

the Boffins newsletter

AMUSE-BOUCHE



BOFFINS
PUBLIC HOUSE

November 2016 | *Fungi é Finocchio*



WINE PREMIERE

THURSDAY, NOVEMBER 10 AT 7PM
WINE, SPIRITS AND SPREADS
\$40 REGISTER AT BOFFINS.CA

Talk the Talk and Walk the Walk at the Boffins Wine Premiere

A HANDY-DANDY GUIDE FOR THE WINE CONNOISSEUR OR THE AFICIONADO-IN-TRAINING

WINE CHARACTERISTICS

One of the first things to learn before you talk the talk, is to start walking the walk – and that involves some concept education.

Weight

The weight of the wine must match the weight of the food.

Flavour

Wine flavours may echo the flavours of food, or contrast the flavours of food.

Acidity

Acidity counterbalances sweetness and fat. Acidity will cleanse the palate when paired with dishes high in fat, sweetness or salt.

Quality and Complexity

Complex wines pair well with simple foods and simple wines with complex foods.

Regions

Classical regional pairings work – pair typical foods from a region with typical wines from the same region.

WINE "RULES"

In order to keep walking, we need to understand some of the wine "rules of thumb". These will help us keep one foot in front of the other as we pair up our wines with foods.

Alcohol Accentuates Heat

Serve low alcohol wines with spicy foods.

Sweetness Accentuates Acidity

Serve dry whites with acidic salads.

Sweetness Reduces Perceptions of Sweetness

The sweetness of a wine must be at least as sweet as the food.

Fat and Protein Reduce the Perception of Tannins

Pair fatty foods with tannic wines.

Salt Reduces the Perception of Tannins Too

Processed meats pair well with tannic wines – assuming you want to lessen the potency of the tannins.

Sweet and Spicy

Hot and spicy dishes pair well with sweet white wines.

Strength

Strongly flavoured food pairs well with stronger, bolder wines.

Boffins Wine Premiere on Thursday, November 10

Never been? Want to know what the heck happens? Well, let's indulge. Basically, you take people, wine vendors, local spirits vendors, finger foods and put them all in a classy establishment like Boffins Public House and you let the frivolity roll. It's a night of tasting, educating and conversation. Confirm your attendance at boffins.ca.

WINE VOCABULARY

Now that you are walking the walk, it is time to literally talk the talk. Check out this list of terms to help you have a high-brow conversation about wine.

Astringent

Rasping, dry taste of young, immature tannins – caused by high levels of tannins.

Acidic

When acid dominates the wine – the more acidic, the more sharp.

Acidity

The mouth-watering sensation.

Body

The weight of the wine – determines “mouth feel” (light, medium, full) and alcohol strength.

Corked

Wine that has been spoiled by a tainted cork – caused by a chemical response.

Crisp

Lively acidity and freshness, sometimes citrus in nature.

Dried out

Little fruit flavour, mostly tannic, oaky and acidic.

Elegant

Well balanced – fruit flavours, tannins, and alcohol level are in harmony.

Flabby

Lacks acid and the “lift” that acid brings.

Flint

The smell of struck flint, minerals.

Green

Wine from unripe grapes – might be overly acidic and grassy / stalky.

Length

The duration of flavours on palate – short, medium, long.

Musty

Off odours / flavour caused by rotten grapes, dirty barrels or cork taint.

Oaky

Flavours / aromas of cedar, sandalwood, dark toast, vanilla or coconut.

Oxidized

Wine that has been exposed to oxygen – affects colour and smells like bruised fruit.

Smoky

A smoke smell associated with certain grapes (i.e. Pinot Noir, Chardonnay).

Soft

Mellow, well rounded, mature tannins with low acidity.

Spicy

A bouquet of spices often found in Gewürztraminer and Muscat.

Sweetness

The perception of residual sugar.

Tannin

A compound found in grapes and wood barrels that leads to the drying sensation in the mouth and bitter taste.

Well-Balanced

The ultimate compliment – a good balance of flavour, acid, alcohol, oak, tannin and sugar.

Yeasty

The smell of yeast or fresh bread (eg. Champagne).

Recipe

Coq au Vin

INGREDIENTS

3 each	Whole Chickens {cut into pieces}
1 lb.	Mirepoix {onions, carrots, celery, garlic}
2 oz.	Oil
2 oz.	Tomato Paste
3 oz.	Red Wine
1	Spice Bag {salt, pepper, herbs}
5 oz.	White Mushrooms {cooked}
5 oz.	Bacon {cooked and diced}
5 oz.	Pearl Onions {cooked}

METHOD

1. Measure all ingredients.
2. Season chicken pieces with salt and pepper, dip in flour and then brown in a hot sauté pan with oil.
3. Remove chicken from pan and add mirepoix. Roast it.
4. Add tomato paste and deglaze with red wine. Repeat deglazing a few times to get a nice colour.
5. Dust the liquid with flour. Top up the liquid with a brown or white stock.
6. Add chicken into the liquid, making sure it is just barely covered. Add the spice bag.
7. Cook the chicken until tender.
8. Once the chicken is tender, remove it from the sauce, keeping it warm.
9. Reduce the sauce, checking for consistency and taste. Strain the sauce.
10. Put the chicken back inside the sauce, bring to a boil and keep warm.
11. Garnish with the cooked mushrooms, diced bacon and pearl onions.

IN VINO

veritas

Thursday, November 17

6 pm to 9 pm

\$60 per person

Register at boffins.ca

Don't stop here!
We have an aroma wheel
on the back page.

Send your Boffins Public House recipe requests to amuse-bouche@boffins.ca

The Wine Aroma Wheel

A HELPFUL TOOL TO HELP YOU COMMUNICATE THE INTRICACIES OF WINE AROMAS

The Wine Aroma Wheel from (winearomawheel.com) allows users to communicate their insights about the wine they are sampling whether they are inexperienced wine drinkers (aka aficionados -in-training) or full-on connoisseurs. The inexperienced may not have the words to describe what they smell, or their senses may not be quite in tune as of yet. For these drinkers, the middle of the wheel is where you want to start – with general terms. As your sense develops or your wine comparison ability develops through near copious amounts of consumption, you can work your way to the more specific terms on the outer ring. Essentially, this wheel helps wine drinkers find the words or find a common language. Although the list is not 100% inclusive, it does represent the most common aromas.

