



WINE AWESOMENESS

WINE

101



WINEAWESOMENESS.COM

**WELCOME
TO THE WA
CREW!**

Welcome to the WA Crew! We're a tribe of explorers and believe wine is an incredible way to go on an adventure. Whether we're exploring with a bottle at home or traveling to a far-off wine region, we couldn't be more thrilled to embark on this adventure together.

About 5 years ago, a college buddy and I lived near a wine bar in Charleston, SC, and we were curious about wine. We made great friends with a handful of the bartenders and somms, learned a ton, and wanted to spread that experience far and wide. I like to say we were naive in the best and worst ways when we started the business.

We've grown a ton. We don't pack the boxes ourselves anymore and now the team is based in Brooklyn, NY. Lots of things have changed, but our core beliefs remain exactly the same.

1. WE'D NEVER SEND YOU FAKE WINE. That means bulk wine that a creative graphic designer dresses up with a cute label, but the juice in the bottle lacks the soul of real wine by a real winemaker from a real place.

2. WINE IS A JOURNEY. We've been lucky enough to travel the globe, see some of the most beautiful places, and find the coolest people making the best wine. We're so excited that we get to pass on this journey each month to you with amazing bottles and the stories behind them.

3. CHECK THE SNOBBERY AT THE DOOR. We take our jobs seriously, but we don't take ourselves or wine too seriously. You do not need a PhD in wine-ology to learn about wine. You just need some kind of cup or glass and sometimes a corkscrew. Drinking wine is the best way to learn and have fun.

Each month we curate wines from around the globe paired with recipes, music suggestions, and the stories behind the bottle. To get you started off, we've put together what we've dubbed Wine 101. It has all the basics that you need to know to become a wine boss. Plus each wine is paired with a recipe from some of our favorite chefs, bloggers, and restaurants.

This is just the beginning of the wine adventure. We have so many bottles, places, and winemakers to explore together.



WINE BASICS: WHY IS ROSÉ PINK?

— KAITLIN OHLINGER

If you haven't already noticed, rosé is here to stay. So there's really no better time than now to brush up on your wine knowledge and understand what the delicious pink juice is all about. Explaining why rosé is pink is a perfect conversation starter to have on hand. Since the answer is relatively simple, you can really get a handle on it in time to impress your date tonight or family at the reunion this weekend.

Rosé is made from the types of grapes that typically make red wine. The insides of these grapes and the juice that comes out of them are actually white and clear.* It's the pigment

contained in the skins of those grapes that makes our wine red. Over time, as the juice sits on the grape skins it absorbs these pigments (and becomes red itself).

Rosé is pink because the juice sits on these grape skins, but not for nearly as long. The grapes are sorted and macerated (soaked) for a short amount of time. That means that only some of those pigments will be absorbed, and just a bit of the color stays in the juice. Then the juice is bled off and fermented into wine. With only a fraction of the pigments found in reds, it ends up pink — et VOILA!

There are a ton of decisions that go into making wine of any kind, but it's really up to the



winemaker to decide how long to leave the juice sitting on the grape skins. The longer the contact with the skins, the more intense the color, the aromatics and lots more minute details about the finished wine.

Individual grapes have their own characteristics, too. A Grenache Rosé will often be bright pink, like a watermelon. A Tempranillo or Pinot Noir rosé is more likely to be pale, salmony pink. This is yet another reason rosé is so much fun. For as many red grapes as exist in the world, there can be a rosé. It boggles the mind, yet also frees it to run away, imagining all the possibilities and styles that can and might exist.

Now you must go forth with your newfound

knowledge and drink some rosé. It seems like a monstrous task, but do it you must — if you're to continue on your path of wine-loving that is. If in a few weeks from now, you find yourself debating the merits of a Cabernet rosé versus a Cinsault rosé... well, don't say we didn't warn you, and welcome to the club.

**wine nerds, before you crucify me, I know there ARE a few grapes out there (teinturier grapes!) that have red insides. Alicante Bouchet. Dornfelder. And more. Those are cool, but we're not talking about them today, okay?*

SWEET VS. FRUITY: WHAT'S THE DEAL?

—ANGELA ORTMANN

O f all the beautiful and eloquent words that encapsulate the world of wine, the one we all really want to use is: **complicated.**

The plethora of terms, regions, varietals, techniques (continue ad nauseam) can ignite the passion of any aspiring connoisseur. Conversely, they can instill a harrowing fear of the unknown in the heart of the Average Joe who's just looking to enjoy a glass of fermented grape juice.

One of the biggest challenges is expressing exactly what it is we like about our wines. Beyond the simplicity of "white vs. red," there are an endless amount of classifications and categories. It's one thing to read the back label of a bottle and decide whether the "stirring narrative" really moves us. But what about when we dine out? Having to describe wine (and our preferences) in public is no small task.

In all my experiences educating people about wine, serving it, studying it and drinking quite a bit of it, the most common snag I have come

across is the sweet vs. fruit dichotomy.

I have been at many a table (as a sommelier and a diner) where guests request a "sweet" style of wine. All too often, the server or sommelier brings out a dessert white or a port. Ultimately, these wines are turned away for being too sweet.

After witnessing this time and time again, I came to realize that many wine drinkers confuse the words sweet and fruity. This is a mistake that makes sense, but a mistake nonetheless.

We naturally think of fruit as sweet. Therefore, a wine that exudes rich berry or tropical notes might be described as sweet. But for a wine to be sweet by professional standards, it must have residual sugars. Which means, sugar left intentionally in the juice during the winemaking process.

If what you prefer is a wine that has prominent and dominating fruit flavors but not that outward sugary sensation, you really want a wine that is fruit-forward.

Care to put your senses to the test? (Fair



warning: I do not recommend performing this exercise during your next fine dining experience.)

Use one hand to close your nose while using the other to take a healthy sip of wine. If you don't immediately get a sweet taste, your wine is likely a dry, fruit-forward wine. Sugar sensations are most often perceived at the front of the tongue while fruit notes are amplified by our sense of smell. Therefore, eliminating one should create a pronunciation of the other.

Let's break it down further with sweetened and unsweetened tea. It all tastes like tea, but we know whether we want those packets of sugar added. How about lemonade? One could make a batch of freshly squeezed lemonade, and depending on the amount of sugar added, the result could be tart or sweet. In either instance, the lemonade is still, in fact, fruity, due to the fact that its primary ingredient is a fruit and all.

A less sophisticated example: take a moment to think about wine coolers. I'd say the line is drawn here for most: you either love them or hate them.

If you're a fan of a bottled Strawberry Daiquiri or Bahama Mama, you're probably a sweet wine drinker. If you wish you could water them down with some tonic, you likely enjoy a fruit-forward wine. This would also be the answer for those who hold a certain disdain for these syrupy concoctions.

Of course, everybody's sweetness threshold is different. We could argue over what levels of residual sugar constitute a "sweet" wine all day, but let's save that for another day, wouldn't ya say?



CHORIZO PORK BURGERS WITH GRILLED HONEY ONIONS AND MANCHEGO

SERVES 6 - 8

1 pound ground pork

1 pound fresh (uncured) chorizo, squeezed out of its casings

1/2 teaspoon kosher salt, plus more as needed

1/2 teaspoon smoked paprika (hot or sweet) to taste

1/2 teaspoon ground cumin

1 garlic clove, grated on a Microplane or minced

1 1/2 tablespoons extra-virgin olive oil

1 tablespoon sherry vinegar

2 teaspoons honey

1 large Spanish onion, sliced

6 ounces Manchego cheese, thinly sliced

Hamburger buns, for serving

Mayonnaise, mustard, and/or

ketchup, for serving (optional)

Sliced pickles, for serving

Heat a grill or broiler to high.

In a large bowl, combine the pork, chorizo, salt, paprika, cumin, and garlic, mixing just to combine. Form into 6 to 8 patties, taking care to keep the mixture loose and not pack it tightly (which makes for a tough burger, as does overmixing; always use a light touch with ground meat).

In a small bowl, mix together the olive oil, sherry vinegar, and honey. Brush this over both sides of the onion slices and sprinkle them with salt. Grill or broil the onions until they are golden brown on both sides, about 2 minutes per side. Transfer the onions to a plate.

Grill or broil the burgers on both sides until they are cooked to medium. Since this is raw pork, the meat should be cooked until pink on the inside but not red rare (140°F will give you medium to medium-rare meat). This can take anywhere from 3 to 6 minutes per side, depending on how thick you formed your patties and how hot your fire is, so watch them carefully.

When the burgers are almost cooked through, top them with the cheese and let the cheese melt while the patties finish cooking. You can also toast the buns at this point if you like.

Serve the burgers in the buns, spread with your condiments of choice and the onions and pickles, if using, on top.

CHOOSING THE BEST WINE GLASS FOR YOU

—CHRISTIAN BRODER



So there are different shapes of glasses for different wines. What the hell are they all for? Why can't I just use a pint glass for wine? Truth is, you can really use whatever shape glass you like. Even drink the wine straight from the bottle if you so fancy.

However, you could certainly make an argument to the contrary. These different shapes of wine glasses were developed to help the wine properly express itself. Different wines have different personalities. Some have more delicate aromas and flavors while others hit you over the

head like a hammer, so why not have a glass that is engineered to highlight that?

We're seeing more and more stemless wine glasses these days, but the traditional wine glass has three parts: The bowl, the stem and the base. Generally speaking, it's the bowl that varies from style to style. And while stemless wine glasses can be convenient, they are easily gunked-up with fingerprints and your body heat will actually warm the wine unnecessarily.

Two things to consider when it comes to wine glass shape:



Wine needs to be exposed to air to express its nuances/personality.

The size of the bowl dictates how much air will touch the wine.

So, the more narrow the bowl of the glass, the less air the wine will touch. Think of sparkling wine flutes and white wine glasses. These glasses are shaped to introduce smaller amounts of oxygen to preserve the gentle, nuanced characteristics of the wine.

And by contrast, the larger the bowl of the

glass, the more air the wine will touch. Think of behemoth, fishbowl wine glasses for huge red wines. Reds tend to be more sturdy and, therefore can require a little bit more coaxing in the glass to show their true character.

To sum things up... whether you are a fan of whites, reds or sparkling vino, the choice of glass doesn't matter as much as some wine experts may say. We believe, if you are drinking with friends and drinking well you can sip wine from just about anything.



STICKY TAMARIND CHICKEN

SERVES 6

3 tablespoons Asian fish sauce

2 1/2 tablespoons soy sauce

3 tablespoons honey

1 tablespoon toasted sesame oil

1/2 tablespoon tamarind paste or concentrate

1/2 teaspoon red chile flakes

Grated zest of 1 lime

1 garlic clove, grated on a Microplane or minced

3 pounds bone-in, skinless chicken thighs

Freshly ground black pepper to taste

1 jalapeño, sliced (optional)

Crisp lettuce leaves, such as Bibb or romaine, for serving

Heat the oven to 425°F.

In a large bowl, whisk together the fish sauce, soy sauce, honey, sesame oil, tamarind, chile flakes, lime zest, and garlic.

Pat the chicken dry with paper towels. Add the chicken to the sauce in the bowl, and turn to coat the pieces well.

Arrange the chicken on a rimmed baking sheet, and pour the sauce over it. (If you like, you can refrigerate the chicken at this point, covered, for up to 24 hours.) Roast, turning the chicken occasionally, until it is cooked through and caramelized, 25 to 30 minutes.

Top the chicken with plenty of black pepper and jalapeño slices if desired. Serve over lettuce leaves.

ARE SCREW CAPS FOR CHEAP WINE?

— WINE AWESOMENESS WITH CHRISTIAN BRODER

Right now, as you read this, families are divided, brother against brother, sister against sister, cat against dog. What is polarizing the world, causing nations to crumble and friends to get slightly upset at other friends? The cork vs. screw top debate — that's what. You may have heard statements like: **Corks are old fashion, like a horse and buggy in the age of the automobile. Or: Screw tops are cheap, like an H&M sweater; they're a fad. But who is right? On which side should you take up arms? Well struggle no longer. Wine Awesomeness has implored scholars and a guy who kind of looks like a scholar; we've forced down liter after liter of wine in the hopes of uncovering this ancient mystery. So please, put down your mace and flail and lend us your ear, because today the battle ends.**

Let's start at the beginning: the cork, well technically the cork tree (who knew, right?). Corks are made from cork oak (*Quercus suber*), which are native to southwest Europe and northwest Africa. The tree forms a thick layer of

bark that once it reaches the right thickness is harvested and processed into wine corks, as well as flooring and a ton of other useful stuff. What's truly unique about this process is that unlike almost all other products made from trees, cork is a completely renewable resource. The harvesting of cork doesn't damage the tree and so they are left uncut and allowed to continue to grow and provide a habitat for a number of endangered species. Not as wasteful as you thought, huh?

Next, we have the vile, despicable screw top, coming in and trying to disrupt the industry. But where did they come from? From what pit did this scoundrel crawl out of? New Zealand?! Really? Yep, those mild-mannered, dreadlocked Kiwis are responsible for turning the wine world on its head. But why? Why veer from tradition? Like most innovation, the answer was necessity. Since cork is only stripped in nine-year intervals, a spike in demand doesn't equate to a quick turnaround on the supply, so the cork companies weren't necessarily scrambling to provide



the developing areas of the wine-producing world (like New Zealand) with the best corks. This meant that these regions were receiving subpar corks that were more likely to produce cork taint. Not wanting their juice to taste like wet, moldy newspaper, the New Zealand wineries decided to take matters into their own hands and began using screwtops. The idea of screw tops for wine had existed since the 1970s but consumers had been slow to accept change. And how do you change the minds of consumers? Through clever marketing of course. New Zealand winemakers teamed up with their Australian counterparts and began the brilliant campaign known as The International Screw Top Initiative, which launched a dual front: focusing not only on consumers but also targeting the producers. Skip forward a decade and a half and we have the “overnight success” of screw tops.

So what's the WA crew's opinion of screw tops? We don't care! We could give two spits if Saran Wrap covers the tops of bottles as long as the juice inside is awesome. For wines that

are meant to be consumed young, like whites, rosés, and fresh styles of reds, screw tops are perfect because these wines don't need to breathe. For wines that need a little age to come together, corks are really the only way to go for now; however, we've heard talk of a breathable screw top in the works. The way we see it, whatever is new is always scary, and many people are so stuck in doing things the way they've always been done that they have a hard time accepting unfamiliar technology. Kind of like my grandfather, who in the late 80s claimed that computers were a fad. Sorry Grandpa, but I can't waste two hours a day watching videos of dancing babies on an abacus.

So, what did we learn through all of this? We learned that sometimes there isn't an answer, sometimes it's the question that creates the conflict. It's not corks vs. screw tops; it's corks AND screw tops!



FROG LEGS WITH SPICY DR. PEPPER GLAZE

YIELDS 24 FROG LEGS FOR GLAZE:

2 cups Dr. Pepper

1 cup gochujang (hot pepper
paste)

½ cup caper brine

1 teaspoon xanthan gum, to
stabilize

FOR FROG LEGS:

1 dozen pairs (24) frog legs, frozen
and skinned

1 quart buttermilk Oil, for frying
(you want to fill a deep 14" Pot
with about 4" of oil)

2-3 cups rice flour (enough to
fully coat the legs)

TO COMPLETE Fresh black
pepper to taste

Cilantro leaves, to taste

This is one of the original recipes served at Do or Dine when they first opened.

1 For Glaze: Combine all ingredients in a blender and blend until thoroughly mixed.

2 For Frog Legs: Soak legs in buttermilk until you are ready to fry them, at least 6 hours. Add 4" oil to a deep pan and heat to 350°F. Dip the frog legs in rice flour and fry, about 8 minutes, until golden brown and delicious. Remove to a paper towel-lined plate to cool.

3 To Complete: Put ½ of the Glaze in a bowl, add the fried Frog Legs, and coat the legs with the Glaze. Place glazed legs on serving plates. Top with fresh black pepper and cilantro leaves before serving



COTTAGE PIE

FOR THE FILLING:

- 1 tablespoon oil
- 2 cloves garlic, minced
- 1 large white onion, diced
- 2 medium carrots, diced
- 1 1/4 pounds lean ground beef
- 14 ounce can tomatoes
- 10 ounces beef stock
- 1 bay leaf
- 1 sprig fresh thyme leaves
- 2 tablespoons tomato paste
- Salt
- Freshly ground black pepper

FOR THE TOPPING:

- 1 1/2 pound potatoes, peeled and chopped
- 8 ounces parsnips, peeled and chopped
- 2 teaspoons creamed horseradish
- 2 1/2 ounces butter
- 2 ounces milk

FOR THE FILLING:

Preheat oven to 375°F.

Heat the oil in a large pan. Add the onion and carrot and cook over medium heat for 5 minutes until soft.

Add the minced beef and cook for 3 minutes to brown.

Add the garlic, tomatoes, tomato paste, beef stock, bay leaf, and thyme.

Cover and simmer for 30 minutes. Season with salt and pepper.

FOR THE TOPPING:

Boil the potatoes and parsnips in water until soft. Drain and mash with the butter and milk. Stir in the horseradish and season with salt and pepper.

Spoon the meat into an ovenproof dish. Top with the mash and bake for 30 minutes until golden brown.



BAKED SALMON WITH CRÈME FRAÎCHE

SERVES 4 TO 6

**2-pound piece of center-cut
salmon**

1/4 cup crème fraîche

Salt and pepper

1 lemon, thinly sliced

Preheat oven to 425°F.

Put salmon on a baking sheet lined with foil and cover salmon with crème fraîche.

Season salmon with salt and pepper and add lemon slices.

Cook on high heat for 14 minutes until center of salmon is opaque (the salmon will continue to cook after removed from the oven).



PEACHY PORK OR VEAL WITH POMEGRANATE MOLASSES AND CHARRED ONION

SERVES 2

2 bone-in pork or veal chops (1 1/2 inches thick)

1 medium red onion, sliced 1/2 inch thick and separated into individual rings

1 tablespoon plus 1 teaspoon extra-virgin olive oil

1 teaspoon kosher salt, plus more as needed

1 teaspoon freshly ground black pepper, plus more as needed

8 ounces peaches or nectarines, pitted and cut into thick wedges

Pomegranate molasses, for serving

Chopped fresh basil, for serving

Heat the oven to 475°F.

In a large bowl, toss the chops and onions with the 1 tablespoon olive oil and salt and pepper. Arrange the chops and onions on a rimmed baking sheet, keeping the meat on one side and the onions on the other, and leaving space for adding the peaches later. Roast for 8 minutes.

Meanwhile, in a large bowl, toss the peaches with the remaining 1 teaspoon olive oil, and sprinkle them with a generous pinch each of salt and pepper.

Turn the oven to broil. Add the peaches to the cleared space on the baking sheet, and broil until everything is lightly charred and the chops are just cooked through, 3 to 5 minutes. (If your chops are thinner than 1 1/2 inches, pull them from the broiler when they are cooked through, and then return the baking sheet to the broiler to finish the onions and peaches.)

Divide the chops, onions, and peaches among individual serving plates, drizzle them with pomegranate molasses to taste, and sprinkle with chopped basil.



SHRIMP BANH MI

SERVES 2

2 small carrots, peeled and shredded

½ cup thinly sliced radishes

1 jalapeño, seeded and diced, plus more thinly sliced jalapeño for serving

4 teaspoons rice vinegar

Pinch of sugar

Kosher salt to taste

2½ teaspoons Asian fish sauce

16 sprigs fresh cilantro

2 garlic cloves

2 teaspoons grated peeled fresh ginger

1 lemongrass stalk, trimmed, outer layers removed, inner core smashed and chopped

1 small fresh chile (such as Thai or serrano), halved and seeded

8 ounces shrimp, peeled and deveined

2 tablespoons toasted sesame oil

Mayonnaise, for serving

Sriracha, for serving

1 baguette, split lengthwise and crosswise, and toasted

In a small bowl, toss together the carrots, radishes, jalapeño, 2 teaspoons of the rice vinegar, a pinch each of sugar and salt, and ½ teaspoon of the fish sauce. Stir to combine, and let it rest while you prepare the shrimp.

In a food processor, combine 8 cilantro sprigs with the garlic, ginger, lemongrass, chile, and remaining 2 teaspoons each fish sauce and rice vinegar, and process until everything is finely chopped. Add the shrimp and pulse the mixture, continually scraping down the sides of the bowl, until you have a chunky paste.

Heat the sesame oil in a large skillet over high heat. Add the shrimp paste, pressing it into the skillet. Cook until the paste is browned on one side, 2 to 3 minutes. Flip it over and cook until it is browned on the other side. (Don't worry if it breaks up. It can be like a hash or like a burger—both will work in the sandwich.) Sprinkle the cooked shrimp paste lightly with salt.

Spread mayonnaise and Sriracha to taste over the cut sides of the baguette pieces. Place the shrimp mixture on the bottom 2 pieces of baguette and top with the pickled carrots and radishes, the remaining 8 cilantro sprigs, and jalapeño slices to taste. Cover with baguette tops to form sandwiches.

PERFECT PAIRINGS: WHAT GROWS TOGETHER, GOES TOGETHER

—ANDREW MCFETRIDGE



With the large global market wine has today, many cultural elements have been woven together for the better. Palates may become more refined, more sensible, more adventurous. Why not have chorizo tacos with Bourgeil Cabernet Franc? The green bell pepper, jalapeño notes on each end could be amazing together.

Though, when pairing food and wine, if your goal is to create a regional experience, this is the only guide you need. It will even take you and your guests on a palate plane ride from everyday life to the crisp climates of Alsace or to the windswept volcanic island of Santorini. These cultural pairings will have you dusting off your passport and on the next flight.

One of my favorite things about wine is how this agricultural product represents the culture, food and traditions of a region. Food and wine is the perfect marriage, one as old as time. It brings families, friends and even strangers together for unforgettable experiences.

There are many different pairing categories. What makes it so fun is that these wine pairings are as fluid as the wine in your glass. There are a few factors to be considered when selecting a wine. Sometimes you may want to pair the wine to the food or the food to the wine. It may be contingent on what type of experience you're having whether it be a fancy feast, a casual Sunday dinner or a night in with takeout.

"What Grows Together, Goes Together" is a category that represents the cultural aspect of food and wine more than the actual taste of food, although taste still has its role too. Before global trade and importing and exporting, early winemakers made wine that reflected the food of that area. Over time, these combinations evolved organically to become what we now consider to be no-brainers – of course Savennieres goes well with Sainte Maure goat cheese!

Italy is a great example of this category. From Piedmont in the north to Sicily in the south, there are many pockets of culinary mini-cultures. The palates in cooler Piedmont will differ from those



in warm Sicily – as will the styles of wine they produce and the food they prepare.

Barbaresco, the famous wine made from the Nebbiolo grape, with its soft floral aromas, subtle mushroom undertones and firm acid structure, goes hand-in-hand with regional delights like tagliatelle pasta and heavenly white truffles. In contrast, Sicily's warmer climate and proximity to the sea, are also reflected on the plate and in the glass. Seafood stews, anchovy pastas or grilled Branzino match the lemony, salty wines made from the Catarratto grape, Sicily's most planted white grape.

The Age of Exploration brought many European grape varieties to The New World. Over time, Sauvignon Blanc made its way from France to New Zealand, which put the country on the winemaking radar. Here, the grape takes on a whole new identity. Sancerre's notes of chalky minerals evolve into vibrant bursts of lemongrass and grapefruit in Kiwi country. These flavor changes that are based on location and climate are reflected in the food of each respective country.

Sancerre, relatively cooler and in a different growing season than New Zealand, finds its tart fruit matching perfectly with poultry, river fish and cheeses. Marlborough Sauvignon Blanc, with its ripe grapefruit and grass notes, is irresistible with local squid, swordfish, steamed prawns or roasted vegetables.

It's necessary to have a pairing that allows wine and food to work together, not against each other. The fun in "What Grows Together, Goes Together" is gaining some exciting historical and cultural insight on the broad world of wine – while giving your taste buds an adventure too.



GRILLED SQUID WITH YOGURT GREEN GODDESS AND AVOCADO

SERVES 6 AS A FIRST COURSE

FOR THE SQUID

¼ cup olive oil, plus more for the grill

¼ cup dry white wine

6 garlic cloves, minced

1 tablespoon fresh oregano, coarsely chopped

1 teaspoon red pepper flakes

1 teaspoon sweet Spanish paprika

½ teaspoon kosher salt

2 pounds whole squid, cleaned, long tentacles trimmed if desired

FOR THE GREEN GODDESS DRESSING

½ cup mayonnaise

½ cup buttermilk

¼ cup chopped fresh chives

¼ cup coarsely chopped fresh flat-leaf parsley

1 tablespoon chopped fresh tarragon

1 tablespoon fresh lemon juice

2 oil packed anchovy fillets drained and chopped

1 garlic clove, chopped

Kosher salt and freshly ground black pepper

1 avocado, halved, pitted, and cut into thick slices

Extra-virgin olive oil, for drizzling

2 French breakfast radishes, green removed and julienned, for garnish

1 teaspoon poppy seeds, for garnish

Make the squid: In a large bowl, whisk together the olive oil, wine, garlic, oregano, red pepper flakes, paprika, and salt. Add the squid, toss to coat, then cover and marinate in the refrigerator for 3 to 4 hours.

While the squid marinates, make the Green Goddess dressing: In a food processor, combine the mayonnaise, buttermilk, chives, parsley, tarragon, lemon juice, anchovy fillets, and garlic. Process until smooth, then transfer to a bowl and season with salt and black pepper. Cover and refrigerate until ready to use; the dressing will keep, refrigerated, for a few days.

Prepare a charcoal or gas grill for direct, high-heat grilling. Lightly oil a perforated grill pan or a cast-iron grill griddle and set it on the grill to preheat.

Remove the squid from the marinade and place on the preheated rack or griddle. Grill for 4 minutes, turning once, or until the squid are almost opaque all the way through and have crisped around the ends and tentacles. Do not overcook, or the squid will become rubbery, but don't undercook it, either—it should be cooked through, not just charred on the exterior and warm inside.

Smear the dressing onto a large platter and top with the grilled squid. Arrange the pieces of avocado alongside. Drizzle with a ribbon of olive oil, garnish with radishes and a sprinkle of poppy seeds, and season with salt. Serve immediately.

FACT VS FICTION: SULFITES

—KAITLIN OHLINGER

Do you have that friend? The one who's "allergic" to sulfites? You nod your head politely when they start to tell you about their allergy, but your brain drifts off towards thoughts about *The Voice*, *Candy Crush*, or how much you need a glass of wine to survive the conversation. A polite swat to the back of the head might prove useful in this situation.

Though I can't condone this behavior, in all actuality, your friend might need one. Why? Because chances are, this friend is not actually allergic to sulfites. He/she has probably fallen victim to the sulfite craze which (much akin to the gluten-free craze) has elements of truth, and elements of pure fabrication.

So let's dive in. To begin with, what the hell is a sulfite? You're gonna need the facts in order to combat the fiction coming from your Sulfite Allergy Friend. A sulfite is simply a chemical compound. SO₂, to be exact: sulfur dioxide.

Wait, wait! Don't start having horrific flashbacks to high school chemistry just yet. That is just about as technical as we need to get. Sulfites are added to wine during winemaking (they're also naturally-occurring in small amounts) and have been for roughly forever. So what do sulfites do?

Sulfites are a preservative. They serve the very crucial function of an antimicrobial and antioxidant. Those are fancy words for

"preventing the development of unwanted bacteria and yeasts." They protect the fruit's integrity, the life of the wine, and eliminate unwanted browning or discoloration.

If you forget a bottle of wine on the back of your rack for 6 months, do you still want it to taste good? Yes. You can thank sulfites for that. Without them, wine simply can't survive in the bottle for very long. At least, not as something delicious or potable. But are sulfites "natural?"

In a word, yes. They pretty much are. Adding SO₂ to wine during winemaking is kinda part of the deal. It is a centuries-old practice. The United States is actually among one of the only countries that requires the "contains sulfites" label.

So, if your sulfite-allergic friend insists that during their recent amazing trip to Europe, all the wine was sulfite-free and they never got one headache and OHMYGOSH you HAVE to go to Prague; just smile and nod. That wine had sulfites too.

So what did give this poor friend his or her "sulfite headache?" This is sort of a mystery, and sort of not. The mystery part is why the "red wine headache" affects us some days more than others. When you drink booze of any kind, it dehydrates you. This leads, almost certainly, to a headache. No shit, right?

If you drank just two glasses of wine on a given Tuesday, but hadn't had a drop of water all day...



guess what? You might feel worse the next day than if you drank two whole bottles in a night, but stayed hydrated. Or, your friend could have a histamine intolerance. This is somewhat common, and does lead to unfortunate symptoms like hives, flushing of the face and more. No fun.

I would be remiss if I didn't mention that there is such a thing as a sulfite allergy. However, if your friend really does have this allergy, there are things far worse than wine that he or she would have to stay away from: dried fruit, any processed food, anything containing gelatin, and so much more! Have fun googling that one.

There. Don't you feel better now that you're armed with the facts? Now get to the fun part-drinking!



WINE IN AMERICA BY THE NUMBERS

Washington state has the second most wineries in the US with 780 wineries - that's 3,000 less than California!

California accounts for about 90% of total US wine production.



WINE PRODUCED ANNUALLY

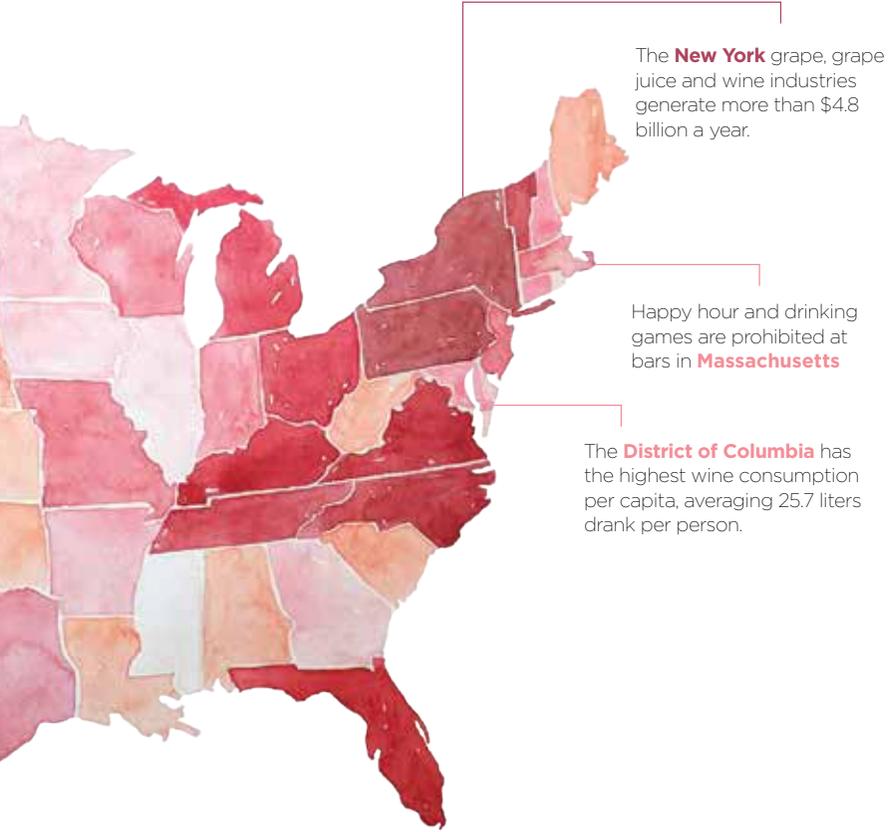
- Less than 100,000 gallons
- 100,000 - 500,000 gallons
- 500,000 - 1.5 million gallons
- 1.5 million - 5 million gallons
- More than 13 million gallons
- 638 million gallons



While the US is the 4th largest producer of wine in the world, it is the number 1 consumer accounting for 12% of worldwide wine consumption



Millennials drank 42% of all wine in the US in 2015



The US wine industry is valued at around \$37 billion



Each American drinks an average of about 2.8 gallons of wine per year

GLOSSARY

ACIDITY

Gives wine a bright, crisp, tart taste and is essential in keeping a wine balanced — acidity balances out sweetness. You can gauge how acidic a wine is by taking note of how much you salivate after your first sip of wine. More saliva = more acid.

BODY

Describes how heavy wine feels on the palate. When determining body, picture the difference between how skim milk feels in your mouth versus how heavy cream feels. If a wine feels like skim milk, it has a lighter body. If it feels more like heavy cream, it has a full body. Acidity, sweetness, tannin and alcohol all affect the body of a wine.

DRY

A “dry wine” is one that does not have a sweet taste. However, even if a wine is technically dry, it can still have a considerable amount of residual sugar that’s concealed by a higher acidity.

Example: unsweetened is technically “dry.”

FRUITY

Commonly confused with sweetness (because we affiliate fruit with sweetness), “fruity” describes the presence of fruit flavors in wine. To better understand fruitiness in wine, imagine unsweetened iced tea with lemon squeezed in it. The tea has a fruitiness from the lemon but is still dry because it’s unsweetened.

SWEETNESS

A wine’s sweetness is measured by the amount of naturally occurring sugar — Residual Sugar (RS) — that’s left in the wine at the end of the fermentation process. This sweetness is ranked from bone dry (Brut Nature) to very sweet (doux) and can usually be detected by a slight tingling sensation on the tip of the tongue.

TANNIN

The astringent or “grippy,” almost drying, feeling a red wine leaves in your mouth. A wine’s tannin level is determined by how long the pressed juice sits with the grape seeds and stems, which is where tannins are naturally found. Example: think about how your mouth feels after drinking unsweetened black tea — also high in tannin.

THANKS FOR BEING A MEMBER! DID YOU KNOW...

THE WINE

We're constantly tracking down, taste-testing and selecting authentic bottles from winemakers around the world — wines that are new to us and hopefully new to you, too. We curate authentic wines rather than bulk blending so that you can truly experience the diverse world of wine.



ADD YOUR FAVORITES

Discovered something you love in your box? Browse our wine shop and stock up on your favorites. Members get exclusive discounts on the wine shop (up to 25% off!) AND free shipping (when you select “No-Rush” shipping at checkout). Hurry! They go fast.

MEMBERSHIP FLEXIBILITY

More in the mood for only red (or white) wine this month? Switch the type of wine you want to receive. Swimming in wine right now and need a break? Log in to manage your membership to fit your wine needs. P.S. We're now offering 6 packs of all white or all red!



PERKS PERKS PERKS. ALL ABOUT PERKS.

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Just share your referral code — which can be found on your account dashboard online — and when your friend signs up, you get \$25 in your account! It's as simple as that.

Keep an eye out for a new member perk each month!

Don't forget to check us out on social and share your monthly wine experience!





WINE AWESOMENESS