

# Nancy's Page

Could it be that spring is just around the corner? The trees are beginning to blossom, and we are starting to see spring flowers including our California poppies. After record rainfall, the Santa Ynez River is out to its banks, Cachuma Lake is full, and the Santa Ynez Valley is incredibly green and lush. Days are cool and, as the rain continues, the Nojoqui Falls are magnificent. These Falls are in Nojoqui Park, just outside of Solvang, and worth a visit any time of year!

The **2002 Mourvedre**, an excellent southern Rhone variety, can be enjoyed with a wide array of food. This medium bodied wine is rich, silky and loaded with fruit forward character reminiscent of pitted or stone fruits. I pick up all kinds of apricot flavors probably because my grandmother had an apricot tree so the aromas of apricot cobbler, jam, pie, etc. are firmly embedded in my memory bank of senses. This wine can be used with entrées as well as appetizers.

**Nebbiolo** is arguably Italy's finest grape. The name **Nebbiolo** is derived from "nebbia" which is Italian for fog. **Nebbiolo** has been around a long time. Pliny the Elder referred to it as early as 97 B.C. Records of actual cultivation and production of **Nebbiolo**-based wine goes back as far as the 1250's. In Italy the Nebbiolo grapes are primarily grown in the Piedmont where the wines (made from the Nebbiolo grape) are named for their principal villages: Barolo, Barbaresco, Ghemme and Gattinara.

## NEBBIOLO

### Flavors & Aromas

Black Cherry  
Chocolate  
Raspberry  
Spice  
Violets

### Main Ingredients

Hearty Meats  
Stews, Ragout  
Chicken  
Pasta  
Salmon

### Bridge Ingredients

Tomato Sauces  
Wild mushrooms  
Cheese  
Salami, Proscuitto  
Truffles

This Cal-Ital (California grown Italian varietals) wine pairs extremely well with hearty food especially Chicken Cacciatore that I included in my Menu. Another one of my favorite entrees for **Nebbiolo** is the Piedmont's classic pot roast Stracotto di Manzo. You might want to try it as well.

## *UPCOMING EVENTS*

You know I like to keep you informed of events we participate in so here's notice on our very fun **Barrel Tasting & BBQ (Note the date change from May back to April)**. This event is just for you and your friends. It does sell out so mark your calendar to call us for reservations...the sooner the better. You're not charged until two weeks before the date. Hope to see you at any or all of these events!

April 8 - **Barrel Tasting & BBQ** - Flyer enclosed

April 9 - **Santa Barbara County Vintners Festival**

May 14 - **Picnic at the Lake** - Flyer enclosed May 14 - **Picnic at the Lake** - Flyer enclosed

July 2 - **Stars, Stripes and Syrah (Passport Event)** - Flyer to follow

02/05-03/05

# Nancy's Menu

## *A WINE SOCIETY DINNER*

### *Appetizer*

CREAM OF VEGETABLE SOUP

**Arthur Earl Mourvedre**

### *Entrée*

CHICKEN CACCIATORE

FETTUCCHINI OR PARMESAN MASHED POTATOES

**Arthur Earl Nebbiolo**

### *Dessert*

CARAMELIZED BANANAS AND VANILLA CREAM IN PHYLLO CUPS

**Arthur Earl Moscato**

## ***CARAMELIZED BANANAS AND VANILLA CREAM IN PHYLLO CUPS***

CUPS: 9 phyllo pastry sheets stacked and halved crosswise, forming eighteen 8½x13 rectangles

½ cup (1 stick) unsalted butter, melted

8 tablespoons sugar, approximately

Preheat oven to 350 degrees. Generously butter every other cup in 12-cup muffin pan. Place 1 phyllo rectangle on work surface; cover remaining phyllo with damp cloth to prevent drying. Brush rectangle with melted butter, sprinkle with ½ tablespoon sugar. Place second phyllo rectangle atop first, brush with butter and sprinkle with ½ tablespoon sugar. Repeat 3 more times; top with 1 more rectangle and brush with butter. Using a small sharp knife and a 6 inch diameter plate as a guide, cut out two 6 inch round stacks. Press each stack into 1 buttered muffin cup. Repeat entire procedure 2 more times for 6 phyllo cups. Bake cups until golden and crisp, about 15 minutes. Carefully lift cups, twisting slightly to loosen; place on rack and cool completely. (Can be made 2 days ahead. Store airtight at room temperature.)

CREAM: ½ cup cream

3½ tablespoons cornstarch

2 cups whole milk

4 large egg yolks

½ vanilla bean, split lengthwise

3 large firm but ripe bananas, peeled, sliced

thinly on the diagonal

Additional sugar

Chocolate sorbet

Whisk ½ cup sugar and cornstarch in heavy medium saucepan to blend. Gradually whisk in milk, then yolks. Scrape in seeds from vanilla bean; add bean. Whisk over medium heat until pastry cream thickens and boils, about 6 minutes. Strain pastry cream into small bowl; press plastic wrap directly onto surface. Chill until cold, at least 3 hours and up to 2 days. Preheat broiler. Place phyllo cups on small baking sheet. Spoon 1/3 pastry cream into each cup. Overlap 5 or 6 banana slices atop pastry cream in each cup. Sprinkle bananas with additional sugar. Broil pastries until sugar topping caramelized, turning sheet for even browning, about 2 minutes. Transfer cups to plates. Scoop sorbet alongside. 2/05-3/05