



Volume 14, No.4 (published by the Wine Gallery, Bozeman, MT) **January 24, 2018**

What's new in the Grapevine this week?

- **Moderate wine consumption**
- **Tickets to "She Loves Me"**
- **Wine watch this week**
- **Tips for matching Wine and Indian food**

What is "moderate" wine consumption?

January is flying by and there may be a few folks still clinging to New Year's Resolutions. Almost everyone who makes resolutions includes one about their health. If you read the Grapevine, you know we have plenty of articles about health and wine.

Every time we publish an article about the benefits of including wine as part of a healthy diet, we always note that the benefits accrue if wine is consumed in a "moderate" amount. What is confusing is that not every source is consistent about how much is in a serving or how much is in a glass.

One of our local Bozeman physicians has come up with a rule of thumb for moderate alcohol consumption. He says that a healthy amount of pure alcohol is 8 ounces per week for men and 5 ounces per week for women. For men to get eight ounces per week of alcohol, you will need 8 ounces of wine per day or 1 cup per day. For women, to get their five ounces per week, drink one 5 ounce glass per day. I have based my calculations on most table wines containing about 14% alcohol. For instance if you multiply 7 glasses times 8 ounces each ($7 \times 8 = 56$) and multiply the 56 ounces by .14, it comes out pretty close to 8 ounces. Similarly, 35 ounces for women multiplied by 14% comes close to 5 ounces pure alcohol per week. I think those are pretty easy numbers to remember.

For men, simply use a standard 1 cup measuring cup as your “jigger” for nightly sipping. For women, use a standard half measuring cup and add an extra two tablespoons to get an exact 5 ounces.

The health benefits of drinking wine in moderation are well documented as are the consequences of drinking too much. I hope you all read last week’s Grapevine where a large Danish study found that a healthy amount of exercise and a glass of wine per day reduce the chances of heart disease (America’s #1 killer) more than exercise and abstention.

If you miss your glass of wine today, it’s OK. Just don’t infer it is healthy to double up or make up for missed “doses” all at one time. I know one wag who said he follows his doctor’s advice to have a glass of wine every day. The trouble with this fellow is that he enjoyed his wine for July 3rd through July 6, 2026 last night.

Wine Watch this week

We were able to find the last offering of the **2010 Vina Talinay Limari Valley “Tibali” Chardonnay**. With a little age it has become rich and luscious, with lemon curd notes to the dried apple, pear and candied quince flavors. Fresh and juicy on the mid-palate, it features a finish of honeysuckle and slightly oaked sage cream. Only 1,400 cases were made and this is a wine that needs to be consumed soon. It was released at \$30 but we have the last three cases in existence for just **\$16.95**.

We were also able to swoop up a Wine Club wine from a year ago at a close out price. The **2015 Domaine de Guillaman Cuvee Louis** from Gascony, France is a blend of Columbard and Ugni Blanc. The bouquet of the Cuvée Louis is exuberant, with enticing aromas of fresh fruit, including lemon, grapefruit, lychee, passion fruit, and a hint of acacia. The taste is well-rounded, and fresh and very amenable to spring menus. There is good follow-through from the fruity bouquet with enticing aromas of fresh fruit, including lemon, grapefruit, lychee, passion fruit, and a hint of acacia. We trimmed the Wine Club price a bit and while we have it your price will be **just \$12.95**.

One other Wine Club wine that just keeps selling is the **2015 Black Magnolia Pinot Noir**. It has complex aromatics of red raspberry, sweet earth, leather and notes of fresh cinnamon. The palate is true to Oregon with loads of fresh berries and cherries, balanced by layers of exotic spices, all framed by a supple texture and vibrant acidity. **\$20**.

One last wine to put on your “Special Occasion” list is the **2014 Revana Terroir Series Cabernet** from the Napa Valley. Only 1300

cases of this premier Napa Cab were made and it is one of the most stunning wines of this vintage. Wine Spectator awarded it 95 points putting it in a tie for #2 wine that year. Every other wine at that level ranged in price from \$175 to \$950. That makes our price of **\$93** look pretty good. Now, I'm not saying \$93 is cheap but if you want to have a wine for a big birthday, anniversary, retirement, clinched deal, graduation or big holiday, this might be a great candidate. Most impressive for the direct and authoritative presence, this pure, rich, dense wine is driven by extracted blackberry, boysenberry, licorice, currant, cedar and cigar box nuances. You don't have to drink it Valentine's Day; this wine will drink well for the next 20 years.

Chance to see "She Loves Me"

Bozeman has so much to offer in terms of live entertainment, but one venue that is causing a lot of stir recently is the newly refurbished Rialto Theater on Main Street. All reports about the Rialto relate that it is spectacular and will be "the" place to be in Bozeman. The first big production for the inaugural season will be the Intermountain Opera's production of "She Loves Me".

The Wine Gallery has been a proud sponsor of the Intermountain Opera and every season, the Opera sends us a voucher for two tickets to say "Thank you". Jeanie and I already have seats for the opening night Gala so we wish to open it up to you Grapevine readers to describe in 25 words or less why you as the lucky contestant to have the tickets.

"She Loves Me" won the 2016 Tony award for best revival and when it played on PBS last fall, I could see why. This musical has lots of fun, betrayed and lost lovers, great dialog and wonderful songs. The story has the quirky elements of "You Have Mail" and enough subplots to keep the most ardent opera lover enthralled.

Even if you don't win the voucher, you should go see "She Loves Me" at the Rialto. Performances are scheduled for February 9th and 10th at 7:30 PM with a 3 PM matinee on Sunday the 11th. If you can't make those productions, there will be 7:30 PM performances Thursday, February 15th; Friday the 16th and Saturday the 17th. The last performance will be the matinee on Sunday the 18th at 3:00 PM.

One other special note: The Intermountain Opera will be kicking off its **40th Anniversary Season** with a Gala at the Rialto on February 7th. It will be a true gala with wine and delicious food prepared by Chef Daniel Wendell from the Food Studio. Your nosh and wine will be followed by the

opening night premier of “She Loves Me” with Chef Wendell’s special dessert to top off the evening. Because seating is limited for the opening night, you should call Intermountain Opera (587-2889) to get seats. (Sadly, the voucher does not apply to the Feb.7th gala and performance.)

Just send your 25 words or less to doug@bozemanwinegallery.com . We will announce the lucky winner in next week’s Grapevine.

Tips for pairing Wine with South Asian/Indian Food:

Last night we did a special wine tasting at The Saffron Table. As you know, the Saffron Table specializes in South Asian cuisine with its exotic spices and delicious sauces. We tasted red, white and rose’ paired with red, green and cream sauces and took what we learned to the dinner table right afterward. Some of the sauces were hot with peppers (capsicum) and some were cool and smooth with a base of cream or yogurt. Here are a few tips we gleaned from our tasters:

- Best wines to counterbalance the burn of capsicum are wines with 3 traits: Served cold, low alcohol, and a tad of sweetness (e.g. Riesling and Pinot Gris)
- Pinot Gris is one of the most food-friendly whites. Studies show that Oregon Pinot Gris has the capabilities of cutting the hottest spices.
- Picking a fruity rose’ that has just the right touch of acidity can help temper the spiciness of a particular delicacy.
- The rule of thumb has always been to match colors (like white for fish/white meat and red for red meat), but when it comes to the savory dishes of the East, wine pairing is never really that straightforward. It really is all about the sauces and spices.