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THE AUSTRALIA ISSUE

Issue 7
Oct 2010-Feb 2011



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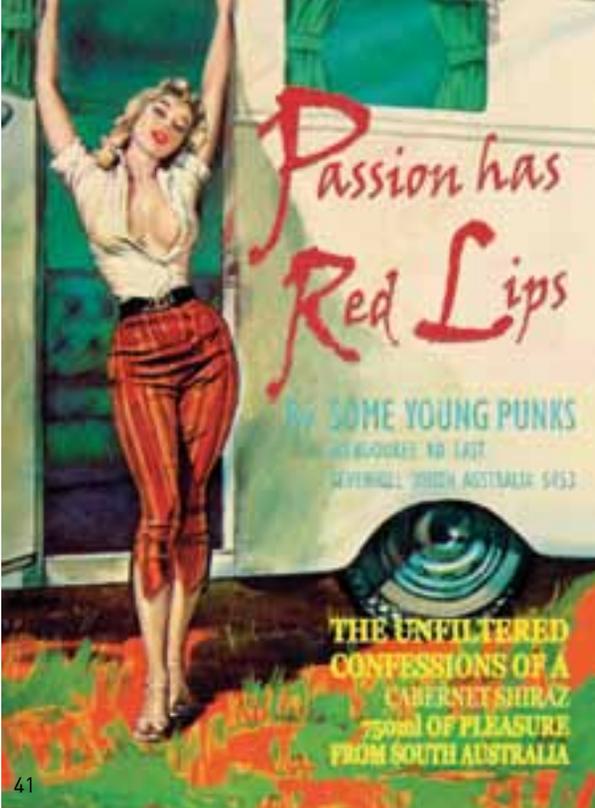


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Cover: Twilight sets in at the Charles Melton Cellar Door, Tanunda, South Australia. Photo by Randy Larcombe. Courtesy of Charles Melton Wines.

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TIRED...

A worn and dated frame hid the potential of this mid-century abstract. A sleek frame and some Mayberry TLC took it from musty to modern.

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Untitled, 1960 oil by Gordon Smith
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Far right -
Giselle in Arabian, 1988 platinum
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the Cellar Door

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Banville & Jones Wine Co. is a fine wine boutique in Winnipeg, Manitoba that specializes in promoting wine education and lifestyle. Opened by sisters Tina Jones and Lia Banville in 1999, it is located in a three-storey Tuscan-inspired facility that houses fine wine and accessories, an educational facility, and a private function room.

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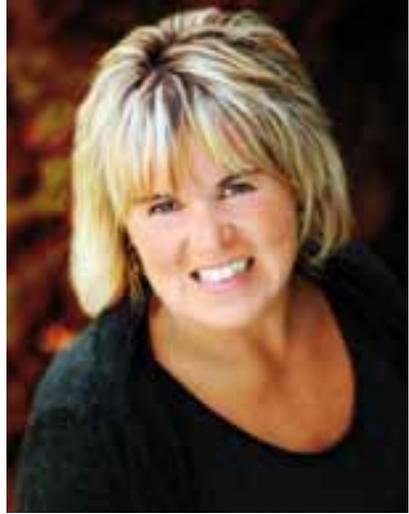


Photo by Joel Ross Studios

a message from tina jones

It is with great excitement that we introduce Australia to you. Australia ranks in my top five places to visit, so it is a real bonus that such a beautiful and interesting place also happens to be home to some of the best wines in the world. In this issue of *The Cellar Door*, we hope to give you a sense of the unique, abundant, and friendly personalities that make up the wine industry Down Under. We started with our Winnipeg connection. Mike Muirhead (GM at Banville & Jones) got his introduction to wine education while working in one of Sydney's finest restaurants with Winnipeg ex-pat Chef Steven Krasicki. We took this opportunity to interview Steven, who is currently the Chef de Cuisine at Altitude Restaurant, in the prestigious Shangri-la Hotel and his Sommelier, Jeremy Burke, about current trends in Australia's wine and culinary scene.

There are so many incredible wine regions in Australia, it is hard to know where to begin! Drawing on his time and travels in Australia, Mike Muirhead shares his knowledge of Australian wine country to plan some of the best day trips in the business! Sylvia Jansen takes a look at one of Australian wine's more visible features: their intriguing and often sassy wine labels. Gary Hewitt guides you in selecting the classic Australian wines, and Saralyn Mehta continues her series on the intriguing world of biodynamic practices.

We are so proud to share our impressions and knowledge of Australia with you. We know you will love the people and places Down Under as much as we do.

A handwritten signature in black ink, appearing to read 'Tina Jones'.



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ask a sommelier

Where do the names of grapes come from?

—Jill Fischer

Dear Jill,

The short answer is: it depends. Merlot was named after its colour (apparently reminiscent of a “young blackbird”). Pinot Noir was derived from the French words for “pine” and “black,” alluding to its pine cone-shaped bunches. Gamay takes its name from a French village; Sangiovese is Latin in origin, meaning “blood of Jove.”

Then there are the grapes whose names stir controversy. It has been argued that Nebbiolo (the grape in Barolo) means “fog,” which could refer to the famous fog that envelopes the region, or alternatively could be in reference to the milky coating that covers the grape as it ripens. As for the Syrah/Shiraz grape, no fewer than three major competing theories exist trying to explain why we call Syrah “Syrah,” and Shiraz “Shiraz.” On the topic of synonyms, did you know that Chardonnay has over 100 synonyms? Not to be outdone, the Argentine darling Malbec has over 1,000 documented aliases.

Finally, what happens when you call a grape Merlot, but it turns out to be Carménère? Because that’s exactly what happened in Chile. Hmm...

—Brooklyn Hurst

I have been told I should avoid wine with sulfites. Why do some wines still contain sulfites?

—Amy Cross

Dear Amy,

All wines actually contain sulfites, though the quantity can vary from wine to wine. Sulfur dioxide is a natural byproduct that occurs at fairly low levels during fermentation, and, when mixed with water molecules, it produces a compound called sulfites. Since fermentation is necessary to produce wine, and fermentation produces sulfites, all wines will contain sulfites.



Most winemakers will add sulfites at various times during the winemaking process, for several reasons. First, sulfites will protect the wine from oxidation and bacteria during the winemaking process and after the wine has been bottled. Second, it prevents the wine from browning, allowing it to keep its bright, healthy colour for a longer time. Third, additional sulfur dioxide can help stop fermentation to achieve a desired finished product. Finally, sulfites help a wine retain its flavour once it has been bottled, allowing the wine to evolve naturally.

Generally, sweet white wines have the highest sulfite levels, followed by semi-sweet whites and rosés. Dry red wines tend to have the lowest sulfite levels.

If you have an allergy or an aversion to sulfites, try wines that are made by certified organic producers. Many of these producers will not add any sulfites at all during production, leaving only the small amount that is naturally occurring in the wine.

—Richard Thurston

What is the proper etiquette when you buy a corked bottle of wine?

—Tammy Mosek

Dear Tammy,

Opening a corked or faulted wine is never a great experience. Some can be so damaged by chemicals and mould in the cork that even the slightest whiff can bowl you over. When you think you have a faulted wine, the proper etiquette would be to bring it back to the store and ask them to confirm the fault. Return the bottle as soon as possible to avoid other damage to the wine by oxidation or heat. If there is a problem with the wine, you will be allowed to exchange it. However, you are required to return as full a bottle as possible, minus your tasting sip. If you pour out the bad wine in disgust, there will be nothing to return!

No one should ever have to drink a faulted wine. We wouldn't! You send back your steak if it isn't cooked properly, don't you? We want your wine experience to be nothing short of delicious!

—Karen Nissen

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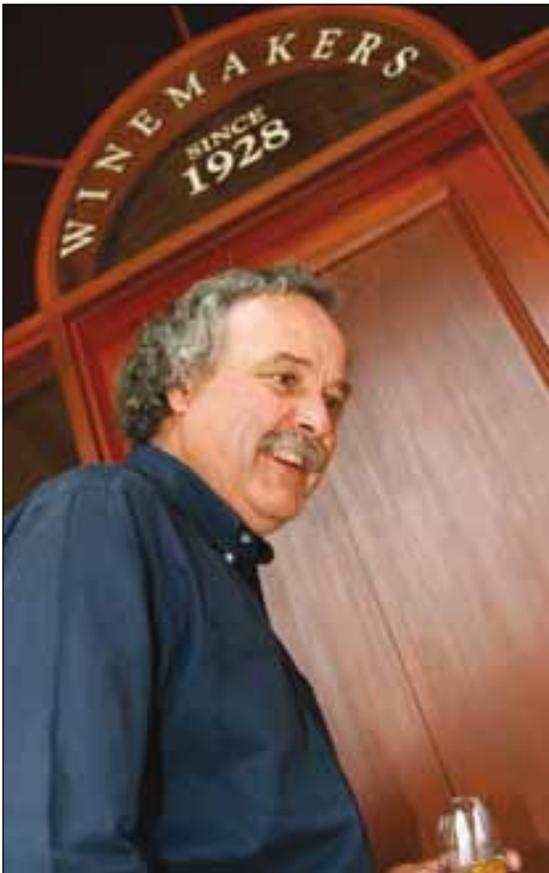
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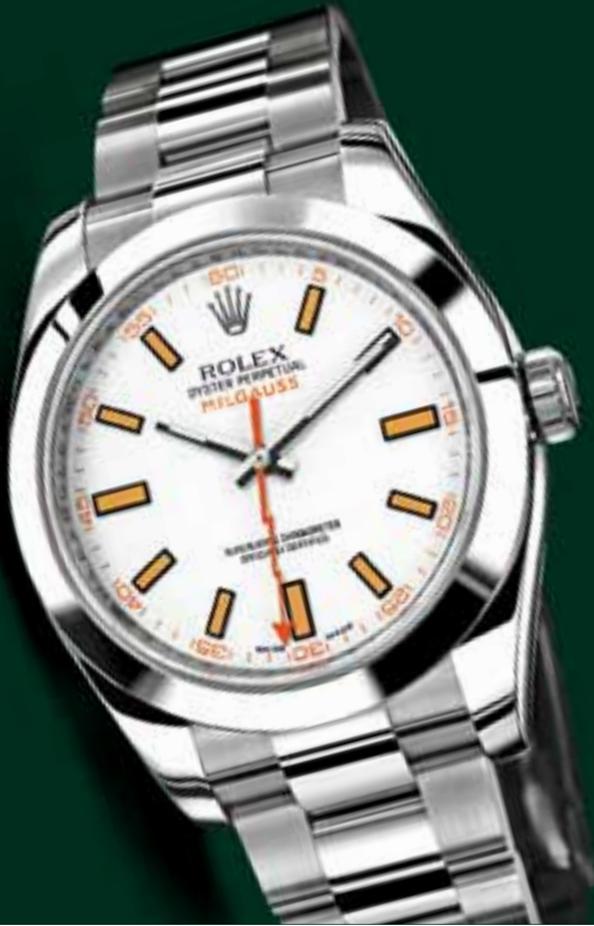
Friends of Banville & Jones (clockwise from top left): Roger Belton, Tina Jones & Kasey Boiselle; Shelley Smith, Mike Jones & Paul Smith; Anoop Kapoor, Annu Talwar & Peter Ginakes; Alan & Verna Shepard; Nancy & Ralph Carter with Jill Kwiatkoski; Aiden & Flannery Polanski; Robb Denomme, Rhae Redekop, Lance and Diane Kingma.



YOU'RE IN GOOD HANDS

Banville & Jones Wine Co. proudly announces the certification of four new sommeliers from the ranks of our already outstanding staff. Graduates completed the International Sommelier Guild's three levels of training culminating in the demanding Sommelier Diploma Program that examines wine theory, wine tasting, hospitality management, and service. Our newly minted Sommeliers are (l to r) Richard Thurston, Karen Nissen, Brooklyn Hurst, and Andrea Eby. Congratulations to all!

(clockwise from top right) Banville & Jones Wine Institute Lead Instructor Gary Hewitt was invited to be a guest judge at the **Wine Access 2010 International Value Wine Awards** in Calgary; butcher and poet Dario Cecchini with Mike Jones; Tasting on the Terrace; Lia Banville, Barbara Guidi & Tina Jones at the Tolaini Estate, Tuscany; Mike & Tammy Keane, Nicky & David White, Susan & Gord Pollard, Tina & Mike Jones, Robin & Scott MacKenzie, Tracey & Dean Court at the Tolaini Estate, Tuscany.



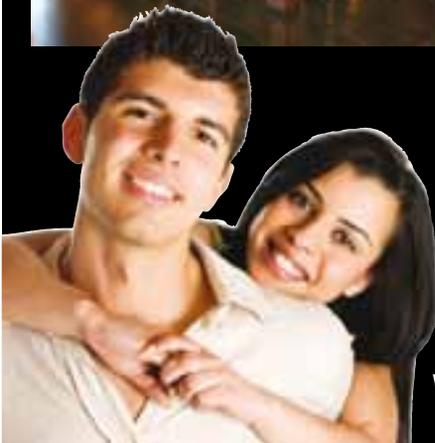
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By Saralyn Mehta, Sommelier (ISG), CSW



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Charles Melton
2006 *Nine Popes*
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Who could have guessed that a broken down old car would be the catalyst for some of the best wines from the Barossa? In 1974, a young man from Sydney went on a cross-country adventure with a friend. When the old EH Holden they were driving broke down, the boys went in search of jobs to raise money to fix it. There were two jobs available: one a cellar hand at a local winery called Krondorf, the other as a pruner at a vineyard down the road. Thanks to the toss of a coin, the young man named Graeme landed the cellar hand job. At Krondorf, Graeme worked under the now-famous Peter Lehmann. Peter, however, did not think Graeme looked like a “Graeme” and decided to call him Charlie. It was thus that Charlie Melton was introduced to the world and, over the next 10 years, honed his skills as a winemaker under Peter Lehmann’s tutelage.

In 1984, Charlie bought the first grapes he would use under the new “Charles Melton” label. He took a leap and purchased 13 acres of Grenache and Shiraz, on which he built his cellar door (“the Barn” featured on the cover of this issue!) and winery. Charlie was a man of vision, to be sure. When he first set out on his own, the Australian government was paying growers to uproot their Shiraz and Grenache vines in favour of planting more fashionable varieties like Cabernet or Merlot. Charlie stuck to his guns and began to experiment with improving the quality of his “unfashionable” grapes. The risk paid off and Charlie produced his first vintage of *Nine Popes*, an homage to

the wines of Châteauneuf du Pape. It is an homage with an amusing twist. Thankfully Charlie proved a better winemaker than a translator as “Nine Popes” falls a little wide of the literal translation of Châteauneuf du Pape, “New Castle of the Pope.” However, what you find in the bottle honours the finest of wines.

When you are not in the mood for a big, bold Barossa red, there is no better option than Charlie’s stunning *Rose of Virginia* Rosé, named for his wife. With strawberry and maraschino cherry flavours blended with sweet spice and a refreshing finish, this is the perfect summer wine. Renowned Australian reviewer James Haliday has touted Charlie’s Rosé as the best in all of Australia.

As if Charles Melton had not yet accomplished enough, he collaborated with his father-in-law, Syd Weckert, to create a terrific, everyday drinking red, aptly named *The Father-in-Law*. When Syd retired, Melton advised him against the temptation to take up grape-growing, suggesting he instead “just play lawn bowls.” Syd’s stubbornness prevailed—and thank goodness for that! Charlie and Syd combined their grapes to create a Shiraz with a nose full of mocha and dark berry and a palate of lush, dark fruit, soft tannins, and a hint of chocolate.

The wines of Charles Melton consistently deliver on the promises of the Barossa Valley’s famed soil. Make some room in your cellar because you won’t be able to stop at just one. 🍷



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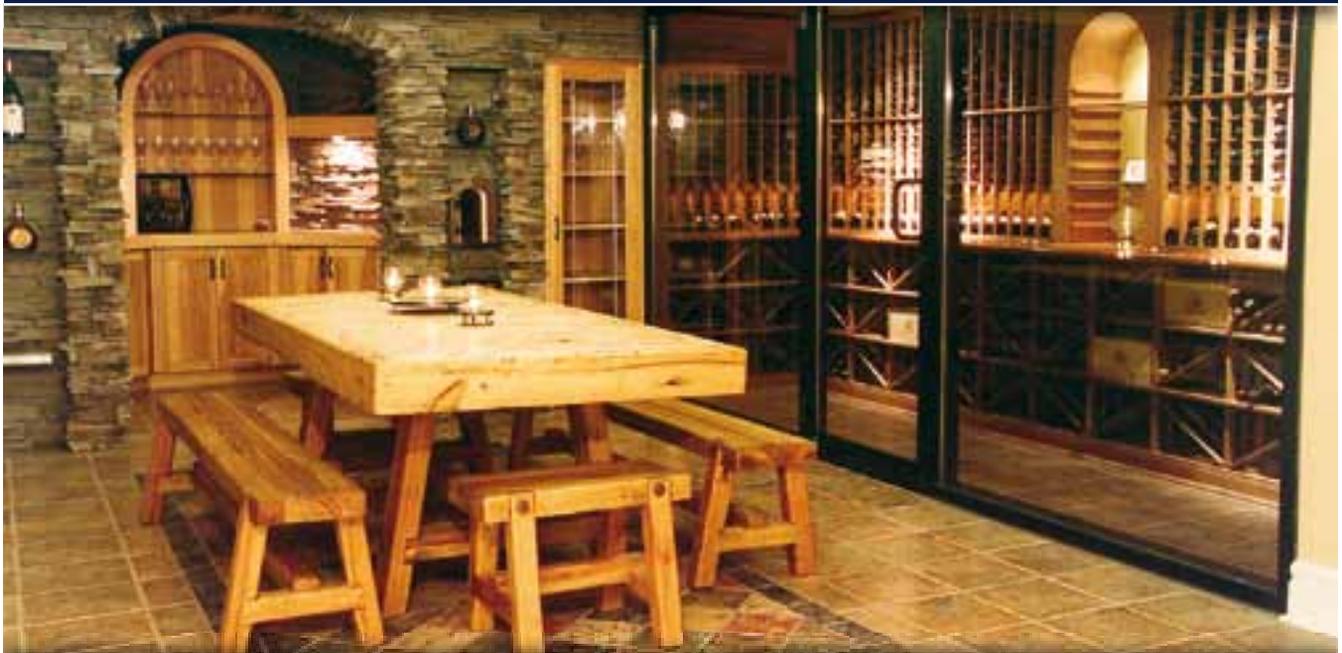
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Baroota Vineyard in Southern in Southern Flinders Ranges, Kilikanoon Vineyards (Photo courtesy of Kilikanoon)

DAY TRIPPING IN OZ

By Mike Muirhead, Sommelier (ISG, CMS), CWE

Australia is HUGE. As a Canadian, I always found it comical when I travelled in Europe and people were gobsmacked when I told them that it is not uncommon to drive 12 hours to go skiing in the Rockies. Growing up on the Prairies, everything is a trip—hockey in Neepawa, badminton in Winkler, visiting the cousins’ cabin in Ontario. A *long* trip is going to visit the same cousins in Vancouver and making it there in three days. Australians feel our pain. If you look at the major cities in Australia, they are separated by about the same distance as the major Canadian cities. Travelling from Vancouver to Calgary is equivalent to travelling from Sydney to Melbourne; Toronto to Quebec City is Melbourne to Adelaide; Winnipeg to Montreal is Adelaide to Perth. The major difference is that, in Australia, these spaces are littered with vineyards.

I have been lucky enough to live in Australia, and visit on three different occasions. It is a diverse country with many attractions. When people tell me they are going to Australia, my first question is always: “How long are you going for?” No matter what their response, my answer is always the same: “...not long enough...” It is difficult to see all that Australia has to offer in one visit; their wine regions are as diverse as their country is large. My suggestion is this: do not try to see everything in one trip; rather, enjoy the time you have by discovering one region or state in all of its diversity. As a starting point, here are three day trips from three major cities (some include sleepovers!).

SYDNEY TO THE HUNTER VALLEY, NSW – DAY TRIP

Sydney is the most common destination in Australia. It is a vibrant city and has something to offer everyone. If your trip includes Sydney, make sure you take time to drive approximately two hours north to the Hunter Valley. There are many tours that leave from the city, so you can enjoy the wine offerings without worrying whether you are going to make it back in one piece (you will be driving on the left-hand side after all). Make sure you try some Hunter Valley Semillon (the Aussies pronounce it Sem-i-lawn) and Shiraz, two varieties that have been thriving here for well over a century. Be sure to include Tyrrell’s and Brokenwood wineries among your stops.

MELBOURNE TO YARRA VALLEY, VICTORIA – DAY TRIP, PLUS A DAY

Melbourne is often considered the cultural capital of Australia. What Sydney has in sights and beaches, Melbourne has in food and culture. Some of the most unique wines come from the cooler climate of the Yarra Valley. Pinot Noir and Chardonnay are the kings here, but anyone willing to try cooler climate Cabernets and Sauvignon Blancs will be greatly rewarded. If you can settle in the small town of Healesville, book far enough in advance to stay at the Healesville Hotel. Not only does the hotel serve as a central point for all of the Yarra Valley, it also has one of the best country restaurants in Australia. While in Healesville, you don’t have far to go to find innocent bystander/Giant Steps, which houses a dynamic tasting room,

restaurant, coffee shop and artisanal bakery. From the wine to the venue, it is an amazing experience. While in the Yarra, stop at the patio at Dominique Portet, or sip on some Yarra bubbly at Domaine Chandon.

ADELAIDE TO CLARE VALLEY TO BAROSSA VALLEY – 2-DAY TRIP

Adelaide is the focal point of South Australia, and accounts for almost half of all of Australia’s fine wine production. There are many places to see and visit within a short distance of Adelaide. To experience the wide diversity of South Australia, head north from Adelaide for approximately two hours to the Clare Valley. This is home of the Riesling Trail and some of Australia’s most well-known white wines. It also has a very diverse red wine industry with such luminaries as Tim Adams, Jim Barry, and our Banville & Jones favourite, Kilikanoon. Clare Valley is one of the most picturesque locales in all of Australia, with its green and lush countryside. Grab some Riesling from Pikes, and a Shiraz from Kilikanoon, and enjoy a picnic in beautiful Clare. Both wineries have unique cellar doors and even better wines.



The vineyard at Burge Family Winemakers

In the evening, when the pace has slowed, start heading south to the Barossa. If you are fortunate to be visiting at the right time of the year, be sure to stop in at Jeffrey Grosset Wines on your way out of the Clare Valley. The winery is only open *five days* every September (stocks permitting)—his wines sell that fast! Luckily for you, Banville & Jones receives a small allocation every year. Visit the Barossa in the early evening, find a great bed and breakfast in the town of Tununda, and start the next day off right with the amazing combination of Aussie bacon (the one thing I wish I could bring back with me every time I go) and Barossa Shiraz. Yes, that’s right—bacon and Shiraz. A heavenly pairing.

The Barossa Valley is arguably Australia’s best-known region, home to over 150 wineries, including big guns

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like Penfolds, Peter Lehmann, and St. Hallett. The Barossa Valley also has many smaller, artisanal producers to choose from. Visit one of Banville & Jones's great friends, Rick Burge, of Burge Family Winemakers, who will tell you the history of the Barossa and share his amazing estate-grown wines. Charles Melton offers Australia's best Rosé and amazing Shiraz, and the iconic *Nine Popes* (see Behind the Label for Charles Melton's story). Torbreck's line-up of wines has something for every palate, and Dutschke Wines offer great value.

The wine regions of Australia provide a wealth of experiences. Even though it is a large country, the regions are surprisingly accessible from any large centre. When I return to Australia, my next challenge will be to visit Perth, Margaret River and beyond, in Western Australia. As a seasoned Prairie traveller, it isn't their wide open spaces that are daunting—it's finding the time to explore every nook and cranny of this rich wine country. 🍷



The stunning Cellar Door at Giant Steps/innocent bystander, Yarra Valley

THE CELLAR DOORS OF AUSTRALIA

In the Old World, small wineries sell their bottles right out of their kitchens (or out of the “cellar door”). From this tradition, New World wineries have forged their own: building stunning Cellar Doors that house tasting rooms, and even restaurants, where their wines can be purchased directly. Australians love a good gathering and so it is no surprise that they have some of the most vibrant Cellar Doors in the world. These are among my favourites:

Innocent Bystander / Giant Steps, Yarra Valley
www.innocentbystander.com.au

Torbreck Wines
www.torbreck.com

Charles Melton, Barossa Valley
www.charlesmeltonwines.com.au

Burge Family Winemakers, Barossa Valley
www.burgefamily.com.au

Kay Brothers Amery Wines, McLaren Vale
www.kaybrothersamerywines.com

Fox Creek, McLaren Vale
www.foxcreekwines.com



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gary's corner

By Gary Hewitt, Sommelier (ISG, CMS), CWE

AUSTRALIAN CLASSICS

For a seemingly young wine nation, Australia has a remarkable number of classic wines. Perhaps this is due to a lack of disruption by war, economic calamity, or rampant vineyard disease, as were endured by European vineyards. Or perhaps their pragmatic avoidance of the strongest temperance measures, as imposed in neighbouring New Zealand and most famously in the USA, allowed unfettered evolution of the wine trade. Or perhaps, the Australian can-do attitude simply came to the fore in a perfect storm of technology and taste.

Australian classics do not depend on unique grape varieties, as there are no indigenous vines. Instead, Aussie character emerges from unique growing conditions and unique approaches to wine production.

Early and still persistent classics are the fortified *liqueur* dessert wines from around the towns of Rutherglen and Glenrowan in northeast Victoria. These ageless sweet “sticky” wines, made from a local clone called Brown Muscat or from Tokay (called Muscadelle in France), emerged during the Australian Gold Rush. Semi-raisined grapes are partially fermented, fortified with high-proof grape spirit and barrel-aged in a unique hybrid system part Sherry *solera* and part Madeira bake. Sweet enough to serve with any dessert or as dessert, their unctuous dried-fruit character and never-ending finish are entirely unique.

The most famous classic dry white wine is certainly Hunter Valley Semillon. A cloudy, semi-tropical climate—highly unusual for a fine wine district—led winemakers to create lower alcohol (as little as 10 per cent) wines with youthful, taut citrus flavours that yield to nutty, beeswax and honey marvels over 10–20 years of aging. More recently, the fine pedigree of dry Riesling from Clare Valley has gained international attention for intense, aromatically transparent, lime-scented wines with bracing acidity and long aging potential.

Classic dry red wines include Cabernet Sauvignon from Coonawarra in South Australia and from Margaret River in Western Australia. Coonawarra’s cool southern climate and distinct *terra rossa* soils yield wines of rich black currant depth and intense delineated flavours, often with scents of eucalyptus or mint. The surf-mad, ocean-influenced region of Margaret River often creates Bordeaux-style blends with superb complexity in its *barrique*-aged Cabernet-based wines.

The undeniable power, intensity and longevity of classic Aussie Shiraz can overshadow the diversity of its greatness. Barossa Valley, McLaren Vale, and Hunter Valley all claim bragging rights as the best, but stunning wines also emerge from Heathcote, Clare Valley, Adelaide Hills, and Grampians. That Australia’s most famous wine, Penfold’s *Grange*, is a multi-region blend from across South Australia is testament to Shiraz’s happiness in its New World home.

As is true in all wine regions, classic wines are the creations of specific producers, and Australia is no exception. However, greatness has many forms. Penfold’s grew into an industry giant buoyed on a sea of over-delivering, well-priced wines, but their reputation was solidly founded on ground-breaking Australian classics such as *Grange* Shiraz and *Bin 707* Cabernet Sauvignon; Tyrrell’s continues as a family-owned entity known foremost for sensational Hunter Valley Semillon; and Torbreck resulted from one man’s passionate vision of world-class, old-vine, no-compromise Shiraz. All wine is a mix of vines, grapes, people, and passion, but it’s a rare mixture that produces a classic wine. Australia’s great fortune is to have mixed well so often. ☞

A FIELD GUIDE TO AUSTRALIAN CLASSICS

Australia has no official classification of vineyards or wineries. A wine’s reputation grows by winning trophies on the wine show circuit and through endorsement by critics. **James Halliday**, Australia’s leading critic, annually publishes the *Australian Wine Companion*, one road map to the classics.

Langton’s Fine Wine Auctions endows the most obvious endorsement of classic status. The current *Langton’s Wine Classification* (2005) guides customers to investment-worthy wines, and includes 101 wines.

Pick up the following selections from Langton’s List at Banville & Jones Wine Co.:

Moss Wood Cabernet Sauvignon
Barossa Valley Estate
E&E Blackpepper Shiraz
Brokenwood *Graveyard Vineyard* Shiraz
Clonakilla Shiraz-Viognier
Grosset *Polish Hill* Riesling
Jasper Hill *Georgia’s Paddock* Shiraz
Majella *The Malleea* Cabernet Sauvignon
De Bortoli *Noble One* Botrytis Semillon
Grosset *Springvale* Watervale Riesling
Torbreck *RunRig* Shiraz
Charles Melton *Nine Popes* Shiraz-Grenache-Mourvedre
Katnook Estate Cabernet Sauvignon
Majella Cabernet Sauvignon
Petaluma Chardonnay Piccadilly
Tyrrell’s *Vat 47* Chardonnay

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Steven Krasicki, Chef de Cuisine, Altitude Restaurant, Sydney, Australia (Photo courtesy of Altitude Restaurant)

Sydney's palate: FOOD AND WINE IN THE WORLD'S EPICUREAN CAPITAL

Interview by Mike Muirhead, Sommelier (ISG, CMS), CSW

Reviews of Altitude Restaurant's Chef de Cuisine Steven Krasicki repeatedly employ the phrase "rising star." Altitude was named Restaurant of the Year by the Australian Hotels Association NSW, and it has received a coveted One-Hat rating from the Australian Good Food and Travel Guide—Australia's equivalent to the Michelin Guide. In 2010, Steven was named Chef of the Year for his modern Australian cuisine with a focus on fresh, local ingredients. Steven is not an overnight sensation, however. He has been in Australia for ten years, learning and leading in such fine kitchens as Banc and Balzac. It is where he got his start that brings him to our pages, however. Before heading to London and settling in Australia, Steven grew up in North Kildonan and got his start working for business visionaries Rick Bell and Ida Albo at Hotel Fort Garry and the Sandpiper and Prairie Oyster Restaurants. His link to the Banville & Jones family is not simply geographical, however. Mike Muirhead, who interviews Steven and Jeremy in this feature, got his first taste of the wine industry when he worked with Steven at Banc Restaurant in Sydney.

Jeremy Burke joined the Altitude team as Head Sommelier in January 2010. He got his start creating cocktails in the hospitality industry and has spent the last 6 years developing his wine knowledge at Rockpool and Aria Restaurants in Circular Quay. Jeremy and Steven share with Mike current trends in Australian food and wine, and give us a glimpse of where one of the most innovative epicurean communities in the world is heading.

Mike Muirhead: Australia is known for having a very eclectic culinary palate, with multicultural influences from Australia, Europe, and Asia, and access to incredible, fresh ingredients. Do you find that Australians are still trying to push the limits of their adventurous palates? Do they want to see something new on every menu?

Steven Krasicki: When you live in such a strong wine region, food quickly follows. When I got here ten years ago, the food culture was just starting. Now, it's not good enough to say "It's venison"—diners want to know where the venison is from, how it was killed, etc. Because we're talking about really educated palates, you can't lie about origins. Australians know their produce. It keeps you on your toes and keeps you pushing.

MM: Your food has quite a strong French influence. Is Australia's own cuisine becoming more defined?

SK: I think that chefs may be inclined to lean toward food that is awarded higher Hat ratings by the Australian Good Food and Travel Guide, but Australians have always had a definite idea of what "Australian" food means. Chefs that have come from overseas can also have a strong cultural influence on Australian cuisine, however. Basically, Australian food is centred around produce, because if you've lived here, you know how amazing and fresh our produce is. Fishermen and producers are getting even more efficient at transporting our food to deliver that freshness. So when you talk about Australian food, you have to concentrate on the produce, over strong Asian and European influence.

MM: You're going as fresh as you possibly can. What's the next frontier for the cuisine?

SK: The molecular food movement is a big scene right now. What I'd like to believe is that we're going not forward, but backwards: we are worried about flavour, and worried about where ingredients come from. It is simpler, less fluffy food. Some people do the molecular food, others do the simpler food. Those trends are going to be pushing each end of the spectrum, and the divide is going to get bigger.

MM: Interesting, how it goes backwards but moves forward. Shifting to wine, Jeremy, what I enjoy about your wine list is that the wines are very regionally sound. You're not looking for Chardonnay from Barossa, you're not looking for big Shiraz from Tasmania. Are you seeing that more winemakers are culling back what isn't working in certain regions, and concentrating on what works for them?

Jeremy Burke: I think we have the opportunity to pick and choose. In keeping with the way Steve chooses fresh produce from different regions around Australia, we tend to do the same with the wine—for example, picking a diverse cross-section from Margaret River, and centring it around the Australian produce. We try to pick from big-scale wine operations and also small boutique operations, from Margaret River, from Adelaide Hills, from Tasmania, from the Yarra Valley, from Mornington Peninsula, and quite locally here in New South Wales with Orange, Hunter Valley, Southern Highlands, and the Canberra District. We try to pick the gems from each little region. But at the same time, there is reasonable international content represented as well. International winemakers from Europe and the United States come out here in their off-season, and we want to reflect what Australia is doing, and what that represents.

MM: Do you find that the big wineries are concentrating on regional classics? On your wine list, there are Clare and Eden Valley Rieslings, Chardonnay and Bordeaux blends from Margaret River, Pinot Noirs from Mornington, Beachworth, and Tasmania. Are definitions more rigid now, or are wineries still casting a very large net to see what works?

JB: I think definitions are clearer because the community has more confidence in the winemakers' abilities to be able to make an extremely good quality product. The next step forward is a representation of *terroir*, and making regions definitive.

MM: When I lived there in 2001, Centennial Vineyards in the Southern Highlands region and wineries around the Orange region were just getting started. Are Australians starting to look to those regions as the next new thing?

JB: Centennial Vineyards had great Burgundy blends, Pinot Noir, and Chardonnay. The two wines from Orange that we have on our Epicurious menu, a Chardonnay and a Cabernet Sauvignon, and how they pair with food, are being enthusiastically received by our clientele.

SK: Orange has become not only a huge wine region, but also an important food region. They have a food festival every year, where they bring in head chefs from around Australia to put on dinners. They are working really hard as a region to become a wine and food destination.



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MM: How many wineries are out there now?

JB: About 16, and they've only been around for maybe a little over 20 years.

MM: So, there aren't a lot of wineries, but they are putting a lot of effort into it. That's fantastic. Shiraz is very well represented on your wine list. Is Shiraz still the biggest seller for Australians?

JB: I think Shiraz is something that Australians hold very close to their hearts. To a certain extent, we like to give them what they want.

MM: Aside from Shiraz and Old World wines, you have primarily cool-climate wines on your list, from Margaret River and the cooler regions in Victoria. Are Australians moving away from fruit-forward wines and toward elegance and food pairing?

JB: Absolutely, for a couple of reasons. For food pairing: most definitely. Our clientele, and people in general, are more focused on enjoying wine with food rather than having the big, bold glass of red that, realistically, when you sit down with a meal, completely overpowers the food. The other topic that seems to be on people's minds is alcohol content. The warmer-region wines that have 15 per cent alcohol blows people's palates out. Cooler-climate wines have alcohol levels moving down to 12.5 or 13 per cent. They are a lot more food-friendly and a lot more enjoyable. And it seems to be a conscious move on the part of the clientele—these cooler-climate wines are what they are demanding.

MM: There is actually a trend toward people demanding lower-alcohol wines?

JB: Absolutely.

MM: Have you found a surprising food and wine pairing that is a match made in heaven, that's all Australia's own?

JB: We have a few on the Epi-Curious menu. The lamb with a Eucalypt foam paired with the Orange Cabernet is a truly fantastic match.

SK: Jeremy and I work together a lot on food and wine matching. We shoot from the hip. We're doing service that is honest and unpretentious, but still professional. Our approach to food and wine is the same.

MM: Your food menu is unbelievable—it is very large, expansive, and also detailed. How much time do you and Jeremy get to spend pairing wines every week?

SK: We try to do it as much as possible, and I think that this is where we're starting to grow, doing the wine dinners. The focus is on pairing the food and the wine. Interestingly, when we do the wine dinners, Jeremy picks out the wines and we talk about how to match food to them. We are not matching the wine to the food, we are doing it the other way around, so the customer actually gets the best of the wine, and a great match with the food. We really have the best of both worlds to work with. 🍷

Explore Altitude's wine list at:
<http://www.altituderestaurant.com/wine.php>.

For a taste of Altitude's food menus, visit:
<http://www.altituderestaurant.com/cuisine.php>.



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By: Saralyn Mehta, Sommelier (ISG), CSW

The classic opening quote from the Twilight Zone at the centre of this page ran through my mind while researching this article. Last issue, I began this exploration with the celestial components of biodynamic winemaking. Even though I thought it was a little odd, I could see where it offered a spiritual component and, let's be real, there is some science to back it up. After all, don't you read your horoscope everyday? In this issue, we focus on the farming of the vineyard and the unique practices implemented in the growing of biodynamic grapes.

I begin with this question: How does stuffing cow poop into a cow horn, burying it in the ground, to later dig it up and then apply said poop to the soil, make better wine? I told you it sounds like the Twilight Zone! And this is only one of the nine "preparations" required to grow grapes biodynamically. Another involves fermenting heads of Yarrow flowers in a stag's bladder and then adding it to the vineyard's compost. This, however, must be done in combination with "preparations" 503 to 507, which involve such things as fermented juice from a chamomile flower head, the juice from Valerian flowers, and oak bark that has been fermented in the mesentery of a cow. Again I say, "Really, how does this make better wine?"

I'm not sure that I have the answer, but what I do know is that there seems to be some real evidence to back it up. Many articles point to incidences of dying and diseased vineyards not only coming back to life, but thriving with the practice of biodynamics. And indeed, the list of producers practicing biodynamics is impressive. From famed French wineries Leflaive and Chapoutier to California's Benziger, Canada's Tawse, and Australia's

Burge Family Winemakers, biodynamics appear to be the calling card of some of the world's finest producers. The quality of these wines points to the effectiveness of biodynamics.

Curiously, many biodynamic producers do not advertise their biodynamic status on their labels, or even on their websites. For some, this omission may be due to a concern that their practices will not be taken seriously; for others, it is simply how they choose to do things, and they don't

feel the need to give away the secrets to their success. What my research has taught me is that the "preparations" have been proven to improve microbial components of biodynamically farmed vineyards, that the attention to detail necessary to grow biodynamically is already in line with the minds of quality-conscious producers.

Most importantly, balance is everything. Biodynamics is about balancing your vineyard's needs with nature's, caring for it as if it were your own child, and being proactive about keeping it healthy.

If you start from a place of passion and love, holistic care and prevention can yield amazing results. However, making the leap into biodynamics isn't as simple as doing away with chemicals. Rather, it is an approach that allows the winemaker to see the winemaking process as a balanced sum of all parts.

For the cynics out there, I can tell you this: I am not going to turn off my computer, plant a garden, and go do some yoga. But I will think long and hard about what the universe has to offer us when we pay attention, and respond to, what the Earth needs. Especially when it yields such fine rewards. ☺

You're travelling through another dimension—a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of imagination. That's a signpost up ahead: your next stop: the Twilight Zone!
— Rod Serling.



Eco-friendly tags on Banville & Jones Wine Co. store shelves indicate wines from around the globe that are produced under four categories: sustainably produced, organic, biodynamic, and carbon neutral.



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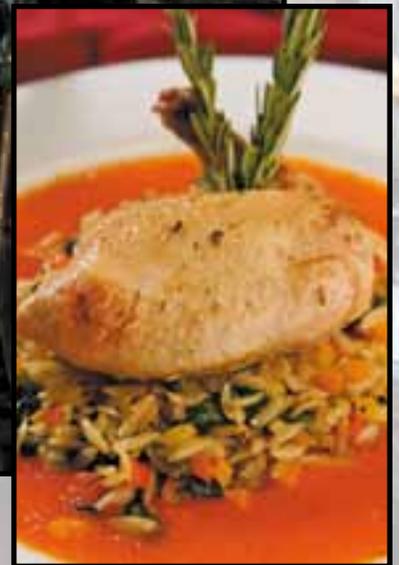
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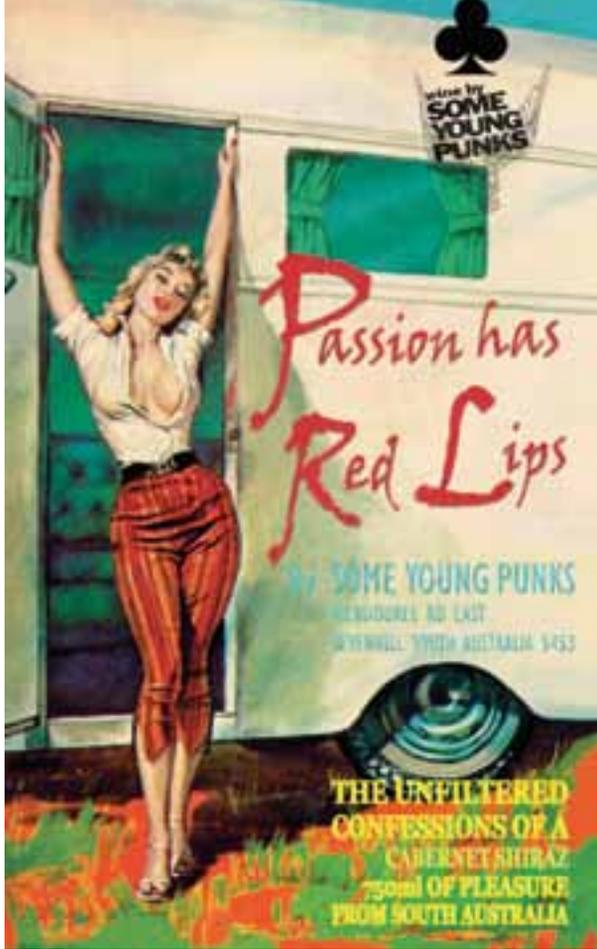
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Some Young Punks take a page from pulp art history with their *Passion has Red Lips* label

DRESSED TO IMPRESS: labelling australia's wine

Sylvia Jansen, Sommelier (ISG, CMS), CSW

The shadows of the setting sun are long, even though the day is still warm. The door of the next trailer opens. She steps out, wearing perfect red lipstick and a perfectly undone white shirt. She smiles and stretches back in the doorway of the trailer like a cat, waiting for its next treat. It's passion.

Is this the cover of a 1950s pulp romance novel? Or the label of a spunky Australian wine? It is both: *Passion has Red Lips* is a stylish Cabernet/Shiraz from equally stylish winemakers Some Young Punks. These winemakers have decided to dress their seriously good wines in seriously flippant labelling. They are eye-catchers in a competitive market.

THE FLASH

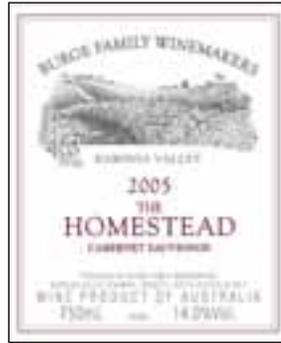
With thousands of bottles in a retail environment, any small advantage is a good advantage. The label waves from the shelf; it is the evocative invitation. To gain that advantage, some producers work with designers who specialize in wine labels; others commission artists; Some Young Punks have borrowed the edgy covers of pulp fiction and romance novels.

The most famous label design project began in 1924, when Bordeaux house Château Mouton Rothschild decided to break with tradition. Instead of shipping their barrels of wine to merchants for further sale, Baron Rothschild bottled and labelled his wine before it left the Château. He commissioned French poster designer Jean Carlu for a label image. Mouton's labels have changed almost every year since 1945, and have included such luminaries as Picasso, Kandinsky, and Warhol.

Australian wines are particularly successful in the Canadian market—we cannot seem to get enough from our Commonwealth companions. Part of this success is thanks to Australia's ambitious marketing. Another factor is that Australian wines have been easy, accessible, and enjoyable. Mostly, though,



Andy Warhol designed the label of the 1975 Château Mouton Rothschild.



The labels of Burge Family Winemakers each feature an etching of the vineyard where the wine finds its roots.



Roogle Red from Marquis Philips represents a bald eagle/kangaroo hybrid as an homage to the Australian/American collaboration found inside the bottle.

we often cannot resist the unorthodox, sometimes tongue-in-cheek, sometimes downright crazy, packaging of the label.

Australians specialize in fantasy names (like “Quickie” or “the eleventh hour”) that often catch us as the perfect hook for a wine gift. Labels sporting coloured animals or birds, or parts of native creatures, are in such wide use that they have been dubbed collectively, and dubiously, as “critter” wines. The “Bin” label is another fantasy brand name, recalling a time when bottles were stored without labels, in bins marked for identification. In contrast, some producers such as McWilliams prefer to market even their entry-level wines by a discreet brand or family name banner.

Other winemakers’ labels focus on *terroir*—the growing environment of the vines. Rick Burge, of Burge Family Winemakers in the Barossa Valley, uses simple, parchment-style labels etched with vineyard

or winery images. Wine names recall the vineyards from which fruit is drawn, such as Draycott (for his finest Shiraz) and Olive Hill (Semillon). “Naming the vineyard block is important,” says Rick Burge. “Any visiting wine lover can actually be shown the block.” Burge’s labels reflect his distinctive approach: “I think labels should be warm, inviting and elegant,” he says, “but what’s in the bottle should feature strongly when the bottle is opened.”

Still other producers want to reflect a personal philosophy or identity. Phil Sexton and his family named their new Yarra Valley winery *Giant Steps* when they took a “giant step” to move from Margaret River. (The name also honours John Coltrane’s first album after parting with jazz great Miles Davis.) Sexton’s second label, *innocent bystander*, reflects the easy-going wines inside. These labels are dressed with a silhouette of a shadowy figure leaning against a building.



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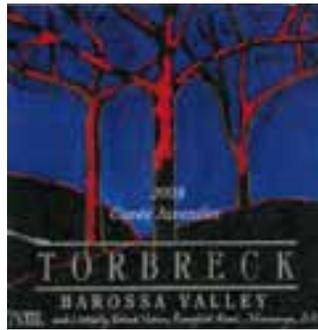


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innocent bystander's Phil Sexton says it best: "like the bystander, these wines tread gently, judge nobody and most of all, leave a lasting impression."



The signature image that appears on Torbreck wines harkens back to its namesake, the Torbreck forest, a Scottish forest where founder David Powell worked as a lumberjack in his younger years.



The classic simplicity of Grant Burge's Miamba Shiraz label highlights its origins, foregrounding the restoration of the historical vineyard that produces its grapes.

Branding, marketing, elegance, or self-expression: the label is window between producer and wine lover. It is also the legal passport as the wine crosses international boundaries and arrives at its destinations around the world.

JUST THE FACTS, MA'AM

Australian wines must comply with the national Label Integrity Program: if a producer makes a label claim about the wine, he or she must be able to prove that claim.

Grape variety: If a grape variety or region is listed, then at least 85 per cent of the wine must be from that variety or region. If more than one variety is listed, then these must be listed in descending order. Also, if more than 5 per cent of the wine is drawn from any grape variety, that variety must appear on the front label. For example, Burge Family 2008 *Olive Hill Shiraz-Grenache-Mourvedre* is predominantly Shiraz (76 per cent), then Grenache (14 per cent), and Mourvedre (10 per cent), drawn from Burge's Olive Hill vineyard block.

Region: Australian regions are sorted by Geographical Indications (GI or GIs). The GI might be a small subregion (Adelaide Hills or Yarra Valley) or large territory, but at least 85 per cent of the wine must be from that region. One superzone is allowed: the almost generic "South Eastern Australia." This huge GI encompasses the vast majority of Australian wine regions.

Exporting: Actual requirements for labelling vary from country to country and even from year to year. Producers must comply with regulations both at home and at the destination country—often requiring a stock of various labels.

The combination of fantasy, art, and even the legalities make for interesting reading. While the wine inside must be good enough for the wine lover to return, it is the front face, the label, wearing the evocative attitude on the shelf, that first lures us in for a taste. 🍷

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banville & jones wine institute

WINE APPRECIATION: BASICS PROGRAMS

Discover the world of wine with our relaxed, fun, and informative Wine Basics programs. All Basics classes run from 7:00–9:00 pm in the Tuscan Room. Class sizes are limited to ensure a great learning experience!

Wine Basics, Level 1

This two-evening course is designed for the beginner wine enthusiast. The classes cover wine styles, major wine grapes, and tasting.

October 20 & 27 (Wednesdays)

February 16 & 23, 2011 (Wednesdays)

March 16 & 23, 2011 (Wednesdays)

Cost: \$79.00 per person

Beyond Basics, Level 2

This is a four-evening intermediate course for those wanting to taste through the wine world. Interactive classes cover major wine regions, wine styles, and the scandals that created them!

January 20, 27, February 3 & 10 (Thursdays)

Cost: \$159.00 per person

Please see www.banvilleandjones.com or contact us at 948-WINE (9463) for further information about our Basics classes. Cancellation policy is in effect. Gift cards are available for Banville & Jones Basics classes.

ISG CERTIFICATION

Since 2002, Banville & Jones has proudly presented the *International Sommelier Guild* (www.internationalsommelier.com) wine studies programs. Designed especially for hospitality, service, and restaurant professionals, the ISG program is also suitable for amateur enthusiasts.

ISG Wine Fundamentals Certificate, Level 1

This introductory course for the wine novice or enthusiast covers sensory evaluation; wine terminology; grape growing and winemaking; food and wine matching; wine storage and aging; and wine service. Wine is explored by grape variety. Approximately 50 wines will be tasted, including fortified and sparkling wines. To obtain certification, students must pass a 60-question, 1-hour multiple-choice exam.

Duration: three hours, once a week, for eight weeks (nonconsecutive)

Starting: January 10 and April 4 (Mondays)

Cost: \$600.00, includes GST



ISG Wine Fundamentals Certificate, Level 2

Level 2 expands upon Level 1 topics and beer and spirits are introduced. Emphasis shifts to a regional exploration of wines and includes broad-ranging tastings of more than 100 wines from Old and New World wine regions. Level 2 culminates in a challenging 3-hour, 3-part exam. The goal of this course is to prepare you for the Sommelier Diploma Program.

Duration: three hours, once a week, for 16 weeks (non-consecutive)

Starting: September 12, 2011 (Mondays)

Cost: \$1,000.00, includes GST

ISG Sommelier Diploma Program

The rigorous SDP aims to develop high standards of wine service backed by extensive knowledge and technical expertise. For additional details, please visit either the Banville & Jones or ISG website.

Duration: 23 classes, eight hours per class, presented over approximately six months

Starting: next class TBA

Current Cost: \$3,250.00, includes GST

Register for ISG programs online at www.internationalsommelier.com.



WSET® CERTIFICATION

Banville & Jones is offering courses from the internationally renowned *Wine & Spirits Education Trust* (www.wset.co.uk). WSET programs, developed for the wine trade (the business of wine) and wine enthusiasts, meet the exceptionally stringent quality assurance and education standards of multiple U.K. government regulatory authorities and ISO 9002.

WSET® Level 1: Foundation Certificate

A solid introduction to wine for wine enthusiasts, or an excellent preparation for your first job in the wine industry. Learn about wine styles, main grape varieties, storage and service, health and safety, food and wine matching, and the Level 1 WSET® Systematic Approach to Tasting. The course fee includes all materials, including wines, workbook, examination, and WSET® Foundation certificate.

Workshops can be presented on demand for a minimum of 10 persons—ideal for restaurant staff training, or your next corporate team-building event.

Duration: One 8-hour workshop from 9 am to 5 pm Saturday, March 5

Cost: \$299.00, plus taxes

WSET® Level 2: Intermediate Certificate – “looking behind the label” (no prerequisite)

Level 2 either follows the Foundation course or can be the first step for those looking for a more in-depth program. Topics include wine styles, factors that determine style, characteristics of main grape varieties, major wine and spirit producing regions of the world, and the Level 2 WSET® Systematic Approach to Tasting. Intermediate Certificate is a prerequisite for further study at the Advanced Certificate and Diploma Program levels. The Intermediate Certificate program is taught by our team of certified WSET instructors. For more information please see www.banvilleandjones.com.

Duration: 4 hours, once a week, for 5 weeks, plus a 1.5 hour exam on the 6th week.

Class Dates: January 8 to February 12 (Saturdays) from 9 am to 1 pm.

Course cost: \$600.00 plus GST

Register for WSET® courses at Banville & Jones, 948-WINE (9463).

banville & jones events

BANVILLE & JONES WINE EVENTS SCHEDULE

October 2010 through February 2011
Events begin at 7:00 pm unless otherwise noted. Please check www.banvilleandjones.com for updated information on wine event themes and dates.

Join the challenge! The Sommeliers of Banville & Jones's square off against WOW Hospitality's Sommelier team in a bid to find ten perfect wines to pair with five exquisite courses. The winner: you! Attend all four dinners and receive a gift of 6 Eisch breathable wine glasses (value: \$200).
Cost: \$150.00 per person, plus gratuity and taxes

Sunday, October 24 at Daquisto
Cucina Tradizionale
Sunday, January 9 at Banville & Jones Wine Co.
Sunday, February 6 at Peasant Cookery
Sunday, March 13 at 529 Wellington

Passport to Wine

Cost: \$69.99 per person, plus taxes
Each Passport evening, Banville & Jones wine experts and local chefs take you on a journey to explore a different country's wine and food culture. Attend three Passport events by the end of 2010, and you will receive a complimentary Eisch Breathable Bordeaux wine glass (\$29.99 value).

Sunday, October 3: Portugal with Ben Kramer
Friday, October 8: Tuscany with Amici
Saturday October 16: Thailand with Craig Guenther
Sunday, October 24: Languedoc, France with Peasant Cookery
Sunday, November 7: France with Bistro 7 ¼
Wednesday, November 10: Barossa Valley, Australia with Pizzeria Gusto
Friday, January 7: Italy with Amici
Sunday, January 16: The Fringe of France with Bistro 7 ¼
Saturday, January 29: Argentina with Craig Guenther
Wednesday, February 2: South Africa with Café Savour
Sunday, February 20: Chile with Pizzeria Gusto
Saturday, February 26: The USA with Amici

Cooking and Wine Tasting Classes

Cost: \$89.99 per person, plus taxes
The evening includes exclusive wine pairings, gourmet food tasting with recipes from Winnipeg's finest chefs, and a Banville & Jones apron for you to take home.
Thursday, November 4 with Ben Kramer

Test Kitchen Encore

Cost: \$89.99 per person, plus taxes
Summer is busy, so we moved Chef Joel Lamoureux's Burgundy Test Kitchen from the June 2010 issue to fall! Explore the wine and food pairings of Australia (see page 51 for details) this January!
Thursday, October 14: Burgundy Test Kitchen
Wednesday, January 26: Australia Test Kitchen

Luxury Tasting

Cost: \$99.00 per person, plus taxes
Taste the luxury as our wine experts open the doors of our Specialties cabinets to explore some of Banville & Jones's exclusive treasures.
Thursday, October 21: The Best of Italy
Saturday, November 13: Bordeaux vs. Burgundy: The Great Sommelier Debate
Thursday, January 13: Australia's Finest
Friday, February 25: Champagne

Wine & Cheese

Cost: \$35.99 per person, plus taxes
Wine & Cheese events pair some of our favourite wines with a selection of Bothwell cheeses.
Friday, October 1
Friday, November 5
Friday, January 21
Friday, February 18

.....
Visit www.banvilleandjones.com for info about our wine enthusiast classes in Assiniboine Community College's Continuing Education Programme in Brandon.
.....

To reserve a space or book a private wine tasting event, call 948-WINE. Tickets are non-refundable but are exchangeable 14 days prior to the event.



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Santa's Tasty Delights **\$100**
Holiday Wish List **\$150**
Everything Tastes Better with Wine **\$120**

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HOLIDAY HOURS:

November: Remembrance Day: 1 to 6
December: Monday to Saturday 10 to 9
Sunday 12 to 6
December 24: 10 to 4
December 25: Closed
December 26: 12 to 5
December 31: 10 to 5
January 1: Closed

We are happy to deliver to single locations free of charge within city limits for purchases over \$200. Please note that this does not apply to Holiday Cases.

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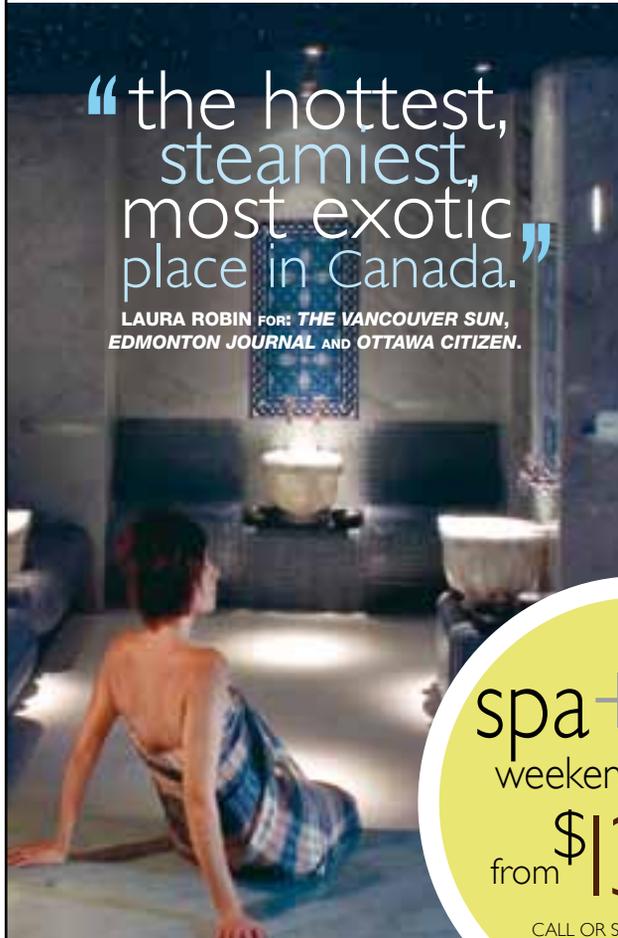
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By Andrea Eby, Sommelier (ISG)

The holidays are coming and we all know what that means: too many parties and too many bills. Not every occasion you host this season will warrant bottles of your finest wine. Every holiday season, I take a quick trip around the store to stock up on wine that will satisfy my guests without breaking the bank. This year, I am taking inspiration from the Aussies.

The “Bag-in-Box” Phenomena

The Aussies have been experts in the area of good value wine for years now. In our market, boxed wine often suffers from an unfortunate down-market image—not so in Australia. In fact, over 50 per cent of the wine consumed in Australia is sold “bag-in-box,” and consumers around the globe are jumping on the bandwagon. From the producer point of view, bag-in-box wine is up to 80 per cent less expensive to package and consumers and the environment both benefit from reduced transportation costs.

Additionally, the vacuum-sealed pouch ensures that oxidation is kept to a minimum; wine in an open bag-in-box format will keep weeks longer than wine in an opened glass bottle. When you need to serve a large number of people, price may be the major motivator and boxed wine can be just the ticket. A typical 3-litre box generally costs far less than the equivalent four standard glass bottles.

Does it taste the same as wine from a bottle?

In a word “yes,” and in a word “no.” Bag-in-box wine is often crafted in an easy-drinking, approachable style, similar to many wines that you would find throughout the store. Generally, they are designed

to be “crowd-pleaser” wines that you can easily serve to a diverse group of people. These wines are light to medium-bodied and likely will not have been treated to the finest French Oak aging regimes that more expensive wines often undergo. Rest assured, consumers are not satisfied with sub-par product and a winery will not stay in business long if no one buys their wine; producers of boxed wines are no exception. Quality continues to improve and we are beginning to see more wines packaged in alternative formats.

You’ve come a long way baby...

Since bag-in-box wine’s Australian debut in the 1960s, a great deal has changed in the wine world.

Quality, selection, and perception of boxed wines continue to improve and this format now comprises one of the fastest growing segments of wine sales

in North America. As the market for these wines continues to grow, so too will the range of varietals and quality levels available. If you are looking to cellar wine, do not ditch your first-class Bordeaux and begin buying futures in boxed wine. Although the wine is sealed in the bag, boxed wine does have a shelf life and most come with a best-before date. If you are looking for a wine to put away and drink years later, stick to a glass bottle format. Perhaps the next time you are searching for a wine to accompany all those appies at your holiday soirée, you will take a lesson from the Aussies and pick up a boxed wine. Your palate and your pocketbook will thank you. 🍷



DRINKING INSIDE THE BOX

As luck would have it, two of my favourite boxed, or cask, wines in the store are made by De Bortoli, third-generation Australian winemakers. These wines are packaged in a convenient 2L size, great to serve at your next get together. Try the Chardonnay with aromas of white peach and a creamy palate rich in melon, fig, and soft oak. If red is more your style, give the Shiraz a shot: aromas of rich berry fruits and subtle oak surround a palate full of plum, berry, and vanilla flavours.

THE HOLY TRINITY

Meshach Burge, Grant's Great grandfather possessed the drive and determination still evident in the Burge family today. He helped lay the groundwork for five generations of Burge family winemaking and played an integral part in the building of the *Lyndoch Holy Trinity Church*, a fitting role considering his name. In biblical history, Meshach was one of three men thrown into a fiery furnace, but rescued by an angel.

The Burge family's important connection to the church and the trio of Grenache, Shiraz and Mourvedre give the popular *Grant Burge The Holy Trinity* its name.



THE HOLY TRINITY
BAROSSA



Photo by Ian McCausland

To understand Australian cuisine, you must first acknowledge the multicultural influences, from Aboriginal hunter-gatherers, to European and Asian. These have transformed the traditional Sunday dinner of roasted lamb and mint sauce to casual barbecues with local meats such as kangaroo and emu. Contemporary Australian cuisine has strayed from its British roots; its eclectic array of ingredients and influences make it both distinct and unique.

Chef Joel Lamoureux flavours his Australian lamb with a melting pot of spices used in contemporary Australian cooking. The lamb is grilled (of course), and accompanied by the beet that is so ubiquitous in Australian fare. Licorice joins the Shiraz in a velvety red wine sauce that brings this dish together for a truly Australian experience.

We were joined on our Test Kitchen shoot by the crew from TVA's show *Viens Voir Ici!* View the episode at: www.banvilleandjones.com/cellarext.aspx.

THE MEAL

Grilled Loin of Lamb with Roasted Beets and Macadamia Nuts in a Red Wine Licorice Sauce (Serves 4)

4 racks of Australian lamb, bone in (~1 lbs. each)
¼ c. olive oil
Salt

Spice Rub

10g long pepper
10g star anise
15g dried lemon
20g sumac (a.k.a. summack)
10g fresh thyme, chopped

Grind all dry spices into a fine powder. Sieve spices to remove any larger pieces. Mix in the chopped thyme.

Using a thin blade, remove the ribs from the loin by slicing down the bone. Reserve the bones for your sauce, and trim away any excess fat on the meat. Liberally rub spice blend all over the loin of lamb. Add olive oil to moisten the meat and marinate overnight. When you are ready to grill, season with salt and grill on medium-high heat for 10–15 minutes until the internal temperature reaches 63°C (145°F). Remove from the grill and let stand 5–10 minutes before slicing.

test KITCHEN

Red Wine Licorice Sauce

Reserved lamb rib bones
½ c. tomatoes, diced and peeled
¾ bottle of Australian Shiraz
½ c. veal or lamb stock
½ c. onions, sliced
4 cloves garlic, cut in half
10g star anise
10g licorice root
5 sprigs of thyme
1 tsp canola oil
1 tbsp chilled butter, diced
Salt and pepper to taste

Heat oil in a heavy-bottom pan over medium heat. Roast rib bones, turning them until evenly browned. Once brown, add onions, garlic, star anise, and licorice root. Continue roasting until onions start to brown. Add tomatoes and continue cooking until most of the liquid evaporates and a paste forms. Add thyme, stock, and Shiraz. Turn heat to low and simmer slowly for approximately 1–3 hours. The longer you simmer, the richer the flavours. Strain the sauce through a fine sieve and continue reducing by one third until thickened. Finish the sauce away from the heat by whisking in chilled butter and adjusting the seasoning with salt and pepper.

Roasted Beets with Beet Tops and Macadamia Nuts

2 lbs assorted baby beets: red, golden, Chioggia, etc., tops removed and washed
3 c. coarse salt
½ c. macadamia nuts
2 tbs. olive oil
1 tbs. butter
Salt and pepper to taste

Preheat oven to 400°F. Cover the bottom of a baking sheet with salt. Place beets, skin on, resting on the salt. Roast the beets for about one hour. Beets are done when the point of a knife is met with little resistance. Allow to cool for a few minutes before peeling the skins. Roasting on salt helps draw out more moisture, intensifying the flavour of the beets. When you peel the beets, you take away any extra salt that may be present. Do not discard the salt; you can reuse it again and again.

Cut beets into halves or quarters. Place in a bowl with butter and keep warm. Place macadamia nuts on a baking sheet and roast gently until golden brown, about 6–7 minutes. Heat olive oil in a sauté pan over medium heat and quickly sauté the beet tops. Add the remaining ingredients to the bowl with the beets and season with salt and pepper.

Join Chef Joel Lamoureux in the Burgundy Test Kitchen on October 14 (see page 46 for more details). 🍷



Photos by Ian McCausland

test kitchen: the wines



**ROLF BINDER 2008
SELECTION SHIRAZ, BAROSSA
VALLEY, AUSTRALIA \$17.99**

Tina: This wine has a velvety fruit that doesn't hit you in the face. It's nicely balanced, but not edgy—it carries the alcohol. The beet greens and especially the sauce, soften the wine. The sweetness of the beets compliments the wine.

Darren: It punches above its weight in terms of structure and style and stands up to the spice accents of the lamb. The textures of this dish make the pairing interesting. You've got soft, buttery textures in the wine that meld with the crunchy textures.

Mike: This is a rich, structured wine with an inky, blueberry spice and a little bit of licorice. It has a backbone to it. The alcohol comes out with the spice rub. The oils in the macadamia nuts calm the spice, and soften the alcohol.



**BURGE FAMILY WINEMAKERS
2005 THE HOMESTEAD CABERNET
SAUVIGNON, BAROSSA VALLEY
AUSTRALIA \$39.99**

Tina: Rick Burge picked great fruit for this wine. It is balanced and complex for the price. This is a great pairing with the lamb and the macadamia nuts really tame everything down in the Cab.

Darren: This has that Barossa richness and weight; it's elegant, and complex. This really goes well with the lamb. When pairing Cabs with lamb, you really have to watch the tannins, but this 2005 is at a really nice stage. It has a leafy bell pepper flavour that is brought out by the greens.

Mike: There is a lot of cassis and red licorice. His wines have structure, acidity, and length. This is a great pairing with the macadamia nuts especially. The nuts in this dish change the make-up of the wine.



**GROSSET 2006 PINOT NOIR, CLARE
VALLEY, AUSTRALIA \$64.99**

Tina: I'm stunned! I would have never paired a Pinot with this meal. This wine is like a Lexus with all the bells and whistles—it handles all the bumps and corners. It handles all that this meal has to offer, even the weighty, spicy sauce.

Darren: People underestimate Pinots for a dish such as this, but it's not just the perfect balance of acidity that makes this a good pairing. Nothing in the meal changes the wine. It handles all the diverse flavours.

Mike: This is a surprisingly fine pairing—not all Pinot Noirs would go with this dish. The Grosset has concentration and tannins to match this dish; it is so well made. It marries perfectly with everything.

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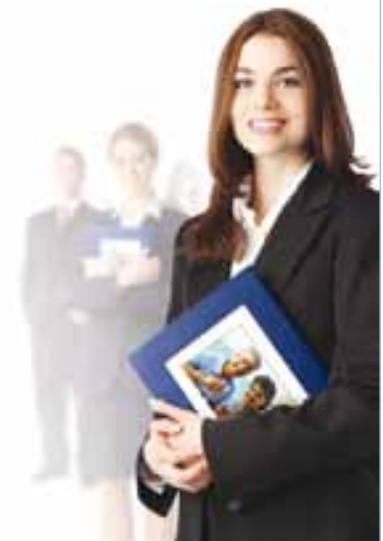
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Bronze Award, 2009 Wine List Awards of Manitoba
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TERRACE FIFTY-FIVE FOOD AND WINE

Gold Award, 2009 Wine List Awards of Manitoba
Terrace Fifty-Five mirrors the natural beauty of Assiniboine Park. With an original menu that is representative of our region, Chef Resch maintains a strong commitment to sustainable and renewable resources. Enjoy Canadian fish, produce, bison, lamb and grains, beautifully paired with a unique wine list.

Unit B - 55 Pavilion Cr 204.938.7275



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Platinum Award, 2009 Wine List Awards of Manitoba
529 Wellington offers Canadian Prime beef, fresh seafood, and impeccable service in an elegantly restored 1912 mansion along the banks of the Assiniboine River. An exquisite menu and extensive wine cellar make for truly memorable food and wine experiences. Just ask Brad Pitt... or Jennifer Lopez.

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PEASANT COOKERY

Chef partner Tristan Foucault has reinvented the menu on the corner of King and Bannatyne. Overlooking Old Market Square, Peasant Cookery goes back to the land with expertly prepared dishes and top notch service. This is real food, freshly harvested, and the seasonal ingredients speak for themselves.

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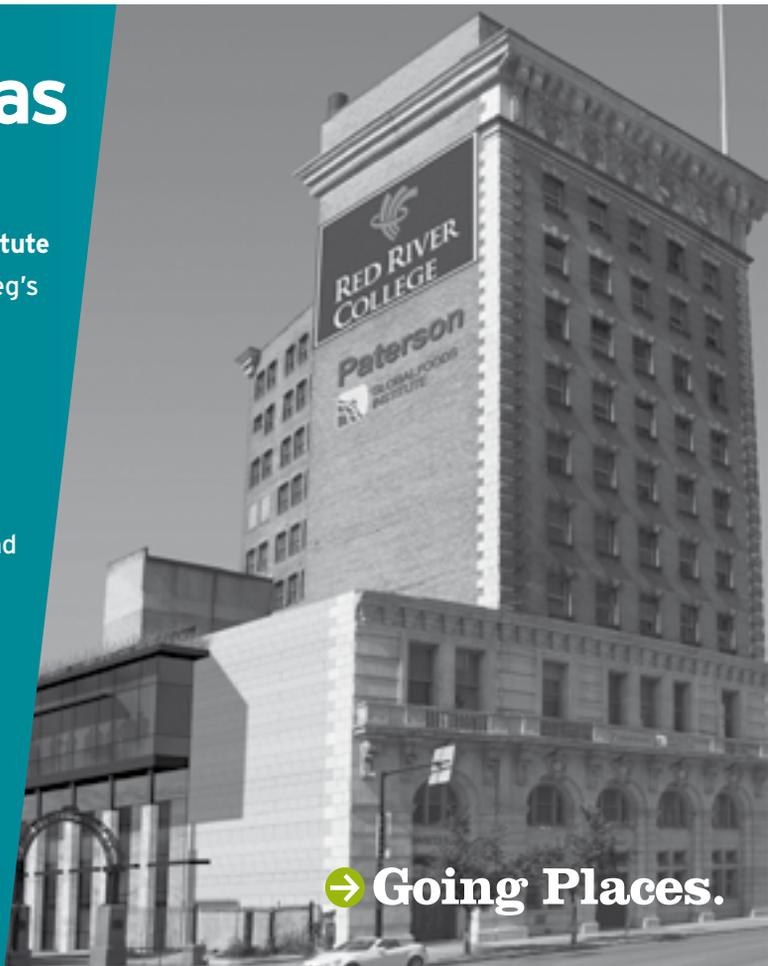
Joey Kenaston (*Bronze Award, 2009
Wine List Awards of Manitoba*)
Joey Polo Park (*Bronze Award, 2009
Wine List Awards of Manitoba*)
Kelsey's
Maple Tree Restaurant and
Steakhouse
Olive Garden Italian Restaurants
Pizzeria Gusto (*Gold Award, 2009
Wine List Awards of Manitoba*)
Rembrandt's Bistro (*Silver Award,
2009 Wine List Awards of Manitoba*)

Segovia Tapas Bar and Restaurant
Spuntino Café (*Bronze Award, 2009
Wine List Awards of Manitoba*)
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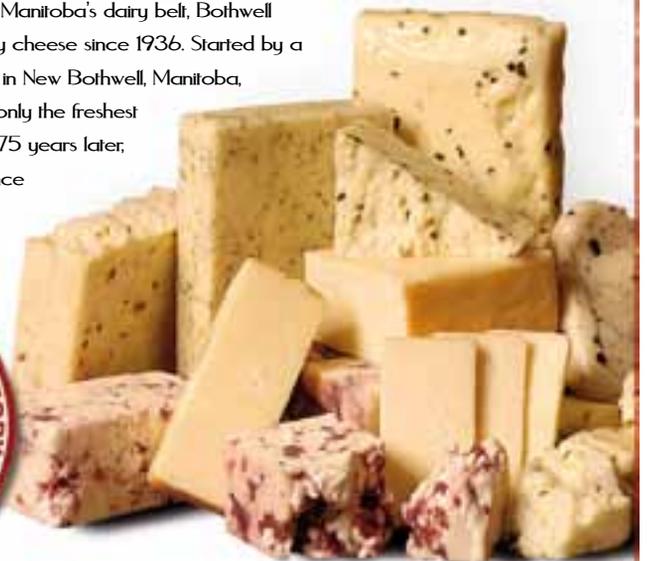
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sidebar

By Sylvia Jansen,
Sommelier (ISG, CMS), CSW

I should confess, straight up: one of my steepest learning curves in the world of wine has been Australia. When I first became fascinated by wine, Australia was exporting the forerunners of critter wines—those simple, one-dimensional sippers with cute animal labels. But when I put my head down for serious wine study some time later, there was a lot to learn.

The first hairpin turn on the learning curve was answering the question, “*How did grapes get there in the first place?*” After all, there were no grape vines growing when the First Fleet pushed ashore in 1788 with its 800 convicts and their keepers. The culture of the aboriginal communities living there did not include tilling crops. Those first European immigrants were Brits and Scots, and the closest most of them came to fermented products was tipping pints in the local pub.

The answer to that first question was that vine cuttings came with that First Fleet, from their stopover in what is now South Africa. Like immigrants in other New World countries, they plunked the vine cuttings down in their back yards and waited to see what would happen. The vines were grown in what is essentially a thin ribbon of lush, sub-tropical green hanging at the edge of a large central tract of desert.

My next question was “*Why did they persist?*” That it occurred to anyone to import vines and make wine must have been a combination of sheer genius and the blissful lack of knowledge about everything that could go wrong. The heat of the growing season produced super-ripe grapes—not the long, slow ripening of some of the world’s classic wine regions. But persist they did. The early wine industry grew in fits and

starts, nudged ahead by the British demand for Port-style wine from their new colony, governors who tried to use wine as a temperance measure to wean locals off Bengali rum, and new immigrants who brought vines from their homelands.

Next I wondered, “*What do you mean, the oldest and best?*” In the mid-1800s, James Busby, a Scot who had studied viticulture in France and Spain, decided that the wine industry could use real vines from great wine regions. He arranged for a mass of European vine cuttings, including Shiraz from Hermitage in the Rhône Valley, to be transported to the island continent. A good number of these were sent to the Botanical Garden in Sydney. As a result, some Australian vines are reputed to be the oldest vines in the world, untouched by the nasty phylloxera bug that devastated Europe’s vineyards in the late 1800s.

My final question was “*What do you mean, they make every style?*” The belief that they had something really good kept the pioneers going. Today, Australia’s vineyards stretch over more than 60 regions, and Australia is the fourth largest wine exporter in the world. Wine pours \$5 billion into the national economy. They offer spicy, complex Barossa Shiraz; distinguished Coonawara Cabernet Sauvignon; stunning, aromatic Riesling and unique Semillon; heavenly sweet wine and beautiful fortifieds in a class all their own. It is an amazing array of classics alongside a host of critter wines. Australia is poised with the giants of the wine world and wants to better them all. There is a lot to learn.

So here’s to you, hanging on to the next bend of the learning curve. 🍷

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- ❑ Brokenwood 2005 *Graveyard Vineyard* Shiraz Hunter Valley, Australia \$133.99
- ❑ Burge Family Winemakers 2005 *The Homestead* Cabernet Sauvignon Barossa Valley, Australia \$39.99
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Due to the nature of the wine industry, any prices and vintages listed in this publication are subject to change and cannot be guaranteed by Banville & Jones Wine Co.

top picks



MIKE MUIRHEAD

Dandelion Vineyard 2008
Lionheart of the Barossa Shiraz
Barossa Valley, Australia \$30.99

One of my new favourite Aussie wines, this Shiraz is deep and dark in colour with a nose of blackberries, blueberries, spicebox and chocolate that jumps right out of the glass. Winemaker Elena Brooks has created an incredibly appealing wine that is both rich and mouthwatering on the palate.



SARAH KENYON

Gloria Ferrer nv *Blanc de Noirs*
Sparkling Sonoma Brut, Carneros/
Sonoma, California \$27.99

This stellar California sparkler from Gloria Ferrer is made in the traditional Champagne method using Pinot Noir and Chardonnay. Refreshing and lush, with hints of strawberries, cream, apples, and lemon, enjoy this offering with turkey and homemade cranberry sauce or on its own to ring in the New Year.



ROB STANSEL

Pikes 2009 *Traditionale* Riesling
Clare Valley
Australia \$23.99

The Pike brothers have capitalized on an epic harvest to bring us yet another tangy gem of textured, mineral-laden Riesling, flagship grape of the rustic hills north of Adelaide. Scents of lime, slate, and green apple are followed by a crisp, bone-dry palate loaded with acidity. This one is built to last.



TODD ANTONATION

Bogle Vineyards 2007
Petite Sirah, California
\$19.99

Inky in colour, this Syrah's explosive aromas of ripe blackberries and plums give way to a silky smooth mouthfeel of blueberry and strawberry jam. The finish is a long, sensuous melody of blended vanilla beans and espresso. Pair this with slow-cooked beef or enjoy a glass by itself in front of a warm fire.



RICHARD THURSTON

Siro Pacenti 2004 Rosso di
Montalcino, Italy
\$59.99

Siro Pacenti Rosso di Montalcino is a serious wine. Widely considered to be the "baby brother" of the acclaimed Brunello di Montalcino, Rosso di Montalcino offers good value and an earlier drinking window than its esteemed elder sibling. Made from 100 per cent Sangiovese, this selection has notes of red currant and black cherry with a hint of leather and tobacco.



KAREN NISSEN

Quinta de Ventozelo nv Porto
Reserva, Douro, Portugal
\$12.99/375ml

This tasty half bottle of port will warm up winter in the 'Peg. Aromas of vanilla, black licorice, and dried fruits are rich and inviting, leading to dark chocolate and kirsch flavours with smooth tannins and a super-long finish. Try this with assorted cheeses and nuts, or even better, pair it with a piece of rich chocolate cake!



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