

# SAVOR THIS™

Spring/Summer 2014 • Volume 6 • Issue 2 • A publication of The American Institute of Wine & Food®

## HIGHLIGHTS OF SAVOR MONTEREY BAY LEADERSHIP CONFERENCE

**WINE FOCUS:**  
Carnuntum Wines

**FOOD FEATURE:**  
Manchego Cheese

**Start with  
Strawberries**

**Vitamin Garden:  
No-Fail High-Nutrition  
Veggies and Herbs**





**SAVOR THIS™** Is a publication in association with The American Institute of Wine & Food® founded in 1981 by Julia Child, Robert Mondavi and Richard Graff, and others.

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*Cover: California Hass Avocado Salad with cilantro, crispy jalapeño, popcorn and lime at Restaurant 1833*

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Savor Monterey Bay

# AIWF's "Savor Monterey Bay" Leadership Conference Moving Forward with All Things New American



April 9th, 2014 (AIWF Reception) – Took place at golf-side gazebo at the Hyatt Regency Monterey, Photo: Jacqueline Pruner

Spring is in the air, and changes are on their way. Good changes. This season is a time for birth, and rebirth. A time for celebrations of traditions, both old and new. A time for new developments and evolutions. A time for creativity and advancement, both within and without. A time to step back and look at what has come, and what is coming.

A time to celebrate what is New American.

#### AIWF Savor Monterey Leadership Conference, April 9th-13th, 2014

Just this past April 9th-13th, 2014 the AIWF held its most recent Leadership Conference in Monterey, California. Of the fourteen current chapters, eleven were represented: Baltimore, Dallas/Fort Worth, Dayton, Hilton Head, Monterey Bay, New York, Nor-Cal, Pacific Northwest, San Diego, Santa Barbara, and Wichita. (Absent – and missed – were Kansas City, Vermont, and Washington.) Approximately 40 individuals were in attendance, not counting “plus ones.”

This Leadership Conference was held at the Hyatt Regency Monterey. On the first night, a lovely reception was held as the Hyatt Gazebo overlooking the golf course, where outgoing Executive Director Amy Williams was honored for her many years of work for and with AIWF. At the reception, she was given a lovely beverage cooler parting gift from Williams-Sonoma in appreciation – an insulated silver wine bucket on a pedestal that holds several bottles of wine at a time – which Amy plans to use for her wedding.

The next day was the all-day Leadership Conference. Its focus: to get the AIWF – as a culinary and enophilic entity of integrity, knowledge, and history



April 10, 2013 – Front of Restaurant 1833 in Monterey. Photo: Jacqueline Pruner



April 10, 2014 (1833) – California Hass Avocado Salad with cilantro, crispy jalapeño, popcorn and lime at Restaurant 1833. Photo: Jacqueline Pruner



April 10, 2014 (1833) – Artichoke Soup, with preserved lemon, yoghurt, and piment d'espelette at Restaurant 1833 of the AIWF's Soup Supper. Photo: Jacqueline Pruner

– in focus and moving forward in a bright, new direction. We were pitched by Steve Roy of Disqus (and now a new AIWF National Board Director) the concept of “New American” as a theme. He wrote in his presentation:

*In the time when American wine was scoffed at and chefs were thought of as behind the scenes actors, American cuisine was almost an oxymoron. Today, ingredients sourced in your area code by your neighborhood favorite, prepared with techniques from all over the world is a uniquely New American experience. Celebrating this New American lifestyle is the lasting legacy of the founders of the American Institute of Wine & Food, Julia Child and Robert Mondavi.*

*Today, the mission of the AIWF is to foster a greater appreciation for all things New American. It's beer, wine and spirits born from the same soil your protein and produce shared. Humble ingredients transformed by the many flavors and styles of the world. Your favorite chef and the story about the first time you ate there. It's real food that you can really love.*

*From programs that educate the next generation to events that bring friends together to content that moves the conversation about food, the AIWF is your invitation to the New American table. It's a simple idea that aims to make New American less of a vague label and more of a celebrated lifestyle.*

This concept of a “New American” foundation for the AIWF was well-received and seemed to take hold almost immediately among the AIWF conference attendees. The nexus of Chapter involvement around this concept will be “New American Monday(s)” with the hash tag of #namnam for such social media outlets as Twitter and Instagram.

#### What is “New American”?

“New American” is what's cooking in this country these days. It is the influence of

generations of immigration and evolution of its people, cultures, and cuisines. It is an international blending of regions, recipes and seasonings to create something familiar in its parts but completely unique in its entirety. A mode of dining where family and friends from all backgrounds and walks of life come together throughout the nation to enjoy a good meal the way meals were meant to be eaten. In sum, it is the culinary reflection of today's cultural landscape.

"New American" cuisine – according to Wikipedia, is described as:

*a term referring to the wave of modernized cooking predominantly served at upscale fine dining restaurants in the United States, originating in the 1980s. New American cuisine is generally a type of fusion cuisine which assimilates flavors from the melting pot of traditional American cooking techniques mixed with foreign and sometimes, molecular gastronomy components.[1][2]*

"New American" is what U.S. cuisine has become today. Like its history, it is a mélange of many different flavors from many different parts of the world; Global, yet local. Modern, yet traditional. Cutting-edge, yet timeless. A culinary evolution that was fostered and furthered in part by our own AIWF Co-Founder, Julia Child.

The goal of this concept will be to celebrate and savor the culinary landscape in the United States of America with a common nexus – a nexus that will form the foundation for education surrounding the culinary and enophilic arts.

On Friday, April 11th, 2014, the AIWF National Board Meeting took place, solidifying the New American concept. That evening, AIWF dinners took place at two regional eateries, Restaurant 1833 in Monterey and Grasing's Restaurant – a current AIWF Business/Winery/Restuarant member – in Carmel-by-the-Sea. I attended the dinner at Grasing's, and it was divine: an assortment of appetizers, followed



April 10, 2014 (1833) – Comte Ravioli with Swiss Chard, Rye Croutons, and Speck Ham at Restaurant 1833. Photo: Jacqueline Pruner



April 11, 2013 – Front of Grasing's in Carmel. Photo: Jacqueline Pruner



April 11, 2014 (Grasing's) – Asparagus, Goat Cheese & Duck Ravioli at Grasing's AIWF Dinner. Photo: Jacqueline Pruner

by asparagus, goat cheese and duck ravioli, grilled lamb chop with Merguez sausage and farro risotto, and finished with an almond cake served with marinated Watsonville strawberries. Worthy of particular note was the wine pairing with the grilled lamb chop: a 2010 Alban Vineyards "Patrina" Syrah from the Edna Valley – a pairing that was oh-so delicious.

This Leadership Conference coincided with the Seventh Annual Pebble Beach Food & Wine event, held April 10th-13th, 2014, so many conference attendees attended this foodie event. However, that evening, we all reunited at the gorgeous home of AIWF Monterey Board Chair Mary Chamberlin, author of *The Traveling Soup Pot*, for a delicious "Soup Supper." We were delighted by three soups – the first chilled, the second minestrone, and the third a salmon chowder – all taken from her cookbook. As the "Grande Finale," delicious Baked Alaska was prepared before our eyes for dessert.

**Monterey Wine Country:  
Blue Grand Canyon Terroir**

As a Seattleite who's never been to California's Central Wine Country, exploring Monterey Wine Country was a real treat. There are three main wine areas here: 1) Carmel-by-the-Sea/Monterey/Cannery Row, 2) Carmel Valley, and 3) Rover Road. The grapes grown here are influenced by "The Blue Grand Canyon" – a gigantic submarine canyon within Monterey Bay that is sixty miles long and two miles deep. This underwater canyon, located within 100 yards or less of Moss Landing, is the fourth largest in the world and the only one to directly affects a well-known wine growing region – a region that is made up of no less than nine American Viticultural Areas (AVAs).

How it affects these AVAs is by way of "The Thermal Rainbow." From the coolest climes at the mouth of Monterey Bay to the warmest climes further to the south and west of the Salinas Valley, for the most part this area



April 11, 2014 (Grasing's) – Grilled Lamb Chop with Merguez Sausage and Farro Risotto at Grasing's AIWF Dinner. Photo: Jacqueline Pruner



April 11, 2014 (Grasing's) – Wine that paired with the Grilled Lamb Chop at Grasing's AIWF Dinner. Photo: Jacqueline Pruner



April 12, 2013 – Mary Chamberlin in her home with her soup cookbook the night of the AIWF's Soup Supper. Photo: Jacqueline Pruner



April 13, 2013 (Big Sur & River Road) – On the way to Big Sur, off Highway 1, Garrapata State Park. Photo: Jacqueline Pruner



Here are some of the Chapter and National Board leaders that attended the conference in April. Photo: Greg Jewell

features cooler temperatures that hover around 55 degrees Fahrenheit and thick marine fogs. As a result, cooler-climate, slower-growing varietals such as Chardonnay and Pinot Noir become the go-to varietals in the north, where the Monterey Wine Country's three wine areas call home.

The result: delicately delicious wines that truly speak to the deep, blue sea and its sunny-meets-foggy climes.

A great time was had by all at this AIWF Savor Monterey Leadership Conference, with a cohesive theme with which to move forward in the coming days, weeks, months, and years. ❖

Jacqueline Pruner is the writer, editor, and founder of *Heed the Hedonist* ([www.heedthehedonist.com](http://www.heedthehedonist.com)), an online lifestyle blogazine, as well as a free-



lance writer and aspiring novelist. She is also a current Director on the Board of the Pacific

Northwest Chapter of the American Institute of Wine and Food (AIWF). A global gypsy, urban homesteader, hedonist, all-around-girl-next-door, and self-proclaimed "lateral specialist," Jacqueline believes that the journey of life should create pleasure and good for as many beings as possible. She's enjoyed several years of higher education, including law school; Jacqueline is a Washington State-licensed attorney-(with a focus on international and cross-border law, including wine, beer, and spirits law)-turned-writer who now travels throughout the Pacific Northwest as well as the world over (with a Pacific Northwest eye) in search of instructive examples of hedonism and the holistic, balanced enjoyment of life. All in order to bring it back to you as the Hedonista via *Heed the Hedonist* ([www.heedthehedonist.com](http://www.heedthehedonist.com)).

# Bacon Cheddar Biscuits with Maple Chili Butter

CHEF LEVI MEZICK



## Bacon Cheddar Biscuits

Makes about 12 biscuits

4 cups All Purpose Flour  
 4 Tbsp Sugar  
 2 Tbsp Baking Powder  
 ½ tsp Baking Soda  
 ½ tsp Kosher Salt  
 1 Pinch Nutmeg  
 6 oz Unsalted Butter, softened (1½ sticks)  
 1 lb Bacon, cooked until crisp, drained and chopped into small pieces (1½ cups)  
 4 oz Gruyere, shredded (about 1½ cups)  
 6 oz Yellow Cheddar, shredded (about 2 cups)  
 1 cup Buttermilk

1. Sift together all dry components.
2. Place in bowl of a stand mixer with paddle.
3. Add softened butter and mix on low speed until butter is almost all combined (1-2 minutes).
4. Scrape down bowl and incorporate bacon and cheeses; mix until incorporated.
5. While mixing on low speed, pour in buttermilk to incorporate until just blended.
6. Do not let dough fully come together or overwork.
7. Move racks to middle of oven; preheat to 375°.

8. Turn dough onto floured surface; press or roll out to about ½ - to ¾-inch thickness; fold in thirds and repeat.
9. Starting on one end, roll out on full ungreased rimmed sheet pan to height of sheet pan; will cover about half the pan.
10. Cut into 12 3-inch squares with a floured bench scraper or knife.
11. Chill for ten minutes.
12. Bake at 350 for 10 minutes; rotate and bake 10-12 more minutes until biscuits are a light golden color.

## Maple Chili Butter

1/8 tsp Arbole Chili Powder  
 4oz (one stick) butter  
 ¼ tsp maple syrup  
 Sea Salt to taste

1. Combine all ingredients
2. Taste and adjust with salt
3. Refrigerate

Your AIWF membership allows you to attend events nationwide!

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Richard H. Graff  
Robert Mondavi

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Milwaukee, WI  
Monterey Bay, CA  
New York  
Northern California  
Pacific Northwest, WA  
San Diego, CA  
Santa Barbara, CA  
Vermont  
Washington, DC  
Wichita, KS

**MAY 2014**

- 16 AIWF Holds Benefit Dinner for ProStart Students  
*AIWF NorCal (CA)*
- 16-18 Cooking for Solutions  
*AIWF Monterey Bay (CA)*
- 17 Farmers Market Chefs Cooking Class Series - Spring 2014  
*AIWF Dallas/Ft. Worth (TX)*
- 20 Wine Class - Reds  
*AIWF Wichita (KS)*
- 24 Farmers Market Chefs Cooking Class Series - Spring 2014  
*AIWF Dallas/Ft. Worth (TX)*
- 28 Scardello  
*AIWF Dallas/Ft. Worth (TX)*
- 31 Rhone Inspired Wines California vs France  
*AIWF Monterey Bay (CA)*

**JUNE 2014**

- 6 Lunch at Perry's  
*AIWF Dallas/Ft. Worth (TX)*
- 8 Rosemary Garden Party  
*AIWF Dayton (OH)*
- 15 9th ANNUAL AIWF CRAB CAKE COMPETITION  
*AIWF Washington (DC)*
- 17 Membership Drive/ Happy Hour at Nora  
*AIWF Dallas/Ft. Worth (TX)*
- 24 LakePark Bistro  
*AIWF Milwaukee (WI)*
- 28 New Members Event  
*AIWF Dayton (OH)*

**JULY 2014**

- 13 Garden Party  
*AIWF Milwaukee (WI)*
- 26 Big Reds & Wonderful Whites  
*AIWF Dayton (OH)*

Event Calendar always updating. For more information on chapter events, please click "Local Chapters" at [www.aiwf.org](http://www.aiwf.org).

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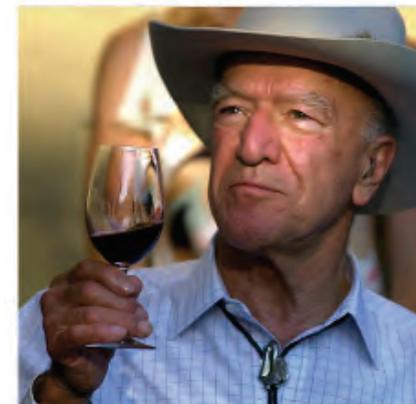
ENTER TO WIN A \$50 WILLIAMS SONOMA GIFT CERTIFICATE by MAY 31, 2013



To Enter:

1. Go To [Facebook.com/aiwfnational](http://Facebook.com/aiwfnational) and "LIKE" page &
2. Give us your best "Cooking Tip"

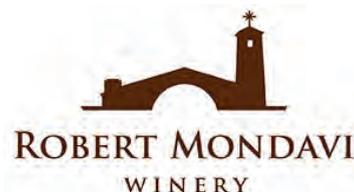
All names included in "Likes" or submitted "Cooking Tips" between the dates of May 15 until May 31, 2013 will go into a random drawing. Winners will be notified through a Facebook message on or before June 15, 2013.



AIWF would like to thank the following sponsor/partners and industry contributors. Their dedication to the success of our mission is valuable and we appreciate their continued commitment to AIWF and its public education about food and drink.

Click the name to view business member website.

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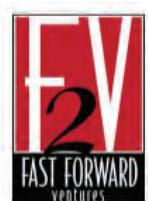


NorCal



NAPA VALLEY

NorCal



San Diego



San Diego

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Company	Chapter		
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TastySites.com	Member-at-Large	Cima Collina Winery, LLC	Monterey Bay
Milwaukee Public Market	Milwaukee	Fattoria Muia	Monterey Bay

Forge in the Forest Inc.	Monterey Bay
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February 2014 – May 2014

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- Stephanie Ho
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- Rebecca Jones
- Raynell Kuehler
- Marsha Ann Murray
- Sean O'Reilly
- Stephanie Taylor

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**NORCAL CHAPTER**

- Jay Boberg
- Henry Lamb
- Byron Westlund

**PACIFIC NORTHWEST CHAPTER**

- Beth Featherstone

**SAN DIEGO CHAPTER**

- Matias Kupfer

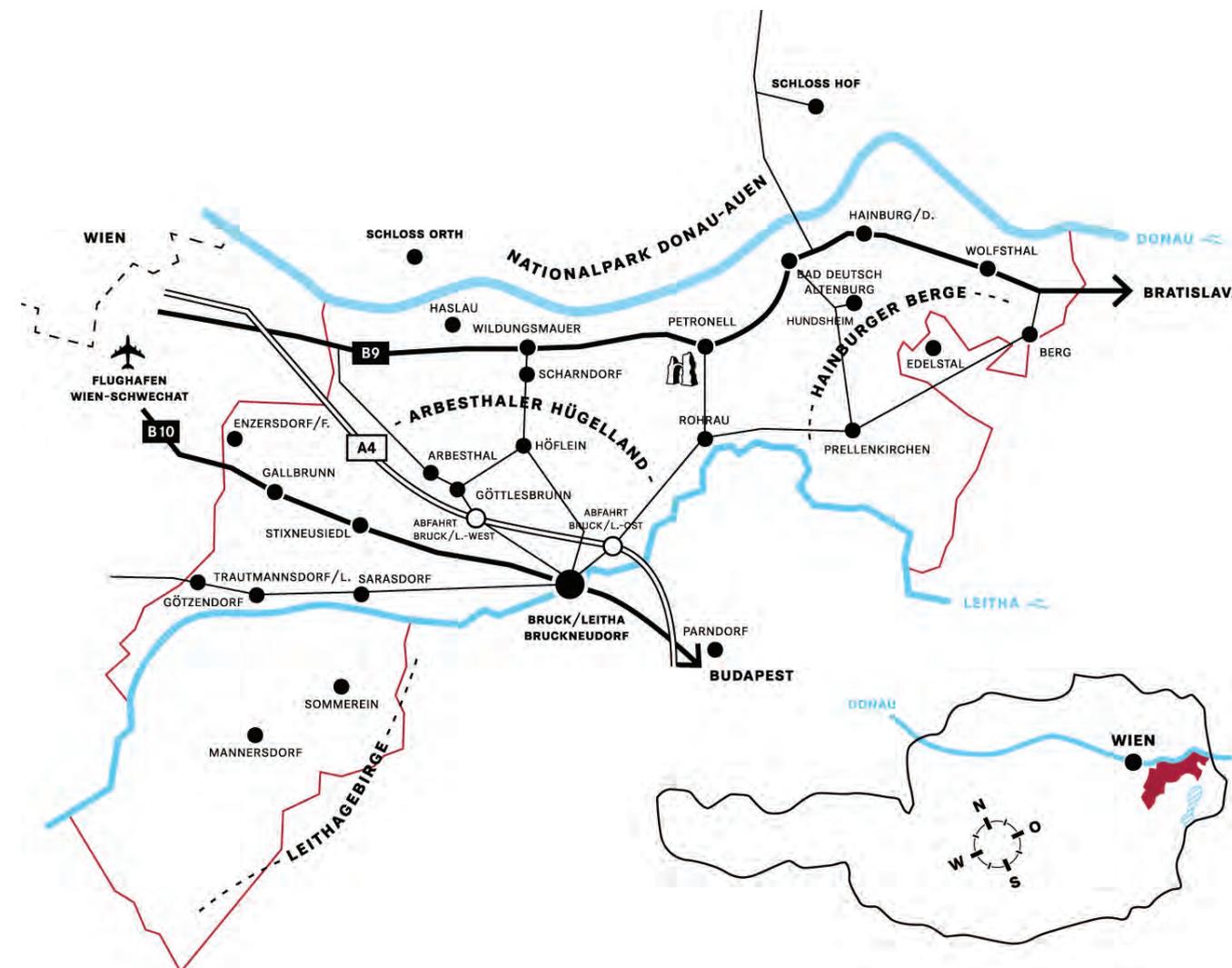
**WASHINGTON DC**

- Jane Byerley

**WICHITA CHAPTER**

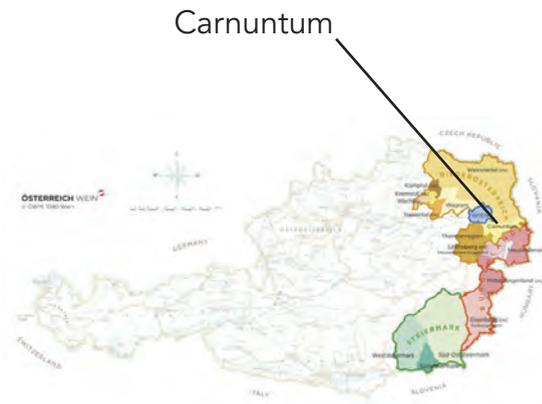
- Brad Box
- Melanie Swanson

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# Best of Carnuntum Wines

The best wines and producers from Carnuntum are often better known outside of Austria than the region itself, which is rather lumped together with the neighbouring Burgenland region than with other wine-growing regions in Lower Austria.



The Niederösterreich region is Austria's largest wine-growing area, with eight growing regions. Map credit: Austrian Wine

### The Zweigelt stronghold

One of the reasons for this is also to be found in the fact that the region focuses on red wines, as does the neighbouring region. The grape variety Zweigelt accounts for almost half the total vineyard area.

It can be excellent when bottled as a varietal wine, but many of the very best wines here are blends with a larger or smaller portion of Zweigelt. The Blaufränkisch variety tends to play only a supporting role in these wines, but can produce great results, particularly in the Spitzerberg area and along the Leitha river. In addition, varietal Merlot, Cabernet or Syrah wines are often very classy. Here, too, the Grüner Veltliner is the leading white variety, but the best white wines in the Carnuntum region tend to be made from Chardonnay or Sauvignon Blanc, and Muskateller wines are also worth noting.

We tasted more than 100 wines for this edition of BEST OF. Unfortunately, not all the leading producers responded to our invitation to participate, so please don't be surprised if our list is missing the one or other wine you feel certain deserves a place among the top wines. As usual, you will find all the results and more information in the magazine, [www.wein-plus.eu/bo](http://www.wein-plus.eu/bo) ❖

### Rotweine / Red wines

- 92 2011 Rosenberg, Markowitsch
- 89 2011 "Gotinsprun", Walter Glatzer
- 89 2011 Reserve "Franz Josef", Hans Pitnauer
- 88+ 2008 "Anna-Christina", Christine & Franz Netzl
- 88 2011 Merlot Schüttenberg, Marko - Marko's Weine
- 88 2011 St. Laurent Altenberg, Walter Glatzer
- 88 2011 Syrah, Jahner
- 88 2011 "Cuvée Lukas", Marko - Marko's Weine
- 88 2011 "Excalibur", Franz Taferner
- 88 2011 "Tribun", Franz Taferner
- 88 2011 "Wild Wall", Jahner
- 88 2009 Cabernet Franc Reserve Hagelsberg, Hans Pitnauer
- 88 2009 Merlot, Ernst Lager
- 88 2009 Merlot Reserve, Ott
- 88 2006 "Lange Ohn", Alois Taferner
- 87 2011 Blaufränkisch Spitzerberg, Franz Riedmüller
- 87 2011 Cabernet "Sophie", Christian & Brigitte Edelmann
- 87 2007 Cabernet Franc Reserve Hagelsberg, Hans Pitnauer
- 87 2011 Merlot Reserve Haidacker, Franz Taferner
- 87 2011 Merlot Reserve "Quo Vadis", Hans Pitnauer
- 87 2011 Syrah, Gottschuly-Grassl
- 87 2011 Zweigelt Reserve Bärnreiser, Franz Taferner
- 87 2012 Zweigelt Reserve "Bienenfresser", Hans Pitnauer
- 87 2011 "Anna-Christina", Christine & Franz Netzl
- 87 2011 "G 3", Gottschuly-Grassl
- 87 2011 "Matador", Oppelmayer
- 87 2011 "Monument", Franz Taferner
- 87 2011 "Pas de deux", Ott
- 87 2011 "Rotundo", Gottschuly-Grassl
- 87 2008 Zweigelt Haidacker, Christine & Franz Netzl
- 87 2006 "Monument", Franz Taferner

### Weißweine / White wines

- 88 2012 Chardonnay Rosenberg, Marko - Marko's Weine
  - 87 2009 Gelber Muskateller Hagelsberg, Hans Pitnauer
  - 86 2012 Weißburgunder Bärnreiser, Christine & Franz Netzl
  - 85 2013 Sauvignon Blanc, Markowitsch
  - 85 2012 Gelber Muskateller Hagelsberg Kabinett, Hans Pitnauer
  - 85 2012 Sauvignon Blanc Schüttenberg, Walter Glatzer
- ### Schaumweine / Sparkling wines
- 88 Muskat-Ottonel Brut, Hans Pitnauer
  - 87 Rosé Brut, Hans Pitnauer
- ### Süßwein / Sweet wine
- 88 2011 Gelber Muskateller Strohwein "Big Game", Hans Pitnauer

# Manchego Cheese – A Unique Flavor Sensation that Already Has its Own Museum

From March 21, 2014, the well-known Spanish Designation of Origin cheese will have its own museum dedicated to this iconic product



# Mint

long-standing tradition in the region. His cheese factory, which was founded at the same time as the Regulating Council in 1840, is one of the leading producers of artisan Manchego cheese and even produces its own milk. It shares this reverence for tradition with all the other cheese factories under the umbrella of the Designation of Origin.

With a production output of over 26 million pounds of cheese per year and growth of 20% in the last five years, the devotion the Designation of Origin cheese-makers feel for the genuine values of their tradition is quite impressive. This is something that visitors to the first Manchego cheese museum will be able to corroborate at first hand through the guided tours and commented tasting sessions, offering an opportunity to sample this unique product in the region where it is made: the land of the Manchego sheep.

According to Barco, "As an artisan cheese-maker, I'm often saddened by the public's general ignorance about our product". This lack of information is even more evident among international

The former Malpica residence, a 19th century mansion in Manzanares (Ciudad Real, Spain) is to house the world's first museum dedicated exclusively to one of Spain's gastronomic treasures: Manchego cheese. According to Ignacio Barco, the president of the Manchego Cheese Designation of Origin (DO), and the latest generation in a long dynasty of master cheese-makers, "This initiative started out with the aim of safeguarding the tremendous gastronomic and cultural heritage that this cheese represents. We want to make sure that

we never lose the expertise and tradition that make Manchego cheese such a unique and inimitable product. The best way of preserving this heritage is to spread the word so consumers know how to appreciate the real thing and reject any pale imitations."

At the relatively tender age of 34, Ignacio Barco knows what he is talking about. This young man, who describes himself as a "farmer and cheese-maker" and confesses to having been raised from a young lad in the world of Manchego cheese, presides over one of the companies with the most



consumers. “The Americans, who are real lovers of Manchego cheese, are less familiar than Europeans with the Designation of Origin system. For this reason, companies that do not belong

to the DO take advantage of the reputation of Manchego cheese to introduce imitations to the US market which have absolutely nothing to do with the genuine article”.

But how do you differentiate an authentic Manchego cheese from a fake? “It’s very simple”, says Barco. “Every cheese certified by the Regulating Council of the DO Manchego Cheese has a double label. Firstly there’s the identifying label on the outside of the cheese and secondly there’s an exclusive serial number engraved in the cheese itself; these guarantee that each piece is unique. On top of which”, he continues with a broad smile, “it has an unmistakable flavor, of course”.

A characteristic flavor that visitors to the world’s first museum devoted exclusively to Manchego cheese will be able to appreciate, not only within the walls of the former Malpica mansion itself but also outside them, in the local taverns and restaurants. “Much of our regional gastronomy makes a feature of Manchego cheese”, says Barco proudly. Whether it’s as an appetizer as part of the ubiquitous tapas, as a key ingredient of a delicious recipe, or even as a dessert combined with the traditional sweet quince jelly, Manchego cheese never ceases to delight thanks to its countless culinary facets and uses.

“As the new generation of Manchego cheese-makers, we have the obligation to continue communicating and expressing who we are, what we do, the tradition we represent and the flavor of our cheeses, all of which have given us national and international renown. We need to be out there making sure that our legacy will endure”, concludes Barco categorically. And witnessing his conviction and drive, there is no doubt that the future of DO Manchego Cheese is well and truly assured.

[www.themanchegocheese.com](http://www.themanchegocheese.com) ❖



Photo Credit: Bonnie Plants

# Start with Strawberries

Homegrown strawberries are a billion times better tasting than the hard, rarely ripe, flavorless selection in the supermarket.

Strawberries are cold-hardy and adaptable, making them one of the easiest berries to grow. While most fruit trees take several years to begin bearing, you can harvest your own strawberries the very first summer. And even if you live in an apartment or small home, you can grow strawberries in a container on your balcony, rooftop, patio, or even doorstep. If your horizontal space is limited, consider growing strawberries in a hanging basket or stacked planter, which will allow you to take advantage of vertical growing space as the strawberry plants tumble out over the sides.

There are two main kinds of strawberries: “June-bearing” and “Ever-bearing” varieties. June-bearing, bear all at once, usually over a period of about 3 weeks. Because of their earliness, high quality and concentrated fruit set, June-bearers, like “Allstar”, produces high yields of very large, sweet, extra juicy berries in late mid-season, which is usually late spring and early summer, depending on your geographic region. These are the best variety for preserving.

“Ever-bearing” strawberries produce a big crop from spring flowers, set light flushes of fruit through summer, and then bloom and bear again in late summer and fall. Perfect for large containers or raised beds, where you can give them attentive watering and regular feeding.

Bonnie Plants, available at most garden retailers, offers a good selection of ever-bearing strawberries including: “EverSweet”- This variety offers large berries ripening in abundance. Savor a long harvest, with fruits ripening from late spring until frost. “Quinalt” – the most popular variety of ever-bearing strawberry, offers large, soft, deliciously



Photo Credit: Bonnie Plants



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Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants

sweet fruit, ideal for preserves or fresh eating. And new this spring: there's two compact varieties which don't produce many runners, making them both perfectly suited for containers: Tristan- This eye-catching edible ornamental shows unusual pink blooms, which fade to form plump, sweet, medium-size strawberries. Loran: Pretty white blooms fade to form large, deep red, cone-shaped berries on this ever-bearing variety. Fruits burst with sweet flavor. Harvest stretches all season long, with fruits ripening from late spring until frost.

**Timely Tips to ensure strawberry success:**

\* When planting strawberries, be sure the crown is above soil level and the upper most roots are 1/4 inch beneath soil level, buried crowns rot and exposed roots dry out. Strawberry plants should be placed approximately 14 to 18 inches apart from each other



Photo Credit: Bonnie Plants

in neat rows that are separated by 2-3 feet each. Let runners fill in until plants are 7-10 inches apart.

- \* Use mulch to keep berries clean, conserve moisture and control weeds.
- \* If you want to keep it simple, plant strawberries in a container. Just remember that container plantings need much more water than in-ground plantings, usually once a day; and if it's hot, twice. Strawberry pots are the obvious, best container choice for growing strawberries. You can fit several plants in one pot; just make sure whatever type of garden pot you use has good drainage. Strawberries have a relatively small root ball and can be grown in containers as small as 10-12 inches in diameter and 8 inches deep. However, the smaller the container, the more frequently you will need to water. Synthetic and light colored pots will keep the roots cooler than dark colors and natural materials that conduct heat.

\* Strawberries like well drained fairly

rich soil, so be sure to add compost or other organic matter when preparing the pot or patch.

- \* They need full sun, 6-8 hours per day, and frequent, deep soakings. They will grow in all zones and should be fed twice a year -- when growth begins and after the first crop. You'll need to feed them with a plant food like Bonnie Plant Food, this herb and vegetable food has nutrients and growth stimulants that your strawberry plants will love.
- \* Control slugs and snails by hand-picking them off plants and prevent theft from birds by covering your patch with netting as the first berries ripen.

Strawberries are one of the easiest and most delicious home garden fruits to grow. Try growing them with kids, plants produce fruit throughout the summer and children will love to pluck them right off the plant, wash and eat! If your kids have yet to plant and care for a fruit or vegetable, strawberries are

a perfect choice for their first gardening experience. Kick off this gardening season – with your kids – and get growing strawberries!

For more info on growing strawberries as well as vegetables and herbs visit [www.bonnieplants.com](http://www.bonnieplants.com) ❖

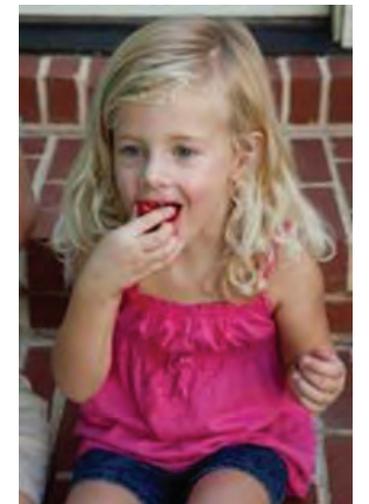


Photo Credit: Bonnie Plants

# Old-Fashioned Strawberry Shortcake

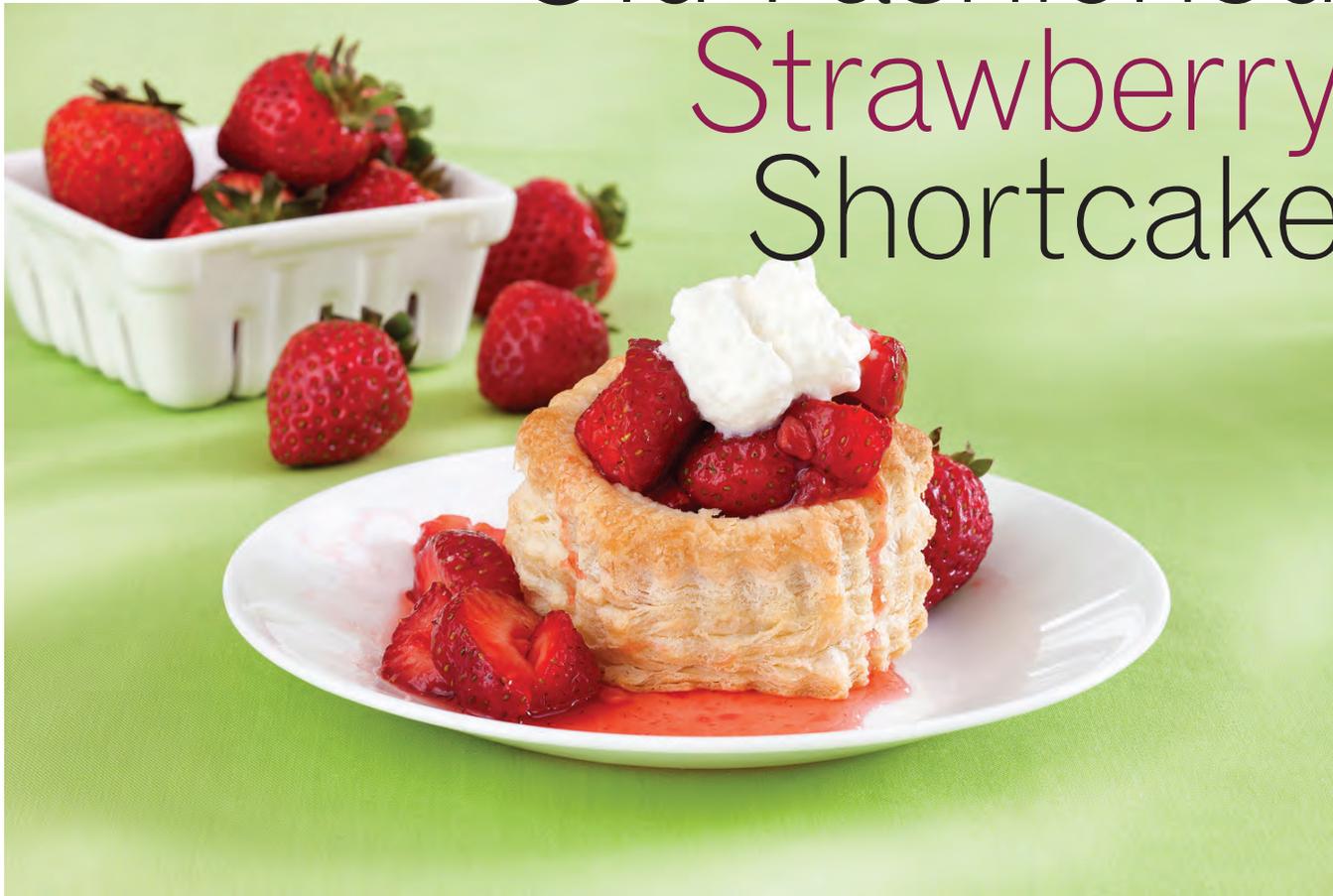


Photo Credit: Bonnie Plants

Servings: 8 to 16 servings

## Ingredients

8 cups of sliced strawberries  
(40–50 large berries)  
1 8-count package of buttermilk  
biscuits  
2 cups heavy cream for whipping  
1/2 cup sugar  
1 teaspoon vanilla extract, optional

## Instructions

Slice 7 cups of strawberries. Mash re-

maining 1 cup of strawberries to make juice. Combine all the strawberries with the sugar, and stir until the sugar dissolves. Let the mixture sit for about 30 minutes until it becomes syrupy.

Pour cold whipping cream into a bowl, add vanilla, and whip until it forms soft peaks. Refrigerate until ready to use.

Bake biscuits according to package directions.

Halve the biscuits. For fewer, larger servings, spoon strawberry mixture

over one half, top with whipped cream, then top with the other biscuit half. For more, smaller servings, spoon strawberries and whipped cream over each biscuit half.

Tip: If you're making this strawberry shortcake recipe for a crowd, prepare the strawberries and whip the cream the day before, and keep cold in the refrigerator. Bake the biscuits just before serving. ❖

# Turn Your 'Victory Garden' Into a 'Vitamin Garden' with No-Fail, High-Nutrition Veggies and Herbs



Photo Credit: Bonnie Plants

It's a well-known fact that few Americans actually get the recommended daily dose of vitamins. Many turn to over-the-counter supplements to fill in nutritional gaps. But wouldn't it be better – not to mention tastier – to get needed nutrients from what you eat? This season, why not turn your vegetable and herb garden into a "vitamin garden?"

Fortunately, many vitamin-packed vegetables and herbs are easy to grow. Hardy, bountiful varieties like those from Bonnie Plants make it even easier to claim vitamin victory in your veggie garden. Studies show that gardeners tend to eat more fruits and vegetables than non-gardeners, and nothing beats the flavor and freshness of home-grown veggies, fruits and herbs. In addition to the many health benefits gardening delivers, such as gentle exercise, fresh air and sunshine, growing your own vegetables can help ensure you meet vitamin requirements.

While gardening is great exercise, starting a garden is actually an easy task. With just an hour a day, you can start a small backyard garden, or even grow your own vegetables in pots. Just start with transplants, instead of seed, they'll save time, effort, and provide you with an earlier harvest – choose a sunny spot with good drainage, and make sure the soil is in shape to receive plants, by soil-kit testing, and amending when necessary. Feed your food plants, water regularly and don't forget to patrol for pests.

Ready for your garden? Try these gardener-friendly, high-powered vegetables and herbs that can ensure your diet is full of flavorful, vitamin-rich foods:

#### Herbs

\* **Basil** – Low in calories and cholesterol-free, basil is a rich source of many essential nutrients, minerals, and vitamins. It contains exceptionally high levels of beta-carotene and vitamin A.

\* **Oregano** – High in anti-oxidants, oregano has both antibacterial and antifungal properties.



Photo Credit: Bonnie Plants

\* **Rosemary** – Another antioxidant herb, rosemary is used to fight inflammation. It's a good source of vitamin A, thiamin and magnesium.

#### Veggies

\* **Bonnie Spinach** – Spinach contains more than half the recommended daily value of vitamin A and is high in vitamins C, K, E, folate, manga-

nese, magnesium, iron and potassium. Naturally low in calories, spinach grows well in spring, summer and fall, producing high yields of large, nutrient-rich leaves.

\* **Tomatoes** – Considered a super food, tomatoes deliver high doses of vitamins C, A, K and B6, and minerals such as potassium and lycopene. Hugely versatile, they're a great ingredient in a variety of culinary



Photo Credit: Bonnie Plants



Photo Credit: Bonnie Plants

styles, or equally yummy eaten on their own. Bonnie Plants has a range of new, easy-to-grow tomato varieties for 2014, including the Biltmore (which ripens a large amount of fruit all at once), and the San Marzano,

producing high yields and keeps producing right up until first frost. Check out the "Tomato Chooser" tool on Bonnie Plants' website to make it easy to find the variety you want. Select traits you're seeking and the tool

will list the varieties that match!

\* **Peppers** – Another versatile veggie available in a wealth of varieties, peppers deliver fiber, folate, manganese, potassium, copper and vitamins A, C, K and B6. Many types, such as Bonnie Green Bell peppers, are very easy to grow, and others, like the Giant Marconi, deliver high yield and produce early in the season.

\* **Squash** – Popular and prolific varieties like zucchini and yellow squash require minimal care to produce hefty harvests. Green zucchini deliver vitamins C, K and B6, as well as folate, manganese and potassium. Yellow squash – either crookneck or straight neck – are easy to grow, early to mature and particularly high in vitamin C.

And what's the one vitamin every single veggie and herb in your garden delivers? You can count vitamin D – the true "sunshine vitamin" among the nutritional benefits of vegetables, herbs and gardening. While you're outside working in the garden, your body is turning all that sunlight into much-needed vitamin D.

Added to the vitamin value of veggies and herbs are the exercise and relaxation that derive from gardening. This summer, why not focus on growing your vitamins rather than getting them from a bottle? They'll taste better than anything that comes from the pharmacy, plus you'll reap health, wellness, and the many mental and physical benefits of gardening. ❀

For more information on varieties, how-to's, trouble shooting and even recipes, visit [www.bonnieplants.com](http://www.bonnieplants.com)

# WHO WE ARE

The American Institute of Wine & Food® is a 501(c)(3) non-profit organization and public charity founded on the premise that gastronomy is essential to the quality of human existence. The AIWF was established in 1981 by the late Robert Mondavi, the late Julia Child, the late Richard Graff and others to provide a forum for the study and enjoyment of gastronomy.

The AIWF is dedicated to promoting health and well-being through the enjoyment of good food and drink and fellowship that comes from dining together around the table. The American Institute of Wine & Food® is one of the few national organizations with the unique combination of dedicated wine and food enthusiasts and professionals. Wine and food enthusiasts get to meet and learn from renowned chefs, winemakers, authors, culinary historians, and food producers, while industry professionals have the opportunity to know and understand their core consumers.

The AIWF grants culinary scholarships to aspiring students and AIWF's signature program Days of Taste® program, which reaches out to thousands of children each year. Our focus and main objectives are to build a food and nutrition vocabulary, understand that locally grown ingredients are the freshest, and gain the experience to contrast flavors and develop taste memories.

Today, the organization has 15 chapters with over 3,000 members in the United States. Membership is open to all, as our organization offers something for everyone. We have a strong core of values, offer innovative programs, member benefits, and unique local events. AIWF is the resource for anyone who loves to enjoy great cuisine.

*We cordially invite you to join us!*



To learn more about The American Institute of Wine & Food® or to join our Organization, please visit [www.aiwf.org](http://www.aiwf.org)

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