

FROGGY NEWS



May 7, 2010

In This Issue:

§ Mount Gay Rum Red Cap Party 2010!

§ A Letter from Pascale

§ Health & Wisdom

Alcohol may help fight weight gain in Women

§ Monthly Wine Tips

§ Upcoming Wine Tasting - Featuring Italian Red Wines

§ Discover Italian Wines: Top Red Grape Varieties

§ Back to Life

Party line up
Bavaria Beer is the OFFICIAL Beer of the Party



MOUNT GAY RUM RED CAP PARTY 2010

The BIG party on **Friday 23rd April 2010** at the 'Reef Gardens' (formerly Zanzibar - same location as last year) kicked off at 6pm sharp. The Venue was full of life with the music and people ready to party at the never missed Red Cap Party.

Every year this party which kicks off at the start of sailing week and sets the mood for a fun sailing party season. The buzz for this party is every where you look. From the build up of parties leading up to the big party to allow people to have a chance to get their ticket for a Red Cap to Mount Gay Rum posters on the bars and poles also the girls walking around in the official tee shirt this year the Black & White with Gold Mount Gay Rum.

People started to arrive by 5pm and were waiting patiently in the famous line up for the chance to get an OFFICIAL Red Cap for 2010. Others couldn't wait and arrived earlier to make sure they received a Red Cap before stock ran out. As the crowd thickened the Itchy Feet Band came on stage, there was a sea of Red Caps in the crowd moving from left to right and dancing to to tunes being played. The music went on until late and you could tell everyone had a great time.

Thanks to the management and staff of the Mad Mongoose as well as Best Cellars for a great job in fulfilling their promise of a great party for Mount Gay Rum 2010. See you next year!



Bookings & Sales Contact: Amber Roos

Sales Supervisor

Best Cellars Wines & Spirits

Tel: 268-480-5180

Cell: 268-464-9971

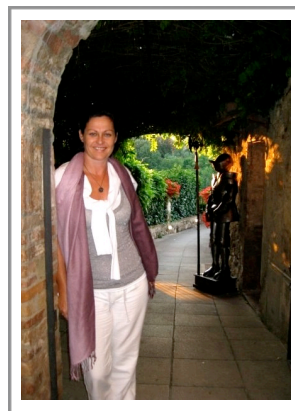
Email: amber@bestcellars.biz

For more information join our facebook page <http://www.facebook.com/#!/group.php?gid=2327449301&ref=search&sid=804010044.514406661..1>

A LETTER FROM PASCALE

Cheers to the future.

By Pascale sold Rangel



Dear Customers and Friends

I am grateful to all of you who allowed me to discover the exhilarating World of Wines & Spirits! The past 10 years have been tremendously rewarding but nothing would have been possible without the support of

Terry Brown, Managing Director of Island Provision Ltd. Group of Companies and the guidance provided by Sir Howard Hulford.

It has been certainly a pleasure working with each of you during all these years, and I look forward to stay in touch with you in the future.

I thank all of my team, our loyal customers and suppliers, for sharing their passion and helping with our growth.

The feeling of belonging to the great family of the wine & spirit world is rewarding and a true privilege.

I traveled the most beautiful wine regions, tasted some of the best wines & spirits made from all around the world, and met the most amazing and unique personalities of the wine world.

I learnt so much and truly hope that I was able to share my experiences and knowledge with all of you.

But time has come for me to move on and take on new challenges.

On May 1st, I will take the position of Caribbean Area Manager for the prestigious house of Remy-Cointreau to secure the commercial and marketing development of Mount Gay Rum, Ponche Kuba, Passoa, the other Remy-Cointreau Group brands including Remy Martin Cognac, Cointreau, Piper Heidsieck and Charles Heidsieck Champagnes. Moving to an International organization with new challenges and responsibilities is something that I look forward to.

Leading Best Cellars Wines & Spirits these past years has been challenging and rewarding as I have always wanted for us to become the best wine & spirit company in Antigua by setting high standard of service where the success of our customers is our priority and the selection of our wines & spirits our pride. My team will pursue our mission and I hope that you will give them your continuous support.

The greatest risk in life is not taking one, though I must admit the support and encouragement I received from my loved one and my friends is making this change even more exciting.

Let's have a toast to change and continuous success!

Pascale Sold Rangel

Sailing Week 2010



HEALTH & WISDOM

Alcohol may fight weight gain in Women.



A study finds that women who drink moderately gain less weight despite alcohol's calories

[Jennifer Fiedler](#)

Posted: March 8, 2010

America's ever-expanding waistline makes front-page news on a regular basis, as health professionals and policymakers labor to stem a growing tide of cardiovascular disease, hypertension and type-2 diabetes. But now, drinking alcohol may be ruled out as a cause for weight gain, at least for women.

Women of a normal weight who consume alcohol in moderation appear to gain less weight over time than nondrinkers, according to a study published in the March 8 issue of *Archives of Internal Medicine*. The results of the study point to intriguing potential avenues for research regarding the metabolism of alcohol.

Drinking alcohol would seem to be a plausible culprit for weight gain. Nutritionists point out that people tend to underestimate the calories in the beverages they drink. Each gram of alcohol has 7.1 calories—higher than equivalent amounts of carbohydrates or proteins, which contain 4 calories per gram (by comparison, a gram of fat contains 9 calories). Consuming more alcohol—and thereby more calories—would logically lead to more pounds.

But that wasn't what a research team at Brigham and Women's Hospital in Boston, headed by Dr. Lu Wang, found when examining almost 13 years of data collected from 19,220 female health-care professionals. They selected women over the

age of 39 without preexisting medical conditions who had a normal weight for their height (18.5 to 25 on the Body Mass Index scale) and tracked their lifestyle choices via a questionnaire administered every four to nine years.

Nearly all the women gained weight as they got older. But those who didn't drink alcohol gained on average 8 pounds, while the women who reported drinking alcohol gained less, with those who drank 30 to 40 grams of alcohol a day (the equivalent of around three to four 4-ounce glasses of wine) gaining the least, at an average of 3.3 pounds. "Our study results suggest that women who have normal body weight and consume a light to moderate amount of alcohol could maintain their drinking habits without gaining excessive weight," wrote the authors.

Moreover, women who drank alcohol were less likely to become obese or overweight. Roughly 41 percent of the women became overweight (a BMI over 25) or obese (BMI over 30) during the tenure of the study, and the abstemious were the most likely to be included in those categories. Women who drank 15 to 30 grams of alcohol a day (the equivalent of two to three glasses of wine) were the least likely to pass that threshold, with a lower risk of about 30 percent.

This effect carried across all categories of alcohol: red and white wine, beer and spirits, with consumption of red wine showing the strongest link with lower weight gain, and white wine showing the weakest, but still a significant association.

The results cannot be explained away through lifestyle choices, though there were marked traits among women who reported regular consumption of alcohol. They were, on average, more likely to be older, white, smokers and post-menopausal. While moderate drinkers showed the highest level of physical activity, drinking alcohol was associated with a diet of nutritional no-nos: Drinkers were more likely to eat red meat and high-fat dairy products, but not fiber or whole grains. Even after researchers statistically accounted for lifestyle and genetic factors, however, the inverse association between drinking alcohol and weight gain remained significant.

Interestingly, women who drank alcohol appeared to ingest more calories overall than nondrinkers, but fewer calories in their diet

came from sources that weren't alcohol. The study's authors raise the possibility of differences in the way our bodies process alcohol in comparison to other caloric sources. For instance, previous studies have shown that heavier women metabolize alcohol more efficiently than leaner women.

Metabolic differences could explain why this effect is not seen in studies of men who drink alcohol. In fact, some studies show that men who drink alcohol gain weight at a greater rate in comparison to their abstemious counterparts. Men have a greater proportion of alcohol dehydrogenase, the enzyme that helps process alcohol in the body, and this difference could explain why men who drink might gain weight faster.

The study's authors also point to research that has shown that after consuming alcohol, men exhibit a moderate change in energy expenditure, while women show a substantial increase, meaning that women could potentially show a net loss of calories after consuming alcohol beverages.

Potential applications for further research aside, the study's authors stress the limitations of their methodology. Self-reported data on weight and alcohol consumption means that the validity of the study hinges on how accurately their subjects could remember and relay their choices. Plus, the study did not differentiate between women who drank a glass of wine every day with those who drank seven drinks on one day of the week, meaning that behavioral factors could further muddy the results.

And the authors cautioned against interpreting the results as a recommendation to drink for the prevention of obesity, noting the numerous problems—both medical and social—associated with drinking. For now, they call for further research into the role of alcohol in weight management. Bonnie Taub-Dix, a nutritional consultant and spokesperson for the American Dietetic Association, agreed. "A study like this could be interesting," she said. "But don't treat this as an invitation to run to a liquor store."

WINE TIPS OF THE MONTH

Let it breathe: Serving wine immediately after you've popped the cork may make the flavor fall flat. "So pour a glass and let the bottle and the glass sit for at least 15 minutes before serving. This gives oxygen a chance to mix with the wine, which will enhance the flavor.

Don't be a snob about screwtops: Many quality wines have screwtops these days because they prevent TCA, a compound found in cork, from ruining the wine. And unless you plan on aging it for a long time, a wine bottled with a screwtop will taste just as good as one that's sealed with a cork, Asprinio says.

Don't be a snob about screwtops: Many quality wines have screwtops these days because they prevent TCA, a compound found in cork, from ruining the wine. And unless you plan on aging it for a long time, a wine bottled with a screwtop will taste just as good as one that's sealed with a cork, Asprinio says.

<http://www.womenshealthmag.com/nutrition/wine-drinking-tips>



Bavaria OFFICIAL Beer of Party!

Bavaria
Holland's Premium Beer



Bavaria Beer has been brewed in Holland since 1719 and it has been a family owned and operated brewery for the last 284 years. Bavaria uses only the finest ingredients in Europe to maintain tradition and quality. Bavaria uses water from its own fresh quality springs. Bavaria Beer, though full bodied in flavor, is a light, refreshing and less harsh beer than traditional Dutch imports. Bavaria Beer is styled to appeal to a broad market with a lighter feel and less hop bitterness and aftertaste. Bavaria Beer is made in the Pilsner style, resulting in a very drinkable, smooth flavor.

<http://www.bavariahollandbeer.us/indexpopup.asp?age=18&website=US&redirect=>

BACK II LIFE
ANTIGUA



Twenty years ago, a few of London's pioneering DJs forged a blueprint for club culture that has since gone on to dominate the world-wide music scene. In 2004 SOUL II SOUL presented a unique addition to the international party circuit BACK II LIFE, ANTIGUA. A truly original breath-taking opportunity to experience the original vibe of the London club scene in the Caribbean. We celebrated the 5th anniversary in 2008, now once again David

Rodigan, Norman Jay, Trevor Nelson and Jazzy B joined forces once again to create another original feel good experience. Leaving the grimy, rain-sodden streets of London behind in order to take the party back to Soul II Soul's spiritual home The parties kicked off with Notting Hill carnival's number one soundsystem Dj Norman Jay @ Abracadabra's on Thursday 29th April. The MTV & BBC Radio 1 R&B King Trevor Nelson made a splash @ Sugar Ridge Pool Party on Saturday 1st May. The international reggae ambassador David Rodigan rocked @ Shirley Heights on Sunday 2nd May. The legendary Dj & producer behind Soul II Soul Jazzy B @ Grand Bay Casino on Tuesday 4th May.

<http://www.soul2soul.co.uk/startpage/>

WINE RECOMMENDATIONS & REVIEWS

Discover Italian Wines: Top Red Grape Varieties



Twenty-one red grape varieties compose Italy's major varieties for red wine. Four of these are especially important, either for the quality of wine they produce or for their dissemination throughout the country. Explore this "fab four" of Italian red wine and discover a new favorite.

Sangiovese

The indigenous Sangiovese is the most planted red variety in Italy's vineyards. It's the lifeblood of red wine production in the central Italian regions of Tuscany and Umbria; it also grows in several other regions. It is the major grape of Chianti and Vino Nobile di Montepulciano, and the only variety in Brunello di Montalcino; many critically acclaimed Super-Tuscan wines also derive largely from Sangiovese. (Super-Tuscans are expensive wines with proprietary and often fanciful names and heavy bottles.) Common blending partners for Sangiovese include the native Canaiolo grape, Cabernet Sauvignon, and Merlot. Dozens of clones, or subvarieties, of Sangiovese exist, some finer than others. (This variety changes in response to its grapegrowing environment, which accounts for its diversity.) One family, of clones responsible for many of the best Sangiovese wines is called Sangiovese Grosso ("large Sangiovese"). Some Tuscan producers call Sangiovese Grosso "Sangioveseto," but this is not an official name. The characteristics of Sangiovese include only a medium intensity of color, high acidity, firm tannin, and aromas and flavors of cherries and

herbs. Most wines made from Sangiovese are lean in structure; they're generally medium-bodied, but some are light-bodied or full-bodied, depending on where the grapes grow. The more serious wines based on Sangiovese are capable of developing forest-floor aromas and a seductive smoothness and harmony with age.

Nebbiolo

The Nebbiolo variety is a specialty of the Piedmont region. This native Italian grape makes two of Italy's very greatest red wines, Barolo and Barbaresco, as well as several less exalted wines.

Nebbiolo produces full-bodied, characterful wines that are high in acid and have marked tannin, but generally have only medium color intensity. Nebbiolo's aromas and flavors vary according to the vineyard site, but cover a wide spectrum, from fruity (strawberry) to herbal (mint, camphor, and anise) to earthy (mushrooms, white truffles, and tar) to floral; these aromas can be very vivid and pure. Nebbiolo is usually not blended with other varieties; when it is, Barbera and Bonarda are predictable partners.

Barbera

Until Sangiovese dethroned Barbera sometime in the past 20 years, Barbera was the most planted red variety in all of Italy. It still grows in many parts of the Italian peninsula, but its finest wines come from Piedmont, Barbera's home turf.

Barbera is a very unusual red variety because it has almost no tannin. It does have deep color and high acidity, as well as spicy and red-fruit aromas and flavors that are vivid in young wines. The combination of high acid, low tannin, and vivid flavor make Barbera wines particularly refreshing. The finest expressions of Barbera are unblended, but many blended wines containing Barbera do exist.

Aglianico

This unsung native variety is the pride of the Campania and Basilicata regions, in Southern Italy, where it makes Taurasi and Aglianico del Vulture respectively. Aglianico came to Southern Italy from Greece millennia ago, and today grows as far north as Lazio; in the South, it also grows in Molise, Puglia, and Calabria.

At its best, Aglianico makes dark, powerful red wines of high quality. But its production is relatively small, and in many cases the variety is merely part of a blend with other southern varieties. Nevertheless, it is one of Italy's finest red varieties, and has excellent potential.

UPCOMING EVENTS !

Featuring Italian Red Wines

Tasting Details:

Italian Red Wine Tasting

Friday 7th May 2010

At Best Cellars Wines & Spirits

5-7pm

FREE for all Active Win Club Members

Reservations are required - kindly contact us at 480-5180 or
amber@bestcellars.biz



PAN SEARED FILET MIGNON WITH A SHIRAZ, ROSEMOUNT SAUCE



4 Servings

Total Time (median): 0 : 45 Active Time: 0 : 45

Ingredients

4 (8-ounce) center-cut filets mignons*, 2-inches thick, trimmed of fat
Kosher salt and freshly ground [black pepper](#), to taste

- 1/4 cup [shallots](#) finely chopped
- 1/2 cup Shiraz, Rosemount (Australia)
- 1 cup beef [stock](#) (preferably homemade), or beef consomme
- 2 to 3 sprigs fresh [rosemary](#) (optional)
- 2 to 3 sprigs fresh [thyme](#) (optional)
- 1 tablespoon [tomato paste](#)
- 1/2 teaspoon [sugar](#)
- 3 tablespoons unsalted [butter](#), cold, cut into pieces
- Salt and freshly ground [black pepper](#), to taste

Preparation

- * Note: I usually buy a 2 to 2 1/2-pound center-cut tenderloin roast and portion it into four 8-ounce steaks myself to produce more consistent results.
- Bring steaks to room temperature before cooking. Thoroughly dry steaks with paper towels. Lightly coat steaks with olive oil and season both sides liberally with salt and pepper (pressing seasonings into meat with your fingers). Gently press sides of steaks until uniform 2-inches thick.
- Set a 10-inch heavy-bottomed ovenproof pan or cast-iron skillet on a rimmed baking sheet and place both on oven rack adjusted to lower-middle position, and heat oven to 500 degrees F. When oven reaches temperature (about 15 to 20 minutes), remove skillet from oven and transfer to stove top over high heat (be careful -- pan and handle will be extremely hot).
- Immediately place steaks in skillet, being careful that they are not touching each other. Sear steaks for 2 to 3 minutes without disturbing, turn with tongs and sear second side another 2 to 3 minutes without disturbing, or until both sides are well-browned and have a nice crust. Remove skillet from heat, and using tongs, transfer steaks to hot baking sheet in oven. (After transferring steaks to oven, proceed with pan sauce.)

- Roast 4 to 6 minutes for rare (red in center and warm throughout), 6 to 8 minutes for medium-rare (pinkish red in center and fairly hot), or 8 to 10 minutes for medium (pink in center, grayish brown surrounding and hot throughout). Remember, residual heat built up in steaks will continue to cook the meat until it begins to cool off, meat temperature will rise 5 to 10 degrees after it is removed from the oven. This means you should undercook your steaks, removing them from oven before they reach desired temperature.
- When steaks are done to your liking, transfer to large plate. Double check doneness by thermometer (rare - 130 to 140 degrees F, medium-rare - 140 to 150 degrees F, medium - 150 to 160 degrees F), or touch (very rare feels soft and squishy, rare is soft to the touch, medium-rare yields gently to the touch, while medium yields only slightly to the touch and is beginning to firm up, and medium-well is firm to the touch). Tent steaks loosely with foil and let rest for 5 to 10 minutes, allowing steaks to finish cooking from residual heat, and meat juices to redistribute and settle before serving. Serve as individual steaks or slice just before serving on warmed plates.

Shiraz, Rosemount Sauce

- After transferring steaks to oven, melt 1 tablespoon butter in same skillet with fond (brown bits in pan leftover from cooking) and residual fat that it was cooked in. Add shallots and cook over medium-low heat, stirring, until translucent, about 2 to 3 minutes.
- Raise heat to medium-high, add wine, and bring to a boil. Using a wooden spoon or spatula, stir and scrap to loosen any flavorful browned bits stuck to skillet and incorporate them into sauce. When wine is almost gone, add stock, herbs (if using dry herbs, just a pinch), tomato paste and sugar, bring to a boil and cook until reaching the sauce consistency you desire. It should be thick enough to coat back of a regular spoon.
- Remove from heat, whisk in remaining 2 tablespoons cold butter until melted and sauce is thickened, smooth, and glossy. Correct seasoning with salt and pepper. Stir in any accumulated juices from the steak plate. Spoon sauce over cooked steaks just before serving.

Wine Quote of the Month: "Wine makes every meal an occasion, every table more elegant, every day more civilized."

Andre Simon, Commonsense of Wine