

Gourmet on the Run

137 Marketplace Avenue ■ Mooresville, NC 28117 ■ 704-696-0030

Spring/Summer 2006

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Welcome to Gourmet on the Run!

I'm Linda and together with my mother, Silvia, we own and operate Gourmet on the Run in Morrison Plantation. We are a wine and kitchen accessories shop and have been open since December 2005. Our store hours are Tuesday through Friday from 11 am to 4 pm and Saturday from 10 am to 5 pm. We are also available by appointment for your convenience.

Since we both love entertaining, cooking, eating and drinking wine, we've spent the past few months filling the store with cool and practical products and accessories for those who share our passion. Today, we carry over 175 items from well known and respected manufacturers and winemakers including Stonewall Kitchen, Oxo, Starbucks, Boston Warehouse, Moet and Chandon, Kenwood, Veramonte and Snoqualmie. We have a good selection of gourmet foods, wine, kitchen gadgets, linens and other home décor items, each of which was selected for its quality, value, functionality, beauty or taste – these are the things we use at home or give as gifts to our family and friends.

Over the next few months, in addition to expanding our product line, we plan on adding wine tastings and cooking classes to our offerings. In the meantime, I hope you enjoy our newsletter which I plan to send out at least quarterly. In this first edition, I've included one of my favorite summer time appetizer recipes: Goat Cheese and Chive spread (serve this with a chilled Sauvignon Blanc). You'll also find a brief history on champagne, my list of Top 10 Can't Live without Kitchen Tools, some interesting cooking tips, tricks and techniques, as well as a short lesson on measuring.

Whether you have already visited the store or haven't been in yet, we encourage you to stop in, say hello, look around and give us your feedback – on the store and the newsletter. Either Mom, Lisa (a recent addition to our team), or I will be here to show you around, answer your questions or help you select the perfect gift. If you get a chance, visit us online at www.gourmetontherun.com. Our website contains photos of some of our favorite and most popular items, sample gift baskets, useful links and upcoming events. Hope to see you soon!

Linda

If you want your name added to or deleted from our mailing list, send me a note at linda@gourmetontherun.com

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Featured Recipe: Chive and Goat Cheese Spread with Baguette Slices

INGREDIENTS

8 oz soft mild goat cheese at room temperature
4 oz cream cheese at room temperature
4 TBSP fresh chives, minced
1 clove garlic, minced

additional chives or cracked peppercorns for garnish

Notes:

- Serves 8 as an appetizer.
- Recipe can be cut in half.

METHOD

1. Combine goat cheese, cream cheese, minced chives and garlic in medium bowl. Stir with a fork until well blended.
2. Place a large piece of plastic wrap on work surface. Spoon cheese mixture on to plastic wrap. Lift edges of plastic wrap and form cheese into ball. Remove from plastic wrap and roll in minced chives or cracked peppercorns.
3. Refrigerate for at least one hour or up to 2 days.
4. Serve with baguette slices.

"Come quickly, I am tasting stars!"

-- Dom Pérignon (1638-1715), Benedictine Monk

Wine Selection: Champagne

While many of us call any sparkling wine champagne, technically only wines produced according to the long-established traditions in the Champagne region of France can be called champagne. France dominated the champagne market for the longest time but today, there are many fine sparkling wine producers outside of France, even outside of Champagne. For example, Italy produces *spumante*, Germany produces *sekt*, Spain produces *cava* and sparkling wines produced outside of Champagne are labeled *vins mousseux*. Sparkling wines produced by Australia, New Zealand and the US are simply called sparkling wines or champagne.

French champagne is typically made from a blend of grapes including Chardonnay, Pinot Noir and Pinot Meunier. American champagne is typically a blend of Chardonnay, Pinot Noir and sometimes Pinot Gris grapes since little Pinot Meunier is grown here. Champagne made entirely of white (Chardonnay) grapes is referred to as blanc de blancs and tends to be lighter and more delicate in style. Champagne from all red grapes is referred to as blanc de noirs and tends to be fuller in body and richer tasting. Rosé champagnes are usually intensely flavored and get their dark pink color by exposing the pressed grape juice to the grape skins.

Like traditional non sparkling wine (still wine), champagne goes through a fermentation process, usually in stainless steel tanks, to convert the grape juice into wine. A second fermentation, usually in the bottle, transforms the wine into champagne by converting the carbon dioxide in the wine to bubbles and allowing the yeast in the wine to add flavor, texture and complexity. This second fermentation in the bottle, known as *methode champenoise*, was perfected by Dom Pérignon and his fellow Benedictine monks at the Abbey of Hautville. Although he did not actually discover champagne, he significantly improved the harvesting, blending and storage of champagne during his time as cellar master.

A champagne will be considered "vintage" if made from 100% of grapes grown in the same year and that year produced an exceptional harvest. "Non-vintage" champagnes are usually blended from several harvests for consistent flavor and style. Champagnes are also categorized as Extra Brut, Brut, Extra Dry, Sec and Demi-Sec, depending on their sugar levels, with Extra Brut having the least sugar and Demi-Sec having the most sugar.

"In victory you deserve champagne, in defeat you need it."

-- Napoleon Bonaparte (1769-1821), emperor.

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Top 10 List:

Can't Live Without Kitchen Tools

1. **Santoku knife** – a great all purpose knife. I use the Wusthof 7" hollow edge for 90% of my cutting needs. A small paring knife works for everything else.
2. **Heat resistant spatula** – another great all purpose tool that can be used for stirring, sautéing, scrambling and scraping bowls.
3. **Citrus zester** – I love the Microplane zester which I use for zesting lemons, limes and oranges, grating hard cheeses and shaving chocolate.
4. **Tongs** – avoid burns with a good pair of tongs. The Oxo tongs are great since their tips prevent piercing the food. Get a pair with non-stick heat resistant tips too!
5. **Whisk** – get two: a sturdy stainless balloon wire whisk for all purpose needs and a non-stick heat resistant whisk for use with expensive non-stick cookware.
6. **Flexible chopping mats** – use on top of your cutting board to make prep work (and cleanup) a breeze. Practice proper food sanitation by using different mats for meat, bread, cheeses, vegetables, etc.
7. **Half-sheet pan** – these sturdy baking sheets distribute heat evenly and won't warp in the oven. Don't even think about getting the non-stick sheets – use parchment paper or a Silpat.
8. **Garlic press** – fresh garlic is the only way to go. Since most of us can't mince garlic as finely or as quickly as a professional chef, go ahead and use a garlic press. Look for one that won't rust and is easy to clean.
9. **¼ cup measuring cup** – every one needs one of these. Oxo makes a great angled measuring cup that allows you to measure liquids in tablespoon increments (from one to four tablespoons).
10. **Over the sink colander** – rinsing, draining and straining are easier if you do it right over the sink. Walk away and don't worry about getting liquid all over your counter.

Got an idea for a top 10 list? Send me a note at linda@gourmetontherun.com

Food for Thought ... Did You Know?

- Goat cheese, also called chèvre (French for "goat"), is a pure white goat's-milk cheese. It has a unique tart flavor and can range in texture from moist and creamy to dry and semifirm. Store goat cheese, tightly wrapped, in the refrigerator up to 2 weeks. Pair with wines made from the Sauvignon Blanc grape variety.

- Champagne is bottled in the following 10 different sizes:

Split	187 ml
Half bottle	375 ml
Bottle	750 ml
Magnum	2 bottles or 1.5 litres
Jeroboam	4 bottles or 3 litres
Rehoboam	6 bottles or 4.5 litres
Methuselah	8 bottles or 6 litres
Salmanazar	12 bottles or 9 litres
Balthazar	16 bottles or 12 litres
Nebuchadnezzar	20 bottles or 15 litres

- The Santoku knife is styled after the Japanese cook's knife. Its hollow edge creates pockets of air which prevent extra thin or soft slices from sticking to the blade.



- For easier and more accurate measuring, try the following tips:
 - For sticky ingredients like corn syrup, honey and molasses, lightly coat the measuring cup with oil or butter before pouring in the liquid so it will slip out easily and cleanly.
 - If a recipe calls for packed brown sugar, fill moist brown sugar into the measuring cup firmly enough for it to retain its shape when it is tapped out of the cup.
 - Do not scoop flour directly from the storage container. Instead use a spoon or scoop to lightly fill the measuring cup and then level off the flour with the straight back of a knife, making it flush with the top edge of the cup.

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Cooking School Basics: Measuring

While most seasoned home cooks (pardon the pun) can get away with eyeballing their measurements, bakers and restaurant chefs live by accurate measurements. They must measure accurately for consistency, portion control and cost savings. Since restaurants cook on such a larger scale, they tend to measure by weight and use commercial grade equipment. Home cooks however, measure using volume and can get by with 3 simple measuring devices: liquid measuring cups, dry measuring cups and measuring spoons.



Liquid measuring cups look like pitchers and have the measurements (in fluid ounces and cups) marked horizontally on the side. They are typically clear glass or plastic and have spouts for easier pouring. The most common sizes are 1 cup and 2 cup measures. When measuring a liquid, place the cup on a flat surface, let the liquid settle, and then read it at eye level. Use liquid measuring cups for liquid ingredients including stock, milk, corn syrup, molasses, honey, etc.

Dry measuring cups typically come in sets of four ranging from $\frac{1}{4}$ cup to 1 cup measures. They are usually made of heavy-duty plastic or stainless steel and should be leveled at the brim when measuring. Use dry measuring cups for dry ingredients including sugar, flour, grains, beans, etc. Liquid and dry measuring cups are not interchangeable – for accurate measuring, use the right type of cup based on the ingredient.



Measuring spoons also come in a set of four, including $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon and 1 tablespoon. Other sets are available with pinch, dash and smidgen measurements. Measuring spoons are used for both dry and liquid ingredients. As with the dry measuring cups, after filling a measuring spoon, level off the dry ingredient with a flat edge.

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