



Grapevine

Price Chopper Plaza 1355 New Scotland Road Slingerlands, NY 12159
518.439.5535 slingerlandswine@yahoo.com www.slingerlandswine.com

Store Hours: Mon – Sat, 9 – 9 & Sun, 12 – 6

Wines Low in Calories & Alcohol, Big on Flavor



Sparkling

The NV Schramsberg Mirabelle Brut Rosé

Sparkling Wine from California is crafted from cool-climate Chardonnay and Pinot Noir grapes. Aged reserve lots add richness

and depth. \$22.99

Whites for Healthy Fare
Schloss Gobelsburg's 2015 'Gobelsburger' Grüner Veltliner from Kamptal, Austria is the most well known Austrian wine. Known as *Gru-vee*, its minerality and freshness make it a food-friendly wine. \$12.99

The **2015 Joel Gott Oregon Pinot Gris** from Willamette Valley has aromas of apples and white flowers. Its light body will compliment salads without overwhelming them. \$13.59

Bold, Aromatic Whites

The **2015 Antxiola Getariako Txakolina** from Spain with is a blend of Hondurrabi Zuri and Hondurrabi Beltza. Fermented in tank, it has soft effervescence. 90 JG \$13.69

Emiliana Natura's 2016 Sauvignon Blanc from Chile is organic and is made from sustainably farmed grapes. Bold fruity aromas make it a natural for lean chicken. \$7.99

Rosé All Day

The **2016 Lafage Miraflores Rosé** from Côtes du Roussillon is a 70/30 blend of organic Mourvèdre and Grenache Gris. Raspberry aromas suggest indulgence, but it is a guilt-free wine. **90 RP** \$13.99

The **2016 Bieler Rosé** exudes herbal, fruity aromas and flavors of lavender, rosemary and citrus. Somehow, it manages to be both soft and lively. \$9.49

Fragrant Pinot Noir

When dinner and desire demand Pinot Noir, try the **2014 Lompoc Wine Co. Pinot Noir** from the Sta. Rita Hills in Orcutt, California. Made with organically farmed grapes, the stainless-fermented wine has classic cherry flavors \$16.49

The **2014 Domaine Roche Pinot Noir** from Beaune in Bourgogne is ruby-hued and lovely. Grapes from vines 30 to 80 years old are fermented with native yeasts and see 100% malolactic fermentation. \$16.99

Plump and fruity

Berries, spice and full body make the **2015 Louis Jadot Beaujolais** from Bourgogne ideal for rich salmon. Made from the Gamay grape, it is a lithe wine. \$11.99

The **2015 Lamoreaux Landing 'T23' Cabernet Franc** from Seneca Lake in the Finger Lakes is unoaked. T23 refers to the stainless

steel tank #23 used to produce this wine. \$12.99

Medium-Bodied Reds

For Italian fare, the **2013 Castello di Albola Chianti Classico** from Tuscany, made from Sangiovese grapes is elegant and mellow. \$12.99

For Francophiles, the **2014 Parallèle 45 Côtes du Rhone** by Maison Paul Jaboulet Aîné is rich with berry fruit. Made from 60/40 Grenache and Syrah, it is named for the 45th Parallel, which crosses the Rhone Valley and passes through the vintner's estate. \$10.99

How does this effect weight gain? Five glasses a week of 10 percent alcohol wine has 80 calories, 20,800 calories a year; five glasses with 13.5 percent has 28,080, an extra 7,280 — more than two pounds a year. This may not seem significant, but it can add up over time; so if you're counting calories before your next beach getaway, keep it in mind. Santé! ♦

Incredible Savings!
15% off all Wine —
Every Bottle,
Every Day!!!

Did you know... When a bottle is on its side, the wine inside keeps the cork moist which prevents it from drying out, shrinking or letting in air, all of which would spoil the wine.

While the amount of wine we drink may affect our waistline, the alcohol content is often overlooked. A gram of fat contains nine calories and a gram of protein or carbohydrate has four, but were you aware that a gram of alcohol has seven calories? Alcohol percentage, noted on the label in fine print, offers a simple formula to figure out the number of calories per glass: Multiply the alcohol percentage by the number of ounces, and multiply that number by 1.6. For a five ounce glass of wine with 11% alcohol, there are 88 calories ($5 \times 11 \times 1.6 = 88$).

Lighter bodied, younger wines are at one end of the calorie spectrum and full-bodied Reds are at the other. There are times when nothing will do like a bold Cab or jammy Zin, but when the mood and food are lighter, there are plenty of wines to compliment both. The following baker's dozen of wines are a sampling of the many fantastic lighter alcohol and lower calorie wines out there.

Wine Tastings Fri, 4-7 & Sat, 2-5

In addition to the tastings below, see our weekly email.

Sat 2/4: Wines for Super Bowl Sunday: A stellar lineup of wines that are perfect for Super Bowl fare.

Fri 2/10: February Staff Picks: See our Staff Picks below and stop by to taste our latest favorites.

Sat 2/11: Rosé All Day: Wines for a romantic dinner at home with your sweetheart, featuring some beautiful Rosés.

Fri 2/17: Wines from the Article on Page 1: We'll pour a few of the wines from the article on page 1. Don't miss it.

Fri & Sat 2/24 & 25: Academy Award Winning Wines: We'll pour a weekend of wines in honor of the Academy Awards, featuring Coppola wines, the official wine of the Academy Awards. See you there!

Asian Grilled Salmon *Adapted from Ina Garten*

3 lbs salmon fillet, skin on, cut into six pieces

For the marinade:

2 tablespoons Dijon mustard
3 tablespoons good soy sauce
6 tablespoons good olive oil
1/2 teaspoon minced garlic



Light charcoal briquettes in a grill and brush the grilling rack with oil to keep the salmon from sticking.

While the grill is heating, whisk together the mustard, soy sauce, olive oil, and garlic in a small bowl. Drizzle half of the marinade onto the salmon and allow it to sit for 10 minutes.

Place the salmon skin side down on the hot grill; discard the marinade the fish was sitting in. Grill 4 to 5 minutes, depending on the thickness of fish. Turn and grill for another 4 to 5 minutes. The salmon will be slightly raw in the center, but don't worry; it will keep cooking as it sits.

Transfer fish to a plate, skin side down, and spoon the reserved marinade on top. Allow it to rest for 10 minutes. Remove the skin and serve warm, at room temperature, or chilled, with Bill's staff pick.

News & Events

Special Tastings for the Super Bowl & Valentine's Day

On **Saturday, February 4th**, we'll pour wines to go with Super Bowl fare, including Sheila's Kahlua Chili, a Super Bowl tradition around here. We'll serve the chili at the tasting, and have recipes for you to take home.

Valentine's Day is on a Tuesday this year, so we'll have a special tasting on **Saturday, February 11th**, pouring a selection of wines for a night at home, cooking and celebrating with your Valentine.

And finally, we'd like to extend a special thanks to all our loyal customers. We appreciate your business and friendship, and we look forward to it for years to come.

Valentine Sunset 75

Campari and blood orange juice give this twist on the French 75 a beautiful color.

Makes 2 cocktails

INGREDIENTS

2 oz. fresh blood orange juice, plus two slices
2 oz. Nolet's Gin
1 oz. simple syrup
1/2 oz. Campari
4 oz. Champagne or Sparkling Wine

DIRECTIONS

For the simple syrup, combine equal parts sugar and water in a saucepan and simmer until sugar is dissolved. Let cool.

Combine juice, gin, syrup, and Campari in an ice-filled shaker. Shake and strain into two flutes. Top with champagne; garnish with orange slices, and toast to your Valentine.



February 2017 Staff Wine Picks

Sheila: NV Schramsberg Mirabelle Brut Rosé (California) \$22.99 (reg \$26.99) 90 RP A 64/36 blend of Pinot Noir and Chardonnay, it is complex with strawberry and currant flavors with terrific acidity. ***Shrimp and mango salad**

Joe: 2014 Educated Guess Cabernet Sauvignon (Napa Valley) \$18.99 (reg \$22.49) Rich, ripe and complex, with notes of cocoa and eucalyptus and fine-grained tannins, this is one outstanding Cab. ***Grilled Cowboy Steak**

Max: 2014 Montes Cabernet Sauvignon (Chile) \$9.99 (reg \$11.99) 90WS #42-Top 100 Blended with 15% Merlot and aged in French oak for eight months, it has round tannins and notes of cigar box and sweet spice. ***Beef brisket**

Ian: 2014 Bishop's Peak Chardonnay (San Luis Obispo) \$12.99 (reg \$14.99) 90 AG Aged sur lie in stainless steel and neutral oak, it has elegant notes of melon and lemon with a fine streak of salinity. ***Pan-seared flounder**

Bill: 2015 Averaen Pinot Noir (Willamette Valley) \$17.99 (reg \$21.99) 91 AG Intense minerality thanks to the pre-historic ocean floor's marine sediments. This sustainably produced wine is aged ten months. ***Ina's Salmon, above**

Renee: 2014 Acacia Pinot Noir (California) \$12.99 (reg \$14.99) This Pinot has plenty of raspberries, Bing cherries, rose petals and a pleasing touch of barnyard, made in the Burgundian style. ***Pork chops parmesan**