

# U3A ST AUSTELL WINE APPRECIATION GROUP

## AUGUST 2022 NEWSLETTER



Welcome Wine group members

I remember when I took on the role of Group Leader for a new u3a Wine Group back in 2019, not knowing how many would be interested, and what was expected. I looked at other u3a Wine Groups in the area who generally seemed to meet at each other's homes once a month, where the host chose wines to taste. This was all well and good but I wanted "more" for our group and so looked outside to see who or what was available to us to make tastings more interesting, and then it became apparent as our numbers grew that meeting in homes was just not feasible in any case. Luckily for us the Arts Centre was available and could accommodate our numbers (currently 47 even after a "cull") and the rest as they say, is history!

I am always heartened therefore, to receive a good response to our wine events which makes all the planning and preparation more than worthwhile, and July's numbers reached absolute maximum for comfort in the Arts Centre room, testament to both the fabulous event and your commitment as members. Every one of you is a great addition to our Wine Group, so thank you.

### **A review of July's Wine & Food Pairing**

WOW WOW WOW! What a simply superb evening, held in a room we hardly recognised once the "fairies" had decorated, festooned with flowers and laid tables as though in a top class restaurant which resulted in a wonderful atmosphere on arrival.



It was such a pleasure to attend an event that someone else had organised, and this excellent evening of Wine and Food Pairing run by Pippa and David Boardman totally exceeded anything we have encountered in our Wine Group over the years we have been in existence.



We were given 5 small plates of exquisite food, so well thought out, cooked to perfection by Pippa and presented, with accompanying wines which had been paired as either “contrast” or “congruent” wines. David talked us through the choice of wines to match each course with prices, which he had managed to acquire mainly through Waitrose, and all with hefty discounts.



In brief we enjoyed:

Skewers of Sapo de Piel melon & Parma ham assembled by Jenny Skipp, accompanied by a Cremant de Loire (Prince Alexandre) List price £12.99, (£9.74 discounted price)

Spinach and Salmon Roulade with a Gruner Veltliner (Domaine Huber)  
£10.79 (£8.09)

Peppered Beef Fillet accompanied by stilton, croutons and leaf salad with a port dressing, with an Amarone della Volpolicella (Tesco) £16.00 (£12)

Cheeses: Manchego and Vintage Cheddar, with Membrillo, grapes and table biscuits, with a Rioja (Club Privado Reserva) £12.99 (£9.74)

Dessert made by Nicky Tombs was a rich Chocolate Mousse, decorated with cream and a chocolate button and served with a delightful Pedro Ximenez £9.99 (£7.49)

We received so many lovely comments from attendees about how wonderful the evening was, how professional everything looked, how delicious and well presented the food was and how interesting the choice of wines were, and what great value the evening was.



David and Pippa - a huge, heartfelt thanks from one and all in the Wine Group, an extremely hard act to follow and you totally smashed it!! Thanks too to everyone else who helped with setting up the room, washing up and clearing away tables and chairs.

***Perhaps other brave members could start planning a similar event for next year??*** There are many talented cooks/chefs amongst us, and perhaps a group of members could look at producing one course each. If the wine choice is difficult, I am happy to do that for you, but it only takes research to find out what wines would pair with your food.....Let me know if you and/or a group of you could look at this, your choice of when.

Meanwhile, here is the recipe Pippa used for the roulade – (for the quantity required she used 500g spinach and 5 eggs) - which many of you have requested.

## Smoked salmon, spinach and cream cheese roulade



makes 25-30 slices

### Ingredients

- For the roulade:
- 300g frozen spinach
- 3 eggs, separated
- 1 tsp salt
- ½ tsp freshly ground black pepper
- ¼ tsp grated nutmeg
- 1tbsp butter
- For the filling:
- 200g cream cheese
- 200g smoked salmon
- 2tbsp finely chopped chives
- grated zest and juice of a lemon
- salt and pepper

### Method

1. Preheat the oven to 200C, Gas 5.
2. Melt the butter in a pan or microwave.
3. Line a 35x25cm baking tray with baking parchment or foil lined baking parchment (I find the latter works best).
4. Push the lining into the corners of the tray so there is an even depth for the filling to go in to.
5. Brush the lining generously with melted butter – this is an essential step as the spinach roulade can stick very easily.
6. Place the frozen spinach in a wide pan on a low heat, put the lid on the pan and leave for 5 mins so the spinach defrosts.
7. Take the lid off the pan and turn the heat up to medium.
8. Cook for at least 10 mins or until all the excess liquid is boiled off.
9. Take off the heat and allow to cool.
10. Place the spinach, egg yolks, salt, pepper and nutmeg in a food processor and blend until smooth.
11. Whisk the egg whites to a soft peak and then whisk in the spinach mixture (whisking in gives a much more even finish than folding in).
12. Pour into the lined baking tray and smooth over.
13. Bake in the oven for 10-12 mins, or until set.
14. Allow to cool a little on a wire rack.
15. Slide the lining out of the tray and place the wire rack on top of the roulade.
16. Quickly tip it upside down, and then peel the lining away from the roulade very gently.
17. Mix all the filling ingredients together, except the smoked salmon and season to taste.
18. Cut the roulade into two halves, 17½cmx12½cm.

19. Place one half on a large piece of cling film, making sure the side that has any wire rack marks on it is facing you.
20. Spread half the cream cheese mixture onto the roulade; line it with 100g of smoked salmon.
21. Carefully roll it up tightly, using the cling film to help you roll and wrap it up at the same time.
22. When it is rolled up, twist the ends of the cling film to make a "cracker" shape.
23. Repeat with the other half of the roulade.
24. Leave in the fridge for at least a couple of hours to set.
25. When you need to use it, carefully take off the cling film.
26. You may find it's a bit damp, if it is, carefully roll some kitchen roll around it to dry it off a little.
27. Cut thinly with a very sharp knife and present on a large plate or platter.

**Forthcoming Events:** finally I can now confirm the rest of the year

- **NOW FULL - 11<sup>th</sup> August "A tour around France" wine tasting with Le Mistral Wine Company.**

Timing : 5.55pm latest depart Arts Centre, 6.05pm depart Penrice. The same route on return, with first drop at Penrice then onto the Arts Centre. Please bring £1 cash tip for the driver. For those making their own way, we shall see you in the Social Club, Fore Street, Lostwithiel for 6.30pm start, carriages at 9.30pm.

- **15<sup>th</sup> September Members' own Tasting**, Arts Centre 6.30pm Cost £14.00pp to include £1 room fee

After my last newsletter I had quite a few offers of presenters for September's tasting, including our two new group members Chris (Christine) and Chris (Christopher) Wright, a brave step indeed, well done! A big thank you very much to the others who also volunteered, see below.

This should be a great evening with 5 wines to be presented and tasted, some will be tasted "blind" and includes a quite unusual red dessert wine.

Chris & Karen Scott     1 white wine

Chris & Chris Wright     2 organic reds (blind tasting)

Janet Harvey             1 Dessert White Wine (blind tasting)

Chris Crane                1 Dessert Red Wine

**To book use reference xxxxWGSEPT**

- **October 20<sup>th</sup> Old Chapel Cellars, Truro - Argentinian Wine Tasting**  
Start 6.30pm Depart again 9.30pm **Cost £25 pp** to include 5 wines with accompanying nibbles. Transport cost to Truro tbc. ***Maximum OCC can accommodate is 22.***

This tasting at Old Chapel Cellars premises, will look at different wine regions in Argentina, organic/non-organic, variations in grape varieties and even some grapes/styles you may not have tried before. All in all a good mix of Argentinian styles with two white varietals and then three reds.

**To pay quote your membership number xxxxWGOCT**

- **17 November Ellis Wharton Wines presents “Wine for Christmas” at their Indian Queens shop, to include cheeses, nibbles and breads etc £25 per head.** Arrival there 6.30pm departure again 9.30pm. Transport will be arranged, cost TBA.

If the last tasting at EWW is anything to go by, this should be another very enjoyable evening with the opportunity for wine inspiration and to purchase your Christmas tipples.

**To book quote your reference xxxxWGNov**

- **15 December Christmas Social Evening, Arts Centre from 6.30pm**  
**Cost pp tba.**

Usual form, everyone to bring a sharing platter of Christmas food, Wine Group will purchase wines to include a fizz, whites, reds, Madeira or Port and Dessert wine.

Last year we enjoyed a Christmas Poem from David Hooper, and it would be great if others could sing carols or something similar, just to set the scene.

As with all bookings for our events, please let me know once you have paid so that I can keep track of numbers especially where transport is required. Once we have confirmed numbers to the venue, or purchased our in-house wines, the cost of wines and food is committed and therefore we cannot unfortunately offer refunds.

**PLEASE NOTE THAT FOR ANY PAYMENTS TO THE WINE GROUP ACCOUNT PAY INTO ACCOUNT NO 23132587 “Wine Community”**



## **Supermarket/Wine Society Wine recommendations**

Supermarkets continue to offer their 25% off 6 bottles or more from time to time, so I suggest you Google this to see when the next offer from your chosen supermarket is due. There will most definitely be one prior to Christmas, but may squeeze another in beforehand.

### **Louis Vertay, Brut Champagne, France. £18 M&S 12.5%**

Crisp, red apple with richness from full malolactic fermentation and nougat like notes. A good champagne for this price.

### **Grove Mill Chardonnay, Marlborough NZ 2020 14% £9.95 The Wine Society**

Good price for a NZ Chardonnay of this quality. The wine has spent 11 months in French Oak, 15% in new. Buttery with a good roundness and a touch of lemon acidity.

### **Domaine Zafeirakis, Malagousia, Thessaly, Greece 2021 13%, Waitrose £12.99**

New to Waitrose, this organic Malagousia is peachy and citrusy with hints of white flowers and a strong finish. A good match for fuller flavoured chicken or fish dishes.

### **M&S Found Zweigelt, Niederosterreich, Austria 2021 13%, £8.50**

Aromas of Morello cherry and raspberry. A really juicy wine, with flavours of crushed raspberries, light and easy going. Good as a summer red.

### **Porcupine Ridge, Cabernet Sauvignon, Coastal Region, South Africa 2020, 14% £7.50 Tesco**

Good value supermarket band is made by the famous Boekenhoutskloof estate. Aged in French oak for nine months, this gives flavours of dark currant and plum fruits, with a hint of mocha. Good party or BBQ wine.

**Morrison's, The Best Valpolicella Ripasso, Veneto, Italy 2019 13.5%  
£9.75**

Smoky red plum and red berries with a touch of herbal perfume. Flavours of sweet dark fruits, tea and cocoa with a refreshing acidity.

Enjoy your August everyone,

Regards

Amanda