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What's new in the Grapevine this week?

- **What about Popeye?**
- **How much wine to get to .08?**
- **Is it grilling time yet?**
- **New arrivals**

Where is Popeye?

Last year about this time, the Wine Gallery underwent a minor facelift. We re-did the front bay where the gourmet foods and chilled wines were located. That bay now has tile floor to accommodate the new line we are still VERY excited about.

In the past, we struggled as a small retailer to find consistent gourmet suppliers and product lines. When we were casting around for high quality products and good suppliers Tiffany asked Brie Thompson at Olivelle here in Bozeman how she did so well with her product lines. Well, one thing led to another, and we landed on the Olivelle line itself as the one that made the most sense. Olivelle is local, the products are the highest quality, the packaging looks great, and we get great support. Not only that, they have a huge catalog of recipes so I will never run out for the Wine Club recipe of the month.

It seemed a good fit for the Wine Gallery because flavored olive oil and balsamic vinegar are sold the same way as wine. There are flavor profiles, complements and contrasts, and the actual terroir of the crop to consider. The real eye opener for me was tasting my “store-bought” olive oil against the “regular” olive oil from Olivelle. The “store bought” seemed stale and bland; the Olivelle was fresh, flavorful and delicious. We were so taken with the flavor and quality, we have it set up where you can taste our fresh offerings most days you are in the store. (I wish we could do the same with wine!)

Our oils are 100% organically produced and sealed from oxygen and light so they are always fresh. Each bottle is poured while you watch. The bottles themselves can be re-used so you won't pay for another glass bottle if you return your used one. We also offer the same pricing as the Olivelle store on 19th and our source is the same Olivelle plant just north of Bozeman.

One year into it and folks still spear a cube of bread and dip it into the samples on our sample table. The best seller is the **Caramelized Garlic**. Slather it on a steak before it hits the grill and you will be treated to one of the great flavor combinations in

this world. Use the **Sicilian Lemon Olive Oil** on summer salads or to coat a salmon filet before grilling. Scramble or fry eggs in a skillet coated with the **Wild Rosemary Olive Oil** and you may never have them any other way again. You will never find a better **Barrel Aged Balsamic Vinegar** than the one we have on tap. Balsamic vinegar is one of the most versatile condiments in the kitchen. Check out our extensive recipe collection for more ideas. Taste the samples and find the flavors that fit your palate. We have the Olive Oyl; where is Popeye?

How much wine to get you to .08?

Summer is the season where we have picnics, cook outs, ball games and all sorts of al fresco activities. Golf, fishing and the summer holidays like Memorial Day, Father's Day, Fourth of July and Labor Day invite socializing, fellowship and celebration.

All that is good except if you get behind the wheel after imbibing. We do not recommend that you EVER drink and drive, but some folks need a guideline or two about what will land you in jail and how to gauge the level of intoxication before grabbing the keys.

BAC or Blood Alcohol Concentration is the measure of how much alcohol is in the blood. The higher the number, the more intoxicated you feel. I think all states consider a blood alcohol content of .08% or higher to be evidence of driving while intoxicated. But how do you have an idea of how you got there? BAC is a function of several factors. Gender, body size, the size of the portion and elapsed time all contribute to the concentration.

Gender plays a role because women have more water content and less muscle mass than men. Women also have few of the enzymes that break down alcohol and aid in its digestion. A woman who weighs 150 pounds who consumes the same amount of alcohol as a 150 pound man in the same amount of time will therefore end up with a higher BAC. A 250 pound lineman has a lot more bulk to dilute alcohol so even having consumed the same amount of alcohol as a 160 pound bicyclist, his BAC will be lower.

Portion size is also a factor. To draw a standard for what a "drink" is, it is generally considered that a 12 ounce beer at 4.5% alcohol, a 5 ounce glass of wine at 12% alcohol and 1.5 ounces of 80 proof spirits hold the same amount of alcohol. Where it gets dicey is when you have a pint of craft beer that has 7.4% alcohol or a 7 ounce glass of 14.5% alcohol wine or a Tanqueray (47% alcohol) and tonic. That is a lot of math to do especially if you are trying to socialize with your friends at the same time. Just be aware that the portion sizes and alcohol percentages in the "standard" are lighter than what you may encounter in the real world.

I borrowed some charts for the Texas Alcohol Bureau that will give you a good idea what is a rule of thumb levels that will get you arrested.

MEN

KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Possibly
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .015 for each hour after drinking.

WOMEN

KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	

Subtract .015 for each hour after drinking.

Is it grilling time yet?

Now that May is upon us and we have seen the sunny side of 70 degrees, full on summer grilling is already in full swing.

What wines go great with grilling? Let's look at a few:

Beef-- Steak has lots of strong flavor from the meat itself and from smoke, marinade, sauce, or pepper, so it calls for choosing a wine that is also full-bodied. Cabernet Sauvignon's robust fruit tastes and powerful flavors can stand up to most any steak. The tannins in Cabernet Sauvignon (coming mainly from the red skin of the grape) and relatively high alcohol levels also help cut through the fat of the steak, making the wine

taste smoother and less bitter... and the steak more flavorful. Try the **Juggernaut Hillside Cab** (\$19.95) if your rub or marinade is spicy. For a garlic and rosemary rub or marinade a drier Cabernet like the **Craven Cabernet** from South Africa (\$26.50) is ideal.

Barbecue Pork Ribs --The combination of spice and sweetness tends to strip the fruit out of whites so I'd pick a robust jammy red. A mid-weight Shiraz or Australian Cabernet-Shiraz like the **Tait Ball Buster** (\$19.95) a Washington State Merlot like the **Blacksmith Merlot** (\$16.95) or an old vine California Zinfandel like the **Big Smooth Zin** (\$18.95) - you get the picture. Gutsy wine, ripe fruit.

Seared or grilled salmon--Here's where things get interesting. Because salmon is a meaty fish, if you grill or char it you can pair it with a red. Pinot Noir is my favorite match so maybe try the **Yamhill Valley Pinot Noir** (\$17.95) but **California's Block Nine Pinot Noir** is a great value at just \$12.95. If you prefer a white, try a dry Pinot Blanc like the **Willm Pinot Blanc** from Alsace (\$16.95)

Chicken-- Simply seasoned grilled chicken is one of the most versatile foods and it pairs well with a range of wines. (Have a special bottle you want to open? Make grilled chicken!) Because of the char and smoky flavors that infuse the meat, you can go for wines that have seen some new oak, including Chardonnays like the **Matchbook** (\$12.50) and some California Pinot Noirs like **Prophecy** (\$11.95) If the chicken is rubbed with lots of herbs—like rosemary and thyme—a lightly chilled rosé like the **Mont Gravet Rose'** (\$9) is perfect for summer.

Sausages—Spicy sausages are often paired with red wines. This summer, **Thurston Wolfe JTW Blend** (\$11.95) will be our “go-to”. Equal parts Cabernet and Zinfandel, this juicy, oaky Washington State blend has enough tannin to tame the fat and enough fruit to tame the spice. If you prefer a white wine, pick something with good fruit and zinging acidity like the **Eifel Kabinett Riesling** (\$12.95) or the Dr. Loosen Dry Riesling (\$10.95) which will match well. Also, don't be shy about trying some of our ciders. They have the acid and fruit profile that make an unforgettable pairing.

New Arrivals:

Milou Chardonnay-- Milou Chardonnay strikes a perfect balance with rich white peach & pineapple fruit flavors, zippy citrus notes of lemon zest, a streak of minerality, and satisfying length and finish. (\$11.95)

Milou Rose'—Since I mentioned Rose', check this out—the Milou is classic southern French rosé with aromas and flavors of ripe strawberries, fresh-cut watermelon and rose petal all on a saline, mineral backbone with zesty freshness. Super versatile for all sorts of fare, indoors & out. (\$11.95)