

# U3A ST AUSTELL WINE APPRECIATION GROUP

## FEBRUARY 2023 NEWSLETTER



Dear Wine Group Members

Hopefully for any members who did “Dry January”, you can now relax and enjoy a glass or two and get back into the swing of the Wine Group. Meanwhile, the anticipated bottles sales of Champagne during 2022 was a staggering 331million – and as demand is soaring, Champagne prompted producers to reduce sales amid fears of a Valentine’s Day shortage! So enjoy your Champagne on the 14<sup>th</sup> and feel lucky to have a bottle.

I look forward to seeing many members at the **Polgooth Inn “Call my Bluff”** wine tasting on the 2<sup>nd</sup>, I believe 17 of us have booked for this event which I am sure will be a fun and interesting evening.

**Reminder: February 10<sup>th</sup> 6.45pm Arts Centre, Kelly Andre, The Bimbling Barrel, “Unusual wines”**

Don't forget your tasting glasses for our first event of the year which is now on a Friday evening, starting at 6.45pm to allow set up after the previous occupants of the room! Really excited to have The Bimbling Barrel a new company for us, who were found by Andrew & Christine Johnson and I am very much looking forward to the evening and seeing all of you who have booked on the night.

**Forthcoming events:**

I have been working to try and find some new “wine associated people” to come to our group for this year, and so I hope you look forward to the forthcoming months. I am also really pleased that a few members have put themselves forward to either run an evening, or be a major player(s). Additionally old favourites such as The Garden Party and our faithful Old Chapel Cellars and Ellis Wharton who never fail us, remain on the programme for the year. Lots I hope, to look forward to again.

**March 17th 2023: Derek Crookes from Kernowine, Falmouth, “Wines of New Zealand”. 6.45pm Arts Centre.**

5 wines with usual bread and cheeses, **Cost £24pp**

Another newcomer to our Wine Group, Kernowine a shop, bar and wine school based in Falmouth who “guarantee you'll be able to discover new flavours and broaden your “vinous” experience. Education is vitally important in the world of wine, and we want people to be confident about buying wine wherever they are. You'll always get friendly, instructive advice”. Should be a very interesting event especially as we haven't really covered New Zealand wines before, and they offer some exceptional wines.

**Pay by Feb 20 ref xxxxWGMAR23**

**April 21, Carol Avery presents “A trip through Italy” at Pentewan Sailing Club** (opposite the Ship Inn, other side of the water) **6.45 for 7pm start**, finish at 9pm. Suggest taxis, drop off by Ship Inn and cross over to the Sailing Club (NB some uneven terrain). Pale blue building in a compound, walk from Ship Inn 150m to the headland where there is a disabled friendly slope to enter the Club House.

Take your own glasses. **MAXIMUM NUMBER 24. Cost £20pp**

Carol is back again by popular request and will lead us on a wine exploration. Starting with the Prosecco Road we will taste and evaluate 5 Italian wines (White and Red and probably a dessert) on our brief tour. No need to pack a bag but bring a tasting glass. Flutes for take-off will be provided! As there is no provision for food, we are taking our own and Shirley has most kindly offered to provide cheese and breads/biscuits hopefully with an Italian theme.

**Pay by March 20 ref xxxxWGAPR23**

**May 19 at the Arts Centre, Wine Tasting Quiz Night by Christine and Andrew Johnson.** Arrival 6.45pm depart 9.30pm. **Cost £16pp** to include room fee and food.

After the huge success last year, another chance to enjoy a great evening of fun, testing your general wine knowledge, whilst tasting wines eating cheese and trying to win a spot prize. Christine and Andrew came up with a varied and interesting quiz all about aspects of wine, injected with a lot of humour!

**A Volunteer** to provide the food please (all costs reimbursed) and as Chris and I will be away, a couple of kind members to arrive at 6.20pm to set up tables and chairs. Please let me know if you can do any of this, many thanks.

**Pay by April 22, ref xxxxWGMAY23**

**Sunday 11 June, Annual Garden Party** - I am, as ever, delighted to confirm the date for our now **annual Garden Party at Karen & Chris home** from midday onwards. **NO COST** (nb date change)

Bring a platter of sharing food and a bottle or two of wine, hopefully enjoy some music if we can persuade the Barker Street Band to play, get to know fellow members and generally while away the afternoon in a beautiful garden. We will try and plan the food so that we have as much variety as possible, including vegetarian platters.

**July 28 Food and Wine Pairing, Arts Centre** - I am so pleased to announce that this time Vicki and Terry Howard are cooking Paella in their enormous pans for us. This is intended to be a more relaxed evening, not fine dining, but we will still enjoy delicious food matched with wines.

**u3a Wine Group “An Evening of Spanish Food & Wines”, a relaxed evening (max 28 people) with Vicki and Terry Howard** Arrival 6.45pm to

sit at 7.15pm, Paella to be served 8pm . **4 Course Spanish menu (Tapas, Paella, Cheeses, Dessert with wines & Spanish Cava on arrival)**

Paella will consist chicken and chorizo, with added prawns. A vegetarian "section" will be created. Unsuitable for shellfish allergies in case of liquid leakage. **Cost £18pp to include £1 room fee**

To make this evening memorable, a few Volunteers are needed please to cook some tapas, help lay up the room, or serve wines. Please let me know if you are willing to help make this event a wonderful occasion and I will put you in touch with Vicki.

**Pay by June 20<sup>th</sup>. Ref xxxxWGJUL23** (likely to be very popular, limited to 28 on a first come first served basis)

**Daytime: August 11 2023, Bosue Vineyard, St Ewe, Tour & Tasting, £15pp** - I suggest taxi sharing as it is so local. **Arrival 11am** suggest taxis again at 2.30/3pm but we are welcome to linger longer especially on a nice day.

Bosue is a small family run local vineyard, growing Cornish grapes and making award winning white, sparkling and rose wines and brandy. The first vines were planted in 1996 as a trial plot with further planting in 1999, 2004 and 2005. They now have 3000 vines of modern grape varieties.

We were due to visit when lockdown hit so had to cancel, and although Bosue no longer offer public wine tours and tastings, they are happy to do so for our Group. In brief we would have a tour, onto the winery for a tasting of their white wines, sparklings, a rose and for the brave their Brandy!! As they are no longer able to offer any food, we can take our own picnic (wet weather contingency in place) to eat during or after the tasting. **Numbers will be restricted to 20.**

**Pay by July 11, ref xxxxWGAUG23**

**September 15 2023, at Arts Centre, Wadebridge Wines present, Wines of the Loire Valley. £23pp** to include room fee and food. **6.45pm start**

Another case of Covid cancelling this event I was so looking forward to, as after speaking many times with Sebastien and hearing his enthusiasm (as well as gorgeous French accent!) he certainly knows his stuff. So I am excited to announce this event when we will taste at least 5 wines of the Loire Valley.

**Pay by August 10, ref xxxxWGSEPT23**

**October & November** will see another visit to Old Chapel Cellars and Ellis Wharton Wines – topics and actual dates to be confirmed yet.

Exact detail and costs for each event will always be confirmed in the previous 2 month's newsletter to give time for you to pay and for us to pay the supplier, always in advance often up to a month prior. For the events with restricted numbers, I suggest you pay soonest if you are interested. For all bookings please let me know once paid – this is important for me to keep a tally of numbers, especially where they are restricted. Thank you.

**PLEASE NOTE THAT FOR ANY PAYMENTS TO THE WINE GROUP  
ACCOUNT PAY INTO ACCOUNT NO 23132587 SORT CODE 20-30-47  
“Wine Community” (Barclays bank)**

**Include the reference number given for each event, with the xxxx  
being your membership number(s)**

## **Vegan Wines**

Occasionally at a tasting, we may be told “this wine is vegan” and we get a brief explanation of the method, but as most of us are not vegans in the true sense, I don't think we really think about vegan wines other than perhaps taking a bottle to someone who is vegan and being thankful they can drink it!

Veganism is more popular than ever. One survey found the number of vegans in Great Britain quadrupled to 600,000 between 2014 and 2019, while research last year found 46 per cent of Brits aged 16-75 are considering reducing their intake of animal products.

Animal-based fining agents, including egg whites and gelatine, are often used in winemaking, to soften the wine, make it clearer and reduce its bitterness. Though these are removed by filtration, so they're not strictly considered ingredients, it's possible some traces could remain, and, either way, it still means animal products are being used as part of the winemaking process.

Winemakers are increasingly meeting demand by finding alternatives that are suitable for vegans. Several non-animal fining products, such as bentonite clay and pea protein, are now widely available and there's little evidence to suggest any effect on taste, either. The biggest challenge in this area likely

lies in labelling and communication, since the products used in production do not remain in the wine and so aren't required to be listed on the label.

**According to the Independent, the Best Vegan wines for 2023** : (prices may vary)

Best overall – Adnams white Burgundy: £13.99, [Adnams.co.uk](https://adnams.co.uk)

Best full-bodied red – Domaine Bousquet Gaia organic Malbec: £16.99, [Waitrose.com](https://waitrose.com)

Best wintery red – Ripper Shiraz 2021: £9.89, [Virginwines.co.uk](https://virginwines.co.uk)

Best New Zealand white – The Ned Sauvignon Blanc: £11.29, [Majestic.co.uk](https://majestic.co.uk)

Best easy-drinking white – Plaimont les cépages préservés: £7, [Sainsburys.co.uk](https://sainsburys.co.uk)

Best well-priced champagne – Veuve Monsigny Rosé Champagne brut: £17.99, [Aldi.co.uk](https://aldi.co.uk)

Best white to impress your friends – Aldi specially selected French Roussanne: £7.99, [Aldi.co.uk](https://aldi.co.uk)

Best English wine – Hattingley Valley Blanc de Blancs 2014: £41.50, [Hattingleyvalley.com](https://hattingleyvalley.com)

Best new wine region to try – Domaine des Tourelles cuvée Pierre Brun 2019-20: £12.99, [Majestic.co.uk](https://majestic.co.uk)

Best wine to make a difference – Altano rewilding edition Douro red: £10, [Sainsburys.co.uk](https://sainsburys.co.uk)

Best sauvignon blanc – Keine Zalze Sauvignon Blanc Semillon: £7.50, [Tesco.com](https://tesco.com)

Best red for pairing with food – Rosade Furlane Merlot Venezia Giulia IGT: £12.50, [Honestgrapes.co.uk](https://honestgrapes.co.uk)

Best fruity red – Varner Foxglove Zinfandel: £21.50, [Honestgrapes.co.uk](https://honestgrapes.co.uk)

Best budget red – McGuigan reserve Malbec: £6, [Sainsburys.co.uk](https://sainsburys.co.uk)

Best red for a special occasion – Journey's End The Griffin Syrah: £26, [Ocado.com](https://ocado.com)

This list should cover most eventualities, and perhaps rather than just buy for a vegan, we should all try some vegan wines to see if we can tell any difference, I am sure not!

## **Wine and Cheese Pairing**

An often discussed subject, one which we have touched on occasionally, but I read this article and thought you may find it of interest/helpful when preparing a cheeseboard and thinking of what wine to serve with it.

“Cheese and wine are alike in so many ways it's no wonder we often consume them together. Both have vast ranges of styles, where national and regional traditions interweave with climate, soil and other changing natural influences, meaning one year's batch can be very different from the last. Pests and moulds play their own parts, as does the temperature at which they are consumed.

Production methods, how they are kept and aged – or not – and the love and care, as well as the whims, of the people that make them all shape individual character.

## **How to match wine and cheese**

Like a Bordeaux lover anxious to learn exactly from which château the wine they are drinking comes, true cheese enthusiasts demand to know which of the seven East Midland dairies licensed under the EU's Protected Designation of Origin scheme has produced the Stilton they are eating. Both wine and cheese embody a place, a people and a sense of terroir.

But, as we reach for the oatcakes and pour another glass, there are some rules to remember: don't assume only red wines can be drunk with cheese – there are some wonderful matches with whites. Also, mature, strong cheeses generally work better with bigger, fuller wines and fresher, lighter-tasting cheeses with youthful wines. However, bear in mind that the wide variety of cheeses and cheesemakers – particularly new artisan British cheeses – mean one cheese may be very different from another, even if it is the same style or comes from the same area. And finally, don't be afraid to experiment!

With that in mind, here are some recommendations:

## Hard cow's cheese



Farmhouse Cheddar is still made by three Somerset companies: Keen's, Montgomery's and Westcombe. These rich, nutty flavours need to be paired with appropriately robust, full red wines, otherwise the cheese will dominate. Try any Syrah-based southern Rhône, such as Château Courac, or perhaps a silkier Barossa Shiraz of similar age. The latter, or maybe a big Barolo, would go equally well with an aged Parmesan. A crumbly, lactic, sharper Lancashire cheese, such as Mrs Appleby's, needs a fruitier, but well-structured wine. A good Beaujolais is ideal, like those from Morgon.

## Hard sheep's cheese

Dry, salty cheeses with a long aftertaste are best with the big red wines or full-bodied oaky whites, such as an Australian Chardonnay. However, go for a Valpolicella with younger, milder Italian Pecorino, any medium-bodied, Tempranillo-based wine for Spanish Manchego or the wonderful, smoothly nutty Ossau-Iraty from the French Pyrenees.

## Semi-hard cheese

Farmhouse Gruyère, and other French semi-hard cheeses like Comté, or English ones like Cornish Yarg can be wonderful with Pinot Noir, or white wines, particularly those with good acidity, such as a Riesling, which cuts through the cheese's fatty nature. Try zippy Loire sauvignon or New Zealand Rieslings.



## **Blue cheese**



Stilton, Roquefort and Gorgonzola represent a pinnacle of cheeses. Strong, creamy, salty and pungent, they demand big, structured wines to match their deep, complex tastes. Although some will reach for Claret, fine Bordeaux may be too elegant to compete. A perfect combination is a good fruity vintage Port, or a drier tawny Colheita, particularly with a bowl of nuts. Sauternes delivers the classic sweet/salt combination. Dark, tannic red wines from the south of France, such as Corbières, Madiran or Cahors, also make a fine match for the local Roquefort, tempering the 'sheepy' richness.

## **Soft cheese**

Runny French cheeses are difficult to match with wine. The distinctive ammoniac, farmyard smell of a good Brie or Camembert doesn't really complement many wines, but try a lightish, fruity red, such as Saumur Champigny, from the Loire, which will not fight the cheese. Strangely, really pungent washed-rind cheese, like an Epoisses, work well with spicy, aromatic wines like Viognier or Gewürztraminer. The so-runny-you-eat-it-with-a-spoon Vacherin Mont D'Or is best accompanied by a Côtes du Jura, the local Chardonnay based wine cuts through the creaminess.

## **Mature goat's cheese**

This is where crisp, dry whites can slice, razor-like, through the sometimes cloying texture of goat's cheese, which can defeat red wine. With chèvre salad or the ash-covered Crottin de Chavignol and walnut bread, try a full-bodied white Rhône blend or Rhône-style blend from South Africa. Experiment too with a southern hemisphere Chardonnay, such as Heggies Chardonnay, its acidity balancing that of the cheese.

## **Fresh goat's cheese**

All young, fresh grassy cheeses demand an iced, full-bodied rosé, such as those made in the Languedoc-Roussillon, or a light, possibly chilled red, such as a Saumur Champigny -, to balance the creaminess. But a floral, off-dry English white delivers very different, complementary hedgerow flavours. “

Quite a comprehensive pairing list, so enjoy choosing and matching your next cheeseboard!

Regards Amanda

Over please find our Programme of Events 2023

**WINE APRECIATION GROUP**  
**2023 PROGRAMME OF EVENTS**

When at Arts Centre, evenings start at 6.45pm on  
 3<sup>rd</sup> Friday of the month usually

<b>DATE</b>	<b>EVENT</b>	<b>COST &amp; INFO</b>
January 2023	No Event	
February 10 <b>nb date!</b>	<b>Kelly Andre from the Bimbling Barrel</b> presents "Unusual Wines". 5 wines plus cheeses, bread and biscuits, St Austell Arts Centre	£21pp includes £1 room fee  <b>Pay by Jan 15</b> ref WGFEB23
March 17	<b>Derek Crookes from Kernowine</b> in Falmouth, presents "Wines from New Zealand". 5 wines plus cheeses, bread and biscuits. St Austell Arts Centre	£24pp includes £1 room fee <b>Pay by Feb 20</b> ref WGMAR23
April 21	<b>Carol Avery presents "A trip through Italy"</b> , Pentewan Sailing Club arrival 6.45pm for 7pm start. <b>Finish by 9pm.</b> Carol is back again by popular request and will once again lead us on a wine exploration. Starting with the Prosecco Road we will taste and evaluate 5 Italian wines (White and Red) on our brief tour. No need to pack a bag but bring a tasting glass if you have one. Flutes for take-off will be provided!	£20pp to include Italian cheeses and breads  Suggest you taxi share  <b>Pay by March 20</b> ref WGAPR23  Bring your tasting glasses!
May 19	<b>Wine Tasting Quiz Night by Christine and Andrew Johnson. Arts Centre, 6.45pm</b> Another chance to enjoy a great evening of fun, testing your general wine knowledge, whilst tasting wines eating cheese and trying to win a spot prize.	£16 to include £1 room fee  <b>Pay by April 22</b> ref WGMAY23

Sunday June 11 from midday	<b>Summer Garden Party chez Karen &amp; Chris Scott, St Austell</b> Everyone brings their own wines plus a platter of food to share and enjoy in this delightful local garden. Local Garker Street Band to play music, donations to RNLI.	No cost
July 28	<b>Spanish Wine &amp; Food evening Arts Centre, 6.45pm</b> by Vicki and Terry Howard. Tapas, Big pan paellas, Spanish dessert and cheeses, accompanied by Spanish Wines.	£18pp includes £1 room fee <b>Pay by June 20</b> Ref WGJUL23
August 11 <b>11am to 2.30/3pm</b>	<b>Bosue Winery, St Ewe</b> Tour of vineyard followed by tasting in winery, bring your own picnic. Make own way by taxi (share)	£15pp <b>Pay by July 11</b> Ref WGAUG23
September 15	<b>Sebastien from Wadebridge Wines</b> , (new to our group) presents <b>Loire Valley Wines. St Austell Arts Centre, 6.45pm</b>	£23 to include £1 room fee and food <b>Pay by Aug 10</b> Ref WGSEP23
October 20	Ellis Wharton	TBC
November 17	Old Chapel Cellars	TBC
December 15	<b>Christmas Event, Arts Centre</b>	