  - *Ribs with spicy barbeque sauce with a fruity Shiraz.*
- 5 **Remember the Biochemistry of Bacchus.**

(White wine is predominant in tart acid, a good complement to seafood. Red wine is predominant in tannic acid, which complements red meat.)

  - *Chardonnay with Scallop;*  
*Cabernet Sauvignon with steak.*
- 6 **In case of emergency, serve light red or dry Rosé.**
  - *Chianti Classico, light, Pinot Noir or dry Rosé complement the widest range of menu items.*
- 7 **Don't fight irresistible logic.**
  - *Merlot with Roast Beef with Merlot Sauce;*  
*Italian wine with Italian food.*
- 8 **Sweeter for the sweets. (Your wine must be significantly sweeter than your dish.)**
  - *Riesling with Honey-Baked Ham; Asti Spumante for Raspberry Tart.*
- 9 **Activate your palate memory.**
  - *Do you eat hot dogs with mustard only or the works?*
  - *Do you drink coffee black or with cream?*
  - *How will Cabernet Sauvignon taste with steak? With vanilla ice cream?*
- 10 **Most well-made wine will complement most well-prepared food.**

# Glassware

Glassware enhances beverages by highlighting their unique appearance, their aroma and sometimes, by preserving their correct serving temperature. *Be certain that glasses are washed and dried, lint- and odor-free.*

## Taster's Choice



Champagne "Flute"  
8 oz.



Champagne "Tulip"  
8 oz.



All-purpose  
Wine Glass 8 oz.

For the finest in wine, spirits, cordials – and even espresso! – glassware, choose the **Riedel Glass Company** of Austria. With 300 years of glassmaking expertise, the Riedel family pioneered glasses designed to enhance specific beverages. Today, Riedel (pronounced REE-dle) glasses are the standard by which all others are judged. For more information, visit [www.riedel.com](http://www.riedel.com). Examples of Riedel glassware include:



### Vinum Champagne

This tall, slender flute directs the aromas to the nose and maintains the bubbles with minimum surface space and a deep pour. It is appropriate for all but the biggest and oldest sparklers.



### Vinum Sauvignon Blanc

A long stem keeps the hand away from the bowl so the wine is not warmed and crispness is retained. The bowl allows moderate access to air and the tulip shape pulls in at the top to direct the fresh aromas to the nose.



### Vinum Bordeaux

This is the glass to use for Bordeaux blends, Cabernet Sauvignon and Merlot. The bowl is 21.5 ounces, which allows the space to swirl and aerate the big, tannic wine. The mouth is wider than most to deliver aromas.

# Party Idea



## Wine Tasting & Dinner

There's no better conversation-starter than a wine tasting. Whether it's tales of travel to wine-country, a newly-discovered bargain, or even the impact of international commerce, everyone will have something to share.

### How?

#### For the Tasting

- Select an assortment of wine from your "Well-Stocked Wine Rack"
- Plan about 1 bottle for 15-20 guests. (Advise guests to pour about 1 oz. per taste.)
- Set bottle on 1 long table (to avoid traffic jams), covered with a simple white tablecloth, even a white sheet or plastic. (There will be spills!)
- At the entrance to your tasting room, set 1 wineglass per person. Tie ribbons of various colors around stems to identify whose glass is whose. (Or ask guests to bring their own glass.)
- Serve classic wine-tasting fare: mild cheese, sausages or pate, apples & pears, plain crackers & bread. (For responsible hospitality, have food ready when guests arrive.)

### A Little Extra

- Scatter wine magazines for guests to browse.
- Check with your local wine shop. With a wine purchase, they may lend glassware & even offer a speaker for a casual wine seminar to begin your tasting.

#### For the Dinner

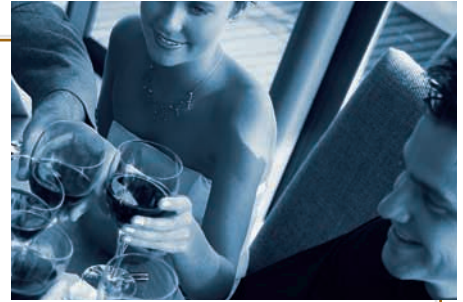
- Plan about ½ bottle of wine per person.
- Experiment with the most famous rule of wine & food by serving red wine (Pinot Noir) with fish (salmon)!

Red wine is high in tannin - a bitter, astringent element - as is coffee. Tannin naturally binds with fat and protein: as an example, think about the difference between black coffee and coffee with cream. When rich seafood, (like salmon) is served with a lighter red wine, (like Pinot Noir) the seafood's fat and protein bind with the wine's tannin, (just like coffee and cream). The red wine helps digest the salmon's fat and protein; the rich seafood softens the red wine's bitterness for smooth, enriching flavor.

- "Aroma Table": Set with food items to represent wine aromas, such as blackberries (Cabernet Sauvignon), cherries (Pinot Noir) apples (Riesling, Chardonnay) . . .

# Toasts & Quotes

The term “toast” originated in merry old England. Long before the refinements of modern winemaking, a slice of toasted bread was tossed into the wine goblet to filter and sop up solid matter. Draining your goblet in another’s praise meant eating the wine-soaked bread, or “drinking a toast.”



## Here’s a standard procedure for making a casual toast:

1. The best toasts are short and sincere.  
An example:  
“We are happy to be here to wish our good friends great success and happiness. Let’s all raise our glasses and drink a toast to Joanne and Paul in their new home.”
2. Experienced speakers may embellish a toast with personal anecdotes or jokes, but even the most comfortable toaster needs to practice-practice-practice. Also, write your toast on a note card and refer to it, if necessary.
3. Be certain everyone has a filled glass.
4. Lightly but audibly clink your glass with silverware to quiet the room.
5. Take a deep breath.
6. Stand and face the recipient of the toast.
7. Say your toast speaking directly to the recipient.
8. When it’s time to drink the toast, raise your glass to your recipient. Take a sip, raise your glass to your recipient again or, if close enough clink glasses.
9. Possibly clink glasses with the whole gathering.
10. Sit down.

## Here are some of our favorite “short & sweet” toasts:

“By the bread and the salt, by the water and wine,  
Thou are welcome, my friend,  
at this board of mine.” (Anonymous)

“May our friendship, like wine,  
improve as time advances.” (Anonymous)

“May I never lack wine or friends  
to help me drink it.” (French Proverb)

“Here’s to Champagne, the drink divine,  
That helps us forget all our troubles.  
It’s made from a dollar’s worth of wine  
And three dollar’s worth of bubbles.” (Anonymous)

“May you live to be a hundred,  
with an extra year to repent.” (Anonymous, Irish)

“Health and long life to you,  
Land without rent to you,  
A child every year to you,  
And may you die in Ireland.”  
(Anonymous, Irish)

“God grant you food and raiment,  
A soft pillow for your head,  
And may you be in heaven forty years  
Before the devil knows you’re dead.”  
(Anonymous, Irish)

“I have known many,  
Liked a few,  
But loved only one,  
So here’s to you.” (Anonymous)

# Quotes



## **“Here’s to you!” in other cultures . . .**

- British – Cheers!
- Chinese – Wen Lie!
- French – A votre sante!
- German – Prosit!
- Greek – Yasas!
- Hebrew – L’Chayim!
- Hungarian – Ege’sz’ge’re!
- Irish – Slainte!
- Italian – Alla Salute!
- Japanese – Kanpai!
- Polish – Na Zdrowie!
- Russian – Za vashe zdorovyie!
- Spanish – Salud!
- Swedish – Skål!

“In water one sees one’s own face, but in wine,  
one beholds the heart of another.”

(Anonymous)

“Water separates the people of the world. Wine unites them.”

(Anonymous)

“God in his goodness sent the grape to cheer both great and small.

Little fools will drink too much  
and great fools, none at all.” (Anonymous)

“Wine is constant proof that God loves us and wants to see us happy.”

(Benjamin Franklin, American statesman  
and inventor, 1706 – 90.)

“A Book of Verses underneath the Bough  
A Jug of Wine, a Loaf of Bread – and Thou  
Beside me singing in the Wilderness –  
Oh, Wilderness were Paradise enow.”

**The Rubaiyat**, Omar Khayyam

(Persian poet and astronomer, c. 1048 – 1122)

“A barrel of wine can work more miracles than  
a churchfull of saints.”

(Italian proverb)

“What contemptible scoundrel stole the cork from my lunch?”

(W.C. Fields, American actor  
and comedian, 1880 – 1946)

“I never should have switched from Scotch to Martinis.”

(American film actor Humphrey Bogart, 1899-1957, last words.)

# Saluté



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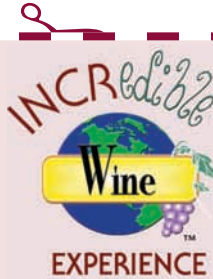
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# Chili

**Makes 10 servings**

## Ingredients

- ½ cup Canola Oil
- 4 Large Onions, chopped
- 4 Large Garlic Cloves, minced
- 3 lb. Ground Beef
- 1 lb. Beef Stew Meat, chopped fine
- 1 Red Bell Pepper, seeded and chopped
- 1 can (29 oz.) Tomato Puree
- ½ cup Fresh Parsley, chopped
- 2 tsp. Marjoram
- 2 tsp. Oregano
- 2 tsp. Ground Cumin Seed
- 6 TBS. Chili Powder



- 2 tsp. Salt, (optional)
- 2 tsp. Cayenne Pepper, (or to taste)
- 1 can (27 oz.) Pinto Beans, drained
- Shredded Sharp Cheddar Cheese
- Shredded Monterey Jack Cheese
- Chopped Green Onions
- Sour Cream

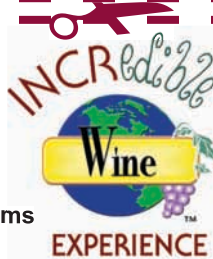


# Coq au Vin

**Makes 4 servings**

## Ingredients

- 4 Skinless, Boneless Chicken
- 2 cups Small Whole Fresh Mushrooms
- 1 cup Thinly Sliced Carrots
- 1 cup Red Wine, such as Cabernet Sauvignon or Pinot Noir
- 16 Pearl Onions, peeled
- 1 TBS Bacon Bits
- 1 TBS Chopped Fresh Parsley
- 2 Garlic Cloves, minced
- ¾ tsp. Dried Marjoram, crushed
- ¾ tsp. Dried Thyme, crushed
- ½ tsp. Chicken Bouillon Granules
- 1/8 cup All-Purpose Flour



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# Coconut Soup

## Ingredients

- 6 cups Vegetable Stock
- 1 cup Coconut Rum
- 1 can (14 oz.) Coconut Milk
- 1 tsp. Grated Lemon Peel
- 1 tsp. Grated Lime Peel
- 1 can (15 oz.) Straw Mushrooms
- 1 can (8 oz.) Bamboo Shoots, cut into thin strips
- 1 each Red Bell Pepper, cut into small dice



- 2 TBS. Cornstarch
- 3 TBS. Water
- 1½ tsp. Ground Coriander
- 1 tsp. Cayenne Pepper (optional)



1. Heat oil in large stockpot. Add onions and garlic and cook until tender. At the same time, brown meat in skillet. Drain of all fat. Add onion to the mixture.

3. Add green pepper, tomato puree, diced tomatoes, tomato pasta, parsley, marjoram, oregano, cumin, chili powder, salt (if used) and cayenne pepper.



3. Mix well. Raise heat so mixture simmers. Add beans and simmer, covered, for 45 minutes.

4. Serve in bowls garnished with shredded cheese, onion and sour cream.

1. Spray a large non-stick skillet with cooking spray. Saute chicken over medium heat for about 15 minutes, or until lightly browned on both sides.

2. Add the mushrooms, carrot, wine, onions, bacon bits, parsley, garlic, marjoram, thyme, bouillon, pepper and bay leaf. Bring to a boil, then reduce heat to low; cover and simmer for 25 minutes, or until chicken is cooked through and no longer pink inside.



3. Using a slotted spoon, transfer chicken, mushrooms, carrot, and onions to a platter, discarding bay leaf; cover to keep warm and set aside.

4. In a small bowl combine flour and water and whisk together. Stir mixture into skillet and cook until thick and bubbly, 5 to 10 minutes. Cook and stir 1 minute more and pour mixture over chicken and veggies. Serve warm.

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1. In a large pot, bring vegetable stock to a boil. Add coconut rum, coconut milk, lemon and lime peels. Simmer for 5 minutes.

2. To the stock, add straw mushrooms, bamboo shoots and bell pepper. Simmer for 10 minutes.



3. In a separate bowl, mix cornstarch with water. Stir this into the soup and simmer for an additional 2 minutes.

4. Season with coriander, cayenne pepper, if desired, salt and white pepper. Serve hot.