



Spring Surprise Case

\$279 + tax

Spring

This season's wine selections are inspired by fresh flowers, warmer days and lots of sun

Food

Seasonal recipes by
www.foodandwine.com

Wine

Twelve outstanding wines to celebrate the arrival of spring



Potato Frittata

1/2 lb potato
 2 tablespoon olive oil
 Salt
 1/4 teaspoon of paprika
 2 scallions *sliced*
 4 oz freshly grated cheddar cheese
 8 large eggs
 2 tablespoons heavy cream
 Preheat the oven to 375F.

Using a mandolin, slice the potatoes thinly (no need to peel the potatoes, unless you want to).

Add the olive oil to an ovenproof 12-inch nonstick skillet that has a lid available, then layer the sliced potatoes in a single even layer.

Season the potatoes with a pinch of salt (about 1/4 tsp), and a light dusting of paprika.

Place the pan over medium heat, and cover with a lid.

Cook for about 8 minutes** until the potatoes are tender.

In the meantime, whisk the scallions, cheddar, eggs, cream, and 1/4 tsp salt in a large bowl, until combined and a little frothy on top.

Once the potatoes are cooked, pour over the egg mixture. Place the skillet into the oven and bake for 15-18 minutes until the frittata is cooked through. You'll know it's done when there's no visible liquidy egg on top when the pan is jiggled. Cut into slices and enjoy.



Burgundy, France

Lugny Crémant De Bourgogne

The French term 'Crémant', is used to refer to the sparkling wines not made in the Champagne region. It also translates to the word 'creamy', which this bubbly is not lacking. It's an exceptionally priced, vintage dated Burgundian sparkling, offering a terrific opportunity to try a relatively rare commodity in our market. It's a blend of Chardonnay and Pinot Noir, enhancing lots of freshness with notes of brioche, pear, yellow plum, lemon, apple and toast.

\$32



Grilled Octopus

2 pounds fresh octopus, (baby, medium or large)
olive oil
2 garlic cloves, roughly chopped
Juice from 1 lemon
salt and black pepper to taste
1/2 tsp dried oregano
2 tsp chopped fresh parsley

Place octopus in a pot and cover with enough water. Bring to a boil. Boil for 40 minutes.

Remove octopus from hot water, rinse and place in a bowl. Drizzle with olive oil and add chopped garlic. Let it cool and rest at room temperature, for 30 minutes to 1 hour.

Preheat a gas grill to medium-high heat.

Slice octopus tentacles. Grill for 3-4 minutes per side, until charred. Remove from heat and place in a bowl.

Drizzle with olive oil and add lemon juice. Season with salt and pepper. Sprinkle some oregano and parsley on top. You can also add some chopped garlic and serve.



Veneto, Italy

Corte Adami Soave

Soave ('swah-vay') is an Italian white wine, made from grapes grown around the medieval village of Soave, in Northern Italy. The Adami family has been involved in viticulture for generations, supplying wine grapes to some of the finest wine producers in the region. In 2004 Angelo and Andrea Adami decided to expand their operation to begin producing wine themselves. This white is a refreshing blast of juice, offering a mix of citrus, peach and apricot with notes of fresh herbs.

\$25



Cod with White Wine Sauce

1/4 cup pine nuts and 1 cup bottled clam juice

1/4 cup Riseis Pecorino (this wine pairing)

1 medium shallot, minced

1 tablespoon finely chopped thyme

1 tablespoon finely chopped marjoram

Salt and black pepper

Four 6-ounce skinless cod fillets

Extra-virgin olive oil, for rubbing

2 tablespoons finely chopped flat-leaf parsley

In a small saucepan, toast the pine nuts over moderate heat, shaking the pan a few times, until the nuts are fragrant, about 1 minute. Transfer to a plate.

Add the clam juice to the saucepan and boil over high heat until reduced by half, about 5 minutes. Add the wine and boil until reduced to 1/4 cup, about 5 minutes. Add the shallot, thyme and marjoram and season with salt and pepper. Cover the sauce and keep warm.

Light a grill. Rub the fish fillets with olive oil and season with salt and pepper. Grill over high heat, turning once, until nicely charred and just cooked through, about 3 minutes per side. Transfer the fish to plates.

Stir the parsley into the wine sauce. Coarsely chop the toasted pine nuts. Spoon the sauce over the fish, sprinkle with the pine nuts and serve with mini roasted garlic potatoes.



Terre Di Chieti IGP, Italy

Riseis Pecorino

This wine is made from the rare and hard-to-find Pecorino grape, not to be confused with the cheese. One likely origin of the name comes from something called 'transumanza'. This is where shepherds would take their 'pecora' (meaning sheep) into the mountains every September and allow them to munch on Pecorino grapes. The shepherds would compensate vineyard owners for lost grapes during this 'transumanza' with wedges of Pecorino cheese. Not a bad trade for a tasty treat.

\$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.



Gascogne, France

Domaine Chiroulet

Gascogne is an area in the southwest corner of France, producing mainly white wine. This wine in particular (La Cote d'Heux) pays tribute to the heritage of a 13th century church, known simply as Church Heux. It's a bright and zippy white wine made from 100% Gros Manseng. Lots of exotic fruits like mango, white peach, kiwi and blood orange burst from the glass. The wine also spends a little extra time aging on its lees in large oak barrels, adding depth, richness and creaminess.

\$27



Oven-Baked Salmon

4 salmon fillets - about 6 ounces each
 2 tablespoons olive oil
 1/2 teaspoon salt
 1/4 teaspoon black pepper - just a pinch if using finely ground black pepper
 2 teaspoons minced garlic
 1 teaspoon Italian herb seasoning blend 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.



Languedoc-Roussillon, France

Maison L'Orangerie L'Orangerie

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 1620, the L'Orangerie family has been one of the driving forces of this area, striving to create some incredible wines, all associated around value. This Pinot Noir offers an energetic burst of red cherries, wild strawberry and purple plum with a hint of peppercorns, violets and leafy tea.

\$22



Pork Gyoza

- 4 cups finely shredded or chopped cabbage
- 2 Tablespoon canola or vegetable oil, divided
- 3 green onions
- 2 cloves garlic
- 1 tablespoon grated ginger
- 1/2 tablespoon soy sauce and 1 teaspoon sesame oil
- 1/2 lb. ground pork
- 50 gyoza or wonton wrappers

Sauté the cabbage with 1 Tbsp canola or vegetable oil in a large skillet over medium heat until wilted to half its volume. Transfer the cabbage to a large bowl.

Slice the green onions, mince the garlic, and grate or chop the ginger. Add the onions, garlic, ginger, soy sauce, sesame oil, and ground pork to the bowl with the sautéed cabbage. Massage the mixture with your hands until it is evenly mixed and slightly sticky or tacky in texture.

Spoon about one teaspoon of the pork mixture into the center of a wrapper. Dip a finger in water and wet the outer rim of the wrapper. Fold the wrapper over the filling and pinch the edges to close.

When ready to cook the gyoza, heat 1 Tbsp canola or vegetable oil in a non-stick skillet over medium heat. Working in batches, add the gyoza with the seam side up, and fry until the bottom is golden brown and crispy. Using the lid as a shield, pour about 1/4 to 1/3 cup water into the skillet and quickly place the lid on top to contain the steam and splatter. Let the gyoza steam in the skillet for 1-2 minutes, or until most of the liquid has boiled away. Remove the lid and let the gyoza cook for a minute more, or until the bottom is crispy again. Serve hot.

Abruzzo, Italy



CasalFarneto Colle Quieto

The decade spent alongside Paolo Togni, has allowed CasalFarneto production to make use of the knowledge absolutely essential for the love of wine. His personality distinguishes the spirit of creativity and culture, especially when focusing on the area of Abruzzo. 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



Mustard Glazed Pork Chops

5 bone-in pork chops
 1/4 cup olive oil
 2 tablespoons wholegrain mustard like Dijon
 1/4 cup balsamic vinegar
 1 tablespoon fresh rosemary (*coarsely chopped*)
 Salt and black pepper

For the marinade: Whisk the olive oil, mustard, vinegar, rosemary, salt, pepper in a bowl until it begins to emulsify.

Marinate the chops: Place the pork chops in a baking dish then pour the marinade over the chops and rub it all over them evenly, so they're completely covered. Cover with plastic wrap and refrigerate for a few hours to overnight.

Preheat the oven to 425°F.

Remove plastic wrap from the baking dish and bake them for about 20 to 30 minutes or until the internal temperature of the pork chops reaches 145°F and serve with a home-made potato salad.



Priorat, Spain

El Gos Garnatxa

The Priorat wine region is located in the southwest of Spain, in the province of Tarragona. The best wines share a clear identity and are often hard to find. Now in its fifth generation, the Grifoll family have been cultivating vines and making wine since 1736. This wine nicknamed 'El Gos' is made from 100% Garnatxa Negra (known as Grenache Rouge in France). It carries a lovely pomegranate red colour with an intense mix of raspberry jam and plum with a hint of thyme.

\$23



Veal Parmigiana

- 1/3 cup grated parmesan cheese
- 2 teaspoons dry breadcrumbs
- 1 1/2 lbs veal cutlets
- 1 egg, slightly beaten
- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1/2 teaspoon salt and 1/4 teaspoon black pepper
- 1/4 teaspoon Italian seasoning mixture
- 1 (8 ounce) can tomato sauce
- 4 slices mozzarella cheese
- 3 more teaspoons parmesan cheese

Mix breadcrumbs with 1/3 cup parmesan in a bowl. Dip the veal in the slightly beaten egg, then the breadcrumbs mixture.

In a skillet, brown the veal in hot oil. Then place the veal in an 8-inch baking dish, that's been lightly smoothed with olive oil. Sauté onion in the same skillet and add salt, pepper, Italian seasoning and tomato sauce. Let it simmer for a 1/2 hour or until onions are soft and translucent. Top veal with mozzarella and pour tomato mix over everything. Sprinkle the top with 3 teaspoons of parmesan.

Bake at 375* for 30 minutes, or until bubbly and serve with a small side of tomato pasta or roasted veggies.



Emilia-Romagna, Italy

Noelia Ricci Sangiovese

This estate in Emilia-Romagna (Northeast Italy) was built in the 14th century. Noelia Ricci's father purchased the estate in 1941 and the first Sangiovese clones were planted in the 1970s. Noelia always had a dream of making her own wine and realized her family property was the perfect spot. Made from 100% Sangiovese, this wine represents all that is elegant and classical about this varietal. It carries fresh cherries and warm cherry pie with a hint of black tea.

\$36



Sloppy Joes

1 pound lean ground beef
 1/4 cup chopped onion
 1/4 cup chopped green bell pepper
 2 cloves garlic, minced
 8 oz tomato sauce
 1/3 cup ketchup
 1/4 cup of your favourite BBQ sauce
 1 tablespoon Worcestershire sauce
 1 tablespoon brown sugar
 1 teaspoon yellow mustard
 1/2 teaspoon garlic powder
 Salt and black pepper to taste
 6 hamburger buns, split

Heat a large skillet over medium heat. Cook and stir lean ground beef in the hot skillet until some of the fat starts to render. Add onion, garlic and bell pepper; continue to cook until vegetables have softened and beef is cooked through.

Stir in tomato sauce, ketchup, BBQ sauce, Worcestershire, brown sugar, mustard and garlic powder; season with salt and pepper. Reduce heat to low and simmer for 20 to 30 minutes.

Divide meat mixture evenly among hamburger buns and serve with a light salad.



Veneto, Italy

Cantina Colli Euganei

Cantina Colli Euganei is a dynamic cooperative winery located halfway between Verona and Venice, in the northeast corner of Italy. Cooperative wineries are fascinating little ecosystems, in their own right. They consist of a community of winegrowers (farmers) that have bound together as a team, to make wine under their own label. This lively and fresh wine is made from 100% Merlot. It's silky smooth, showcasing a mix of black and purple fruits.

\$19



Lamb Chops with Mint & Garlic

2-3 pounds bone-in lamb chops
 1/2 teaspoon salt 1/2 teaspoon black pepper

Mint and Garlic Sauce

2 tablespoons olive oil
 3 cloves garlic
 1 tablespoon rice vinegar
 2 tablespoons soy sauce
 1 tablespoon sesame oil
 1/2 teaspoon red chili flakes
 2 tablespoons mint (*chopped*)

Heat a grill pan over high heat until almost smoking. Generously season lamb chops with salt and pepper on both sides.

Meanwhile combine all the sauce ingredients together in a bowl and whisk well. Set aside.

Spray the grill pan with a bit of cooking spray or brush with olive oil. Add the chops to the hot grill pan and sear for 2 minutes, flip them over and cook for another 2½ minutes for medium-rare or 3½ minutes for medium.

Generously drizzle each chop with some garlic and mint sauce over it to serve.



Fitou, France

Cascastel L'Ame Buissonniere

Fitou is a historic wine region in the Languedoc-Roussillon area of southern France. It's primarily known for its hauntingly deep reds, that will surely stain your wine glass with colour. Chateau Cascastel is known for its passion and commitment to producing authentic wines, that respect the typicity of their terroir. This wine is a blend of Grenache, Carignan and Syrah. You'll taste a glorious fusion of blackberry jam, blue currant, purple plum and savoury spice.

\$28



Oven Baked Pork Ribs

- 1 tablespoon sea 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 Red

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.

\$25



Ribeye Steak with Mushrooms

2 tablespoons unsalted butter
 2 tablespoons extra-virgin olive oil, plus more for brushing
 2 large shallots, thinly sliced
 2 pounds mixed mushrooms, such as cremini, oyster and shiitake, stemmed and thinly sliced
 2 to 3 tablespoons Asian fish sauce
 Pinch of cayenne pepper
 2 tablespoons chopped tarragon
 2 tablespoons snipped chives
 4 rib eye steaks, cut about 3/4 inch thick (about 10 ounces each)
 Salt and freshly ground black pepper

In a large nonstick skillet, melt the butter in the 2 tablespoons of olive oil. Add the shallots and mixed mushrooms and cook over high heat, stirring occasionally, until the mushrooms are browned and their liquid is evaporated, about 8 minutes. Add the fish sauce and cayenne and cook for 1 minute. Stir in the tarragon and chives, cover and keep warm.

Light the grill or preheat a grill pan. Brush the steaks with olive oil and season with salt and black pepper. Grill over moderately high heat for 3 to 4 minutes per side for medium-rare meat. Transfer the steaks to plates. Top with the mushrooms and serve.



Bordeaux, France

Chateau De Camarsac

Built in the 14th century and remodeled over the years, this castle (Chateau De Camarsac) is composed of a medieval fortress, backed by an 18th century residence. Legend has it that the Black Prince, son of Edward II (King of England), stayed here to defend his father's lands. This wine is a blend of Merlot and Cabernet Sauvignon. It's an absolute beauty, with a harmonistic blend of blueberry, purple raspberry, cassis, vanilla and cocoa with soft, rounded tannins.

\$24