

Cheers to Wine and Food

TIPS TO EAT WELL, DRINK WELL, AND LIVE WELL

Tips On the Menu in July

Hear these tips, and much more to enjoy on our affiliate radio stations in July.

Barbecue Party Etiquette

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Chardonnay Wine

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Herbs and Spices

Rose Water

The popularity of celebrity wines continues to grow with Madonna Wine. The label on each bottle features a colorful picture of the Material Girl.

Hockey great, Wayne Gretzky is also getting into the wine business. Wayne Gretzky Estates Merlot is served at his Toronto restaurant. The Great One plans to open a Niagara winery in 2009.



Outdoor cooking on the grill, sipping some vino, cold beer, or even a mocktail, as everyone is chillin' with friends at festive summer events. It doesn't get any better! **Cheers to summertime fun.** Get tasty tips and ideas on summer whites, grilling with wood chips or planks, and more. We even have a recipe on Cabernet Peach Pork, barbecue party etiquette, plus news on Madonna Wine.

Hotdogs and Hamburgers Priceless Foods for Canada Day Celebrations

Tyler Stewart, drummer for the Barenaked Ladies, is among the 21 percent of Canadians who barbecued hotdogs this Canada Day. According to this year's MasterCard Priceless Index, the Barenaked Ladies are Canada's most Priceless Canadian Band, while hotdogs and hamburgers were named the most priceless food for Canada Day celebrations. (CNW Group/MasterCard Worldwide)



The Material Girls Father Bottles Madonna Wine

For some wine collectors, he's Madonna's father, for others he's just Tony the Wine Maker. The Material Girl's father, Tony Ciccone, recently released Madonna Wine. The vino is available in five varieties: Pinot Grigio, Pinot Noir, Gewurztraminer, Cabernet Franc and Chardonnay.

It's definitely not California wine or French wine. It is Michigan wine bottled by Ciccone Vineyard & Winery in Suttons Bay. Sales have been rockin', which is cool for business at 40 bucks a bottle. A ton of customers aren't buying the wine for its taste; they're purchasing complete sets to keep as collector items. Buyers are also picking up the wine as gifts for Madonna fans. The label on each bottle features a colorful picture of Madonna. Cheers to the Material Girl, now a rookie vintner doing it like a virgin in a bottle of vino.

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St. John's Nfld., 101.1 Coast FM, Mo-Su, 5:35 p.m.
 Antigonish, N.S. X-FM 98.9, 11:30 a.m.
 Halifax, N.S.: Seaside FM 94.7 10:40 a.m. 7:40 p.m.
 Montreal, Qu: 105.1 Mike FM M-F 10:57 am, 4:55 pm Sa 5:55 pm, Su 9:05 am
 Massena, NY: WYBG 1050, 10:44 a.m.
 Belleville, On: Mix 97, M-F, 11:40 am
 Trenton, On: Rock 107, M-F 10:50 am
 Haliburton, On: Canoe FM, 100.9 M-F, 5:10 pm
 Simcoe, On: CD 98.9, Mo-Fr 3:25 pm
 Waterloo, On, CKWR 98.5
 M-F 9:20 am Sa 10:40 am Su 5:40 pm
 Sturgeon Falls, On: CFSF, 99.3 FM 4:15 p.m.
 Thunder Bay, On: 580 CKPR, 7:20 am 3:50 pm
 Nipawin, Sask, The Storm, 94.7, 1 p.m.
 Camrose, Alberta, 98.1 CAM FM, 11:20 a.m.
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 Ucluelet, B.C., The Edge, CIMM-FM 99.5, Mo-Su, 12:20 & 4:20 pm
 Duncan, B.C. 89.7 SUN-FM, M-Su, 4:15 p.m.
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Cabernet Peach Pork

(NC)-The love affair between fruit and pork is a story of deep flavours and tenderness. Sweet juicy Ontario peaches or nectarines complement the savoury rich taste of the pork. To complete this match is a rich Cabernet sauce with flavour accents including cinnamon, gingerroot and sweet brown sugar.

1 tbsp olive oil
 1 cup onion, chopped
 1/3 cup brown sugar,
 1-1/2 cup Cabernet wine
 1/2 cup reduced sodium soy sauce
 2 tbsp balsamic vinegar
 1/4 cup gingerroot, minced
 1-1/2 tsp cinnamon
 1 tsp freshly cracked pepper
 6 bone-in center cut pork chops
 3 Ontario peaches or nectarines, sliced 3
 1/4 cup chopped parsley



In non-stick skillet, heat oil over medium heat. Add onions and sugar; cook, stirring frequently, until onions are tender, about 5 minutes. Stir in wine, soy sauce, vinegar, gingerroot, cinnamon and pepper. Cook 1 minute more. Remove from heat and let cool completely.

Place pork in a resealable plastic bag. Pour in 1-cup (250 mL) of the marinade. Seal and refrigerate for 4 hours or up to one day; turning occasionally.

Grill pork over medium high heat on a lightly greased grill until pork has only a hint of pink, about 8 to minutes per side (will depend on thickness). Discard marinade.

Meanwhile, in a skillet heat reserved marinade over medium high heat. Add peach or nectarine slices and cook until tender and sauce has thickened slightly, about 15 minutes. Sprinkle with chopped parsley and serve over grilled pork. Makes 6 servings. Source: www.ontariotenderfruit.com - News Canada

For more recipes visit www.CheersToWineAndFood.com

Grilling Tips: Wood Chips and Planking Add Smoky Flavour Etiquette by Hosts and Guests Add to Enjoyment

By Paul Carfagnini

How do you capture the smokey flavour of wood when cooking on a gas grill? Listen in July for this tip on smoking foods with wood chips. Start by soaking the chips in water for half an hour, then drain them. Use a stainless steel or cast iron smoker box placed under the cooking grids so the chips will smolder and smoke. Hickory is a great flavour to start with, it is the traditional wood in the southern barbecue belt, and gives a strong, hearty flavour to meats. Try hickory with beef or pork. Mesquite is a great choice for beef, lamb, or even turkey. When you smoke a cut of meat, give it plenty of time and smoke so it can absorb the flavour. The longer you smoke the food the more flavour the smoke will add.



Everybody seems to be grilling in July with all the holidays and backyard parties. Paula Deen Fires Up the Grill for July 4th (PRNewsFoto/Smithfield Foods)

How do you score an A-plus when cooking for a barbecue party? When grilling, trim any excess fat from meat and poultry to help prevent grill flare-ups. Turn food often with tongs to prevent charring. Browning is good, but charring is not. Do not press, flatten or pierce the meat flavorful juices will be lost and may cause flare-ups. Browning is a key flavor factor and helps impart delicious flavor and aroma to foods. If your meat becomes charred, remove those areas before eating. Proper cooking temperature is critical to delicious, flavorful food. Use medium heat to avoid overcooking or charring meat, poultry or seafood. Use a meat thermometer inserted horizontally into the side of meat, poultry and seafood to check doneness.

Planking Food on Grill

With wood chips and grilling planks, backyard chefs can taste the smokey flavours and cook with the convenience of gas. We found this hot tip to cook up tender, smoky ribs, roasts and seafood quickly and with ease. Planking is a great way to impress your guests. Cooking meat or seafood on a GrillPro cedar or maple grilling plank adds a smoky flavour and impresses guests. Soak the plank in water, juice, or beer for an hour, drain it and pat it dry. Place the marinated or seasoned meat on the plank on a medium-low temperature grill. Cook it to the desired doneness, and serve. Cedar planked salmon is a classic, but don't be afraid to try other types of fish and meat. Pork tenderloin is a great choice to grill on maple planks.

BBQ Etiquette

We frequently hear tips on how to grill foods to impress your guests, but what are the rules for barbecue party etiquette. As a barbecue guest, you should feel okay bringing your own sauce. Expect the meat to be provided by the host, but pull your weight by bringing your own sides and beverages. A nice bottle of sparkling vino to celebrate a festive occasion is always a classy touch. Go the extra mile and bring enough to share with others. Do not touch the grill. In a recent survey, respondents said only the host or hostess should work the grill. Simply stated, as a guest you can look, but don't touch, and take a taste when served. Keep food at 40 degrees Fahrenheit using an insulated cooler with ice or ice packs when carrying food to a barbecue.



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Summer Whites: Double the Pleasure



Summer and light white wines are double the pleasure as thirst-quenchers and palate pleasers. Here are a few tips on summer whites. Cool climates produce the best whites, so try the tart Muscadets from the Loire, fragrant Albarinos

from northern Spain, or citrusy Rieslings from Niagara or Germany. You might enjoy the floral Vinho Verdes from Portugal. How about Chardonnays from Chablis or B.C.? A little lower in calories, these thin wines still reward us with refreshing flavours. Medium-bodied whites such as soft Italian Soaves, Orvietos or Verdicchios are nice for summer foods like grilled sausages, cold salads, corn on the cob. A great food wine is Pinot Grigio. It's a nice match for Gaspacho, or Grilled chicken. For juicy vine-ripened tomatoes, forget about the reds, turn on the light and go white.

Grilling Vegetables is a Hot Trend

Steaks, hamburgers, chicken and hot dogs consistently top the list of foods that we grill most, but fresh vegetables, in particular onions, are popping on the grill more frequently than ever before. We have a few tips to help release your inner-chef. Grillers are experimenting with new foods to enhance variety, flavor and health. I hear onions contain generous amounts of Vitamin B6, Vitamin B1, and folic acid. An onion a day can raise HDLs, that's good cholesterol, resulting in lower blood pressure and prevention of blood clots. Try grilling a chicken breast stuffed with onions, ricotta cheese, and fresh herbs. For a tomato toast, chop some fresh chives, onions, goat's cheese, mixed with diced tomatoes on grilled slices of crusty bread. Simple, nutritious, and delicious!

"If you see in your wine the reflection of a person not in your range of vision, don't drink it."

Chinese Proverb

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Tune in to our affiliate radio stations to hear daily tips to eat well, drink well, and live well.

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