



**Friendly reminder:** *There are still openings on our calendar for presenters and food helpers. Please consider signing up! Contact President Terri if you can help. Thank you!*

## ***Laissez les bons temps rouler!***

Less than a week after Mardi Gras, Paul Koepfinger and his lovely lady Anne from Lake Charles, Louisiana, enlightened the group on how to pair wines with foods from the bayou. Paul presented the wines, and Anne provided local knowledge about the foods and preparation of this southern culinary style. Jenni and Brian Jones provided Jambalaya, Red Beans and Rice, Andouille Sausage as we sampled with six wines with and without food.

Each wine was tasted before any of the food was introduced. Round two was to enjoy the wines with the Cajun Cuisine. Anne explained the difference between Creole (City Food) and Cajun (Country Food) and the amount of spices used. Creole being more refined finds its roots in French, Spanish, African, and Indian influences, which entered into the culture via the port of New Orleans. Lots of butter and savory herbs are combined with hints of spice in these New Orleans dishes. Cajun brings the heat to the table! Both Cajun and Creole dishes use many of the same ingredients, but final product can easily be identified with one's first bite.

The food for the group was prepared with mild seasoning (for Cajun food), and spices were available to bring up the heat. Some found the food as served spicy enough, and others added more spice as each wine was sampled. There is one pairing phenomenon that breaks the guidelines and pairs very well with bayou cuisine. Zinfandel would be that wine. A big jammy Zin will coat the mouth, and the spices found in this California grape add even more punch to these flavorful dishes. Here again as alcohol goes up... STANDBY for the fire.

The entire evening was very educational for all. A few of the lessons taken away to aid members in future wine selections when it comes to a Cajun food were offered.



- (1)** Keep the alcohol low! Rule of thumb is less than 14%, but less than 13% is optimal. As alcohol goes up so does the heat experienced in your mouth. Too much alcohol can really give one an unpleasant burning sensation as the food and wine transits your throat.
- (2)** Avoid heavy tannins in your wine selection. The tannins we love in a big Cabernet or Bordeaux usually have a drying effect in one's mouth. The spices used in Cajun cooking does the same. The two when combined can leave one dying of thirst and the heat magnified to the point of zero taste buds surviving the meal.
- (3)** Enjoy your wine (Red or White) a little bit cooler than you would normally serve it. The chill will allow the food to be the major stimulus of your taste buds and allow for a fire hydrant effect on your tongue when the heat goes up.
- (4)** Acidity is important! The wine's acidity will slice through heavy spices so underlying food flavors can be enjoyed.
- (5)** When eating Creole or Cajun it is all about the food. It is not the time to showcase your finest wines. Keep it simple and flavorful. The spices will smother bouquets, destroy subtle nuances, and overwhelm terror.

Our chapter's February tasting featured six wines which were scored twice, with and without food. Paul threw in a seventh wine which was not scored, but offered one heavy tannins to demonstrate the interaction in one's mouth when tannin meets spice. The wine offered as an example was Tin Roof, a California Red Blend. The wine featured grapes that were primarily from the Lodi region and consisted of Zinfandel, Merlot, and Petite Sirah. Many of the tasters who enjoyed the heavy spices had no problem with the wine and food pairing.

### **2016 KGWS**

#### **Board Members:**

Terri Newman-Hyde: President      Scott Such: Treasurer  
Andrew Sutter: Vice President      Tom Burckell: Secretary

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



# Wines that pair with Cajun foods!

Presented by  
Paul & Anne Koepfinger



There were three rounds of voting: a) favorite white with no food, b) favorite red with no food, and c) best pairing with food overall. Santiago Station Sauvignon Blanc took top honors for the best white wine. The Cline Zinfandel won best red as well as best pairing of the night. Once again we would like to thank the Koepfingers and Joneses for a wonderful evening in the bayou.



| Wine/Vintage                    | Appellation     | ALC     | # of Votes<br>with No Food   | # of Votes<br>with Food  |
|---------------------------------|-----------------|---------|--|--|
| Grape                           | Country         | Cost    |  |  |
| Santiago Station NV             | Valle Central   | 12.5%   | 15  | 8  |
| Sauvignon Blanc                 | Chile           | \$4.99  |  | 8  |
| Burgans 2014                    | Rias Baixas     | 12.0%   | 6  | 5  |
| Albariño                        | Spain           | \$11.99 |  | 0  |
| Recas Castle 2013               | Transylvania    | 12.0%   | 11   | 5  |
| Pinot Noir                      | Romania         | \$6.99  |  | 4  |
| Coppola Diamond 2013            | Monterey County | 13.5%   | 5  | 12  |
| Pinot Noir                      | California      | \$11.97 |  |  |
| Coppola Diamond 2013            | California      | 13.0%   | 16  | Not Scored   |
| Zinfandel                       | California      | \$12.99 |  |  |
| Cline 2013                      | Lodi            | 14.0%   | Not Scored   | Not Scored   |
| Zinfandel                       | California      | \$8.99  |  |  |
| Tin Roof 2011                   | California      | 13.5%   |  |  |
| Zinfandel, Merlot, Petite Sirah | California      | \$10.99 |  |  |