

Cheers to Wine and Food

TIPS TO EAT WELL, DRINK WELL, AND LIVE WELL

Tips On the Menu in May

Bikers and Wine
 Barbecue – Grilling Steak
 Wines That Love
 Low Fat Summer Cooking
 Spring Fling with White Wines
 Eat Fish for Omega 3
 Funny Wine Brand Names
 Start a Cooking Club
 Lamb and Wine
 Flavonoids and Almonds
 Smoked Salmon Canapés
 Wines and Jeans Style
 The Good Mood Diet
 Cooking with Mangos
 Making Margaritas
 When to use Wine Stewards

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

*Happy
 Mothers
 Day*



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We're serving news and tips to spice up the radio airwaves. Let's say cheers to our newest affiliate radio station; 98.1 CAM FM in Camrose, Alberta. Hear the latest tips to flirt with a Flirtini drink, spring wines, barbecue tips, and much more. We even have some tips from the Wine Market Council that match up your favorite blue jeans and suggested styles of wines you might prefer.

15,000 glasses of wine poured
 1000 different wines
 200 winemakers
 New Orleans Wine & Food Experience (NOW&FE)
 The 16th annual extravaganza runs May 23-27.
 See page 3 for details.



Flirting with a Flirtini Drink

The art of flirting is a time-honored tradition that begins the dance of attraction between a man and woman. Playful romantics are skilled at teasing out the allure. However, the more introverted among us may struggle to find an original opening line. Enter the Flirtini - the ultimate in smooth introductions.

Made with the platinum award-winning Ultra Premium Pearl Pomegranate Vodka, this sexy martini made with sparkling wine, does all the talking for you. In the language of love, flirt with the idea of getting sprung this spring. For a Pearl Flirtini you will need one and a half ounces of Pomegranate Vodka, four ounces of chilled Champagne, a splash of Grenadine, pour Vodka into flute and add champagne to fill. Add a splash of grenadine for color, and start flirting.

Eggs for Protein and Apparent Aphrodisiac Benefits

Not only are eggs celebrated around the world as a symbol of fertility, they are egg-cellent for protein. In history, egg shells symbolized beauty to the ancient Egyptians who figured that god put together the first egg from the sun and moon. Farmers in Central Europe touched their plows with eggs to inspire more fertile crops. French brides cracked an egg on their doorstep to ensure lots of babies.

Named for the Persian khav-yar, or cake of strength, Caviar is the richest egg. These pebble-sized eggs from the sea promised eaters a long life. As eggs go, caviar is very high in protein. As an easily digestible source of animal protein, eggs are a natural boost for sexual energy. Poached, scrambled, or egg-inspired omelets add elegance and energy to breakfast in bed or Sunday brunch.



Cheers Radio Schedule

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: Lite 107, M-F 10:50 am

Haliburton, On: Canoe FM, 100.9 M-F, 5:10 pm

Niagara, On: 91-7 GIANT FM, M-Su, 7:25 pm

Simcoe, On: CD 98.9, Mo-Fr 3:25 pm

Waterloo, On, 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.

Tofino, British Columbia, The Bear 90.1,
Mo-Su, 12:20 & 4:20 pm

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.

Victoria, B.C. 98.5 Ocean FM, Sa-Su

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Tips for Grilling Steak

Barbeque season is back! An outdoor barbeque is the perfect way to entertain during the warmer weather. It's easy and the food is full of flavour. Expert meal planner Sandi Richard suggests we stock-up on VH sauces and follow these grilling tips. **Grilling Steak?** Make sure your favourite cut of steak is at least 1 and half inches thick. It's much harder to achieve a perfectly cooked steak when they are too thin. Season the steak using salt-free rubs. Marinades are fantastic for flavouring or for tenderizing less expensive cuts of meat. Brush thicker sauces on toward the end for added flavour. Try VH Teriyaki. A medium rare steak should be 145 degrees Fahrenheit; medium 160 degrees and well done is 170 degrees. An instant read thermometer is a barbecue tool you can't do without

Best Backyard Griller

Mike McGrath showcases his winning "Best Backyard Griller" rib-eye steak during the Weber Chicago Backyard Barbecue event in Chicago. McGrath and his wife Jill drove seven hours from their home in Woodbury, Minn. so McGrath could compete in the contest. (PRNewsFoto)



VH Sauces for Grilling Chicken or Fish

What's that sweet and smoky smell sizzling from the barbeque? OOOH it's grilled chicken. These days we tend to grill skinless chicken, which can stick easily to the grill. For starters, expert meal planner Sandi Richard suggests we spray PAM for Grilling directly onto the chicken and it will grill perfectly. Stock up on VH sauces. VH Sweet 'n Sour and Honey Garlic are great alternatives to barbeque sauce. **Grilling Fish?** When grilling fish use a fish cage. They are inexpensive and easy to find. It makes flipping so much easier. Spray the cage with PAM for Grilling before cooking to ensure the fish won't stick. Combine four parts finely chopped fresh fruit with one part VH Orange Ginger sauce and you have a perfect fruit salsa. When the thickest part of fish flakes easily, it's ready.

Listen daily to our affiliate radio stations to hear the full series of tips. We spice up the airwaves with the most delicious minute on radio. Get a station in your area to broadcast our show, and we will gladly serve you the daily tips. For affiliate information visit:

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Making Margaritas

May 5th is fiesta time in Mexico. Let's try a taste of the fiesta by sipping on a margarita cocktail. An authentic margarita tickles the taste buds with fresh limes, agave, and tequila. Take it easy and use pre-mixed packages like Salvador's Original Margarita. Add some imagination, and pour the mix over ice, rim the glass with fresh lime, then dip the glass in coarse sea salt. Get creative by adding berries to create a fruity margarita. Add cranberry or raspberry juice for your signature Margarita. Real margarita aficionados keep the unique flavors fresh and authentic by serving the cocktail over ice, not from a blender. Easy Margarita desserts are a snap to make with Lime sorbet, topped with a mixed margarita, fresh berries and mint to garnish. Add a mariachi band and a few amigos for a fun fiesta.

Eating Fish is Good for the Heart

It sounds like health professionals have been fishing for the facts on Omega-3 as an essential amino acid. Cardiologists, neurologists and psychiatrists are using these naturally safe amino acids to prevent and treat a range of medical problems including heart disease.

Doctor Walter Willett from the Harvard School of Public Health says several studies confirm that the daily consumption of Omega-3 fatty acids reduces the risk of cardiovascular disease and lowers the chances of cardiac arrest. Studies on the benefits of omega-3 on heart health led the American Heart Association to recommend a diet rich in fish oils. Most of us get omega-6 through corn, domestic meats, and other oils in processed food, but our diet needs to get hooked on fish to reel in the benefits of more omega-3 oils.

Funny Wine Labels

Some wines are made to taste good, and others just sound funny. I've noticed a bunch of wines with amusing names and clever labels. Rude Boy Chardonnay and Rude Girl Shiraz, are labeled with pictures of clothed models. The guy drops his shorts as the wine is chilled.

The rude food recommendation: meatballs. The lady shown from the back drops her shorts when the Rude Girl is warmed up. Then there's Cat's Pee promoted as a wine. The US government insists the iconic Cat's Pee from a New Zealand winery be renamed Cat's Phee for U.S. consumers. For the not-too-serious wine drinker, there's White Trash White and Redneck Red from the Oildale Winery in California. If a taste of these funny wines doesn't make us smile, the labels might give everyone at your next wine party a good laugh.

New Orleans Wine and Food Festival

The New Orleans Wine and Food Festival is a showcase of the world's premier wine producers, local and regional chefs and culinary personalities. The upcoming 16th annual event is expected to be a celebration of wine and food, as well as a salute to the city's triumphs over the past few years.

Internationally recognized as one of the leading wine and food festivals in the world NOW&FE will present its most spectacular schedule of events May 23 – 27, 2007.

World class wineries from around the globe and New Orleans top culinary artisans will be showcased at the signature events, as well as at numerous seminars.

This exciting five-day event kicks off May 23 with Vintner Dinners at over twenty

of the city's most celebrated restaurants and it culminates with the Bubbles and Brunch event on Sunday, May 27. The expanding Royal Street Experience and the twoday Grand Tastings are among the highlights during NOW&FE.

Harley-Davidson lifestyle and Wine: V-Twin Zin



Merlot is a pairing for steak lovers, but what wine do bikers match with the Harley-Davidson lifestyle. How about V-Twin Zin? Freedom and celebrating life with friends is what fuels happiness for the Harley lifestyle. The first release by V-Twin Vineyards in Sonoma California is revving up attention with their Zinfandel. The front label is colored with skulls and a flaming v-twin engine - and they say the wine inside is damn good.

As the "outlaw biker" image connected with motorcycles shifts to a new demographic, V-Twin has introduced the Easy Rider Wine Club. Most Harley riders are now 40 plus, with serious jobs and families. A love of the better things in life brings the new bikers together to say cheers to good food, fun times and great vino. I wonder if these bikers munch on hors d'oeuvres?



Spring Fling Wines like Love at First Bite

My friends at the Wine Market Council always remind me that the match between light, white wine and spring's fresh herba-ceous flavors is kind of like ... birds of a feather. I even heard a wine writer call this harmony in wine season a spring fling that's like love at first bite.



Actually, Leslie Sbrocco, author of the book, *Wine for Women: A Guide to Buying, Pairing and Sharing*, tells us that spring not only brings lighter foods and flavors, but lighter, refreshing white wines. She says after a long winter, light, fruity, white wines wake up your palate like a quick dip in a cool lake. A key is to explore the range of white wines and not be overwhelmed by those strange names like Viognier. Spring into the season with a taste of Sauvignon Blanc Pinot Gris, or Riesling. It is like a taste of spring in a glass.

Wine That Loves ... Thinks Outside the Bottle

Ever notice the wild variety of so-called critter wines. Ted the Mule, Kangaroo Spring, and the top-selling Yellow Tail. The unprecedented success of Yellow Tail rocked the wine business. Clever branding featuring a black-and-yellow wallaby, drove Yellow Tail to phenomenal sales.

From the Yellow Tail launch in 2001 Casella Wines has grown from a small family winery into a market leader in Australia. Yellow Tail's success spawned a field of copycats. AC Nielsen says of the 438 table wines introduced between 2003 and 2005, nearly one in five featured an animal on the label. And they outsold bottles without them by more than two to one.

Say goodbye to "critter wines" like Yellow Tail, and welcome Wine That Loves. A California winery is targeting young consumers who prefer slightly more sophisticated vino without the snobbery.

San Francisco-based Amazing Food Wine Company is thinking outside the bottle with a new brand, *Wine That Loves*. Forget what's in this wine. Focus on foods they match. Wine That Loves Pasta with Tomato Sauce, and Wine That Loves Roast Chicken are the new varietals.

Developed with the expertise of Ralph Hersom, former sommelier at New York's Le Cirque, the wines were crafted to be paired with popular American foods. Pizza, steak, grilled salmon, roast chicken, and pasta with tomato sauce. What's next? Wine That Loves Kraft Cheese Dinner. Now that's comfort food and wine.

Cheers to our Affiliate Stations

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

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More coming soon



Niagara Winery Tour - Sheraton Fallsview Hotel

The Sheraton Fallsview Hotel and Conference Centre in Niagara Falls invites us to experience a wine and dine getaway. The package includes hotel accommodations, a tour of Niagara's most prestigious wineries, and dining at A Cut Above Steakhouse. Visit www.fallsview.com for details or phone the Sheraton Fallsview Hotel at 1 - 800 - 618 - 9059.

We welcome your comments and information.

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