



Fall Surprise Case

\$278 + 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

Wine

Twelve outstanding wines to celebrate the arrival of fall



Steamed Mussels

4 pounds mussels, cleaned and debearded
 1 stick unsalted butter, cubed, at room temperature
 1/2 cup fresh lemon juice
 4 shallots, minced
 4 fresh bay leaves
 Fresh parsley, finely chopped
 Salt
 Freshly ground pepper
 Crusty bread, for serving

Heat a large pot. Add all of the ingredients except the salt, pepper and bread and cook over high heat, shaking the pan and stirring occasionally, until the mussels open, about 7 minutes.

Season lightly with salt and pepper. Discard the bay leaves and serve right away with crusty bread.



Languedoc-Roussillon, France

Dom Brial Muscat

Established in 1923, Dom Brial is cooperative of passionate producers, who are following in the footsteps of Dom Brial, a Benedictine monk. A cooperative consists of many fascinating little ecosystems. They combine a community of winegrowers (farmers) that are bound together as a team, to make their own wine. This 'dry' Muscat is light and fruity, offering intriguing notes of lemon, lychee and mandarin. The freshness on the finish, will also give you a little zip.

\$27



Baked Halibut

Extra Virgin Olive Oil
1 pound halibut fillet, sliced into 4 pieces
Salt
Black pepper
1 teaspoon Italian seasoning
½ teaspoon garlic powder
½ teaspoon of red pepper flakes
1 lemon
3 tablespoons chopped fresh dill

Set a rack in the middle of your oven and preheat to 425°F. Lightly brush a sheet pan with thin layer of olive oil.

Sprinkle the fish all over with salt and pepper (about ½ to ¾ teaspoon each), Italian seasoning, garlic powder, and red pepper flakes. Arrange on the prepared sheet pan.

Drizzle the fish with extra virgin olive oil. Cut half of the lemon into thin slices and arrange them on top of the fish (keep the other half of the lemon aside for now). Bake on the middle rack of the heated oven until the thickest part of the fish flakes easily at the touch of a fork, for 10 to 15 minutes.

Remove from the oven and squeeze the remaining lemon all over the fish. Sprinkle on the dill and serve immediately with a light salad.



Rueda, Spain

Alma Serena Verdejo

The Rueda wine region is one of Spain's most famous white wine zones and is located in northern Spain. Like many artists who dedicate themselves to the craft, César Arranz Hernandez has immersed himself into the world of wine and viticulture, for many years. This bright and lively white is made from 100% Verdejo ('Vurr-day-ho') and grows almost exclusively in Spain. It's also an outstanding alternative to wines like Sauvignon Blanc and Pinot Grigio, with a soft, mineral edge.

\$24



Pan-Fried Chicken

16 pieces of chicken (preferably drumsticks and thighs)
 6 cups buttermilk and
 3 cups all-purpose flour
 4 teaspoons salt and 2 teaspoons black pepper
 1 teaspoon cayenne pepper
 1 1/2 quarts vegetable oil, for frying

In a large bowl, toss the chicken with the buttermilk. Cover with plastic wrap and refrigerate the chicken for at least 8 hours or overnight.

In a large, resealable plastic bag, combine the flour, salt, pepper and cayenne. Set 2 large racks over rimmed baking sheets. Working in batches, drain the chicken, scraping off most of the buttermilk against the side of the bowl. Add the chicken to the bag, a few pieces at a time, and shake to coat completely. Transfer the chicken to the racks, pressing the flour to help it adhere as you remove the chicken from the bag.

Pour 1 inch of oil into each of 2 large cast-iron skillets and heat to 350 degrees. Add about half of the chicken pieces to the hot oil, being sure not to crowd the skillet. Fry over moderate heat until the chicken is golden, crisp and cooked through, 20 to 25 minutes; an instant-read thermometer should register 165 degrees for thighs or drumsticks and 160 degrees for breasts. Line the racks with paper towels and drain the chicken. Continue frying the chicken in batches, being sure the oil temperature stays at 325 degrees during frying. Serve warm or at room temperature.



Loire Valley, France

Domaine Des Loges

The family history of this Domaine can be traced back to 1789. Initially, the family were farmers and winegrowers and this knowledge was passed down from generation to generation. This Chardonnay is unoaked, fermented and aged solely in stainless steel. The idea is to emphasize the freshness and fruitiness that this varietal has to offer. It carries flavours of green apple, pineapple and grapefruit with a hint of fresh cut flowers and brisky lemon.

\$26



Swordfish with Basil-Caper Butter

6 tablespoons unsalted butter, softened
 2 tablespoons chopped basil
 2 teaspoons drained capers, chopped
 1 tablespoon plus 1 teaspoon fresh lemon juice
 Salt and black pepper
 1 tablespoon extra-virgin olive oil
 Four 8-ounce swordfish steaks, cut 1 inch thick

Light a grill. In a small bowl, blend the butter with the basil, capers and 1 teaspoon of the lemon juice. Season with salt and pepper and refrigerate.

In a large, shallow dish, mix the olive oil with the remaining 1 tablespoon of lemon juice. Season the swordfish with salt and pepper and turn the fish in the olive oil mixture. Refrigerate for 15 minutes.

Grill the swordfish steaks over a hot fire until nicely charred on the outside and just cooked within, about 4 minutes per side. Transfer the steaks to plates, top each with a dollop of basil-caper butter and serve with a light salad.



Rioja, Spain

Gonzalo Berceo Blanco

If the whites of the famed Rioja region have escaped your attention, now is the time to explore. This incredible rare offering is made from Tempranillo Blanco, which is the white mutation of Tempranillo. The wine is also fermented in a mix of French and American oak barrels, with additional aging for 6 to 8 months. You'll taste a remarkably complex wine, loaded with preserved lemon, mango, papaya, guava and peach, with a gentle mix of cream and nougat.

\$30



Spiced Turkey Breast

- 2 cups plain whole-milk yogurt
- 1 medium onion, coarsely chopped
- 3 large garlic cloves
- One 1-inch piece of fresh ginger, peeled and thinly sliced
- 1/4 cup fresh lemon juice
- 2 teaspoons turmeric
- 1 teaspoon cumin and 1 teaspoon coriander
- 1/2 teaspoon cinnamon and 1/2 teaspoon cayenne pepper
- 2 bone-in, skin-on turkey breast halves
- Salt and black pepper
- 2 tablespoons unsalted butter, melted

In a food processor, puree the yogurt with the onion, garlic, ginger, lemon juice, turmeric, cumin, coriander, cinnamon and cayenne. Place the turkey breasts on a large, rimmed baking sheet. Pour the yogurt marinade over the turkey and rub it over both sides and under the skin. Cover and refrigerate for at least 6 hours and up to 24 hours. Remove the turkey from the refrigerator 1 hour before roasting.

Preheat the oven to 475°. Transfer the turkey breasts (with any marinade that sticks to them) to a large roasting pan, skin side up. Season with salt and pepper and drizzle the butter over the skin. Roast for 20 minutes. Reduce the oven temperature to 375° and roast for 50 minutes longer, or until an instant-read thermometer inserted in the thickest part of the breast registers 165°. Transfer the turkey to a cutting board and let rest for 10 minutes. Carve and serve with your favourite fixings.



Loire Valley, France

Tracy & Cie Pinot Noir

This estate dates back to 1396 and is located in Tracy-Sur-Loire, on the east side of the Loire (about 5 km south of Sancerre). The grounds and vineyards have been reworked gradually since 1952. The Count Alain d'Assay family has always owned this property and is now managed by their youngest daughter Juliette. This delightful Pinot Noir certainly shines, with a juicy and supple texture. It offers an elegant mix of dark cherry, blueberry and plum with a hint of jerky.

\$27



Veal Stew

3 tablespoons pure olive oil
 3 pounds boneless veal shoulder, cut into 1 1/2-inch pieces
 Salt and black pepper
 1 tablespoon unsalted butter
 2 celery ribs, finely chopped
 1 large onion, finely chopped
 1 large carrot, finely chopped
 2 cups white wine
 1 cup tomato sauce
 1 tablespoon coarsely chopped rosemary
 2 tablespoons chopped flat-leaf parsley
 1 teaspoon finely grated lemon zest

In a large enameled cast-iron casserole, heat 1 tablespoon of the olive oil. Add half of the veal, season with salt and pepper and cook over moderately high heat until browned all over, about 8 minutes. Transfer the veal to a plate. Repeat with another 1 tablespoon of olive oil and the remaining veal. Pour off the oil.

In the casserole, melt the butter in the remaining 1 tablespoon of olive oil. Add the celery, onion and carrot and cook over low heat until softened and golden, about 12 minutes. Add the wine and boil over moderately high heat until almost evaporated, about 12 minutes. Add the tomato sauce, rosemary and veal, along with any accumulated juices. Cover and simmer over low heat, stirring once or twice, until the veal is very tender, about 1 hour and 15 minutes. Stir in the parsley and lemon zest and season with salt and pepper. Spoon the veal stew into bowls with roasted potatoes and serve.

Dao, Portugal



Cellar Gota 'Prunus'

Dao is one of the oldest established wine regions in Portugal with a history dating back to 1908. Red wines from the Dao should always demonstrate a certain silky texture but 'Cellar Gota' goes the extra mile. This is a firecracker blend of Jaen, Tinto Roriz, Alfrocheiro Preto and Touriga Nacional. Wow, a bit of a tongue twister! It's a wine meant to be enjoyed young, with plenty of crunchy mulberry, fresh blueberries and balsamic, that's both elegant and savoury.

\$24



Pork Loin

3/4 cup of your favourite barbeque sauce
 1/3 cup soy sauce
 1/4 cup honey
 3 tablespoons red wine vinegar
 2 tablespoons Dijon mustard
 1 teaspoon vegetable oil
 One 2-pound pork loin, tied
 Salt and black pepper

In a small bowl, stir the barbeque sauce with the soy sauce, honey, vinegar and mustard until combined.

Preheat the oven to 375°. In a large ovenproof skillet, heat the oil until shimmering. Season the pork loin with salt and pepper and sear it in the skillet over moderately high heat until browned all over, about 6 minutes. Transfer the skillet to the oven and roast the pork for 30 minutes. Slather the pork with some of the sauce and roast for about 10 to 15 minutes longer, or until an instant-read thermometer inserted in the center of the roast registers 140°. Transfer the pork loin to a cutting board and let rest for 10 minutes.

Add the remaining sauce to the skillet and cook over moderately high heat, scraping up any browned bits, until the sauce is slightly caramelized, 5 to 6 minutes. Thinly slice the pork and serve the remaining sauce alongside.



Campo de Borja, Spain

Las Carlinas Garnacha

Over the years, the wine world has become more aware of the exceptional quality and value offered by Spanish Garnacha. Fernando Mora has many projects, but his standout wines to date, stem from the old Garnacha bush vines of Campo de Borja. This is a wine region located in Aragon, northern Spain. Old vines produce less fruit but more intense flavours. It carries a wonderful mix of fresh raspberries, raspberry jam and juicy black plum, with just a hint of licorice.

\$18



Spicy Pork Burgers

1 1/2 pounds ground pork
 2 scallions, thinly sliced
 1 tablespoon finely grated fresh ginger
 1 large garlic clove, minced
 1 1/2 teaspoons Asian sesame oil
 Salt and pepper
 4 hamburger buns, split
 2 cups coleslaw mix
 2 teaspoons rice vinegar
 1 teaspoon soy sauce
 Sriracha, baby spinach and mayonnaise for serving

Light a grill or preheat a grill pan. In a large bowl, mix the pork with the scallions, ginger, garlic, 1 teaspoon of the sesame oil, 2 teaspoons of salt and 1/2 teaspoon pepper. Form the meat into four 3/4-inch thick patties.

Grill the burgers, turning once, until cooked through, about 8 minutes. Lightly toast the buns on the grill. Mix a little Sriracha and mayonnaise in a bowl and add to the bottom bun with some baby spinach.

Meanwhile, in a medium bowl, toss the coleslaw mix with the rice vinegar, soy sauce and the remaining 1/2 teaspoon of sesame oil. Season with salt and pepper. Set the burgers on the buns, top with the slaw and serve.



Abruzzo, Italy

Riseis Montepulciano

Abruzzo is a wine region on the east (Adriatic) coast in central Italy. In terms of farming and wine production, it's best known for the Montepulciano grape. Not to be confused with the region of Montepulciano in Tuscany, which focuses on the very important Sangiovese grape. This wine is made from 100% Montepulciano and it shows the structured side of this grape varietal. It boasts juicy flavours of blackberry, wild strawberry and cherry with a hint of spice and moist soil.

\$25



Chorizo & Goat Cheese Lasagna

- 10 ounces chorizo, chopped (2 cups)
- 2 cups marinara sauce
- Salt and black pepper
- 13 ounces ricotta cheese (1 1/2 cups)
- 1 large egg
- 8 lasagna noodles
- 4 ounces Parmigiano-Reggiano cheese, grated
- 4 ounces goat cheese, crumbled
- 3 ounces mozzarella, shredded

Preheat the oven to 425°. In a large frying pan, cook the chorizo over medium high heat for 3 minutes, until it starts to brown. Add the marinara sauce and season with sea salt and freshly ground pepper.

In a medium bowl, whisk together the ricotta, egg, sea salt, freshly ground pepper and 1/3 cup water.

In an 8-inch-square baking dish, spread 1/3 cup of marinara sauce and top with 4 lasagna noodles, breaking them as necessary so that they fit. Pour half of the marinara sauce over the top, then spread with half of the ricotta. Sprinkle with the Parmigiano-Reggiano, then add another layer of lasagna noodles. Cover with the remaining marinara sauce and ricotta, and top with the goat cheese and mozzarella.

Cover the baking dish with aluminum foil and bake in the preheated oven for 35 minutes. Remove the foil, turn on the broiler and broil for 5 minutes, until the noodles are soft and the cheese is browned and bubbling. Let it rest.



Piedmont, Italy

Albino Rocca Dolcetto

Dolcetto is a red Italian grape varietal, widely grown in the Piedmont region of northwest Italy. On a daily basis, you'll find the locals drinking this wine and saving the famous 'Barolo' wines for special occasions. The Rocca family traces their farming roots back to 1955 and started bottling their own in 1971. Many of their vineyards are 50+ years old. This Dolcetto is a wonderful expression of mixed black fruit with hints of violets and spice. Soft tannins also lead to a luscious finish.

\$33



Lamb Meatballs

1 pound lean ground lamb
 1 egg, lightly beaten
 1/4 cup panko breadcrumbs
 2 tablespoons finely chopped mint
 Salt and black pepper
 1/2 cup extra-virgin olive oil
 1 medium onion, finely chopped
 1 garlic clove, finely chopped
 1/2 cup of this wine pairing
 1/2 cup beef broth
 1 cup tomato puree

In a bowl, mix the lamb with the egg, breadcrumbs and 1 tablespoon of the mint. Season with salt and pepper. Form the mixture into 1-inch balls.

Heat the olive oil in a very large skillet. Add the meatballs and fry over moderately high heat until browned all over, about 4 minutes. Transfer the meatballs to a plate.

Add the onion and garlic to the skillet and cook over moderate heat until softened, about 8 minutes. Add the wine and cook, stirring, until reduced by half, about 5 minutes. Transfer the mixture to a food processor. Add the remaining 1 tablespoon of mint and puree.

Return the onion puree to the skillet. Add the broth, tomato puree and meatballs and simmer over low heat until the meatballs are cooked through, about 10 minutes. Season with salt and pepper and serve.



Languedoc-Roussillon, France

Domaine L'Arbussele

Languedoc-Roussillon is the southernmost region of mainland France. The history of this area can be traced back to the first vineyards being planted along the coast, in the fifth century BC.

Sebastien Louge created Domaine de L'Arbussele in 2014, from vines planted as far back as 1950. This wine is a bold and succulent blend of Carignan, Grenache and Syrah. It conveys an explosive taste of brooding black plum, raspberry jam, currant, kirsch and spicy black pepper.

\$28



Pasta Puttanesca

4 tablespoons olive oil
 6 thinly sliced garlic cloves
 1 seeded and small diced Fresno pepper
 4 roughly chopped anchovy fillets
 2 tablespoons capers
 28 ounces whole peeled tomatoes, crushed by hand
 ½ cup pitted and sliced Kalamata olives
 2 tablespoons finely minced fresh parsley + more for garnish
 1 pound dried spaghetti pasta
 Salt and black pepper

Add the oil to a large saucepan over low to medium heat. Stir in the garlic and cook just until fragrant. This will only take 30 to 45 seconds. Next, stir in the chiles and sauté for 1 to 2 minutes. Now, add the anchovies and capers and cook for 1 to 2 minutes. Pour in the tomatoes and stew over low heat for 3 to 4 minutes to infuse some flavors. Finish the sauce by stirring in the olives, parsley, salt, and pepper. Set it to the side.

Drop the dried pasta into a large pot of boiling salted water and cook for 7 to 8 minutes or until al dente. Drain the pasta and add it to the saucepan and toss it together. Adjust the seasonings with salt and pepper, and serve in a bowl with additional fresh chopped parsley.



Tuscany, Italy

Tenuta Di Sesta Camponovo

In 1850, two brothers, Felice and Giovanni Ciacci, became owners of this property and the estate is now recognized as one of the oldest in Tuscany. For the Ciacci family, traditional wine-making practices, with renewed vineyard management, have become the best strategy for opulent and expressive wines. This wine is made from a blend of mostly Sangiovese with a splash of Colorino. Dark cherries, mocha, herbal tea and leather, are all woven into a deeply delicious wine.

\$23



Marinated Flank Steak

FOR THE MARINADE

1/3 cup of extra-virgin olive oil
 1/4 cup soy sauce
 2 tablespoon lime (or lemon) juice
 2 Tablespoon packed light brown sugar

FOR THE STEAK

2 lb flank steak
 Salt and Black pepper

In a large bowl, whisk together olive oil, soy sauce, lime juice, and brown sugar. Add steak and toss until coated. Marinate for at least 30 minutes, up to 2 hours.

Remove steak from marinade and pat dry with paper towels. Season lightly with salt (remember that there's soy sauce in the marinade) and pepper.

To grill: Preheat grill to medium-high. Place steak on grill and cook to your liking, starting at 5 minutes per side for medium-rare. (Cooking time will vary due to thickness of your steak.) Use a meat thermometer to check the internal temperature—130°F for medium-rare.

To broil: Preheat oven broiler to high. Place steak on a sheet pan and cook, turning once halfway through, until cooked to your liking, starting at 5 minutes per side for medium-rare. (Cooking time will vary due to thickness of your steak.) Use a meat thermometer to check the internal temperature—130°F for medium-rare. Let it rest before slicing and serving.



Bordeaux, France

Chateau Francs Magnus

Bordeaux continues to be one of the most famous and influential wine regions in the World. It's rich in history and is home to some of the most expensive and iconic wines, available in the market. Chateau Francs Magnus designs wines to ease you into this exciting world, with a boost of energy. This beauty is a blend of Merlot and Cabernet Franc. It's polished and juicy, offering notes of blackcurrant, vanilla, licorice and dark chocolate with a hint of nutmeg-like spice.

\$24