



# Fall Surprise Case

## \$274 + tax

### Fall

This season's wine selections are inspired by the transition from summer into winter and all the glorious flavours of fall

### Food

Seasonal recipes by  
[www.foodandwine.com](http://www.foodandwine.com)

### Wine

Twelve outstanding wines to celebrate the arrival of fall

Burgundy, France



## Thanksgiving Feast

One 12- to 14-pound turkey  
2 tablespoons sea salt and ground pepper  
1/2 pound thinly sliced pepperoni  
1 preserved lemon—halved lengthwise, pulp discarded and rind sliced 1/2 inch thick, plus 2 teaspoons minced rind  
12 large sage leaves, plus 2 sprigs  
2 rosemary sprigs  
2 sticks unsalted butter, softened  
2 tablespoons minced thyme and 1/2 teaspoon ground fennel  
Season the turkey inside and out with the salt and transfer to a rack set in a roasting pan. Refrigerate uncovered overnight. Let it return to room temperature before cooking.  
Preheat the oven to 300°. Run your fingers under the breast and thigh skin to loosen; tuck the pepperoni, sliced lemon rind and sage leaves under the skin. Stuff the sage and rosemary sprigs in the cavity. Tie the legs with string.  
In a medium bowl, blend the butter with the thyme, ground fennel and minced lemon rind. Rub the butter all over the turkey and season with pepper.  
Roast the turkey in the lower third of the oven for 2 1/2 hours. Increase the oven temperature to 425° and roast for 30 minutes longer, until well browned and an instant-read thermometer inserted in the inner thigh registers 165°. Transfer the turkey to a carving board and let rest in a warm place for 30 minutes to 1 hour. Strain the pan juices into a bowl. Carve the turkey and serve with the juices and our favourite fixings.

## Chateau De La Greffiere

Cremant de Bourgogne is the appellation used to describe the sparkling wines produced in Burgundy, France. These wines are made using the same method that is used to create the infamous wines of Champagne. This example is made from 100% Chardonnay. It's rich and opulent, with a luxuriant, creamy character showcasing all things wonderful in the World of bubbles. It offers notes of brioche, pear, yellow plum, lemon, apple and a hint of buttered toast.

\$33



## Cheese and Charcuterie

**Cured Meats:** Pick out two to three cured meats with different textures. Maybe get thinly sliced prosciutto and pair that with some hard cured meats (like salami, coppa, sopressata). Pate is always a good addition as well.

**Cheeses:** Let the cheese stand out! Think variety in terms of textures and milks. Try to incorporate at least one soft (or semi-soft) cheese and one hard cheese. Pick cheeses made from different milks: cow, sheep, goat or a mixture.

**Bread or Crackers:** Keep the bread and/or crackers simple. Maybe thin slices of baguette or plain breadsticks. Choose crackers that are light on flavour so you can highlight the meats and cheeses.

**Olives and Pickles:** Olives and other pickled snacks provide a great contrast to the rich meats and cheeses. Think of this like a palate cleanser. The sharp sour notes will cut through the richness of the other items. (Cornichons are a great choice!)

**Honey, Jams and/or Dijon:** For sweetness, add honey and one jam/preserve. For spiciness, add dijon. If you're serving brie or blue cheese, honey is an excellent addition. Keep the honey and jam in separate containers.

**Fruits and Nuts:** Grapes, raisins, dried figs, and dried apricots are standard. You could also add fresh fruits like peaches, nectarines, cherries and nuts like almonds and walnuts.



Mosel, Germany

## Andreas Bender Scheurebe

The Mosel is one of the most important wine regions in western Germany, with breathtaking vineyards planted along the Mosel River. Andreas Bender has always been interested in wine and inherited his own vineyards from his family in 2008. This wine in particular is made from the lesser-known Scheurebe grape. It is believed to be a Riesling cross, which was created by a German viticulturist in 1916. It's super fresh and bright, mixing loads of tropical fruit with mouth-watering acidity.

\$26



## Steamed Clams with Garlic

5 tablespoons unsalted butter, divided  
1 tablespoon fresh minced garlic  
1 cup white wine (this wine pairing)  
1 tablespoon lemon juice  
3 dozen little neck clams, rinsed and scrubbed  
½ cup chopped fresh Italian parsley  
Wedges from 1 lemon for garnish, if desired

In a large skillet (that has a lid), melt 2-½ tablespoons of the butter over medium heat. Add garlic and cook, stirring constantly, until fragrant (about 30 seconds).

Add the wine and lemon juice. Bring to a boil.

Add clams and remaining butter. Cover and steam until clams have opened (about 7-8 minutes). Occasionally shake skillet while steaming.

Discard any clams that do not open. Sprinkle evenly with parsley and garnish with lemon wedges, if desired. Serve with a freshly cut baguette or over a bed of cooked pasta.



Vinho Verde, Portugal

### Esporao

#### Bico Amarelo

This wine is astonishingly fresh, vibrant and clean. Not just delicious, but also one of the best value white wines from Portugal. Although the grapes are sourced from the famous Vinho Verde region, it doesn't carry the spritz and sweetness normally associated with this style. It's made from a blend of Loureiro, Alvarinho and Avesso. Very floral on the nose mixed with pear, peach, apricot and just a hint of herbs. It could also age beautifully for the next few years, for more creaminess.

\$17



## Creamy Chicken Pasta

- 2 tablespoons olive oil
- 1 tablespoon butter
- 1 onion, finely chopped
- 1 large garlic clove, finely grated
- 200ml double cream
- 100 grams mascarpone
- 75 grams Parmesan, finely grated
- 1 chicken stock cube
- 2 cooked chicken breasts (about 210 grams), sliced
- 8 lightly cooked bacon (about 25 grams), roughly chopped
- 300g tagliatelle or fettuccine
- ¼ small bunch of parsley, finely chopped

Heat the oil and butter in a medium saucepan over a low heat and fry the onion for 10 minutes, or until softened and translucent. Add the garlic and cook for 2 minutes more. Add the cream, mascarpone, Parmesan and stock cube. Give it a stir and add the cooked chicken and bacon to heat through.

Meanwhile, cook the pasta following pack instructions. Reserve 100ml of the pasta water. Toss the pasta in the creamy sauce and enough of the reserved water to loosen. Season with black pepper. Top with the chopped parsley and serve.



Burgundy, France

## Lapalus Maurice & Fils

This independent winegrower (a cultivator of grapes for wine) in the southern part of Burgundy produces a range of wines. This wine in particular is produced under the Macon appellation within the commune or village of Milly Lamartine. This Chardonnay is lightly fermented and aged in neutral oak. The idea is to emphasize the freshness and fruitiness that this varietal has to offer. It carries flavours of apple, meyer lemon, and grapefruit with a hint of buttered bread.

\$29



## Oven-Baked Salmon

- 4 salmon fillets - about 6 ounces each
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon cracked black pepper - just a pinch if using finely ground black pepper
- 2 teaspoons minced garlic
- 1 teaspoon Italian herb seasoning blend - OR herbs de Provence, or 1/4 teaspoon each dried thyme, parsley, oregano, and basil
- 1 medium lemon

Preheat oven to 400 degrees and grease a large baking pan. Arrange salmon fillets on the baking sheet and season generously with salt and pepper.

Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over the tops and sides of the salmon so it has no dry spots. Thinly slice remaining 1/2 of lemon and top each piece of salmon with a slice of lemon.

Bake for 12-15 minutes until salmon is opaque and flaky when pulled apart with a fork. You can broil the last 1-2 minutes if desired.

Garnish with fresh thyme or parsley if desired and serve.



Niagara Peninsula, Canada

## Redstone Gamay Noir

Redstone Winery is the latest venture by Moray Tawse. After realizing the potential of winemaking in Niagara, Moray purchased his first vineyard in 2000. In 2015, the much anticipated opening of Redstone became his second project and newest addition. This wine is made from 100% Gamay. It carries reductive dried sage and leafy tea on the nose. On the palate the wine reveals more predictable plum, blueberry and elderberry that cavort on a polished, juicy finish.

\$25



## Spicy Glazed Pork Chops

- 1/4 cup brown sugar
- 1/2 teaspoon cayenne powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/4 teaspoon cracked black pepper
- 2 Tablespoon olive oil
- 4 thick cut boneless pork chops

Preheat the oven to 350°F. In a small bowl, combine the brown sugar, cayenne pepper, garlic powder, paprika, salt, and black pepper.

Remove the pork chops from their package and rub the seasoning mixture over all sides of each chop. The moisture from the meat will help the seasoning to adhere to the surface.

Heat olive oil in a large, oven-safe skillet over a medium flame. When the oil begins to shimmer, add the pork chops. Cook the chops for about 5 minutes on each side, until nicely browned.

If your chops are greater than one-inch thick, transfer the skillet to the preheated oven for another 5-10 minutes to finish cooking. Test the chops with a meat thermometer to make sure the internal temperature has reached 145°F. Cook longer if needed.

Dredge the chops through the thick sauce in the bottom of the pan just before serving.



Douro, Portugal

## Baraonesa De Vilar

The Douro wine region of northern Portugal is the famous home of Port. It takes its name from the Douro River, which flows east to west from the Spanish border to the Atlantic Ocean. However, with a little digging some of Portugal's most prestigious red wines can be found in this region, offering great value. This wine in particular is made from 100% Touriga Nacional. It carries a beautiful colour with a delightful mix of dark fruit and foxy, bold spices.

\$21



## Tomato Rigatoni

- 1/4 cup unsalted butter
- 1 cup chopped yellow onion
- 1 (28-ounce) can whole peeled plum tomatoes, tomatoes crushed by hand and juices reserved
- 12 ounces uncooked rigatoni pasta
- 1/2 cup heavy cream
- 1 teaspoon sea salt
- 1/4 teaspoon cracked pepper
- 1/4 teaspoon crushed red pepper
- 1/2 ounce Parmesan cheese, grated
- Chopped fresh flat-leaf parsley, for garnish

Melt butter in a large Dutch oven over medium. Add onion; cook, stirring occasionally, until tender and golden brown, about 5 minutes. Add tomatoes and their juices; bring to a boil over medium. Reduce heat to medium-low; simmer, stirring occasionally, until flavours meld and sauce thickens, about 30 minutes.

Meanwhile, cook pasta in salted water according to package directions for al dente. Drain pasta, reserving 1/2 cup pasta cooking liquid.

Stir cream, salt, black pepper, and crushed red pepper into tomato sauce. Add cooked pasta, and toss to coat. Add reserved pasta cooking liquid, 1/4 cup at a time, until desired consistency is reached. Divide pasta evenly among 4 bowls; sprinkle with Parmesan, and garnish with parsley.



Emilia-Romagna, Italy

## Pandolfa Federico

The name 'Pandolfa' is believed to be derived from Pandolfo Malatesta, the Lord of Fano, who headquartered here with his troops in 1436. In 1941, the property was taken over by Giuseppe Ricci. He renovated the villa and decided to restore the estate's land back to farming. Pandolfa Federico's offering seems as traditionally Italian as you can get. It's made from Sangiovese supporting a good punch, while still remaining very elegant. It carries a mix of tart cherry, raspberry and licorice.

\$24





## Sausage and Bean Casserole

- 1 tablespoon olive oil
- 8 medium spiced pork sausages
- 1 onion, finely chopped
- 1 celery stick, finely chopped
- 1 carrot, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 400 grams (canned) chopped tomatoes
- 400 ml chicken stock or veal stock
- 1 tablespoon smoked paprika
- 400 grams (canned) cannellini beans, drained and rinsed
- 100 grams sliced greens

Heat the oil in a large, lidded non-stick frying pan or flameproof casserole dish over a medium-high heat. Add the sausages and cook for 5 minutes, turning frequently, until browned all over. Remove from the pan and set aside on a plate.

Add the onion, celery, carrot and garlic to the pan. Cook over a medium-high heat for 10 minutes until softened and lightly golden. Return the sausages to the pan along with the tinned tomatoes, stock and smoked paprika. Season lightly and stir. Bring to the boil, and then reduce to a simmer for 20 minutes until the sauce has thickened slightly.

Stir in the beans and greens, then cover and simmer for a further 5 minutes until the greens have softened. Spoon into bowls and grind over some black pepper to serve.



Catalonia, Spain

## Gallina De Piel Mimetic

Catalonia is located in the northeastern part of Spain. It borders France and the Mediterranean Sea, giving it an important area for trade for many centuries.

Sommelier-turned winemaker David Seijas, set up Gallina de Piel, in order to showcase some fantastic value from this region.

Mimetic is made from old vine Garnacha (known as Grenache in France). It carries a lovely pomegranate red colour with an intense mix of raspberry jam and plum with a hint of thyme.

\$25



## Lamb Burgers

- 1 pound ground lamb
- 1 tablespoon garlic powder
- 1 4-inch sprig rosemary, chopped
- 4 sprigs thyme, chopped
- 1 pinch sea salt
- 1 pinch cracked black pepper
- 3 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- 4 hamburger buns, split and toasted
- 4 thick slices tomato
- 1 cup baby mixed salad greens

Preheat an outdoor grill for medium heat and lightly oil the grate.

Mix ground lamb, garlic powder, rosemary, thyme, salt, and pepper together in a large bowl until thoroughly combined; shape into 4 patties.

Place patties on the preheated grill and cook until firm and slightly pink in the center, about 5 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Alternately, you can cook the patties to your desired degree of doneness. Rest patties while assembling toppings.

Mix mayonnaise and mustard together in a small bowl. Spread 1 tablespoon on bottom of each hamburger bun; top each one with a lamb patty, tomato slice, and some greens. Sandwich with top bun to serve.



Rhone Valley, France

## Chateau Plan Pegau

The Rhone Valley in southern France has been a hot spot for wine culture since the 4<sup>th</sup> century. But it was the Romans who first established the vineyards and reputation of the area we see today. The Feraud family, owners of Chateau Pegau, can trace their roots all the way back to the middle of the 17<sup>th</sup> century. Plan Pegau is a unique blend of Grenache, Syrah and Merlot with a splash of other varietals. It's both elegant and bold, mingling dark and red fruits with firecracker mix of spice.

\$24



## Braised Short Ribs

- 4 pounds boneless or bone-in beef short ribs about 8 short ribs
- 1 teaspoon sea salt
- 1 teaspoon cracked black pepper
- 2 cups beef broth
- 1 cup of red wine (this wine pairing)
- 1/4 cup Worcestershire sauce
- 1 tablespoon tomato paste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 sprig fresh rosemary

Season the short ribs with salt and pepper. Heat a large skillet over high heat. Sear the short ribs on each of the 4 sides for about 60 seconds per side.

Pour the beef broth, wine, Worcestershire sauce, tomato paste, garlic powder, and onion powder into a slow cooker and stir together. Place the short ribs into the liquid in the slow cooker.

Place rosemary sprig on top of meat and put the lid on. Cook on low for 6-8 hours, until meat is tender. Serve with mashed potatoes or creamy polenta.



Languedoc, France

## Domaine De Castelnau

Domaine de Castelnau has very ancient origins, dating back to the 13<sup>th</sup> century. Since 1997, this estate now belongs to Beatrice and Christophe Muret, thus carrying on their ancestors' legacy. The Garenne wines capture the varied influences of the vineyard, which lies between the sea and the mountain. This bold and juicy offering is made from 100% Syrah. It carries a mix of raspberries, crunchy blueberries, blueberry yogourt and roasted cured meat with a hint of pepper.

\$23



## Garlic-Crusted Rack of Lamb

1 head of garlic (cloves peeled)  
1/4 cup rosemary leaves  
1/4 cup extra-virgin olive oil  
2 racks of lamb, frenched (2 pounds each)  
Sea salt and freshly cracked pepper

In a mini food processor, combine the garlic, rosemary and olive oil and process until the garlic is finely chopped. Season the lamb racks with salt and pepper and rub the garlic-rosemary oil all over them. Set the racks fat side up on a large rimmed baking sheet and let stand for 1 hour or refrigerate overnight.

If you refrigerated the lamb overnight, bring the lamb to room temperature. Preheat the oven to 450°. Roast the lamb in the upper third of the oven for 15 minutes. Turn the racks and roast for 10 minutes longer for medium-rare meat. Transfer the racks to a carving board, stand them upright and let rest for 10 to 15 minutes.

Carve the racks in between the rib bones and transfer to plates. Serve right away with mashed potatoes or creamy polenta.



Bordeaux, France

## St. John Claret

If you consider yourself a bit of a 'foodie', you may be familiar with the pig on the label of this wine. It's the logo of the world-famous St. John restaurant in London, where chef Fergus Henderson has made his mark in the culinary arts. This wine and shared logo is the result of his close work with a number of his favourite producers, within France. It's a blend of Cabernet Franc, Merlot and Cabernet Sauvignon. It's silky smooth, carrying flavours of blackcurrant, cassis and plum cake with a slight hint of vanilla.

\$28



## Ribeye Steak Sandwich

- 1 French Baguette
- 6 ounce Ribeye steak
- 2 ounces of Blue Cheese
- 3 ounces mixed mushrooms
- 2 tablespoons of *Zhoug* or *Chimichurri* (this is a mixture of fresh herbs, olive oil, citrus and spices). You could make your own or find your favourite store bought version.
- Olive oil
- Sea salt and freshly cracked pepper
- Sweet gherkin pickles for serving on the side (optional)

Set oven to Bake and preheat to 350 degrees.

Cut Baguette in half lengthwise. Brush both sides of the bread with olive oil and place in the oven and bake until just starting to brown. Remove from oven.

Put 1 Tablespoon of olive oil in a cast iron or other heavy bottom pan over medium heat. Season meat with salt and pepper. When pan is hot but not smoking, put Ribeye in the pan and cook for 4 min and then turn and cook another 3 min or until temperature is medium and pink in center. Let rest for 10 minutes and then slice against grain of meat.

In the same pan, add 1 Tablespoon of olive oil and then mushrooms. Cook for 2-3 minutes, season with salt and set aside.

To serve, place bread on a board, spread the *Zhoug* on the bottom and layer Ribeye on top. Add mushrooms and slices of blue cheese. Top with remaining piece of bread, cut and serve.



Paso Robles, California

## Foxglove Cabernet Sauvignon

At the core of the Foxglove label is Bob Varner, who is also the winemaker at Varner Wines. Starting from his first vintage in 1991, Bob sources all of his fruit from a variety of plots along the Central Coast. He then decided to build on his families' heritage and planted some of his own vineyards. Luscious and enticing is the best way to describe this Cabernet Sauvignon. It's intensely packed with cassis, blueberry, dark cherries and plum with a hint of violet and clove.

\$30