



Fall Surprise Case

\$283 + 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



Cheese Grits with Shrimp

4 cups low-sodium chicken broth
 1 garlic clove, minced
 1 cup old-fashioned grits
 4 ounces extra-sharp cheddar cheese, shredded (1 1/2 cups)
 4 tablespoons unsalted butter
 2 tablespoons heavy cream
 Salt and black pepper
 1 pound jumbo shrimp peeled and deveined – very lightly tossed in some mango barbecue sauce

In a medium saucepan, bring the chicken broth to a boil. Add the garlic and slowly stir in the grits. Reduce the heat to moderately low and cook, stirring frequently, until the grits are tender, 20 minutes. Remove the saucepan from the heat and stir in the cheese, butter and cream. Season with salt and pepper and serve immediately.

Preheat grill to medium high heat. Thread the shrimp onto skewers (easier for grilling). Place on the grill. Grill on each side for about 3 to 4 minutes or until no longer pink. Serve over top the cheese grits.



Rias Baixas, Spain

Zarate Fento 'Bico Da Ran'

Albarino accounts for 90% of all the plantings in Rias Baixas. The region is also the birthplace of Albarino, with its unique flavour profile. This wine is clean and fresh and the fruit is sourced from vineyards located next to the border, between Spain and Portugal. The Zarate family tradition began in 1707 and seven generations later, they have become a pioneering influence for Albarino winemaking. It carries a perfect balance of freshly cut flowers, refreshing acidity, grapefruit, lemon and peach.

\$28



Cheese Fondue

1 garlic clove, halved
 1 pound Gruyere cheese, grated
 1/2 pound Swiss cheese, grated
 1 cup white wine (this wine pairing)
 1 tablespoon plus 1 teaspoon cornstarch
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 1 teaspoon fresh lemon juice
 1 1/2 tablespoons kirsch (optional)
 Black pepper
 Freshly grated nutmeg

Rub the inside of a cheese fondue pot or medium enameled cast-iron casserole with the garlic clove; discard the garlic. Combine the grated Gruyere and Swiss cheese with the wine, cornstarch and lemon juice in the fondue pot and cook over moderate heat, stirring occasionally, until the cheeses begin to melt, about 5 minutes. Add the kirsch (optional) and a generous pinch each of pepper and nutmeg and cook, stirring gently, until creamy and smooth, about 10 minutes; don't overcook the fondue or it will get stringy. Serve with crusty bread, cured meats, roasted potatoes, an assortment of vegetables and gherkin pickles.



Mosel, Germany

Andreas Bender Weissburgunder

Andreas Bender has always been interested in wine and inherited his own vineyards from his family in 2008. It certainly didn't take him long to make a name for himself and it became apparent that his work is done in the vineyard with patience and class. Although extremely rare, Weissburgunder (Pinot Blanc), is certainly a lovely find from Germany. It displays a creamy and full mouthfeel of stone fruit, citrus, pear and green apple, with a touch of fresh flowers and a pristine minerality.

\$28



Grilled Fish Tacos with Fresh Mango

1 medium ripe mango, peeled, pitted and cut into a 1/4-inch dice
 1/4 cup roughly chopped cilantro leaves
 1 medium garlic clove, minced
 1 medium green and red pepper, minced
 Juice of 1 lime
 1/2 teaspoon hot sauce (optional)
 Salt
 Olive oil
 Four 6-ounce skinless striped bass, halibut, cod
 Four 8-inch flour tortillas and sour cream for serving

In a medium bowl, toss the mango with the cilantro, garlic, lime juice, peppers and hot sauce. Season with salt.

Light a grill and brush the grates with oil. Season the fish with salt and grill over high heat, turning once, until charred on the outside and opaque throughout, about 4 minutes per side.

Grill the tortillas until warm and lightly toasted, about 30 seconds per side. Top the tortillas with the fish and mango mix. Fold the tortillas over the filling and serve right away with sour cream.



New South Wales, Australia

Trentham Sauvignon Blanc

New South Wales is the second largest wine producing state in Australia and home to some of the oldest vineyards as well. The Trentham Estate has a rich history that the Murphy family has proudly continued, from one generation to the next, celebrating its 38th anniversary in 2026. This Sauvignon Blanc is zippy and fresh, with the perfect amount of tartness. It carries a wonderful mix of gooseberry, white peach, grapefruit and thyme, with just a hint of grassiness.

\$26



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.



Burgundy, France

Chateau De Corcelle

The 15th-century Chateau de Corcelles stands as an iconic symbol of the Beaujolais region and is often described as a 'flag bearer' for this area. It's built on foundations dating back to the Carolingian period (circa 780–900) and has witnessed centuries of viticultural heritage. Today, the chateau presides over 90 hectares of old vines. This Beaujolais Blanc is made from 100% Chardonnay, showcasing intonations of fresh butter, sweet almond, pear and apple, all wrapped in some delicate toasty notes.

\$32



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.



Languedoc-Roussillon, France

La Mano Pinot Noir

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. Since 2005, Mathias Noguera and Benedicte Moche have been owners of their own wine shop. But they also export a little wine and 'La Mano' Pinot Noir is part of their portfolio. This wine certainly shines, with a juicy and supple texture. It offers an elegant mix of dark cherry and plum, with a hint of tea.

\$27



Prosciutto & Mozzarella Pizza

2 x 24cm ready-made pizza bases (or make your own)
 6 tablespoons of sun-dried tomato paste
 125 grams chopped cherry tomatoes
 200 grams of prosciutto
 200 grams of Buffalo Mozzarella, broken into large pieces
 A handful of torn fresh arugula
 Salt and black pepper

First preheat the oven to 200°C

Place an aluminum-baking sheet in the oven, lightly oiled to prevent sticking.

Spread the pizza bases with the paste and top with cherry tomatoes, and lastly the mozzarella pieces.

Next arrange the arugula and prosciutto over the pizza and season with salt and freshly ground black pepper.

Then place the pizza onto the hot baking sheet and cook in the oven for 10 minutes, or until golden and cooked through and serve right away.



Abruzzo, Italy

Ciavolich 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.

\$30



Thai Turkey Burger

1 small shallot, quartered
2 tablespoons chopped cilantro
Two 1/4-inch-thick slices of peeled fresh ginger
1 jalapeño, stemmed and seeded
1 1/2 tablespoons Asian fish sauce
1 1/4 pounds ground turkey
Vegetable oil, for brushing
1/4 cup mayonnaise
1 teaspoon Sriracha or other Asian hot sauce
4 brioche or kaiser rolls, split and toasted
Bread-and-butter pickles, lettuce, mint leaves and chopped peanuts, for serving

In a mini food processor, pulse the shallot, cilantro, ginger and jalapeño with the fish sauce until chopped. Transfer the mixture to a bowl and knead in the turkey. Using slightly moistened hands, form the meat into four 4-inch patties, about 3/4 inch thick.

Light a grill or preheat a grill pan. Brush the burgers with oil and grill over moderately high heat, turning once, until golden and crusty and just cooked through, 8 to 10 minutes.

In a small bowl, combine the mayonnaise with the Sriracha. Spread the mixture on the rolls. Top with the burgers, pickles, lettuce, mint and peanuts, close and serve.



Ferme Du Mont 'Mademoiselle'

Stephane Vedeau, rising magician of the Rhone Valley, is always anxious to produce the best wine possible year after year. Formerly a soccer player in Paris, Stephane spent 15 years making award-winning wines in the Languedoc. He arrived in the Rhone Valley in 2000, creating La Ferme du Mont in the Southern Rhone. This red is a blend of Grenache, Syrah, Mourvedre and Carignan. It carries a unity of raspberry jam, purple plum and black cherry, alongside pepper, sage and licorice.

\$25

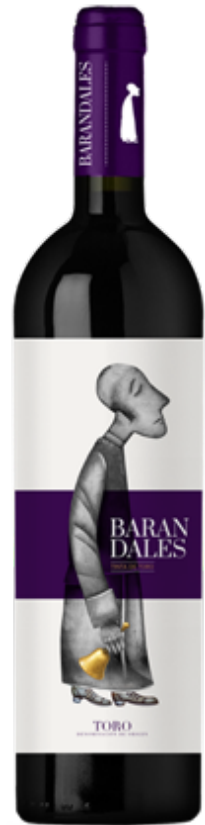


Ginger Pork Lettuce Wraps

1 garlic clove - minced, 1 tablespoon minced peeled ginger
 1 tablespoon sweet chile sauce
 1 tablespoon Asian fish sauce, 1 teaspoon Asian sesame oil
 1 tablespoon plus 1 teaspoon grapeseed oil
 One 8-ounce can whole water chestnuts, drained and diced
 2 scallions, thinly sliced, 2 tablespoons oyster sauce
 2 tablespoons chopped cilantro
 24 Boston lettuce leaves
 In a medium bowl, combine the ground pork with the bell pepper, garlic, ginger, chile sauce, fish sauce, sesame oil and 1 tablespoon of the grapeseed oil.

In a large skillet or wok, heat the remaining 1 teaspoon of grapeseed oil until shimmering. Add the pork mixture and stir-fry over high heat, breaking it up, until it is cooked through and starting to brown, about 8 minutes. Stir in the water chestnuts, scallions, oyster sauce and cilantro and remove from the heat.

Spoon the pork into bowls. Stack the lettuce leaves on plates. To eat, spoon the pork onto the lettuce leaves, roll up and eat.



Toro, Spain

Barandales Toro Tinto

One of Spain's most dynamic and underrated wine regions is Toro, just west of Rueda. Ancient Greeks began making wine in this area at the end of the 1st century. For years it was regarded simply as a source of easy-drinking reds, made from the local Tinta de Toro grape (Tempranillo). But an influx of sophisticated wine producers has changed all of this and the reputation is rising. This example is packed with a mix of fresh cherries, warm cherry pie and spiced black licorice.

\$20



Oven Baked Pork Ribs

- 1 tablespoon salt
- 2 teaspoons garlic powder and 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1 tablespoon chili powder
- 1 teaspoon paprika and 1/4 teaspoon cayenne
- 2 1/2 pounds baby back pork ribs (clear membrane removed)
- 1 jar of your favourite BBQ sauce (or make your own)

Heat oven to 300° F. In a small bowl mix together the salt, garlic powder, onion powder, pepper, chili powder, paprika and cayenne until combined.

Rub the seasoning all over the ribs on both sides. Place the ribs, meat-side up, onto a rimmed baking sheet. If necessary, trim a few ribs off the rack and arrange them all to fit on the baking sheet.

Cover the baking sheet tightly with aluminum foil, and bake until very tender, about 2 1/2-3 hours. The meat should be practically falling off the bone.

While the ribs are in the oven, make the barbecue sauce. Remove the ribs from the oven. Remove the foil and generously brush both sides of the cooked ribs with barbecue sauce. Arrange a rack in the upper 1/3 of the oven. Turn the broiler to high. Broil the ribs for 2-4 minutes, just until the barbecue sauce begins to caramelize. Watch them carefully, so that they don't burn. Remove from the oven, lay the foil over the ribs and let them rest for 10 minutes before cutting them up.



Douro, Portugal

Evel Douro Tinto

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 a great bargain. This wine is a firecracker blend of Touriga Franca, Touriga Nacional and Tinta Roriz (Tempranillo). It's wonderfully graceful, with a burst of juicy black fruit.

\$26



Pappardelle with Veal Ragu

3 1/2 to 4 pounds boneless veal shoulder, cut into 3-inch chunks
 Salt and black pepper
 All-purpose flour, for dusting
 1/2 cup extra-virgin olive oil
 1 large sweet onion, finely chopped
 4 garlic cloves, minced
 1 1/2 teaspoons ground coriander
 1 1/2 teaspoons ground fennel
 1 1/2 cups Cusumano Syrah (this wine pairing)
 Two 28-ounce cans Italian whole tomatoes, chopped
 4 cups chicken or veal stock
 1 1/2 tablespoons minced rosemary
 2 pounds fresh pappardelle
 Freshly grated Parmigiano-Reggiano

Season the veal with salt and pepper and dust with flour, tapping off the excess. In a large enameled cast-iron casserole, heat 1/4 cup of the olive oil. Add the veal and cook over moderately high heat until browned all over, about 12 minutes. Transfer the veal to a plate.

Add the remaining 1/4 cup of oil to the casserole. Stir in the onion, garlic, coriander and fennel and cook over low heat for 5 minutes. Add the wine and boil until reduced to 1/3 cup, 5 minutes. Add the tomatoes and cook over moderately high heat for 5 minutes. Add the stock and rosemary and bring to a boil.

Add the veal, cover partially and cook over low heat until very tender, 2 hours. Remove the meat and shred it. Boil the sauce until slightly reduced, about 10 minutes. Stir in the meat. In a large pot of boiling salted water, cook the pappardelle until al dente. Drain and return to the pot. Add the ragu and toss over low heat until the pasta is coated. Serve with cheese.



Sicily, Italy

Cusumano Syrah

Although 'Cusumano' is a relatively young family on the vibrant Sicilian landscape, their name is tied to an innovation that has led to a new understanding, with modern practices. In 2000, the Cusumano brothers took over from their father and are now 3rd generation winemakers. This wine is made from 100% Syrah and the warmth of Sicily allows this grape to flourish. It's a moderately intense wine, jammed with a mix of purple berries, black pepper, violets and a hint of cured meats.

\$24



Balsamic Marinated Flank Steak

2 garlic cloves, sliced
1 tablespoon rosemary leaves
1 tablespoon dried oregano
2 tablespoons whole-grain mustard
1/2 cup balsamic vinegar
1 cup extra-virgin olive oil, plus more for grilling
Salt and black pepper
One 3-pound flank steak

In a blender, combine the garlic, rosemary, oregano, mustard and vinegar and puree until the garlic is minced. With the machine on, gradually add the oil and blend until creamy. Season lightly with salt and pepper.

Add the meat to a glass or ceramic baking dish and pour all but 1/4 cup of the vinaigrette on top; turn the meat to coat. Cover with plastic wrap and refrigerate for at least 4 hours and up to 24 hours.

Light a grill and oil the grates. Remove the steak from the marinade, letting the excess drip off. Season with salt and pepper. Grill the steak over moderate heat, turning occasionally, until lightly charred and an instant-read thermometer inserted in the thickest part registers 125°, 10 to 12 minutes. Transfer the steak to a carving board and let rest for 5 minutes. Thinly slice the meat against the grain and serve with roasted potatoes or a salad.



Jan Vidal 'Honor' Tinto

Penèdes is an important wine region in northern Spain, located less than an hour from Barcelona. This is the birthplace of Spanish Cava (sparkling), but some exciting reds can certainly be found. Established in 1970, Celler Jan Vidal is located in the heart of the Penèdes area. Their 'Honor' line-up of wines focuses on the family's dedication to tradition and culture. This wine is made from a blend of Cabernet Sauvignon and Merlot. It offers an elegant fusion of dark fruits, mocha and mint.

\$23



Meatloaf

- 1 tablespoon canola oil
- 1 large onion (finely chopped) and 1 celery rib (finely chopped)
- 2 large carrots (finely chopped)
- 2 garlic cloves (minced)
- 1 ½ cups panko breadcrumbs
- 4 large eggs
- 2 tablespoons Dijon mustard and 2 tablespoons ketchup
- 2 tablespoons Worcestershire sauce
- 1 teaspoon Tabasco
- Salt and black pepper
- 3 pounds ground beef chuck
- 1 pound ground pork
- 1/2 pound Monterey Jack cheese (cut into 1/2-inch cubes)

Preheat the oven to 400°. In a medium skillet, heat the oil. Add the onion, carrots, celery and garlic and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Scrape the mixture into a very large bowl and let cool. Add the panko, eggs, mustard, ketchup, Worcestershire sauce, Tabasco, 1 1/2 tablespoons of salt and 1 teaspoon of pepper and stir to form a paste. Using your hands, work in the ground meats and cheese until combined.

Line a large roasting pan with parchment paper. Firmly pat the meat mixture into 2 loaves, about 10 inches long. Arrange the loaves 3 inches apart on the parchment and roast in the lower third of the oven for about 1 hour, until lightly browned and an instant-read thermometer inserted in the center of the loaves registers 150°. Let the meat loaves rest for 15 minutes, then cut into thick slices and serve with an extra glaze of sauce.



Bordeaux, France

Chateau Grand Jean

Bordeaux continues to be one of the most famous and most 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. But with a little exploring, some incredible value can certainly be found. This wine is a blend of Cabernet Sauvignon, Merlot and Cabernet Franc. It's silky smooth, carrying flavours of blackcurrant, cassis, raspberries, plum cake and vanilla with a wispy tobacco-tinged finish.

\$26