

## 2022 Honoro Vera Blanco Verdejo

Rueda, Spain

Bodegas y Viñedos Shaya is a project of the Juan Gil Family Wineries Group, which is committed to one of the most fruitful varieties in the Segovia area: Verdejo. The expert in charge is Australian Belinda Thomson. She is an internationally-renowned winemaker for her white wines from the Crawford River winery, she has succeeded in interpreting and expressing the variety par excellence of the DO Rueda in all its glory.

Honoro Vera Blanco Rueda is a white wine made with the Verdejo variety. Verdejo is the aromatic grape variety behind the crisp white wines of Rueda in central Spain. It is by far the most planted variety in this part of the country and is produced both varietally and as a component of a blend with either Viura or Sauvignon Blanc. The origins of Verdejo remain unclear. It seems most likely that it is indigenous to Castilla y León, although it has also been suggested that it arrived via southern Spain from North Africa in the 11th Century. It seems that the variety was forgotten about for hundreds of years, and was most recently revived in the 1980s.

The vines used to make Honoro Vera Blanco Rueda are planted 'en vaso' on very sandy soils and covered with boulders—over 30 hectares of low-yield, high-quality vineyards. The grapes are harvested by hand. Once the grapes reach the Honoro Vera Blanco Rueda winery, they are fermented in stainless steel tanks at a controlled temperature of a maximum of 15°C. The wine then remains in a refrigerated tank until it is bottled.

Honoro Vera Blanco Rueda 2022 is a youthful and delicate white wine that captivates with its aromatic array of white blossoms and a spectrum of fresh fruits. This wine has a bright color and smells of white flowers, fresh fruit, and a tropical scent. On the palate, it shows a balanced and slightly acidic taste. It is an easy-drinking and pleasant wine. Ideal for pairing with cooked seafood, fish, pasta, salads, and white meats. Drink now.

Notes from [www.wine-searcher.com](http://www.wine-searcher.com) & [www.gilfamily.es](http://www.gilfamily.es)



## Crispy Goat Cheese Salad

*Decadent crispy goat cheese on a bed of arugula tossed in a light vinaigrette, topped with toasted walnuts and pears.*

### Ingredients:

#### For the crispy goat cheese:

4 oz log of goat cheese  
2 tbsp all purpose flour  
1 egg  
¼ cup seasoned panko bread crumbs  
2-3 tbsp olive oil for frying

#### For the dressing:

3 tbsp olive oil  
1 tbsp champagne vinegar  
½ tsp dijon mustard  
½ tsp honey  
salt and black pepper to taste

#### To assemble the salad:

½ cup walnuts toasted  
5 oz baby arugula  
1 Anjou pear, sliced

### Directions:

Slice cold goat cheese into four rounds. Form into discs with hands if it crumbles a bit. Put on a plate and put it in the freezer. Add 3 tbsp olive oil, 1 tbsp champagne vinegar, ½ tsp of dijon mustard, ½ tsp of honey and salt and pepper to taste to a small bowl and whisk. Or add ingredients to a small mason jar and shake. Set aside. Set up dredging station with 1 egg, beaten with a splash of water in one bowl, 2 tbsp of flour in another bowl and seasoned panko in another bowl. Coat cold goat cheese rounds in flour, then egg then gently press into panko bread crumbs, making sure each round is thoroughly coated. Return to plate and place back in the freezer. In a dry skillet over medium high heat, toast walnuts in a single layer, stirring frequently for about 3-5 minutes until they smell slightly nutty. Make sure to watch carefully so they don't burn. Transfer immediately from hot skillet to a plate to stop cooking. Core and thinly slice pear. Heat 2-3 tbsp olive oil in a skillet over medium high heat. Take breaded goat cheese rounds out of the freezer and pan fry for 2-3 minutes per side until golden and crispy. Remove and place on a paper towel to drain. Toss arugula with a small amount of dressing until just moistened. Arrange toasted walnuts, sliced pear and warm goat cheese rounds on a bed of dressed arugula and serve immediately with more vinaigrette on the side.

Serves 4 | Recipe <https://bigdeliciouslife.com/crispy-goat-cheese-salad/>



**\$10.99**  
Member discount on additional bottles: **\$9.89**

## 2021 Vin de Soif Rouge

IGP Mediterranee, France

Founded in the 1930s, Jean-Pierre's organically farmed Hautes Noëllés estate is in the Cotes de Grand-lieu sub-zone of Muscadet, near the mouth of the Loire as it joins the Atlantic. Importer Sacred Thirst teamed up with Hautes Noëllés to make an easy-drinking red wine that is representative of the Loire Valley. When Vin de Soif was first conceptualized, before the name came about even, the idea was to highlight wines that were fresh, low alcohol, and easy to drink. Wines that you reached for to literally quench a thirst. The term Vin de Soif literally means "Wine of Thirst".

The IGP category is intended to benefit both consumers and wine producers. It provides consumers with clarity about a wine's provenance, while producers are empowered to make wine outside the constraints of traditional AOC laws. The most obvious freedoms are the higher permitted yields and a more comprehensive list of approved grape varieties.

Méditerranée is an IGP title covering wines that are produced in a large area on the southeast coast of France, roughly corresponding to the Provence wine region but also includes a part of the Rhône Valley. The IGP shares its land with multiple AOC appellations as varied as Châteauneuf-du-Pape, Bandol and Côtes de Provence.

A sunny land braced by the influence of the Mediterranean Sea, the South of France extends from the French Riviera in the East to the rugged and mountainous Spanish border in the West. This expansive and stunning region remains the source of France's finest rosé and fortified wines, while the red and white wines continue to gain respect.

A blend of 40% Grenache, 25% Cinsault, 20% Syrah, and 15% Malbec. Vin de Soif is the affordable, versatile red that will take you from early spring soup nights to summer grill situations. Grenache exhibits its rich, spicy, berry flavors, particularly raspberry. Easy and delicious, especially with the slightest chill. Drink now.

Notes from [www.wine-searcher.com](http://www.wine-searcher.com) & [www.wine.com](http://www.wine.com)



## Slow-Cooker Lentil, Carrot, & Potato Soup

*Puréeing some of the lentil-vegetable mixture, and then combining it with the remaining vegetables and lentils gives the soup a texture that satisfies those who love a creamy soup and those who prefer it chunky.*

### Ingredients:

|                                     |                                |                                       |
|-------------------------------------|--------------------------------|---------------------------------------|
| 4 cups unsalted vegetable stock     | 1 ½ cups dried green lentils   | 1 ⅛ teaspoons kosher salt             |
| 4 cups water                        | 1 ½ cups chopped yellow onions | 1 teaspoon black pepper               |
| 2 cups chopped peeled sweet potato  | 1 cup chopped celery           | 6 tablespoons olive oil               |
| 2 cups sliced carrots               | 2 tablespoons minced garlic    | 3 tablespoons apple cider vinegar     |
| 2 cups chopped peeled russet potato | 4 fresh thyme sprigs           | ¼ cup chopped fresh flat-leaf parsley |
|                                     | 1 bay leaf                     |                                       |

### Directions:

Stir together the stock, water, sweet potato, carrots, russet potato, lentils, onions, celery, garlic, thyme sprigs, bay leaf, salt, and pepper in a 5- to 6-quart slow cooker. Cover and cook on LOW until the vegetables and lentils are tender, 7 to 8 hours. Remove and discard the thyme sprigs and bay leaf.

Place the oil and 4 cups of the soup in a blender. Remove the center piece of the blender lid (to allow steam to escape); secure the blender lid on the blender. Place a clean towel over the opening in the lid (to avoid splatters). Process until smooth. Return the pureed soup to the slow cooker; stir in the vinegar. Ladle the soup into bowls, and sprinkle evenly with the parsley.

[Multicooker Directions: In Step 1, stir together the stock, water, sweet potato, carrots, russet potato, lentils, onions, celery, garlic, thyme sprigs, bay leaf, salt, and pepper in the inner pot of a 6-quart multicooker. Lock the lid; turn Pressure Valve to "Venting." Cook on SLOW COOK [Normal] until the vegetables and lentils are tender, about 8 hours. Remove and discard the thyme sprigs and bay leaf. Turn off the cooker. Complete Step 2.]

Serves 8 | Recipe <https://www.eatingwell.com/recipe/276956/slow-cooker-lentil-carrot-potato-soup/>



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