

AFRICAN AMERICAN WINE JOURNAL™

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WINE AND ALL ITS ESSENCES...

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SPECIAL POINTS OF INTEREST:

- How to identify aromas and tastes in wine
- How to judge and taste wine

Many people ask the questions... Do people REALLY taste all those things in wine? Why do I smell/taste certain fruits in white wines and not in red wines? The simple, uncomplicated answer would be - nature has its way.

The thing I love most about wine is the fascinating way that it can display a variety of aromas and flavors to me, far differently to someone else. So yes, I can really smell all of those things in my wine, but perhaps you may smell and/or taste things that are entirely different. We all have different descriptors in our own vocabulary for the things that we smell and taste. What I describe as tangerine, may be described as mandarin oranges. Or you may

not smell anything citrus at all. This does not at all make one an unsophisticated person who knows nothing about wine. It can mean only one of two things: either I've had a bit more practice and exposure to wine and essences (aromas and flavors), or you SIMPLY don't smell or taste that particular essence. Some of the most experienced palates disagree. The enjoyment comes from the fact that no two people, or palates, are the same. One must enjoy and embrace those differences for what they are and leave room for some interesting discussion on those similarities **and** differences.

Practice and exposure certainly enhance one's ability to readily identify many characteristics in

wine. Try tasting several of the same varietals (grape types) from around the world (have an international Chardonnay tasting). Or you can simply purchase a wine essence tasting kit to help develop your senses.



RENEÉ'S FOUR "S"'S OF WINE TASTING

1.) See

Take a good look at the wine. What color is it? Look beyond red, white or blush. If it's a red wine is the color maroon, purple, ruby, garnet, red or even brownish. If it's a white

wine is it clear, straw-like, golden, light green, pale yellow or brown in appearance?

Still Looking— move on to the wine's opacity. Is the wine clear, cloudy, transparent or opaque? Tilt

your glass a bit, give it a little swirl - look again, you are looking at color, clarity, brilliance (sounds like you're finding the perfect diamond!) - is there sediment, bits of cork or

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Joyce Dopkeen/The New York Times

All recipes in this issue have been contributed by Chef Matthew Raiford (pictured left)

Honey Lime Fruit Salad

4 Servings

- ½ cup orange blossom honey
- ¼ cup lime juice
- 1 tablespoons sugar
- 1 cup pineapple medium dice
- 1 cup honey dew melon medium dice
- 1 cup cantaloupe medium dice
- 1 cup strawberries quartered
- 1/4 cup chopped almonds, toasted

Preparation:

1. Mix honey, lime juice, and sugar in a non-reactive pot heat until sugar dissolves place mixture in refrigerator and let cool.
2. Place fruit into a bowl an pour honey mixture over fruit and toss lightly.
3. Place fruit in small bowls and sprinkle with toasted almonds.



Try pairing this dish with a dry Rosé. Or if you enjoy something from the sweeter side, this one should pair perfectly with a Moscato d'Asti.



MARGARITA SHRIMP CEVICHE

Serves 4

Ingredients:

- 2 pound Tiger Shrimp peeled and deveined shrimp Large (31-40 count)
- 6 cloves garlic, minced
- 1 cup fresh limejuice
- 1 cup Extra Virgin Olive oil
- 1 cup Tequila (apple cider vinegar can be used)
- 1 purple onion, small diced
- 1 bunch cilantro, finely chopped
- 1 orange bell pepper, seeded and small diced
- ½ cup Sea Salt
- 1 bag blue tortilla chips

Method:

Place shrimp, garlic and Old bay in boiling water and cook for three minutes. Drain and place shrimp in a large glass or plastic bowl.

Whisk together limejuice, olive oil, tequila, onion, cilantro, and bell pepper. Pour mixture over shrimp and stir to ensure shrimp are coated well. Cover and refrigerate for 2 hours to allow flavors to marinate into shrimp.

Remove shrimp from bowl and allow draining in a colander.

Take two Margarita glasses and wet the rims with limejuice and dip in sea salt then place ¼ cup shrimp Ceviche in each glass. Add 4 blue tortilla



California Sauvignon Blanc or a white blend work well with this light dish and the lime juice.

BIO—CHEF MATTHEW RAIFORD

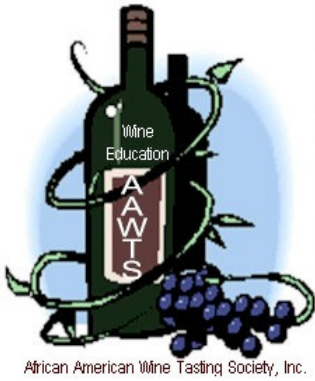
Chef Raiford is a CIA (Culinary Institute of America graduate and has held several positions in the food and hospitality industry. He has also served as wine steward for four award-winning restaurants.

He currently operates a catering company in Atlanta, Georgia called SATIN & SAVORY, a full scale mobile pampering com-

pany with personal chefs, certified massage therapists, estheticians, nail technicians and makeup artists. He has served as the Chief Executive Officer and Executive Chef for Satin & Savory, LLC, and led the company in strategic planning, the development of recipes and menus and the execution of a wonderful, delectable dining

experience.

Chef Raiford has also been featured in numerous publications, including the June 2003 issue of Essence magazine and the June 2003 issue of Career Focus, the April 2006 Dining In section of the New York Times, and most recently—the December 2007 issue of the Atlanta Tribune Magazine.



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any other floating bits? An older red wine will be more translucent than younger red wines.

2.) Swirl

Swirl your wine around in the gently glass to get the aromas and bouquet going.

3.) Sniff

First sniff - Take a quick whiff of the wine.

Second sniff - Now stick your nose down into the glass and take a deep inhale through your nose.

What are your second impressions? Do you smell oak, berry, flowers, vanilla or citrus? A wine's aroma is an excellent indicator of its quality and unique characteristics.

Final sniff - Gently swirl the wine and let the aromas mix and mingle, and sniff again.

4.) Sip

Finally, take a sip of the wine. Start with a small sip and let it roll around your tongue. There are three stages of taste:

Taste - After gathering your initial impression of the wine, allow a small breath of air in through your lips and allow the wine to mingle with the air (called swirling). This will allow you to taste flavors more fully (even if you look or sound a bit funny). What do you taste? Reds will often have berry, woody and bell pepper tastes. White wines will often have apple, floral or citrus flavors associated with them.

Initial Taste - This is your first impression of the wine's components and flavors.

Finish - The wine's finish is how long the flavor lasts after it is swallowed. Did it last several seconds? Was it light-bodied (like water) or full-bodied (like the consistency of milk)?

After you have taken the time to taste your wine, you might record some of your impressions. Did you like the wine overall? Does it taste better with cheese, bread or a heavy meal? Will you buy it again? You can even add your own scoring system. Some people use a four point or star scale and some people use a 100 point scale.