

FROGGY NEWS

BEST CELLARS
Wines and Spirits



This Month's News

Wine & Health

Moderate drinking linked to lower risks of Alzheimer's Disease.

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Red, Rosé & White Wines.



What Will I be Drinking for Summer...

Summer calls for summer food, and summer food calls for summer wines, wines that are light, chilly, and not too serious, so that they leave you light and chilled, too. And -- surprise -- this includes red wines.

Ready any time of the day for a Summer Breakfast with Champagne, Brunch with Rosé or Lunch with a bottle of White and for fun then cool things down a bit with Red for that hot summer night dinner. So get that grill out and start planning a special summer day or evening with friends or family.



LES OLIVADES Vin de Pays de Vaucluse Blanc

Provenance / Herkomst
France - Frankrijk



Grenache Blanc - Ugni Blanc et Rolle



Robe de couleur or pâle avec de beaux reflets verts.
Mooie licht gouden kleur met groene schitteringen.



Nez aromatique mêlant des sensations citronnées et végétales.
Tegelijkertijd vegetale en fruitige aroma's van citroenen.



Bonne attaque en bouche avec des notes d'agrumes.
Mooie aanzet met hinten van citrusvruchten.



Accompagnera idéalement les apéritifs, les fruits de mer, les poissons grillés, les crudités, les viandes blanches.
Is ideaal als aperitief, met zeevruchten, gegrilde vis, rauwkost en wit vlees.



8-10°C

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Wine Health

Moderate Drinking Linked to Lower Risk of Alzheimer's Disease



Spanish study finds a lower risk of the disease when subjects drank responsibly and avoided tobacco.

Jacob Gaffney

Researchers in Spain examining the relationship between smoking, alcohol and Alzheimer's disease have found that the risk of the degenerative brain disease is lowest among those who drink responsibly and avoid tobacco. But their conclusions are far from comprehensive.

The team from the Department of Preventive Medicine and Public Health at the University of Valencia say the results are strongest in women, and that choice of beverage doesn't appear to matter. But the links between smoking and Alzheimer's, however, aren't as clear.

For the study, the researchers gathered data from 422 elderly residents living in and around Valencia, 176 of whom had been diagnosed with Alzheimer's. The researchers asked the 246 subjects in the control group to complete questionnaires on lifetime

exposure to alcohol and tobacco. Relatives completed the survey for the Alzheimer's patients.

The results, published in the May issue of the *Journal of Alzheimer's Disease*, report that the women who drank light to moderate amounts of alcohol, about one to two drinks a day, and didn't smoke, had a 52 percent lower risk of Alzheimer's disease than those who abstain from both alcohol and tobacco. For men, the risk was 20 percent less.

"Interactive effects of smoking and drinking are supported by the fact that both alcohol and tobacco affect brain neuronal receptors," explained lead researcher Ana Garcia in statement. She added that the results show the "need to consider interactions between tobacco and alcohol consumption, as well as interactions with gender, when assessing the effects of smoking and/or drinking on the risk of Alzheimer's." But, the research was not as clear on other factors. For example, women in the study who smoked, but didn't drink, had no clinically greater risk of Alzheimer's disease than women who abstained from both.

So smoking increases the risk of Alzheimer's in drinkers, but not in nondrinkers? The scientists were unable to provide an explanation. They concluded that more research is needed.

The researchers expected red wine to show a greater protective effect, a result observed in earlier research. "It has been proposed that [the antioxidant] resveratrol, found in wine but not in other alcoholic beverages, could be responsible," for those earlier results, the authors wrote. But the study data found no significant difference between subjects who drank beer, wine or liquor.

DRINK UP!

New Arrivals for Summer Fun!

These wines are light and perfect for summer drinking!

Les Olivades Blanc 'Vin de Pays De Vaucluse' France

Les Olivades Rouge 'Vin de Pays De Vaucluse' France

Les Olivades Rose 'Vin de Pays De Vaucluse' France . From the South of France, this is everything you want in a rosé. It is light and crisp with delicious strawberry fruit and a touch of blossom. Refreshing and perfect for those warm summer evenings.

All bottles are \$12.93

(*prices are wine club member/wholesale prices before ABST)

<http://www.univer.be/wijnfiches/frankrijk/tafelwijn/olivadesbl.pdf>



Coming up next month

Wine Dinner This Month



The Passion Fruit Cafe in English Harbour

The **Passion Fruit Café**, run by International chef **Inga Lang** (formerly at Southern Cross and, for the past three seasons at Catherine's Café) is open for Breakfast and Lunch. Mediterranean cuisine with Caribbean influence. They serve fresh juices, smoothies, large salads, sandwiches & daily specials. During the weekends they also open after midnight to delight late night guests with exquisite snacks.details to follow...

Match with a perfect refreshing summer salad

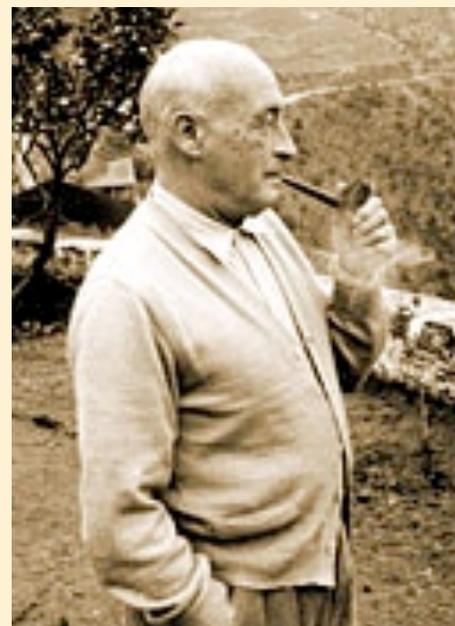


Salade du Chef:

Mixed Greens, Cucumbers, Onions, Tomatoes, Olives. Baguette Toasts with Tapenade and Salade Cuite. And Goat Cheese Toast with Herbes de Provence. An Olive Oil and Garlic Vinaigrette.

Quinta Do Crasto

Monthly Winery



Portuguese Winery Quinta do Crasto produces every year different styles of Port and table wines. With winemakers Dominic Morris and Manuel Lobo together with the effort and dedication of all those who are part of Quinta do Crasto's team, year after year they seek to produce wines with the Douro's unique characteristics in a process that involves great dedication and passion and at the same time a permanent learning and improvement.

Located on the right bank of the river Douro, halfway between Régua and Pinhão. The quinta covers 130 hectares, of which 70 are planted with grade "A" vineyards. Sitting on a privileged location in the Douro Demarcated Region, Quinta do Crasto has been in the family of Leonor and Jorge Roquette for over a century. Like other great Douro quintas, its origins lie in ancient times (the name CRASTO comes from the Latin word castrum, a Roman fort). References to Quinta do Crasto date as far back as the early seventeenth century, long before the Douro became the world's first demarcated wine region in 1756.

Large investments were made over the last years to restructure the vineyards and install modern winery equipment, guaranteeing the production of high quality table wines, such as Crasto Douro Red, Quinta do Crasto Douro Reserva Old Vines, single variety wines (100 % Touriga Nacional and 100% Tinta Roriz) and single vineyard wines (Vinha da Ponte and Vinha Maria Teresa), as well as top port wine categories such as Late Bottled Vintage and Vintage Port. While using state-of-the-art vinification technology, the quinta has always retained its traditional foot treading method in granite tanks, called "lagares".

All the investments made in the past combined with the tradition and passion that is put into the wine making, has given Quinta do Crasto a prominent name in wine market scene, at home and abroad.

<http://www.quintadocrasto.pt/uk/wines.htm>

Flor De Crasto Red 2008, Douro D.O.C \$14.30

Deep in colour with a floral, slightly peppery, lifted nose, the palate shows dark chocolate, good freshness, present tannins, syrah-like pepperiness; good freshness/refinement for the junior wine.

Flor De Crasto White 2008, Douro D.O.C \$14.30

A fresh, young medium-modified wine that shows rich berry flavours and hints of spice

Crasto White 2009, Douro D.O.C \$25.28

Vibrant citric colour. Complex aromas of fresh citrus, tropical fruits with mineral lime undertones. A richly flavoured rounded palate, with tropical fruits, fresh acidity and a mineral texture.

Crasto Red 2008, Douro D.O.C \$25.28

Unoaked, quite a reduced nose, this is more peppery and drier than Flor de Crasto with spicy lift, dark chocolate and firm tannins giving more oomph. Nonetheless it is fresh and direct.

Quinta Do Crasto Reserva 'Old Vines' 2007 Douro D.O.C. \$66.52

Intense and lifted complex aromas of spices, cedar and vanilla combine with fresh dark wild berries and ripe

blood plums. Elegant attack, developing to a rich full and round palate of great balance. Displaying rich Douro berry fruit characters with integrated oak tannins with a great length of finish.

Vinha Maria Teresa 2007, Quinta Do Crasto \$232.80

Intense, vibrant violet colour. Great deepness, complex and elegant aromatics. Aromas of wild forest flowers, white pepper and elegant soft dark chocolate.

Upfront in perfect harmony. A full bodied richly flavoured wine with superb tannin, acid and fruit balance. Intense, wild forest flowers and integrated oak and spice contribute to its impressive palate structure and length.

LBV PORT 2005, Quinta Do Crasto \$39.91

Less concentrated, more forward style than the Q Vale D Maria with expressive milk-chocolate edged red berry and currant fruit. Good.

(*prices are wine club member/wholesale prices before ABST)

Monthly Wine Tips

**Monthly Wine Tip**

Remember that what you enjoy is your personal preference. No wine reviewer or shop owner is going to have your exact taste in wine. Learn what types of wines you enjoy, and keep a note of them. A list on the fridge often does the trick - a running tally of what you enjoyed and what you did not. In short order, the wine shop owner will be making new recommendations to you when you walk into his shop, as he knows what kind of taste buds you have!

Recommended Wine Reading

Choosing the Right Wine

By: Beverley Blanning

Publisher: Teach Yourself

This is a soft cover, pocket size book on how to teach yourself about wine. Small, simple and very good. One of the best introductions to learning about wine and in particular wine tasting we've seen in quite some time. The author explains the basics and then goes on to more advanced subjects. Her approach is also refreshingly free from snobbism and "wine nerdery". This is a book that in simple steps can teach you how better to appreciate and understand wine – a book for the curious. Easy and pleasant to read, for the aspiring wine lover. (Brief 76, Nov-09)

Buy the book: Amazon.co.uk | Amazon.com | Amazon.fr

REGATTA GINGER BEER!

A unique and zesty 'ginger kick' to any mixed drink, where ginger ale, club soda, or tonic might be used.

Adds a refreshing note to lager beers, and lowers the alcohol volume when lighter refreshment is required.

A change from tonic in vodka and gin based drinks.

Greater variety in rum and whiskey based beverages.

Flavor Profile:

Strong top notes of ginger with secondary notes of citrus, apple, and banana.

The stone ginger beer has a ginger 'bite' without the 'ginger burn' of more peppery Jamaican ginger beers.

<http://www.regattagingerbeer.com/>

Price is \$100.32 (case of 24x237ml) *price before ABST

Ballast Stone
6 oz. Regatta Ginger Beer,
2 oz. of Dewars or other blended scotch,
fill with ice, garnish with a slice of orange.



Try Ballast Stone for a cool summer drink!



Mixing With The Best



Regatta is official
ginger beer of
Buzzards Bay
Regatta 2010



Simple Summer Appetizers for White, Rosé & Red Wines!

Mix the breadcrumbs, chilli powder, cumin, crushed chillies, if using, and lime zest with $\frac{1}{2}$ tsp salt and lots of black pepper. Spread over a plate. Toss the prawns in the flour, then dip them into the egg and then into the crumbs. Shake off excess crumbs. Can be chilled in one layer for up to one day ahead.

When ready to cook, heat a few centimeters of oil in a large, deep frying pan. The oil is hot enough when a few crumbs tipped into it sizzle and turn brown. Fry the prawns in batches for 2 mins, turning halfway, until the crumbs are crisp and golden all over. Lift them onto kitchen paper to drain (they will keep in a low oven for 15 mins if necessary), then serve on a warm plate, with lime wedges scattered around. Mix the lime juice and coriander into the mayonnaise and serve alongside. Recipe from Good Food magazine, November 2009.



Heat a non-stick pan to very hot. Brush the beef all over with oil, season, then sear for about a minute on each side until brown. Mix the soy sauce with sesame oil and sugar. Take 1 tbsp of this dressing and brush over the meat, then roll the meat in sesame seeds (keep any left over). Wrap the meat in clingfilm and chill in the fridge for an hour. To serve, shred the mouli, carrot, spring onion and chilli, keeping the shreds in neat piles. Slice the beef very thinly. Put some of each veg on each meat slice, add coriander leaves and a drizzle of dressing and roll up. Sprinkle with more sesame seeds and serve with remaining dressing for dipping. Recipe from olive magazine, [January 2009](#).



Mix together the tuna, ginger, chives, chilli, half the lemon juice and season. Drizzle the remaining lemon over the avocado and season. Before serving, put the cucumber slices on a serving platter and spoon 1 tsp tuna mix on each slice with a little avocado. Garnish with the extra chives. Recipe from olive magazine, [January 2008](#).



Wine Quote of the Month: If your heart is warm with happiness, you'll need a glass - if sorrow chills your heart, have two!

~ Hannu Lehmusvuor