



September 2010

Avalon Cottage Winery & Craft Brewery

Volume 11, Issue 2

Congratulations

to our clients who entered CAMRA'S Brewing competition and were rewarded with ribbons and prizes. It is gratifying to be recognized by beer drinkers who know their beer and take it seriously. Following is a list of the winners who entered the beers they made at Avalon Cottage . These beers were submitted from regular batches as they were being bottled.



Avalon Cottage Winners C.A.M.R.A.2010

Brewing Competition

First Place Ribbon

Brad Clarke - **Wheat Pilsner**

Joe Gard - **Chocolate Porter**

Second Place Ribbon

Robert Schutte-**Traditional Ale**

Deb Purse - **Bavarian Bock**

Richard Cusler - **Honey Lager**

York Stewart-**Irish Red Ale**

Third Place Ribbon

Linda Troke -**I.P.A**

Wes Zetaruk-**Honey Brown Lager**

Now! is the time to order **Fresh Italian & Californian Grape Juice** for wine making. See list of varietals inside on page 3



Changes at Avalon Cottage

As most of you are by now aware my daughter **Bree** has moved away to be with Matt, her one and only, and yes he popped the question and they are getting married next summer .

James Sandever has agreed to come on board as Bree's replacement. Some of you will no doubt remember James from when he first worked here a couple of years ago.



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Oktoberfest German Beer Specials

This fall Avalon Cottage will be again offering three specialty crafted , in keeping with the seasonal nature of traditional German brewing. What will make these beers unique is that we use Munich lager yeast. These recipes also incorporate specially acquired hops, and grains to create beers as close to their original German character as possible.

Oktoberfest Lager - Traditional amber coloured Marzen Beer

Munich Dunkel - Dark or black lager "schwartz bier"

Munich Helles - Classic German lager

Save \$15.00

Fall Specials
not combinable with
any other specials

**\$20
OFF**

Avalon Cottage's Valued Customer Annual Reward Program

Visit Avalon Cottage and present this coupon to receive twenty dollars off the making of any batch of wine , cider, cooler or beer. This offer expires September 30th. 2010. This coupon may not be combined with any other special offer.

AVALON COTTAGE



Please present this coupon at time of purchase. Only one coupon per customer

Italian and Californian

Reds:

Merlot (Italy),
Montepulciano (Italy),
Sangiovese (Italy),
Nebbiolo (Italy).
Lambrusco (Italy)
Nero d' Avola (Sicily)
Amarone (Italy) **NEW**
Barolo (Italy) **NEW**
Valpolicella (Italy) **NEW**

Wines made from 100% pure grape juice. Shipped refrigerated cold from Italy, and California

Chianti (Italy) **NEW**
Cabernet Franc (Calif.)
Petite Syrah (Calif.)
Zinfandel (Calif.)
Pinot Noir (Calif.)
Cabernet Sauv.(Calif.)

Whites:

French Colombard,(Calif.)

Gewürztraminer (Calif.)
Cardhonnay (Calif.)
Riesling (Calif.)
Sauvignon Blanc (Calif.)
Trebiano (Italy)
Moscato (Italy)
Soave (Italy) **NEW**
Pinot Grigio (Italy)

Cooking with Wine

Ingredients

3 lbs. boneless beef chuck roast or steak
3 Tbsp sea salt
1/4 cup. olive oil
2 cups chopped yellow onion
1 tsp fresh ground black pepper
2 cloves garlic minced
2-4 cup beef stock
1 1/2 bottles Barolo or Barbera
2 sprigs rosemary
2 bay leaves
1 cinnamon stick
1 cup chopped carrot
1 cup chopped celery
1/4 cup chopped bacon
4 whole cloves
1/4 cup chopped fresh parsley (garnish)
1 tin of button mushrooms (optional)

Preparation

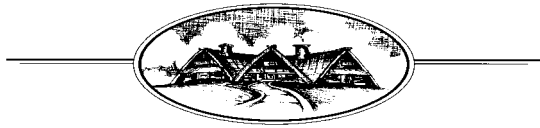
Heat oil in large dutch oven over med/high heat. Rub beef with salt and pepper, add to pan and brown on all sides. Remove beef. Add bacon to pan and cook for 3 mins. Add onion, carrots, and celery and cook till caramelized. Add garlic and cook till fragrant. Return beef to pan and add wine, 2 cups stock, whole



Beef Braised in Barolo

cloves, rosemary, bay leaves , and cinnamon stick. Bring to a boil. Reduce heat and skim any foam. Reduce heat to med/Low, cover, and simmer until meat is tender. Add two remaining cups of stock as needed to ensure meat is covered with liquid. Add a tin of button mushrooms to warm just before serving. Remove meat and mushrooms from pan and keep warm. Strain sauce into sauce pan over high heat and cook until reduced sauce consistency. To serve slice beef across grain, ladle with sauce and garnish with parsley . This recipe is ideal if you are using a slow cooker or (crock pot). Meals using inexpensive cuts of meat are more economical and usually more flavourable. Vern

AVALON COTTAGE



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Time Sensitive Coupon Inside!!



Avalon Cottage

Brew Notes

Monthly Special
Silver Bullet
American style light lager
Save \$20.00
September 2010

Protect Your Beer

To lengthen the storability of your brew, bottle it in glass bottles or even can it. Plastic bottles are porous and actually breath allowing air to enter your beer. This will cause your brew to oxidize and break down sooner. Ever wonder why commercial breweries don't use plastic bottles? Also check the storage chart on page 5 to asses the value of your storage area

Beer Drinking 101 In Europe Many of the finest beers are served in distinctive glasses, designed to enhance the enjoyment of the brew. Whether it is the visual appeal, the bouquet or the reverence shown to the experience, the importance of proper presentation cannot be under estimated. Drinking your beer of choice directly from the bottle deprives you of a whole facet of the experience, unless of course, it is a commercial brand without distinction, then it probably truly doesn't matter. There will always be a demand for bland beers, but they should not be allowed to wash away the more interesting choices for the discerning drinker.



Sulphites ?

How they may affect you.

In the past News media have brought to our attention that some asthmatics can display sensitivity to Sulphur Dioxide. This was due to events involving Metabisulphites on salad bars. Unfortunately some people have taken this to mean that the use of any sulphite is unhealthy. In fact, virtually everyone copes well with sulphites due to the fact that our bodies regularly produce them. When we eat proteins, some of the amino acids present (Methione and Cystine) are broken down into Sulphites. Most people can tolerate several grams of sulphite without any adverse reaction. In rare cases, people deficient in liver enzyme which oxidizes sulphite may experience a mild reaction

Most sulphite in wine is dissolved and bound and causes no problem, even to asthmatics. Sulphite sprayed on food, such as salad bars in restaurants, then in a gaseous state, can cause problems when inhaled.

Why **should** I put sulphites in wine?

Sulphites neutralize oxygen's damaging effect on wine. Oxidized white wines have sherry like aroma/flavour, and an amber colour. Oxidized red wines have a "chocolate" tone and an unpleasant flavour.

A residual sulphite concentration of 20-50 ppm is usually adequate to protect your wine from oxidation during bottle ageing. In fact, much of the sulphite in your bottle is immediately bound by oxygen and other molecules, leaving a level of free sulphite of only 0.5 - 0.8 ppm. Sulphite also protects your wine against the damaging effects of bacteria.

Our water at Avalon Cottage is filtered and comes out remarkably clean, but still is not 100% sterile. So, by rinsing the small amount of sulphite out of your bottles after you have just sanitized them, not only will you lose your defense against oxidation, but you may also be introducing a possible contaminating substance.

Beer Storage F.A.Q.s

Because we do not use preservatives, heat, fluorescent light, and sunlight will cause sedimentation, and cloudiness. Store beer in a cool dark place

Properly stored beer will have a shelf-life of 2-3 months. See chart following;

Location	Summer	Winter
refrigerator	2-3 mon.	2-3mon
cold Cellar	4-6 weeks	2 mon.
basement floor	3-4 weeks	4-6 weeks
closet	2-3 weeks	2-3 weeks
Garage (detached)	not advisable	

