

# A Festive Feast by Lee McNish

'Merry Christmas to all and to all a good bite'  
To our members I offer a very special meal inspired by Eau Vivre wine

## Glazed Roasted Duck with Root Vegetables and Baked Three Cheese Pasta

### Glazed Roasted Duck

- 1 whole average 4-5 lb Duck
- 1 tsp, ground five spice
- 5 tsp, brown sugar
- 2 tsp, grainy mustard
- 1 tsp, chopped garlic
- 1 tsp, chopped rosemary fresh
- 5 tsp, honey
- 1 tsp, fresh ground pepper
- 1 tsp, coarse sea salt
- ½ tsp, chopped ginger

Mix all the ingredients together and rubbed all over the Duck inside and out. Place the Duck in a 375 oven for 2 to 2 ½ hours and basted every 15 minutes.

## Root Vegetable Medley

- 2 cups, large cubed turnip
- 2 cups, large cubed parsnips
- 2 cups, large cubed beets
- 1 cup, peeled pearl onions
- 2 tsp, white sugar
- Salt & pepper
- Pinch of cinnamon
- 2 tsp, olive oil

Toss all ingredients together and spread out on a cookie sheet. Place in the oven with the Duck for one hour.

## Butternut Squash Soup With Crispy Pancetta Bacon

- 8 cups, cubed butternut squash
- 4 cups, chicken stock
- 2 cups, 35% cream
- 1 cup, white wine
- ¼ cup, diced onions
- ¼ cup, celery
- ¼ cup, diced carrots
- 2 cloves garlic
- Pinch of nutmeg
- 1 tsp, chives
- Salt & pepper
- 1 tsp, butter
- 100 grams diced pancetta

In the oven placed diced pancetta on a baking sheet at 375° until crispy. In a large soup pot, on medium heat, sauté in butter, onion, celery and carrots until tender. Add garlic, nutmeg, cubed squash, wine, chicken stock and cook for 30 minutes until tender. Finish by adding whipping cream and season to taste with salt & pepper. Serve in bowls with the crispy pancetta and chives on top.

## Baked Three Cheese Pasta

- 1 litre, 35% cream
- 1 cup, shredded old cheddar
- ¾ cup, shredded swiss
- ½ cup, grated parmesan cheese
- pinch of nutmeg
- 3 tsp, butter
- 2 egg yolks
- Salt & pepper
- 1 cup, bread crumbs
- 8 cups, cooked pasta al dente

In sauce pan bring cream to a simmer, slowly add shredded cheeses until melted. Add salt, pepper and nutmeg, fold in butter and egg yolks and toss in cooked pasta. Place into a casserole dish, sprinkle bread crumbs on top and bake in the oven for 45 min @ 375°

Volume 3  
Issue 12

*This Month's  
Feature Winery*



**Eau Vivre Winery  
& Vineyard**

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# The BC Wine Club Journal

for December 2009

## Timely Tips For The Season - Part Deux

Last December we offered a few tips to assist in making the season bright. We received some great feedback so we thought a second round was in order.

**Tip#1** Q- When is it ok to be a wine snob?  
A- When you're not actually being one. This season, many of us will find ourselves with friends or family at a restaurant. If you are the one in charge of ordering the wine for the table, once the server has presented the correct bottle and you've deemed it palatable, ask the server to decant the wine for your fellow guests. Helping a wine to breathe and put it's best foot forward is a thoughtful, not haughty gesture.

**Tip#2** For some of us, holiday merriment may lead to the wine drinker's dreaded malady - The Hangover. While the movie is a lot of fun, the condition is decidedly not. We have three suggestions (basic, but worth repeating) to assist in minimizing the effects of 'too much of a good thing':  
1. Water - drink during your function and plenty before you hit the hay (and remember, don't touch the Tylenol).  
2. Eat Fatty Foods - before and during, not just at the McD's drive-thru on the way home. Fatty foods actually slow the absorption of alcohol.  
3. Drink sports drinks like Gatorade to rehydrate and replenish lost fluid & electrolytes.

**Tip#3** Suffice to say, Eau Vivre winemaker, Spencer Kelly, has had to deal with his fair share of red wine stains on clothing. His tried, tested and true solution? MILK. "Just grab a cup of milk, pour it on the stain, wait a couple of hours and wash. It works unbelievably well!" exclaims Kelly.

**Tip #4** Bring on the BC Bubbly! We've made a special point of searching out sparkling wines fit to toast the start of a new decade. Two of our choices come from Summerhill Pyramid Winery, a winery renowned for their 'brut' wines. Our first choice is Summerhill's flagship wine, Cipes Brut, a Riesling based cuvee they've made since the winery's inception in 1992. In fact, Cipes Brut has won a Gold medal every year since then and at \$24.95 is a fantastic value. Next up is their Cipes Gabriel, a Chardonnay-based cuvee that gained a bronze medal at the Chardonnay Du Monde in France and multiple gold medals here in Canada. Find them at [www.summerhill.bc.ca](http://www.summerhill.bc.ca)

Finally, we chose a wine that's not exactly a sparkling wine - this month's white feature, the 2007 Eau Vivre Gewürztraminer. Like sparkling wine, this wine was actually infused with CO2, giving the traditional wine a fascinating lift. Crafter Spencer Kelly insists it's 'incredibly food friendly' and perfect for ringing in 2010.

*To Our Many Members, New & Old,  
We Wish You the Finest the Season has to Offer*



As long-term BC wine lovers, Eau Vivre owners Jeri Estin & Dale Wright spent a good deal of time on the receiving end in other BC winery tasting rooms. So, when it came to creating their own wines, they had a pretty solid understanding of what they liked and what they didn't in a wine.

The following are a few things Estin, Wright, & Eau Vivre's winemaker, Spencer Kelly feel are important things to know about Eau Vivre wines:

- First, only the finest grapes are used in the creation of an Eau Vivre wine and, whenever possible, Similkameen grapes are sourced.
- Second, by limiting manipulation, Eau Vivre's wines tend to be truly expressive of the grapes fine terroir.
- Finally, an Eau Vivre wine will be fairly priced and never released before it's time. Therefore, the wines featured this month are ready to enjoy when you are.

## Be Kind to Your Wine

*Your Eau Vivre wine  
has made a long  
journey to your door*

*Please allow 72 hours  
to rest before opening*

While most other 19 year olds were exercising their legal right to drink beer, Spencer Kelly was taking a wine appreciation course given by renowned UBC 'wine scientist, Dr. David McArthur. Now, years later, with a degree in Food Sciences from UBC in hand, and serious apprentice work for one of this country's top winemakers under his belt, Kelly is thankful Dr. McArthur peaked his interest in wine.

Although Spencer grew up in Kaleden, a small Okanagan town on the eastern shore of Skaha Lake, it was only after taking this course that he became interested in the industry that had taken his hometown region by storm. With his new passion in mind, Kelly gained further insight into the world of wine by taking a job with VQA wine shops while he completed his degree. Eventually, Spencer found his way back to the Okanagan and gained a job as right hand man to Herder Winery & Vineyard's Lawrence Herder.

Then, in 2007, Herder invited his bright assistant to take a leading role in creating wines for Eau Vivre. Herder felt he was a perfect fit and Eau Vivre's owners Dale Wright & Jeri Estin thought so, too.

"I was ready to take on the challenge of lead winemaker and Dale & Jeri were ready to grow. It worked out well." Kelly states.

If Eau Vivre's first vintages are anything to go by then we'd say they'll do more than just grow, they'll flourish!



To make it in the winery business, you've got to have three things -good grapes, capable people and a good measure of luck. Eau Vivre owners, Dale Wright & Jeri Estin have been blessed with all three.

First, fate smiled upon the two. Back in 2007, while the pair were visiting the Okanagan from their home in Saskatchewan, Dale & Jeri learned one of their favorite wineries, Herder, was relocating. Wright, a geologist by trade and fledgling home winemaker and Estin, a human resource and adult education expert, became taken with the idea of starting their own winery at the Herder site.

The timing was right, the ability was there and the notion became reality when this dynamic pair purchased this picturesque Cawston vineyard & winery from Lawrence & Sharon Herder.

Seasoned wine enthusiasts, Wright & Estin knew that was only the first step in a long journey. Next, they had to secure the right people to make fine wines like Herder did. So, who better to turn to than the genius behind those wines, the talented Lawrence Herder.

As consultant, Herder guided the first Eau Vivre vintage. To assist in the creation of these new wines, he also brought along the man who now stands as Eau Vivre's main winemaker, Herder's former assistant winemaker Spencer Kelly. The two then set about crafting the wines using some of the finest grapes available in their home region, the Similkameen, as well as Osoyoos.



While the wine was taking shape, the winery was transforming as well. Jeri decided a more intimate and antique décor would work well for the tasting room and their warm and inviting room opened to the public this past summer.

From the beginning, Jeri and Dale found business brisk as word travelled through the Valley and beyond about this fine new winery. And while Estin and Wright know the old saying about good news travelling fast applies to their new venture, they also know the Similkameen Wineries Association has been more than wonderful in spreading the good word.

Similkameen named by enRoute magazine as one of the world's '5 Best Wine Regions You've Never Heard of'

**An Important Note:** Winter weather can make shipping wine difficult. While we try not to send wine to areas experiencing bitter cold, at this time of year it is sometimes unavoidable. Our couriers will do their best to ensure our wines make it to you frost-free and will never leave your package on the doorstep unless safe to do so.