

2022 Chidaine Sauvignon Blanc Touraine Loire Valley, France

Francois Chidaine worked alongside his father Yves for many years before setting out on his own in 1989. Convinced of the potential of the terroirs of Montlouis and Vouvray, he purchased assorted parcels and expanded the estate to today's total of 30 hectares of Chenin Blanc, many of which are dominated by old vines of 40 to 80 years of age. During these years of growth, Chidaine earned a reputation as a leading natural viticulturalist in the region. Today, he is devoted to what is referred to in the U.S. as "regenerative agriculture", which involves implementing practices that are known to improve the rate at which CO2 is removed from the atmosphere and converted into plant material and soil organic matter (sequestering CO2 in the soils). At the heart of this approach is a practice of "no-till" farming. While plowing is an integral part of natural viticulture for many farmers and producers, this disruption of the soil is thought to interfere with the complex mycorrhizal network (fungi network) that actually connects individual plants together and transfers water, carbon, nitrogen, and other nutrients and minerals between them. After years of working his soils, Francois developed a belief that by plowing he was sabotaging these important communication networks which help to give the vines what they need to flourish. An essential aspect of regenerative farming is the establishment of permanent cover crops between vine rows. Francois encourages biodiversity by embracing the growth of indigenous plants and sowing over 25 additional species among the vines. By mimicking nature, the vines find their place in a complex ecosystem, allowing them to better express their place of origin.

This is a classic styled Loire Valley Sauvignon Blanc. Minerals and citrus are packed into this beauty that shows surprising length and complexity for the appellation. The depth of flavor and interest here is, as you would expect, from this revered producer, and it is impressive for the price. Suggested food pairings are anything from the sea, and cheeses such as feta, chevre, brie, gruyere, havarti, mozzarella, and ricotta. Drink now.

Notes from <https://www.polanerselections.com/producers/chidaine/>



Greek Shrimp, Tomatoes, & Feta (Shrimp Saganaki)

Easy Greek shrimp recipe (shrimp saganaki) cooked in flavor-packed tomato sauce and finished with fresh herbs, feta cheese, and olives. While it only takes 30 minutes to make, it is so elegant that it will wow your tastebuds (and your friends!).
Serve shrimp saganaki with orzo, your favorite grain, or crusty bread to sop up all the delicious sauce.

Ingredients:

1 ½ pounds jumbo shrimp, 21/25, fully thawed, peeled and deveined
Kosher salt
Black pepper
1 ½ teaspoons dry oregano, divided
1 ½ teaspoons dry dill weed, divided
Pinch red pepper flakes
6 garlic cloves, minced, divided

Extra virgin olive oil

1 large red onion, chopped
1 26-ounce can diced tomato, drain only some of the liquid
Juice of ½ lemon, more for later if you like
Chopped fresh mint leaves, a generous handful
Chopped fresh parsley leaves, a generous handful
2 ounces Greek feta cheese, more if you like
6 pitted Kalamata olives, chopped (optional)

Directions:

Pat shrimp dry and place in a large bowl. Season with kosher salt, pepper, ½ teaspoon dry oregano, ½ teaspoon dry dill weed, pinch red pepper flakes, and about ½ teaspoon of minced garlic. Drizzle with extra virgin olive oil, and toss to combine. Set aside for now.

In a large heavy skillet, heat about 2 tablespoon extra virgin olive oil over medium heat until shimmering but not smoking. Add the chopped onion and remaining minced garlic, cook briefly until fragrant (stir regularly.) Add tomatoes and lemon juice, and season with pinch of salt, pepper, and remaining dry oregano and dill. Bring to a boil, then lower heat to medium-low and let simmer for 15 minutes.

Add the marinated shrimp. Cook for 5 to 7 minutes or until pink; do a little stirring if needed. (Do not overcook shrimp.)

Stir in fresh mint and parsley leaves. Finish with a sprinkle of feta and Kalamata olives. If you like, add a splash of lemon juice or more red pepper flakes to your taste.

Serve over plain orzo, your favorite grain, or your favorite crusty bread to sop up the delicious sauce. Enjoy!

Serves 6 | Recipe <https://www.themediterraneanandish.com/greek-shrimp-recipe-with-tomato-and-feta/#wprm-recipe-container-19483>



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2020 Luis Seabra Xisto Ilimitado Douro, Portugal

The Douro is the oldest demarcated appellation in Western Europe, chartered in 1756. Since 1986, the focus has diversified from the early days of fortified wine production in Porto, giving rise to several fine table wines that spearheaded the Portuguese wine market in America in the early 2000s.

After a decade as winemaker at Niepoort, where he was responsible for some of the best known and highly rated wines to come out of the famed Douro and Porto producer, Luis Seabra decided that he no longer wanted to make wines to someone else's tastes and specifications. Thus, he began his eponymous winery, and set about shattering preconceptions of what Douro wines represent. He is a particularly gifted winemaker, one who sees wine as a medium through which a piece of land can speak. He has focused his winemaking on the distinct soil types in the valley, and his projects shows the breadth of style that is achievable in the region. What makes Luis Seabra Vinhos unique? His wines offer an introduction to the dominant soil type in the Douro valley. There is minimal interventionist winemaking and these vines are planted exclusively in yellow schist soil. His fresh, mineral driven wines showcase the purity of fruit achievable in the region. Seabra's sustainable farmed vines are vinified using only spontaneous fermentation and indigenous yeasts, this way Luis Seabra removes all potential variability other than the soil type as an expression of terroir.

Made from two specific vineyard plots, this red Xisto Cru was vinified with little interventional methods. Fermentation with stalks was carried out by indigenous yeasts, in open wooden vats, from old port wine vats. Its aging took place in used French oak barrels.

This is a blend of Rufete, Touriga Franca, Tinta Carvalha, Malvazia preta, Alicante de Bouchet, and Donzelinho Red. Rich on the palate with red and dark fruits with bright acidity to balance the sour cherries, cassis, blueberry and blackberry and pomegranate fruit. Slate and herbal aromas cover the fruit core with a juicy, fresh, long and intense finish. It goes well with dishes made with reductions and jus of the meat itself, truffles and mushrooms, lamb meat or grilled meats. Drink now.

Notes from www.treat.wine.com



Cream of Mushroom Soup with Black Truffle Oil

Earthy and meaty, this soup is perfect for fall weather. Add a salad and bread for a complete meal.

Ingredients:

3 tablespoons Unsalted Butter	1/4 cup Sherry
2 tablespoons Extra Virgin Olive Oil	1/2 cup Half & Half
3/4 cups Shallots (chopped)	1/4 cup Sour Cream
3/4 cups Celery (diced)	1/4 teaspoon Nutmeg (freshly ground)
2lb Crimini Mushrooms (they look like baby portobellos)	Salt & Freshly Ground Pepper (to taste)
1 teaspoon Fresh Thyme Leaves	Italian Parsley (for garnish)
32fl oz Chicken Stock (organic)	Black or White Truffle oil, for drizzling

Directions:

Chop shallots, celery and mushrooms.
In a large saucepan, melt butter and olive oil. Add shallots and celery and saute until shallots are nearly translucent. Add crimini mushrooms and cook for 3 minutes, stirring occasionally.
Add chicken stock, and salt and pepper. Bring to a boil. Place a lid on the pot, reduce heat and simmer for 10 minutes.
Place in a high powered blender and blend on high for 30 seconds, or until all ingredients create a smooth base.
Remove from blender and add soup back to saucepan. Add 1/2 & 1/2, sour cream, and nutmeg. Warm soup up but do not allow to boil.
Ladle soup into a bowl, pour a small drizzle of black truffle oil in a circular fashion. Add a small piece of Italian parsley for garnish.
Enjoy!



Serves 4-6 | Recipe <https://www.glutenfreeummy.com/earthy-cream-of-mushroom-soup-with-black-truffle-oil/>

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