

2023 Lawn Chair Sauvignon Blanc Valencia, Spain

Along with France and Italy, Spain is one of Europe's big three wine-producing nations with an ancient history of winemaking and a range of wines and styles providing global touchstones for producers around the world.

Spain's wine grape varieties are less numerous than their European counterparts. They also receive far less fanfare as the Spanish wine industry has only recently begun to show any interest in varietal-led winemaking and marketing. Several hundred varieties are used in Spanish vineyards to some extent, but the vast majority of Spanish wine is made from just a small number of these.

The key red wine varieties, in order of acreage, are Tempranillo, Garnacha, Bobal, Monastrell, and Cabernet Sauvignon. The leading white wine varieties are Airen, Viura/Macabeo, Palomino, and Albariño. 'International' varieties such as Cabernet Sauvignon, Syrah, Chardonnay, and Sauvignon Blanc are becoming more and more popular in Spain, and their plantings are rising in various Spanish regions.

Valencia is a province located at the center of Spain's sunny east coast, perhaps better known for oranges (and paella) than wine. Valencia's administrative center is the city of the same name, Spain's third largest and the Mediterranean's largest port.

Archaeological evidence suggests that winemaking in Valencia dates back more than a thousand years, but the region has never held a particularly prominent place on the world wine map. In the modern era, Valencia's wine production has focused more on quantity than quality, although this is now changing gradually.

Elegant and complex, with a perfectly balanced nose. Grassy, green notes together with elegant mineral aromas. Hints of citrus and tropical fruits, like passion fruit, pineapple, and melon. Perfect with seafood, pasta dishes, Mediterranean cuisine, or your favorite salad. Drink now.

Notes from www.wine-searcher.com



Orange Teriyaki Pork Medallions

Eating low carb doesn't have to cost you any flavor or taste. These Orange Teriyaki Pork Medallions prove just that. It's perfect for a weeknight dinner to stay on track with your keto lifestyle.

Ingredients:

1 ½ lbs. Pork tenderloin sliced into 1-1 ½ inch thick pieces
1 Tbsp. Sesame oil
1 tsp. Ginger paste
2 tsp. Minced garlic
2 Tbsp. Juice from an orange (You can substitute 1 tsp. Orange extract and 2 Tbsp. water)

1 tsp. Orange zest
¼ C. Sugar free teriyaki marinade
1 Tbsp. Sesame seeds for garnish
¼ C. Chopped green onions for garnish

Directions:

Heat the sesame oil in a skillet over medium-high heat on the stove. Saute the pork medallions for 3-5 minutes on each side until browned well and cooked to an internal temperature of at least 145 degrees. Remove the pork from the skillet, and set it aside to keep warm. Reduce the heat to low. Place the minced garlic, ginger paste, orange juice or extract and water and orange zest in the skillet, and cook for 30 seconds. Add the marinade to the skillet, and saute for another 30 seconds before adding the pork back and tossing to coat well in the sauce. Garnish with sesame seeds and chopped green onions before serving.

Serves 4 | Recipe <https://thriftyjinxy.com/keto-orange-teriyaki-pork-medallions/#recipe>



\$15.99
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2023 Les Pouches Cabernet Franc Saumur, Loire Valley, France

In 1957, around forty winegrowers grouped to confront the economic difficulties of the era, pooling far more than mere financial concerns, set up their cooperative at the top of the hill in Saint-Cyr-en-Bourg. The vineyards are near the city of Saumur in the Loire Valley, 150 miles West of Paris in the direction of the Atlantic Ocean. The subsoil consists of the same tufa limestone that was used to build the famous Loire Valley castles.

Cabernet Franc is a black-skinned French wine grape variety grown in most wine-producing nations. The variety is most famously known as a key red grape in the Loire Valley and as the third grape of Bordeaux. It can be found in many of the world's top Bordeaux blend wines. Cabernet Franc is commonly compared to Cabernet Sauvignon, which is not without justification. Along with Sauvignon Blanc, the former is a parent of the latter. (Recent DNA profiling has also shown that Cabernet Franc is also one of Merlot's parents). As a varietal wine, Cabernet Franc is delicate and aromatic – particularly in its youth. It shares many of the same attributes of Cabernet Sauvignon but is distinct by its pronounced green, vegetal note that can range from leafy and garrigue to green bell pepper. The variety prefers cool, inland climates such as the Loire Valley. The appellations of Chinon (in Touraine) along with Saumur and Saumur-Champigny (in Anjou) are important bastions of varietal Cabernet Franc wines. The wines are prized for their aromas of ripe berry and sweet spices.

The 2023 Les Pouches is made from 100% old vine Cabernet Franc. Dark berry, black cherry, plum, and currant aromas with violets and damp earthy notes. Nicely balanced with savory black fruits, peppery spice, and a dry finish. A fresh wine from Loire Valley, France with the complexity to pair with rich stews, grilled meats, and barbecue. Drink now.

Notes from www.terrisonwines.com & www.wine-searcher.com



Steak au Poivre (Julia Child's Recipe)

A French classic made steak drizzled with a buttery Cognac-shallot pan sauce. Best of all, it takes less than 30 minutes.

Ingredients:

2 tablespoons mixed whole peppercorns, including black, white, green, Szechuan and Jamaican (whole allspice)
One (1-pound) thick-cut, well-marbled strip steak, about 1 inch (2 1/2 cm) thick, trimmed of fat
Salt
1 teaspoon vegetable oil
1 tablespoon (1/2 oz) unsalted butter

For the pan sauce

2 tablespoons minced shallots
2 tablespoons Cognac, (or bourbon or red wine)
1/2 cup beef stock or dark chicken stock
1 tablespoon (1/2 oz) unsalted butter, at room temperature

For the garnish

Chopped flat-leaf parsley, (optional)

Directions:

Crush the peppercorns using a spice grinder, mortar and pestle, or the bottom of a heavy skillet. Generously season the top and bottom of the steak with salt. Press the peppercorns onto both sides of the beef, encrusting the meat as lightly or heavily as you prefer. Cut the steak into 2 pieces. Heat the oil and the butter in a large, heavy skillet over high heat. When the pan is hot but not smoking, add the steaks. Sear, without nudging them, for about 1 1/2 to 2 minutes, until deeply browned. Flip the steaks and cook until the desired doneness, about 1 1/2 minutes more for medium-rare, depending on the thickness of your steaks. Let the steaks rest on a warm platter for at least 10 minutes. Make the pan sauce. A few minutes before you intend to eat, return the pan with the drippings to medium heat. Add the shallots and saute briefly, stirring with a spoon to scrape the bottom of the skillet. Avert your face from the stove and pour the Cognac into the pan. If desired, tilt the edge of the pan slightly over the flame or use a match to ignite the alcohol. Immediately turn the heat down. The Cognac will flame for a few seconds as the alcohol burns off. Once the flames die down, cook for a few moments more, and then add the stock. Bring the liquid back to a boil and cook, stirring occasionally, until the sauce thickens, 2 to 5 minutes. Taste the pan sauce and adjust the seasoning as desired. Add the butter, and swirl the pan until the butter melts and is incorporated with the pan juices. Pour the poivre sauce over the steaks. Sprinkle liberally with chopped parsley. Serve immediately.

Serves 2 | Recipe <https://leitesculinaria.com/5950/recipes-steak-au-poivre.html>



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