



# Tim's Wine Market

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When discussing the factors that contribute to terroir, whether related to elevation, climate, or soil types, it can be easy to overlook the importance the ocean plays in wine production. After all, many of the regions we associate with the New World, such as California's Central Valley and the Mendoza region of Argentina, are hot and dry, not to mention far removed from the coast. However, this month we will look at two growing regions with a decidedly maritime climate, both located in the Southern Hemisphere and influenced by the Southern and Indian Oceans.

## **2016 Wildberry Estate Reserve Cabernet Sauvignon - \$29**

Australia's western coast, though far removed from the Barossa Valley and many of the country's most prolific growing regions, is home to a unique maritime climate. With the Great Southern Mountain range to the South and Geographe Bay to the North, the climate here is cooler than in many other parts of Australia. In addition, the Indian and Southern Oceans converge on a small peninsula here, further regulating temperatures and creating a long, stable growing season. This region is called Margaret River and is home to some of the country's best fishing, surfing, and Cabernet Sauvignon.

Wildberry Estate is a property owned by the Flying Fish Cove winery, originally planted in the 1990s to take advantage of the cooler climate. This was a revolutionary idea back when most Australian wines were marketed under the "bigger is better" approach. Situated in the Wilyabrup sub-zone of Margaret River, known for its high altitude and gravelly soils, the Cabernet Sauvignon produced here is made in a style reminiscent of its native Bordeaux. Winemakers Damon Eastuagh and Will Nelson, alongside the rest of their team, are big fans of traditional viticultural methods and use this to create terroir-driven wines, many of which are capable of extended aging.

To make this wine, all fruit is sourced from the estate's initial blocks of Cabernet Sauvignon, planted in 1997. A small amount of Merlot, planted on clay and ironstone soils which retain heat, is also added. The two varieties are co-fermented in stainless steel, with extended skin contact to further concentrate color and tannin. Once dry, the wine is racked to new and gently used French oak barrels for 15 months before filtration and bottling.

When you open this wine, you will want to decant for at least half an hour in order to fully appreciate the complexity that a few years of age has given it. On the palate, this wine delivers notes of cooked black plum, Kenyan AA coffee beans, saffras, menthol, and old leather. Drink now through 2024 with grilled flank steak, braised short ribs, or lamb chops.

## **2018 Luddite "Saboteur" Red Wine - \$40**

Given the fact that most of the country's viticulture takes place in a region known as the "Cape Winelands," it should come as no surprise that many wineries in South Africa are influenced by the sea. Located at the confluence of the Atlantic, Southern, and Indian Oceans, South Africa boasts a series of coastal micro-climates which have enabled winemaking to thrive in latitudes which would otherwise be too warm for most grape varieties. Nowhere is that influence more prominent than in the Walker Bay district, home to some of the country's southernmost vineyard sites, whose elevation and proximity to the Southern Ocean create a significantly cooler climate than the rest of the Cape.

This feature comes to us from a winery located in the sub-zone of Bot River, sandwiched between the cool coastal valleys of Elgin and Hemel-en-Aarde. Niels and Penny Verburg, founders of the Luddite project, purchased this estate in 1999. At the time, there were only two recognized wineries in Bot River, which gave them the luxury of not only inexpensive land but also the ability to plant their vineyards from scratch! Piece by piece, the couple planted varieties which benefit from this coastal climate, such as Mourvèdre, Cabernet Sauvignon, and the ubiquitous Chenin Blanc. The water-retaining clay soils of Bot River, combined with the region's proximity to the southern coast, eliminate the need for irrigation, further strengthening the couple's "hands-off" model of winemaking.

As the “Luddite” moniker would imply, the Verburgs practice a traditional approach in both the vineyard and the winery, with minimal chemical or technological intervention. To make the Saboteur, some purchased fruit is used from their neighbors’ vineyards, all of which are organically and biodynamically farmed. All fruit is harvested by hand and brought to the Luddite winery, where some varieties are co-fermented and others raised separately before blending. The fruit and methods used may change from one vintage to the next, but the quality remains the same.

To make this wine, fruit was purchased from 3 neighboring vineyards. The remainder of the balance was sourced from younger blocks of Cabernet Sauvignon and Mourvèdre on the Luddite estate, all harvested by hand. In the winery, the Cabernet Sauvignon and Grenache were fermented in open-topped wooden vessels while the Mourvèdre and Shiraz saw large stainless steel tanks and additional extraction. Once dry, each component was pressed directly into French oak barrels without temperature control and aged for 18 months. After each component wine was fully mature, the finished blend was assembled and bottled unfiltered.

When you open this wine, you will want to decant for up to 45 minutes. On the palate, this wine displays notes of black raspberry, red plum, pipe tobacco, smoke, and bacon fat. Drink now through 2026 with braised oxtail soup, quiche Lorraine, or even pepperoni and sausage pizza!

### **Slow Cooker Pot Roast**

The feature wines this month both have a few years in bottle, but are also robust and require a dish to stand up to their powerful and complex flavors. Normally I would suggest roasting low and slow a piece of beef, pork or lamb until it is fork tender, then reducing the drippings into a sauce and diving in. But in the summer I find having the oven on for 4-5 hours heats up the house and makes the day less pleasant. The easy answer is to use a slow cooker, which gives the same result without effecting the ambient temperature of the kitchen.

This recipe is a personal favorite that I have cooked more times than I can count. With the exception of the roast all the ingredients are pantry staples so it is easy to put together in the morning for dinner that night. The beauty of this dish is its simplicity, as there are no dramatic flavors to clash with the complex wines of this offering. Serve this wine with any robust red wine but it works particularly well with the selections this month.

**1 boneless beef chuck roast  
(5 1/2 - 6 pounds), tied  
4 teaspoons vegetable oil  
3 medium onions, chopped  
1 large rib celery, chopped  
4 medium carrots, chopped  
8 ounces button mushrooms, cleaned and quartered  
6 medium cloves garlic, minced  
1 cup red wine  
1 (28-ounce) can crushed tomatoes  
2 cups low-sodium chicken broth  
1 tbsp soy sauce  
1/2 teaspoon hot red pepper flakes  
3 bay leaves  
1 teaspoon dried thyme  
2 tablespoons chopped fresh parsley leaves  
Salt and pepper to taste**

Season roast liberally with salt and pepper. Heat 2 teaspoons oil in 12-inch skillet over medium-high heat until shimmering but not smoking. Brown roast thoroughly on all sides, 8 to 10 minutes. Transfer browned roast to slow-cooker insert.

Reduce heat to medium. Add remaining 2 teaspoons oil to empty skillet, along with onions, celery, carrots, mushrooms and garlic. Cook, stirring occasionally, until lightly browned, about 4 minutes. Transfer to slow-cooker insert.

Increase heat to high. Add red wine to empty skillet, scraping up any browned bits with wooden spoon, and simmer for 5 minutes. Add tomatoes, broth and soy sauce and bring to boil. Add pepper flakes, bay leaves, and thyme and transfer to slow-cooker insert.

Set slow cooker to high, cover, and cook until tender, 6 to 7 hours. (Alternatively, cook on low for 9 to 10 hours.) Transfer roast to carving board; loosely tent with foil to keep warm. Discard bay leaves. Allow liquid in pot to settle, about 5 minutes, then use wide spoon to skim fat off surface. Puree liquid and solids in batches in blender or food processor. (Alternatively, use immersion blender and process until smooth.) Stir in parsley and season to taste with salt and pepper.

Remove strings from roast and cut into 1/2-inch-thick slices. Transfer meat to warmed serving platter. Pour about 1 cup gravy over meat. Serve, passing more gravy separately.