

On The Side



With Chef Lee McNish

Summer's Finally Here!

Now that the rain has stopped and the warm weather has arrived, we can finally get out of the house and start enjoying B.B.Q.'s! Whether we find ourselves on the deck, or at the campsite, cooking in warmer weather means you need to keep in mind the importance of cooking and storing meals properly. Luke warm is a safe and common term for water, but not for egg-based dressings. Instead, try a vinaigrette for your potato salad. When it comes to your meat proteins, if you are unsure just cook them slightly more than you normally would – cook poultry to 180°C, beef to at least 140°C.



Here is a quick and easy menu for a B.B.Q or picnic that can be prepared and cooked in ½ hour. It can be served with either a nice easy red or even with a slightly sweet white wine like Dunham & Froese's Amicitias. So enjoy yourself and have a great summer!

Watermelon, Feta and Walnut Salad

- 5 oz. Mixed Gourmet Baby Greens
- 6 cups—½ inch cubed Watermelon
- 1½ cups diced Feta Cheese
- 1 small thinly sliced white onion
- 1 cup toasted chopped Walnuts
- ¼ cup Olive Oil
- 4 tsp. Sherry Vinegar
- 4 tsp. Honey
- 1 tsp. Coarse Sea Salt
- Fresh Pepper

Very simply, layer all ingredients onto a large platter and finish at the last minute with olive oil, vinegar, honey, salt and pepper. This & Salmon recipe Serves 6

BBQ Wild Salmon with Field Berries & Tarragon

- 1 large side Wild Salmon (skin on, pin bone out)
- 2 Leeks, thinly sliced and washed
- 3 tsp. Green Peppercorns
- 2 cups sliced BC Strawberries
- 2 cups fresh Blackberries
- 1 cup Brown Sugar
- ¼ cup Balsamic Vinegar
- ½ cup Butter
- 2 tsp. chopped Tarragon
- 1 tsp. Sea Salt

Preheat BBQ to 350°F. Place salmon skin side down onto doubled up tin foil. Rub top of salmon with butter & brown sugar, then sprinkle with leeks, salt, and peppercorns. Now wrap up the foil so it is tight and the butter will not drip out. Place salmon on top shelf of BBQ with lid closed for 18 to 20 min. Mix fresh berries with tarragon & vinegar. Remove salmon to platter, pour berries over and serve.

A Perfect Pair

By Lee McNish

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Issue 9

This Month's
Feature Winery



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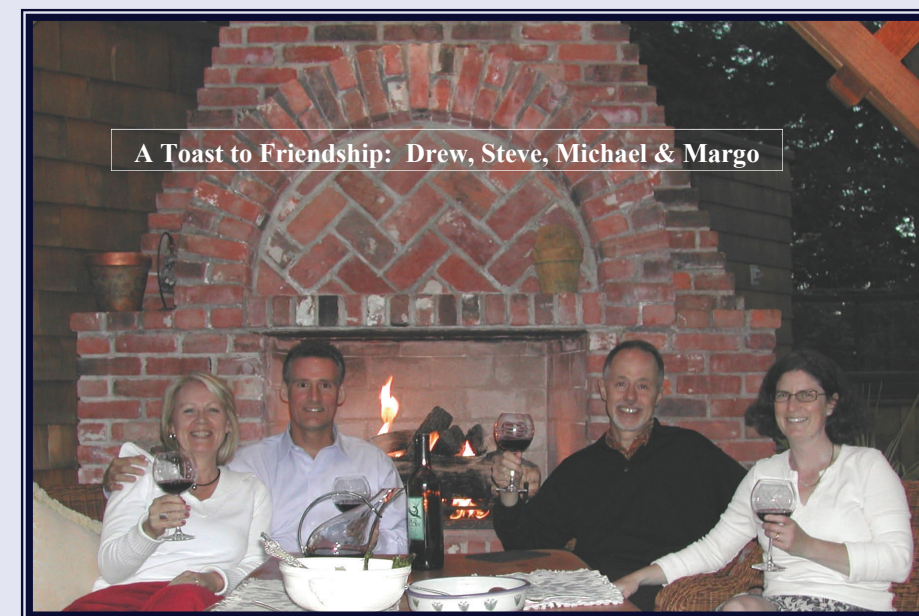
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BC WINE CLUB NEWS

Sharing the Experience

Ahhh, those long tranquil days of summer! A time when many of us get to take a break from the rat race and relax with family and friends. Many, too, feel compelled to celebrate the great gifts of our lives—birthdays, weddings, family reunions; all are so often celebrated under the sultry summer sun. The warmth of the season seems to translate into a warmth of spirit and we find ourselves sharing laughter, good times, good food, and, of course, fine wine. It is during such festivities that we've heard many of you choose to unveil our wine club selections. It must be said, we are honoured to be a part of the occasion and hope our carefully chosen wines, like this month's from Dunham & Froese, add to the experience.



A Toast to Friendship: Drew, Steve, Michael & Margo

This month's Armchair Connoisseur, Margo Ross, is someone who embraces the spirit of sharing, and gives of her time and energy in so many ways. Margo is the Director of Sport & Recreation for the BC Ministry of Healthy Living and as such, works to assist all British Columbians in their efforts to lead a balanced and active lifestyle. She and husband, Dr. Mike Mawdsley, a GP, will be taking a leave from their positions for a brief cycling tour of Spain before heading to South Africa for six months. Here, they will give of their time and expertise and volunteer with an HIV/ Aids organization.

When Ms. Ross contacted us to pause her subscription, she also took the time to share with us how she makes the most of her BC Wine Club membership. Each month, upon receiving her selections, she, Mike, and great friends Steve and Drew get together. The wines are opened, the recommended food pairings created, and the four celebrate one of the greatest gifts life affords us—friendship. Join us on page 2 as Margo and friends give us a taste of what an evening of sharing looks like—BC wine style.



Canada's # 2 Up & Coming Winery

-Tony Aspler for Tim Stevenson's
2008 Wine Report



The Armchair Connoisseur

With Margo Ross & Friends



Q—It's always interesting to find out what brings people together. Could you give us a little background on each group member and how you fit together? i.e. history, interests, professional affiliation

A—All roads lead to Steve (who is the ridiculously good looking one). Steve hired Margo as a coop student and helped kick start her career. More importantly, Steve introduced Margo to her true love and future husband, Michael. Steve was also responsible for introducing us to his wonderful partner Drew.

We four have become great friends and value our time together.

Q—Set up what an evening get together with Margo Ross and Friends looks like?

A—Wine night is one of the highlights of our month. We take turns hosting. In winter we dine indoors by a roaring fire and candlelight. In summer - al fresco in our gardens. And sometimes our terribly romantic husbands organize a surprise dining locale that always feature glorious sunsets.

We bring out the best china and silver and bring in fresh flowers and food from our gardens.

We generally spend the evening cooking together, sampling the wines with their food pairings, helping each other through life's hills and valleys (friends and the BC Wine Club are a great combination during those teenage years!); and celebrating all the good things in our lives.

Q— Who does the cooking?

A—We all do. Margo is responsible for preparing the BC Wine Club recipes and loves the variation between appetizers, mains and desserts. Everyone else brings a dish to augment the meal.

Q— Has there been any truly memorable food and wine pairings?

A—Mike and Margo – we still dream of the Pentage and salmon pairing. It was so good we ended up buying a case and preparing that meal for everyone we could think of. We would also highly recommend that the BC Wine Club ask Steve for his fresh raspberry shortcake recipe.

A—Steve – the dark chocolate mocha soufflé with cardamom crème anglaise paired with an unmentionable dessert wine (sorry, we had to augment!). For Steve, the soufflé wasn't better than Drew, but....he looked awfully content.

Q— Margo, as the main member, how did you learn about the Club?

A—I was looking for a unique and special gift for my truly wonderful stepfather who adores fabulous food and wine. I googled around and stumbled on the BC Wine Club. I ended up getting a membership for both my stepfather and us. That was over a year ago and I still get very excited whenever I arrive home to a brown box on the front steps.

Q— Of all the BC Wine Club selections you've tried, are there any wines that stand out?

A—Mike and Margo – Favourite red – The Pentage!!!! Wow. Favourite white and favourite label: Stoneboat Pinot Gris.

A—Steve and Drew – What stood out? What didn't stand out? Though the Soaring Eagle served with fresh fois gras was pretty remarkable.

Q— When it comes to wine, how would you label yourselves?

A—Steve claims he's a 'Wine Laureate' because "wine makes me feel smart" – hysterical laughter in background.

A—Mike vacillated between 'Wine Poet' and 'Wine Cowboy' because "wine adds grandiloquence to my verbiage and because I'm from Alberta"

A—Drew and Margo both had trouble coming up with a wine label for themselves. They just love how the Wine Club has provides a great excuse for good friends to get together for a regular "date". They also know how lucky they are to spend evenings drinking wine in the company of two "really, really good looking" men.

[Thank you all so much for participating in our Armchair Connoisseur column!](#)

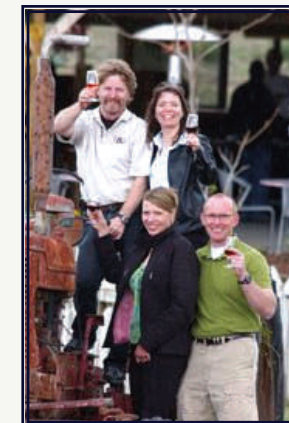


A Toast to Serendipity

After tasting these wines, we're sure you'll agree with Crystal Froese's comment; the union of she and husband Kirby, with Gene and Shelley Covert, to create Dunham & Froese Estate Winery was truly serendipitous.

Several years back and over a meal, the four friends realized that between them, they had every attribute necessary to create one of this province's finest wineries. The Coverts knew the business of farming and ran a successful and long standing family farm. Their 700 acres of rich farmland just north of Oliver could be the site of the winery's first plantings of red and white Bordeaux varietals (they've also added Syrah & Pinot Blanc). Then, add to the mix Kirby Froese, an Okanagan boy who had crossed the globe and honed his craft in some of the finest wineries in Chile, Australia, and California. Kirby had come home to infuse his winemaking know-how on the local scene and for him, the idea of crafting wines for his own winery would be a dream come true. Finally, there was Crystal whose background as a marketing consultant would prove very useful should the group wish for their finely crafted, small lot wines to be noticed.

If a nod by Tim Stevenson's 2008 Wine Report as the #2 up and coming winery in Canada is any indication, we'd say Crystal and had done her job well. So, to the creation of this union and these wines—we raise our glass to serendipity!



Four Ideas - One Plan

Balance is what Kirby Froese strives for in the creation of his wines, and is also what all partners try to achieve in their relationships with each other and the land.

The principals of Dunham & Froese believe strongly in non-evasive and organic methods when producing their wines. They are all about quality, not quantity. So, even when sourcing grapes from other vineyards to compliment their own vines, they look to growers who employ sustainable practices and model similar values.

As for how the four get along? Well, Kirby tells us they all have very different personalities. That means, in any given situation, you're likely to have four vastly different opinions. But, Froese insists, this is a great problem to have. In all matters of importance, the four converge and come up with a fifth and final plan. This plan incorporates all their ideas and is always devised with the winery's main goal in mind—To create wines of great character and superior balance.

"I don't really have a style. For me it's all about balance in a wine."

- Kirby Froese



Our Selections for July from Dunham & Froese

Feature Red—2006 Amicitia Red

Feature White—2007 Amicitia White

Companion Red—2006 Merlot