



Splicing the MAINBRACE

Vol. 7, No. 2

June 2002

Editors' Notes

Does anyone in the hospitality industry in Atlantic Canada think that they know how the summer tourist season is going to play out?

On the one hand, we know that everyone has been working hard for years to make this region second to none as a tourist destination.

Whether it is cruise ships, whale watching, lying on the beach, adventure activities, quiet get-aways, lobster suppers, local festivals, Elderhostelling, or family vacations, we are well ahead of where we were only a few years ago. We are offering a wider range of more professionally delivered tourism products. Licensees are producing better menus accompanied by much enhanced wine, beer, and spirits lists.

On the other hand, there is September 11, air travel surcharges, long security lines at airports, disquieting threats of more bombing in the US, a stronger Canadian dollar. None of these bode well for visitor numbers this summer.

And while our elected representatives go to bat for us on issues like the security surcharge, the best we can do, I suspect, is hunker down and do what we do best: work at making everyone's visit to the region a pleasant, engaging, and memorable experience.

In the long run, that is what will keep our guests coming back long after the current negatives are just bad memories.

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New Austrians



Two wines made from classic Austrian grape varieties have just been added to Nova Scotia Port of Wines shelves. **Stadt Krems Cremiscia 2001 Gruner Veltliner** (#532440, 750ml, NS POW,

\$13.64) is very pale straw in colour. The nose is floral with hints of honeysuckle and biscuit. The medium/light body has a slight spritz, with a touch of lemon and cracked pepper leading to a long, crisp finish. This would be nice with grilled vegetables in olive oil, oyster, vegetarian lasagna, scallops, or seafood pasta. **Norbert Bauer Von Haugsdorf** (#601138, 750ml, NS POW, \$13.00) is light, bright cherry in colour. The nose has sweet red cherry up front and a hint of pepper on the long, slightly sweet finish. This is a soft wine with some tannic structure. Ready for drinking now. Try this blend of Blauer Portugieser and Blauburger with braised lamb, or roast pork, or (our favourite) baked ham with clove and honey glaze.

You can read Sean Wood's take on these two wines at the **Mainbrace** web site: mainbrace.ca/recent_reviews.htm

The Greeks Are Back



Three of the **Achaia Clauss** wines that had become favourites in Nova Scotia ran out early this year to the chagrin and dismay of many licensees, the wine drinking public, and **Mainbrace**. We are very happy to announce that They'r-r-r-r-e Ba-a-a-ck! So, once again, you can enjoy **Achaia Clauss Demestica Red** (#20032, 750ml, NBL, \$6.05: NS POW, \$7.86), **Achaia Clauss Demestica White** (#13557, 750ml, NS POW, \$7.86), and **Achaia Clauss Nemea** (#140749, 750ml, NWS POW, \$10.65).

“Lords are lordiest in their wine” - Milton

What's Happening

June 2002

1 - Australian Wine Society in Halifax hosts a dinner. Joel Fournier (902-443-9382) has details.

Society for American Wines (Halifax), Annual General Meeting at the residence of the U.S. Consul General. (Date to follow). Call Brian Knight (902-422-6833) for details.

16 - Halifax German Wine Society stages Donna's Bin End Bash. Call Ray Roberts (902-434-2184) for information.

July 2002

9 – Italian Wine Fair (see story on page 6)

August 2002

17 – Society for American Wines Annual Picnic. Call Brian Knight (902-422-6833) for details.

24 - Halifax German Wine Society presents the ABCs of German Wine. Call Ray Roberts (902-434-2184) for information.

Recent Visitors

Julie Barry of Australia's **Jim Barry Winery** was in Halifax to pour some of the great **Jim Barry** wines that are due back to NSLC shelves soon: **Jim Barry McCrea Wood Shiraz** (#980714, 750ml, NS POW, \$50.70) and **Jim Barry Cabernet Sauvignon** (#600338, 750ml, NLC, \$25.20; NS POW, \$26.67).

Lars Rasmussen of Denmark's **Faxe Brewery** visited Halifax to try to track down where all of the **Faxe Strong 10% Beer** (#497032, 500ml cans, NS POW, \$2.00) and **Faxe FestBock 7.7%** (#433664, 500ml cans, NS POW, \$2.00) has been going. Thirsty people the Nova Scotians!

Gabrielle Breitingner of **J. Lebègue et Cie.** in France came to Halifax to finalize plans for various wine fairs. **Lebègue** supplies discerning Nova Scotians with **Château Paloumey** (#935650, 750ml, NS POW, \$40.82) and **Château Cantin** (#935676, 750ml, NSW POW – limited quantities, \$40.99), and, coming soon, **Château Guery Côtes de Bourg** (#417055, 750ml, NS POW, \$21.95)

“A man cannot make him laugh, but that's no marvel; he drinks no wine” – Shakespeare (Henry IV, Part 2)

Help Still Wanted

In the last issue of **Splicing the Mainbrace** we asked for your help in keeping our costs down by agreeing to receive Splicing by e-mail or from the **Mainbrace** web site.

Many thanks to the dozens of people who chose to get **Splicing** in living colour and without mailing delays. For those who didn't respond in time, you can still get in on the deal:

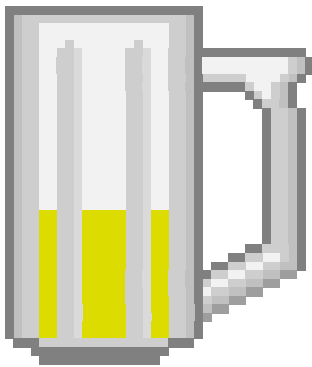
We can send you **Splicing** by quarterly e-mail or you can access **Splicing** on our web site **mainbrace.ca**

To make the conversion, just e-mail, write, fax, or phone: John Chamard, PO Box 27177, Halifax, NS, Canada B3H 4M8 (Phone 1-902-422-6193, Fax 1-902-423-4367, e-mail john.chamard@mainbrace.ca).



Summer Suds

Now that we are, at last, getting some warm weather, thoughts turn to cooling beers for summer. In Nova Scotia you can refresh yourself with **Warsteiner**, Germany's best selling beer (#556920, 500ml cans, NS General, \$1.80), or with one of the two new listings from Denmark: **Faxe FestBock**, a dark, flavoursome, 7.7% beer (#433664, 500ml cans, NS POW, \$2.00); **Faxe Strong Beer**, a 10% delight with all of the mellowness you would expect from a regular strength beer (#497032, 500ml cans, NS POW, \$2.00).



In New Brunswick, the **Faxe FestBock**, the **Faxe Strong Beer**, and **Faxe Premium** (#431239, 500ml cans, NBL, \$2.47) a 5% beer that is the mainstay of the **Faxe** line, are on order and should be in NBL stores before the first heat wave. Prices are expected to be slightly higher than in Nova Scotia (**Faxe Strong** and **Faxe FestBock** are each \$2.57). Skal!

Training Video

"Taste of Nova Scotia" now has available, free for its members, a 21 minute video entitled *How-to Guide for Serving and Selling Wine*. Produced by **Tony D'Amour** of Ctrvideo and starring **Alain Bossé** of Pictou Lodge, this video is a very useful first training step for wait staff. For further information, including the price to non-Taste members, contact Taste of Nova Scotia, PO Box 368, Truro, NS B2N 5L5 or call (1-800-563-6368).

Southbrook in Newfoundland

Southbrook Framboise is about to hit the shelves in Newfoundland. Made from fresh raspberries, this delightful dessert wine is fermented for a short time and then fortified to preserve the pure fruit favours on both the nose and palate and ensure a fresh, long finish. This is the perfect match with dark chocolate desserts.

Great Combinations of Simple Food and Wine

Pairing roast beef with wine is easy! Lobster Thermador and wine? A cinch!

- But few of us eat fancy every day. So what wines go with simple foods? Here is a starter list, and if you have other favourites, let us know. We will publish

Great Combinations (cont'd)

your pairing (and give you credit, of course).

- Macaroni and Cheese with a Pinot Noir (such as **Angove's Classic Reserve Pinot Noir** (#243345, 750ml, NS General, \$13.99)).
- Popcorn with a sparkling wine (such as **Castellblanch Brut Zero** (#188276, 750ml, NS POW, \$12.98)).
- Salted french fries (leave off the catsup, mustard, vinegar, or mayo) with a sparkling wine (like **Bouvet-Ladubay Brut** (#35444, 750ml, NS POW, \$18.35)).

You can check out some wine pairings with fancier foods on the **Mainbrace** web site at mainbrace.ca/main.html

Hail and Farewell

After six years with **Mainbrace**, Office Manager **Lesley Fegarty** is moving on. The gratitude we feel for Lesley's loyal service is shared, we know, by everyone she has worked with: suppliers around the world, licensees, liquor board staff in Atlantic Canada, wine society people and other. Many have already sent Lesley their best wishes. Fare well Lesley, may all of your endeavours be successful!



Alanna McIntyre has joined **Mainbrace** as a Marketing Rep. She will be calling on stores and licensees in

New Brunswick and Nova Scotia. Many Nova Scotians have already met her at the

California Wine Fair held in Halifax last month. More will have a chance at the upcoming Caraqueet FestiVin.

Alanna's folks hail from Cape Breton, and she now resides in Halifax. She brings great wine knowledge and lots of energy and enthusiasm to her new job. Her training and experience make her a natural for helping licensees to develop profitable wine lists from the many fine products **Mainbrace** has on offer. When Alanna is not on the road she can be reached at (902) 422-6193.

Lots of Recipes**Orange Risotto**

- 3 large oranges
- 50 ml olive oil
- 100 ml minced onion
- 550 gm arborio rice
- 3 cloves garlic, minced
- 1000 ml chicken stock
- 300 ml **Ponche Caballero** (#515809, 750ml, NS POW, \$21.98)
- 50 gm unsalted butter
- 120 gm Parmesan cheese, grated
- fresh parsley

Remove the orange rind with a vegetable peeler avoiding the pith. Put the orange peel aside and juice the oranges. Heat the oil in a large saucepan over medium heat. Brown the onion, shallots and garlic. Add the rice, stir to coat with oil. (In a separate pot, bring stock to a boil and keep it hot - you will be adding this to the rice.) Add the **Ponche Caballero** and slivered orange peel to the rice. Stir until the liquid has evaporated. Add 100ml of hot stock. Cook, stirring constantly, until all of the stock is absorbed. Continue to add the stock in small amounts, cooking until the stock is absorbed each time. Once all of the stock has been used, start adding the juice from the oranges in the same manner. Cook until the rice is creamy but "al dente" - about 20 minutes

from the time **the Ponche Caballero** was

Lots of Recipes

(cont'd)

added. Remove from heat. Stir in butter and cheese with a wooden spoon. Add salt if necessary and garnish with pepper, parmesan, parsley. Serve immediately in shallow bowls. Buon Appetito!

This cries out for a crisp white as an accompaniment. Try **Stadt Kems Cremisia Gruner Veltliner** (#532440, 750ml, NS POW, \$13.64) or **Remy Pannier Chateau de la Levraudiere Muscadet de Sevre et Maine sur lie** (#160226, 750ml, NS POW, \$13.21) or **Remy Pannier Muscadet de Sevre et Maine sur lie** (#13821, 750ml, NBL, \$10.22).

(Many thanks for this recipe to **Alanna McIntyre** of **Mainbrace**).

Salmon with Mavrodaphne

4 salmon filets, each about 120gm
220 ml **Achaia Clauss Imperial Mavrodaphne of Patras** (#48512, 750ml, NS POW, \$11.27)

450 gm fresh spinach
60 ml olive oil
1 red onion, sliced thin
salt and pepper

Marinate the salmon in the wine, oil, and salt and pepper for about 30 minutes, then remove it from the marinade and bake it in a medium oven for about 10 minutes (until just done). Sauté the onion in the marinade until it is just soft, then add the spinach and cook very lightly. Serve the salmon on a bed of spinach and onions with a spoonful of pan juice/marinade over top.

The **Imperial Mavrodaphne** is a sweet accompaniment to this dish. For a lighter match, try well-chilled **Achaia Clauss**

Demestica White (#13557, 750ml, NS POW, \$7.86).

Thanks to Chef **Joseph Majaess** of **Opa** in Halifax for this recipe.

Sparkling Strawberries

600 gm fresh strawberries
25 ml white sugar
400 ml **Castellblanch Brut Zero** (#188276, 750ml, NS POW, \$12.33)

Hull the strawberries, slice into bite sized pieces and distribute among four dessert bowls. Sprinkle with the sugar. Add 100 ml of **Brut Zero** to each of the bowls.

The ideal accompaniment here is (what else?) **Castellblanch Brut Zero**.

Fall Wine Fairs

Make a calendar note of the three wine fairs held each November by the liquor boards in Newfoundland, New Brunswick and Nova Scotia:

The Nova Scotia Port of Wines Festival starts with a Winemakers' Dinner on November 7, followed by Grand Tastings on November 8 and 9, all in Halifax.

The Wine and Gourmet Food Show in Moncton at the Agrena has Grand Tastings on November 15 & 16, with seminars and licensee events in the days preceding the Grand Tastings

The Newfoundland Wine Festival in St. John's takes place November 20 – 23.

Mainbrace offerings at each of these fairs will be posted to the **Mainbrace** web site as soon as we have final information:

mainbrace.ca/current.html



Published four times a year for the trade in Atlantic Canada by Mainbrace International Limited, agent for fine wines, spirits and beers in Atlantic Canada.

The role of Mainbrace is to market the beverage alcohol products that we represent to final consumers, to licensees, and to the Provincial Government agencies. We aim to enhance enjoyment for consumers, to facilitate profitable sales for licensees, and to assist agencies in achieving their mandates.

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Publication Mail Agreement
Number 1760955

PEI and Caraquet

The **Prince Edward Island Wine Fair** will be held in Charlottetown on May 31 and June 1, 2002. **Mainbrace** will have two Greek wines, two Italian wines, and two Australian wines on offer. For those attending the Festival, plan to stay until Saturday night for the wrap-up dinner at the Delta Prince Edward. Bring your own wine, enjoy the good food, and have a grand time!

The wine portion of the **Caraquet Acadian Festival**, called **FestiVin 2002**, will be held on May 31 and June 1 on the waterfront. **Mainbrace** will be there to pour five wines from France. This is a fun event that should be on your "to do" list.

Details on the wines were in the last issue of **Splicing the Mainbrace** and can be found at the **Mainbrace** web site: mainbrace.ca/current.html

Italian Wine Fair



Rodolfo Meloni, the Honorary Italian Consul in Halifax pairs up with the Italian Trade Consul in Montreal to mount an Italian Wine Fair in Halifax on July 9th. The wines will be chosen primarily from the SAQ (Quebec) and LCBO (Ontario) lists.

This promises to be a great chance to try some of the outstanding Italian wines currently not available in Atlantic Canada.

Information on what **Mainbrace** will be pouring at the fair will be posted to the **Mainbrace** web site: mainbrace.ca/current.html as soon as it is available.

More on Wine and Health

Wine Spectator (May 15, 2002) reports that R. Corder and other researchers at the Queen Mary University in London have published the preliminary results of research (*Nature*, issue 414, December 2001) that explains the oft-reported heart attack risk reduction of red wine actually takes place.

For some years the so-called French Paradox of the classic diet in France being less heart healthy but the incidence of heart disease less than in other countries with "healthier" diets has been demonstrated. But although wine, and particularly red wine, was identified as the cause of the paradox, exactly how wine had this effect was unclear.

The initial thought was that the anti-oxidant effect of wine consumption was the protective mechanism. More recently there have been contradictory findings in research studies. What the Corder group found was that even small amounts of red wine can inhibit the formation of endothelin-1, a chemical that makes blood vessels constrict. And this, it is now thought, reduces heart attacks.

