

Fabulous Food Pairings

Slowed-Down Lamb Vindaloo

A Spice-of-Life Meal for Ruby Tuesday's 2009 Riesling

3 lbs boneless lamb, plus 3 meaty lamb bones
 ¼ c vegetable oil
 ¼ c cider vinegar
 1 tbsp tamarind pulp
 2 tbsp kiwi pulp
 salt to taste

Cut lamb into 3/4" cubes. Place lamb and the bones in a non-metallic bowl with the oil, vinegar, tamarind, kiwi and salt. Marinate at room temperature for 8 hours, or refrigerated for at least 24 hrs.

Put two tablespoons oil, onion, garlic and ginger in a food processor and puree.

Heat 1/2 cup oil in large skillet over med-high heat. Add onions and sauté until they are caramel brown, stirring constantly to avoid burning. Add the puree. Reduce heat and add cumin, mustard, turmeric, red pepper, paprika, sumac & cinnamon. When the spices begin to sizzle and turn dark (about 15 sec), add the lamb and bones; reserve the marinade. Cook until slightly seared (about 10 min.). Add water to the marinade to make 2½ cups liquid; add to pan and bring to boil, then lower the heat and simmer partially covered, until meat is very tender (about 30 min.) Pick out and discard the bones and serve over Basmati rice.

2 tbsp vegetable oil
 1 lg white onion
 6 cloves garlic
 2 tbsp fresh ginger root

½ c vegetable oil
 3 cups onions, thinly sliced
 1 tsp ground cumin
 1 tsp ground mustard
 3 tsp turmeric
 1½ teaspoons red cayenne pepper
 3 tsp paprika
 1 tsp ground sumac
 1 tsp ground cinnamon
 hot water

Punjabi Chana (curried chickpea salad)

1 lg Spanish onion, peeled, sliced
 1 tsp salt
 1 minced jalapeno
 1 tbsp fresh ginger, minced
 2 tbsp fresh lime juice
 4 tbsp peanut oil
 2 c plum tomatoes, diced
 2 tsp garam masala
 1 tsp cumin
 ½ c fresh cilantro, chopped
 ½ c fresh mint, chopped

Place ½ the sliced onions, pinch of salt, jalapeno, ginger & lime juice in a bowl; toss and chill. Place oil in a heavy large skillet and heat at med-high 'til hot. Add remaining onions & cook until lightly caramelized. Add tomatoes and continue cooking 5 minutes. Add 1 tsp garam masala and cumin and cook 1 min. Place in bowl and chill.

In same skillet, mix chickpeas, remaining salt and garam masala. Stir and cook covered for 10 min., stirring periodically. Add chilled onion mixture, mint & cilantro just before serving, tossing lightly. Serve warm.

Scientifically Speaking

Half of US hospitals serve wine to their patients. Sometimes this is to stimulate appetite. Sometimes it's used for a mild sedative effect. But, usually, it's served because patients request it, and doctors recognizing the potential benefits, often comply with the requests.

source:

Nebraska Sustainable Agricultural Society

This month's wines from



Ruby Tuesday

feature red - 2007 Cabernet Sauvignon
 feature white - 2009 Riesling
 companion red - 2007 Shiraz
 companion white - 2009 Pinot Gris
 premium feature - 2007 Shiraz/Cabernet

The Humour Of It

In ancient Rome, for presentation, bits of toast were floated in goblets of wine. About this a story is told, where a beautiful, but unworldly young woman attended a lavish party and is presented with a goblet of wine. When asked her opinion of the wine, she replied: "I like it very much, but I prefer the toast."

The BC Wine Club Journal

for April 2010

Sounds Tasty

Face it, when you first opened this package and saw our feature winery was Ruby Tuesday, whether you liked it or not, a familiar ditty probably sprang to mind. What's more, depending on your thoughts about the venerable Stones or this famous song, your perception of what might be found in the bottles may also have been colored. Can music really influence our perception of wine? Affect our sense of taste?

Research by professor Adrian North of Heriot-Watt University in Edinburgh suggests 'yes', the type of music one listens to while drinking wine can affect our sense of taste. In fact, after testing 250 students, North's team found that a wine's attributes could be altered pretty dramatically depending on the vibe of the tune.

Here's how the study was conducted: Four types of mood music were chosen - *Carmina Burana* by Orff (powerful & heavy), *Waltz of the Flowers* by Tchaikovsky (subtle & refined), *Just Can't Get Enough* by Nouvelle Vague (zingy & refreshing) and *Slow Break-down* by Michael Brook (mellow & soft).

When Nouvell Vague was played to the students, a white wine was rated 40% more zingy & refreshing than it was without music. When the Brook's tune was heard, the mellow and soft tune had 26% of subjects finding the white to be similarly mellow-smooth, soft and silky. Interesting effects were also noted with the red. Here only 25% found the wine more fresh and mellow when that type of music was played. However, a very dramatic 60% of red-wine-drinking subjects suddenly found their wine more powerful and heavy when Orff's cantata played in the background.

Interestingly, an earlier study by North also showed a direct connection between music and our appreciation of wine. In this study, people were five times more inclined to purchase a French bottle instead of a German one if accordion music was being played at time of purchase. Conversely, if an oom-pa-pa band was heard, the German product outsold the French one by a margin of two to one.

So, the question begs to be asked, 'What kind of music is conducive to drinking BC wine?' Well, we've got some broad, scientific recommendations as determined through the formal study...and we've got some 'less-than-scientific' suggestions of our own, too.

MUSICAL ACCOMPANIMENT

Cabernet Sauvignon: *All Along The Watchtower* (Hendrix), *Honky Tonk Woman* (Rolling Stones), *Live And Let Die* (McCartney & Wings), *Won't Get Fooled Again* (The Who)

Chardonnay: *Atomic* (Blondie), *Rock DJ* (Robbie Williams), *What's Love Got To Do With It* (Tina Turner), *Spinning Around* (Kylie Minogue)

Syrah: *Nessun Dorma* (Puccini), *Orinoco Flow* (Enya), *Chariots Of Fire* (Vangelis), *Canon* (Johann Pachelbel)

Merlot: *Sitting On The Dock Of The Bay* (Otis Redding), *Easy* (Lionel Ritchie), *Over The Rainbow* (Eva Cassidy), *Heartbeats* (Jose Gonzalez)

THE CLUB'S BC VINO VIBES

(Hijas) Bonitas Merlot: *Say It Right* (Nelly Furtado)

Dirty laundry Bordello: *One Night Love Affair* (Bryan Adams)

Summerhill Cipes Brut: anything by Michael Bublé

And if the Rolling Stones don't strike a chord with you, may we suggest you try a little **APRIL WINE** this month to get you in the mood ;)

What's On Pour This Month

Feature Winery

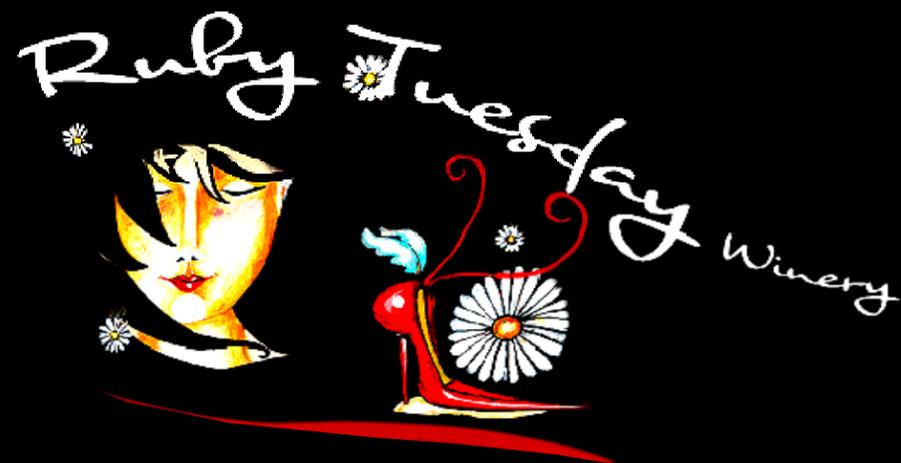


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Thank you Prudence. Thank you Beat. Thank you for showing us that in this day and age, in this hotbed of activity, in this lotus-land vine-mecca we call BC, that there are still people who believe wine should actually be made for people, not just profit. This, say the Mahrers, is the reason they returned to the beautiful Naramata Bench and created Ruby Tuesday Winery. Here, they say, they'll meet and share wonderful wine with people they get to *know* better.

Losing the ability to connect with their clientele is why the Mahrers sold their first winery, Red Rooster, to Andres (now Peller Estates) back in 2005.

"Near the end, the winery became so big. I was always in the office, not in the vineyard. I LOVE the vineyard! I love talking to people that come in to the winery. I love hearing their story. In the end, it was scary, not fun anymore." sighs the ever-effusive Prudence. This, she says, is why her new winery will never produce more than 3999 cases. "If that happens, that's when retirement will finally stick for me."

This Swiss lady has had a long love affair with the Naramata, and after a brief retirement where she and Beat explored the world, she wanted nothing more than to return to the Bench she has called home for so long now. "I realized how wonderful the Naramata is and how special the terroir is. The wines from here can be so elegant, so beautiful."

So, when she and winemaker Lyndsay O'Rourke, and masterful consultant, Phil Soo, set out to create Ruby Tuesday's first wines, they wanted to capture that essence. In other words, they wanted to 'Catch the Dream' the dream that lives in this special and idyllic place.

Catch Your Dream...



You can fly if you really want to' - That lyric from the Stones song, Ruby Tuesday really speaks to Prudence Mahrer. "We're all just a bunch of Baby Boomers at this winery and that line says how we feel here. We're inspired, we're positive."

And that positive message can be found all around the winery Mahrer describes as "Funky and whimsical." Scattered throughout are eclectic spirit sticks and dolls by local artist Darlene Jones that carry wonderful sayings about the better things in life. There is a fantastic mural outside created by Glenn Clark symbolizing all the lyrics and dreams of Ruby Tuesday. Then there's the wine labels, created by artistic legend Jennifer Garrant, depicting 'a shoe with wings and ribbons representing the dreams we all have. Some of the dreams are big, present, and come true, while some of the dreams disappear with time.'

But the most positive message always come from the people inside. Within these warmly colored walls of texture and spunk, are people like June Stewart, the retail manager who's very approachable and, as Prudence explains, "Really knows her stuff".

Of course, also omnipresent is the fit and fabulous Prudence, sharing the story of her elegant wines and learning the story of the people who drink them. "Ninety-five percent of our wine is sold in our wine shop. That way we get to meet the people who drink our wine. Isn't that most important?"

Yes, it is Prudence, yes it is!

www.rubytuesdaywinery.com