

On the Side with Chef Lee McNish



Crème fraîche is one of the easiest sauces to make. I have included the recipe because most people that I meet feel they have to purchase it in a store. Crème fraîche a very versatile sauce which can be used with stews, fish, soups, salads, vegetables, deserts and let's not forget goes great with caviar. Whether you make it fresh or buy it from the store you can add a variety of ingredients like calvados, honey, fresh herbs etc., which will compliment almost any dish you are preparing.

Poached Fiddleheads w/ fresh Lemongrass & Crème Fraîche

2 cups fresh fiddleheads
1 stalk fresh lemon grass 2 in. segments
1 cup white wine
1 cup vegetable stock
2 tsp butter
2 tsp honey
1 tsp fresh chopped tarragon
2 cloves chopped garlic
Salt and pepper
1 baguette
¼ cup Crème fraîche

In a small pot bring wine, stock and lemon grass to a boil then add fiddle heads and cook for two minutes then strain. Remove lemon grass. Now in a sauté pan on medium heat allow butter to slightly brown then add garlic and fiddle heads and sauté for one minute then add tarragon and honey and season with salt and pepper. Serve immediately on top of a toasted crouton and drizzle with crème fraîche.

Crème Fraîche

2 cups, whipping cream
¼ cup, plain yogurt – full fat

On medium heat, bring the cream to just under a boil, let cool at room temperature in a non reactive bowl. Stir in the yogurt and let sit covered at room temperature for 12 to 24 hours until thickened. It can be stored in the refrigerator, covered tightly, for up to 10 days.

Basmati Crusted Scallops w/ Fennel and Onion Marmalade

16 large scallops
½ cup toasted basmati rice
2 tsp canola oil
Sea salt and fresh pepper
1 cup fresh chervil
1 cup sliced fennel
1 cup sliced red onion
½ cup white wine
¼ cup sugar
¼ cup white wine vinegar

Marmalade - Place fennel and onion in sauce pan with 1 tsp oil on medium heat until tender and slight color about 25 minutes. Add wine, vinegar, sugar, salt and pepper then reduce the heat and cook until most of the liquids gone. Allow to cool.

Toast basmati rice at 300 for 2 hours or until golden brown, place the rice into a coffee grinder and grind until the same texture as flour. Now lightly season scallops with salt and pepper and dredge the scallops on both sides in the basmati flour. In a hot sauté pan add 1 tsp oil and cook the scallops for 1 ½ minutes on each side and then allow to rest for 2 minutes. Serve 4 scallops per portion on top of 2 tsp of marmalade with a generous pinch of chervil

Seared Lamb Sirloin w/ Chocolate Sauce and Celeriac Mash

4 lamb sirloins
4 cloves minced garlic
3 tsp balsamic vinegar
3 tsp grated dark chocolate
½ cup red wine
2 tsp butter
Salt and pepper
4 tsp grainy mustard
2 tsp finely chopped rosemary
Olive oil

Marinate lamb in olive oil, garlic, rosemary and mustard for 2 hours. Season lamb with salt and pepper and place into a very hot pan and sear on all sides, now remove from pan and place into a 375 oven for 12 minutes then outside of the oven for 4 minutes. Take the pan you used to sear the lamb and deglaze with wine and balsamic then add chocolate now remove from heat and add fresh pepper and whisk in the butter

Celeriac Mash

3 cups diced celeriac
Pinch nutmeg
Salt and pepper
½ cup sliced leeks
1 ½ cups whipping cream
3 tsp butter

For the celeriac mash add diced celeriac, cream, butter, leeks, nutmeg, salt and pepper into a small sauce pot with a lid and on low heat cook for 35 minutes or until tender. You can mash them by hand or in a food processor. Divide the mash onto four large plates and slice the lamb and place on top and drizzle with the sauce.

Gorgonzola and Pear Tart w/ Pumpkin Seed Oil

6 tsp gorgonzola
2 bartlet pears
1 sheet puff pastry
¼ cup chopped walnuts
3 tsp sugar
2 eggs
1/8 cup whipping cream
Pinch of salt
Tsp pumpkin seed oil

First peel and slice the pears. Take the puff pastry and place it onto a cookie sheet then fold up the sides so you have a nice size lip. Spread the cheese over the bottom and then arrange the pears evenly around the pastry. Whisk the eggs, sugar and cream together then add the nuts and salt then pour over top of the pears. You might have to give it a little shake to even it out. Bake at a preheated 425 oven for 30 to 40 minutes depending on your oven. Remove and cool for 10 min then cut into 4 pcs and top with small drizzle of pumpkin oil

Volume 3
Issue 4

This Month's
Feature Winery



Domaine de
CHABERTON

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The BC Wine Club Journal

for April 2009

Wine-Speak Made Easy

Getting better insight into what you can expect from a wine is the basic premise of the tasting note. As discussed last month, the initial section of our notes gives you background information on the wines we present. Sometimes this description is more generalized, shedding light on a lesser known grape (i.e. this month's feature white, Domaine de Chaberton's Bacchus). Sometimes we're more specific, offering greater detail on grape source or specific vinification processes used by the winemaker.

It is understood that different people look for different things in these notes. Let's face it, some of you just want to know if there's a touch of licorice, citrus, or peach in the offering – because you love Goody black Nibs or hate peach cobbler. Others want a little more 'meat'. This month we'll go beyond the basic taste descriptors, and look at some of the vinification processes we've mentioned in past. We're not looking to revisit Chemistry class or set you up for a WSET course, but do wish to explain how these treatments ultimately affect the taste and presentation of wine. So, to start us off, we've come up with three terrific multi-syllabic terms to 'slay' and make a little more user friendly - 'carbonic maceration', 'malolactic fermentation' and 'cold stabilization'.

First up, carbonic maceration (and no, this is not the opposite of a carbon credit). This process is otherwise known as whole grape fermenting and is reserved for red wines. You can also think of this as the fountain of youth for naturally heavy, tannic grapes like Marechal Foch or Gamay. Wines from these grapes, if left to normal yeast ferment and age processing, would often turn and become too acidic before tannin levels could balance out and make them palatable. Carbonic maceration takes these grapes in their whole form instead of crushing them, layers them with carbon dioxide (which is the bi-product of natural yeast fermentation) and speedily delivers a wine that is bright, light and flavorful. Beaujolais Nouveau is a prime example of a wine that almost always relies on carbonic maceration.

Our next unapproachable wine term is malolactic fermentation. We laymen can think of it as how winemakers deal with too much of a good thing. The 'good thing' in this case is malolactic acid. Malolactic acid is what makes wine tart – which is a good thing. But some grapes are naturally high in this component and, of course, too much tartness is a turn off, so the clever winemaker adds a hit of lactic acid bacteria to break it down and even it out. Around here, we think of it as Lactaid for your wine.

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Something Aged &
Something New
This month we deliver them
Right to You



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Wine-Speak Made Easy Continued

Last, but not least, is the term 'cold stabilization'. Our members in Fort St. John may also use this term for the months of November through March. Cold stabilization is actually not a difficult term, but what it controls, potassium bitartrate, is. Potassium bitartrate is commonly known as 'Cream of Tartar' and it occurs naturally in grapes. In the fermentation process, it will show up in crystalline form (wine folk call it 'wine diamonds'). These diamonds can make a wine hazy and affect clarity. In red wines, these diamonds are diffused throughout the wine, as the warmer temperature at which they are kept allows for them to remain in soluble form. However, in white wines, crystals which originally were precipitated throughout the wine can reform when the wine is taken from room temperature and chilled. Cold stabilization is the winemaker's way of dealing with this. They chill it before they bottle it, filter out the newly formed diamonds, and leave you with gloriously clear wine. Think of it this way, good clarity in a mineral diamond makes the gem more valuable, but diamonds in wine affect clarity and can often detract from its value. Therefore, diamonds should remain on the finger, or in the earth, but out of our white wine.



Domaine's highly approachable wines

Gaining a greater understanding of the processes involved in the creation of fine wine allows for a greater appreciation of the art form. We hope this installment of Wine-Speak Made Easy makes our already approachable wines ever the more so.



Domaine de Chaberton's **Bacchus Bistro** is an elegant and warm French styled bistro where exquisite farm fresh foods are prepared to match Domaine's fabulous wines. This Zagat rated establishment has also been named as one of Greater Vancouver's best restaurants by noted food-critic Mia Stainsby.

If you live in, or are visiting the area, dining at this wonderful bistro is a must.

For reservations call
604-530-9694



This Month's
Feature Wines
From Domaine de
Chaberton

Feature Red - 2006 Meritage
Feature White - 2008 Bacchus
Companion Red - 2004 Canoe Cove Cabernet/Merlot
Premium Selection - LG Award of Excellence Winner
2003 Canoe Cove Shiraz

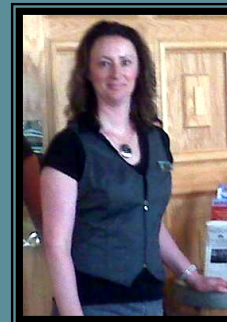


or 'Ping'. Translation? To be equal, even, at the same level. This is exactly what Domaine de Chaberton has always sought to be - a perfect blend of Old World style and New World creativity.

The first commercial winery to make BC's Fraser Valley home, Domaine is a testament to the forward thinking of its French founder, **Claude Violet and his wife Inge**. Claude, whose passing in 2008 was greatly mourned, was a great pioneer who knew a certain part of this fertile valley, with its periods of generous sunlight, to be the perfect locale for his new business. This was especially true given its close proximity to Greater Vancouver. In 1981, the Violets set about planting white cool climate vinifera and in 1991 opened the doors to a winery bearing the same name of a heritage winery the Violet family owned back in France. Keenly in tune with the taste and sensibilities of his North American clientele, the Violets added red varietals from the Black Sage region of the Okanagan in the late '90s. With the help of legendary winemaker, **Dr. Elias Phiniotis**, they began crafting Old World style reds from the grapes of this New World terroir.



Old World meets New
in
BC's Fraser Valley



Margo Klassen

In 2005, the Violets passed the torch and sold the winery to **Eugene Kwan and Anthony Cheng**. Kwan is one of Vancouver's most noted lawyers and has been a keen backer of one of BC's most prominent, emerging and important industries - wine. Cheng is from Hong Kong and a connoisseur of world-class sensibility who sees Domaine de Chaberton as a winery with an incredible future. The two also conceptualized a new line called **Canoe Cove**, a line celebrating the exciting winemaking style of the New World.

Margo Klassen, Domaine's ever-knowledgeable wine shop manager explains that while the two felt the winery's traditional signature line was essential for the winery's continued success, expanding its horizons and offering this new line was a savvy move the pioneering Violets would approve of.

The winery itself reflects the delicate balance between old and new. The wine shop is warm and traditional with lovely wood, chandeliers and stained glass window panes. In contrast, the work area shows itself to be state-of-the-art, allowing this winery to seamlessly produce upwards of 40,000 cases of premium wine. Domaine de Chaberton is truly a testament to just how far the BC wine industry has come in such a short time.

But for those who wander off the beaten path slightly, to find themselves at this South Langley winery's welcoming doors, one thing can always be assured; Margo, and the rest of the well-versed staff, will be there to find a wine to suit your style. Whether you prefer the charm and depth of an aged beauty, or the forward and bright style of a North American gem, the people of Domaine de Chaberton will always find a wine that is equal, even, and in step with your exacting standards.



Catch the return of the Naramata Bench Spring Release Event
April 21st in Vancouver & April 23rd in Victoria - check www.naramatabench.com for details!!!