

Cheers to Wine and Food

TIPS TO EAT WELL, DRINK WELL, AND LIVE WELL

Tips in September

Hear these tips, and much more to enjoy on our affiliate radio stations this month.

Deglazing with Wine

Cooking with Wine

Taste Wine Like a Judge

Length in Wine

Toast to Good Men

Find a Good Restaurant

Tailgating Food Ideas

Fruit Forward Wines

Buy Wine By the Glass

Salmon and Wine

Cheers to Your Health

When we raise a glass of wine and someone toasts "to your health" there's a lot of truth to it. In fact, scientists have shown that there are hundreds of natural antioxidants in red wine. They say that grape skins and seeds contain most of the antioxidants. It's a big deal when we realize that the antioxidants offered in one glass of vino matches those in seven glass of orange juice or 20 glasses of apple juice. These scientists also suggest that antioxidants have numerous health benefits such as increasing blood flow to the organs like the heart and brain. Now lets drink to that and say cheers to the scientists.

Cooking with wine to deglazing with wine, and other tips to help us cook like a chef are tips you will find in the September edition of Cheers to Wine and Food. We are also serving tips on finding a good restaurant, tasting wine like a judge, and wines with good length. Just in time for the football season, we have tailgating tips to help you be the star at the next celebration.

(NC)-Get ready for football fever! With the football season underway, the at-home fans will want easy-to-munch-on food - and lots of it! Fresh Potato and Gorgonzola Pizza is perfect football-watching fare. Quick and easy to prepare, it is healthy, satisfying - and bursting with the flavour of freshly-harvested spuds.

Fresh Potato and Gorgonzola Pizza

Crisp pizza crust is covered with thinly sliced potatoes for a light tasting pizza.

1 lb (500 g) pizza dough, 2 round red Ontario potatoes, 3 tbsp (45 mL) prepared pesto, 1/3 cup (75 mL) thinly sliced red onion or shallot, 1 tbsp (15 mL) chopped fresh rosemary, 1/4 cup (50 mL) crumbled Gorgonzola or blue cheese or your favourite cheese.

Pinch each salt and pepper. On lightly floured surface roll out pizza to fit 12 or 14 inch pizza pan (30 to 35 cm). Spread with pesto and set aside. Using mandolin, thinly slice potatoes and layer overlapping slightly in concentric circles onto pizza dough. Sprinkle with red onion and rosemary. Sprinkle with salt and pepper. Sprinkle cheese over top of potatoes.

Bake in 425°F (220 °C) oven in middle rack for about 25 minutes or until cheese is melted and crust is golden brown. Makes 4 servings. For many more quick and easy, delicious and healthy recipes, visit www.ontariopotatoes.ca.



Niagara Wine Festival - Sept 21-29

Join the 56th annual 'Wine Country' celebration of Niagara's internationally acclaimed grape and wine industry from September 21 to 30, 2007. Enjoy more than 100 events including winery tours and tastings, concerts, Niagara cuisine, artisan shows, wine seminars, family entertainment and one of Canada's largest street parades. Phone: 905-688-0212. www.niagarawinefestival.com



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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
 Niagara, On: 91.7 GIANT FM, Mo-Su, 7:25 p.m.
 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.
 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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 stations joining our network of affiliates.

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Cooking with Wine

Here's a tip on cooking with wine. Wine adds a subtle flavour or a spicy zing to a dish. Match your wine's flavor to the flavor of the food because when the wine concentrates during cooking, a fruity wine will give a fruity taste to the dish, a sweet wine will add sweetness to the dish. Strong and dry white wines should be used in cooking, not bitter ones. Red wines work best in red sauces and marinades. When choosing a red to cook with, pick a deeply-colored, fruity wine low in tannins unless you are making a hearty meat dish, which needs a hearty red wine. Use a wine that you drink because if you cook with a wine that you do not enjoy, you won't like the core flavor of your dish. A wine should complement or contrast the main ingredient, not overpower it.

Deglazing with Wine

We all talk about wines to drink and ways to match wine with food, but here's a tip to enhance your culinary experience by cooking with wine. Deglazing is a cooking technique to create a simple sauce with wine. When you have finished roasting or sautéing meat, poultry, or fish, simply drain the excess fat, then pour in a few tablespoons of wine to the pan, and using a wooden spoon, scrape the caramelized brown bits off the bottom of the pan. The remaining sauce is usually concentrated with flavour and complements the wine to pair with the dish. You can also make stock with wine as an alternative to the water that is normally used. Use red wine for beef stocks, while white wine is best for poultry, seafood, or vegetable stocks. Now you're cooking with wine.

How do we identify a good restaurant?

Referrals from trusted friends are usually good sources to consider when planning to dine out. Watch out for celebrity restaurateurs who never cook. Beware of the eateries emphasizing the interior decor over the menu. A menu packed with more information than a cookbook is questionable. We go to restaurants to eat, not to read. To enjoy a salad, it's really not necessary to know the name of the farm that supplied the vegetables. Excessive promotion of the terms "local" and "artisanal" is not cool. There is a trend for restaurants to focus on regional cuisine and the idea of "buying local." Restaurants need to focus less energy on being trendy and more on satisfying customers' palates. We're looking for a quality dining experience, rather than a trendy flash in the pan.

Tailgating Tips for Fun Meals with the Fans and Friends at the Game

Let's face it, when it comes to football, half the fun on game day takes place not on the field but between the hash marks in the parking lot. That's right, with more than one million football fans bellying up to the proverbial bumper for pre-game meals every weekend, tailgating is now every bit as popular as the game itself. From high school to college to pro football, fans nationwide flock to parking lot picnics ranging from small gatherings of three or four fans eating from the trunks of their cars to block party-sized gatherings of fans who show up in multi-million dollar motor coaches, RVs, pickup trucks, motorcycles and everything in between.



recipes.”

Whether you are in the middle of a massive stadium parking lot or right in your own living room, you can be the king or queen of your next tailgate party by serving up healthy meals and snacks made with delicious Cabot(R) Cheese from Vermont-based Cabot Creamery Cooperative.

Football season is a great time to get together with friends and family and have fun with one of America's favorite spectator sports. Cabot's famous cheddar cheese is the easy and healthier choice for game-day snacking or cooking. Now that's a touchdown in any fan's playbook!

So what makes tailgating so popular?

Kerry J. Byrne, a Boston Herald food writer says “Tailgating takes an ordinary day at the game and turns it into an all-day celebration of friends, family and food. It is a great tradition that deserves great

Beer pairing tips

Try a Cabbage, Apple and Cheddar Slaw with an Extra Special Bitter, or Pasta Salad w/ Chicken, Chipotle, Cheddar and Corn with an India Pale Ale. Credit: PRNewswire

What Three Things to Bring to an Island?

Johann Wolfgang Goethe, a German poet, was asked which three things he would take to an island. The poet replied: “Poetry, a beautiful woman and enough bottles of the world's finest wines to survive this dry period!”

Then he was asked what he would leave back first, if it was allowed to take only two things to the island. Johann answered: “The poetry!” Totally amazed, the man posed the next question: “And Sir, what would you leave back if only one was allowed?” And Goethe contemplated his answer for a few minutes and wittily replied: “It depends on the vintage!” That's the beauty of wine; it brings out the wit in the best of us.

A Toast to Good Men and Good Wine

The next time you get together around the table, a nice thing about raising a glass of wine with friends is the joy we find in making a toast or telling a story to celebrate a special occasion.

Here's a good one the ladies will love.

Men are like a fine wine. They all start out like grapes, some are sweet, and some have thicker skins than others, but like a winemaker, a woman's job is to choose the best and squeeze them, then keep them in the dark, preferably aging in the cellar until they mature into something you would like to join you for dinner.

Cheers to all the women who turned us into good men.



Discover Ultra Premium Quality Wines

Kacaba Vineyards is a family-owned winery situated on the picturesque Niagara Escarpment Bench. Kacaba produces award-winning premium VQA wines. Open for tastings daily. Go to kacaba.com for a virtual tour. or visit the winery at 3550 King St. Vineland, Ontario



905-562-5625

Length in Wine Tasting

We hope to add a little cheer to your day by adding some length and a good finish with this tip. Length? Ever hear a wine expert say a wine is long? Length describes wines with a lingering flavour that sticks on your taste buds after swallowing. Length enhances the taste with intensity and persistence of flavour. Like the Energizer bunny, a long wine just keeps on going and bursting with flavour. Long wines give us a positive aftertaste we call the finish. Poor wines usually end with an unflavoured taste that is unexciting. On the other hand, a quality wine with a good finish lingers with aroma and flavour. Here's to a good finish and many more to come.

Tasting Wine Like a Judge

Here are a few tips on tasting wine like a judge. Just remember to look, swirl, smell, taste and savour, and you'll be tasting wine like a connoisseur. Look at the wine and assess the colour. Check if the wine is clear or dense. Swirl the wine around in the glass for air it out and gain a sharper smell. Nose the wine for the smell. Smell for fruitiness, flowers, or earthiness, hopefully not burnt toast. Now you're ready to taste by swishing the wine around the mouth, or as the experts say in vino lingo, chew the wine. Taste the body or "mouthfeel". Finally, what wine is all about, savour the experience after each taste. Sip and sit back and savour the wine and seize the moment. If you like it, the wine is good because you are now a wine taster.

Apple Fun Day

Autumn is in the air, and apples are ready for us in the orchards. October will be a good time to take a family trip to an apple orchard or visit the fruit market to celebrate the new season. Plan now to enjoy a day at the orchard, bake a pie and decorate the house while creating family memories that will last a lifetime. When picking apples, there are dozens of varieties for you to make a choice. Know what kinds of apple you want to get before you head to the orchard. McIntosh and Jonah Gold apples are excellent for pies. With pre-made pie crusts and pre-mixed spices, this family fun day is as easy as pie. While the pie is baking, decorate the house with classic fall staples like pumpkins and corn stalks. Sit back with friends and sip on hot apple cider spiced with a cinnamon stick.

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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