

# Vegan Food & Wine Event

## NEW YEAR, NEW YOU

New Year... new you! (Well, maybe not, but we can always try something new!) Awaken your palate with award-winning Kacaba wines and the vegan-friendly culinary stylings of Zooma Caters. One-Weekend only with limited seating RSVP your spot today.

Free event for Club members plus two guests.  
Non-wine club members - \$30 per guest.

- Vegan Frittata paired with Kacaba 2022 Jennifers Pinot Gris
- Vegan Nut Roast with caramelized onion gravy paired with Kacaba 2019 Cabernet Sauvignon
- Navy Bean & Red wine ragu with Kacaba 2020 Cabernet / Syrah

TWO DAYS TO CHOOSE FROM:

January 27th & 28th, 2024

THE FOLLOWING TIME SLOTS WILL BE AVAILABLE ON EACH DAY:

11:00am-12:30pm / 12:30-2:00pm / 2:00-3:30pm / 3:30-5:00pm

Reservations Required.

FRIENDS WITH BENEFITS...

## CORNERSTONE ESTATE WINERY & CALAMUS ESTATE WINERY

Kacaba Founders Club members will continue exploring the Niagara wine region through their membership with Friends With Benefits, Kacaba's wine club partnership program. For the month of January, Founders Club members and up to three guests (groups of 4) can head to both Calamus Estate Winery and Cornerstone Estate Winery for a complimentary tasting.

**Tastings are by appointment only, please contact each winery to book.**

Cornerstone Estate Winery is located at 4390 Tufford Rd, Beamsville, L0R 1B1 - (905) 563-6758 - [info@cornerstonewinery.com](mailto:info@cornerstonewinery.com)

Calamus Estate Winery is located at 3100 Glen Rd, Jordan Station, L0R 1S0 - (905) 562-9303 - [orders@calamuswines.com](mailto:orders@calamuswines.com)



# 2019 CABERNET SAUVIGNON

HARVEST: NOVEMBER 20, 2019

AGING: 16 MONTHS

ALCOHOL: 13.2%

STYLE: DRY RED WINE

SUGAR CONTENT: 3 G/L

STORAGE: FRENCH & AMERICAN OAK

**\*BRONZE MEDAL - WINEALIGN NATIONAL WINE AWARDS OF CANADA 2022\***

## WINEMAKING NOTES:

2019 was a generally cooler and wetter year than normal, but overall, a good season. A slow, wet, and cool start of spring slowed the progress in the vineyards until the later part of May. Thanks to warm June and July months, conditions accelerated and caught up to where we want them to be by August. A few rainy streaks in August boosted the size of the berries and resulted in a challenging véraison transition into the pre-harvest with heavy crop levels. After fruit thinning, only clean and healthy clusters were left on the vines to achieve full ripeness. Cool, dry and sunny fall days allowed us to hang the grapes into late November, achieving full phenolic ripeness and keeping the fruit clean from any damages. An early cold snap and snow in mid-November concentrated flavors. Grapes were picked the week after the cold snap, and were machine harvested and sorted to eliminate any leaves, stems and petioles before grapes reached our crush pad. Post-frost, this would be an impossible task for a hand crew. Fermentation was conducted at a high 20's temperature with pump overs performed twice daily. Gentle pressing of the fermented grapes helped to extract all the flavours and good tannins. Following the settling of the gross lees, the wine was transferred into barrels for 16 months of aging. It was then racked in the middle of the summer of 2021, filtered and bottled right before the start of the 2021 Harvest.

## TASTING NOTES:

This medium to full-bodied wine has intriguing aromatics of raspberry jam and toasted cedar, while dark chocolate-covered cherries hold you captive. This wine's youthful vibrancy is balanced with a weightiness on the palate, medium firm tannins and a long finish. Enjoy with a variety of food pairings, such as an aged white cheddar grilled cheese sandwich or a grilled steak dinner. Drink now or cellar until 2028.



2019 CABERNET SAUVIGNON

REGULAR PRICE - \$34.95 per bottle

CLUB PRICE - \$32.95 per bottle

## IN THE CLASSROOM: CROP MANAGEMENT

An important factor in the modern day wine industry is sustainability. A vineyard that requires frequent replanting due to stressed and sick vines that are no longer producing quality fruit is not part of that sustainable mandate. By regulating the amount of crop produced by the vines each year the amount of energy drawn from the vines for fruit production is decreased and so is the stress on the vine. This makes the vine more tolerant of adverse weather conditions such as frost because the carbohydrates created by the vine can be kept in the woody part of the plant. This lowers the temperature that the internal fluids of the plant must reach in order to form ice and damage the cellular structure within.

It is important to understand the balance of the vineyard. Plants that are under some stress can focus on fruit production in order to survive, but can bounce back. In overly stressed plants however, there is too much of an emphasis on the fruit production forcing all the soluble solids and sugars out of the trunk and canes and leading to the weakened state of the vine previously mentioned. Utilizing crop size management to prevent vine stress works in both directions. If the plant produces too much fruit the same drop in carbohydrates will occur. Another aspect is that the vine will be over worked with respect to the energy needed to build the ripeness of the red fruit, regarding colour compounds and tannins. This leads to unused acids that will remain in the juice and ultimately throw the wine out of balance.

By managing the crop finished wines can be kept in better balance naturally but they will also see increased colour and ripe tannins in dry red wine styles, ultimately increasing wine quality. Moreover, the vineyard and vines themselves can be kept in balance allowing for more sustainable farming practices and better establishment within the vineyard.



# VEGAN MEATLOAF - NUT LOAF RECIPE

**NEW YEAR, NEW YOU  
FOOD PAIRING JAN. 27 & 28**

## INGREDIENTS:

- 1 1/4 cups (180 g) nuts (I use a combination of raw or roasted cashews, raw walnuts, raw pecans)
- 1/4 cup (33.5 g) sunflower seeds
- 2 tsp oil (or use 1/4 cup broth)
- 1 cup (160 g) chopped onion
- 4 cloves of garlic chopped
- 1 cup (96 g) chopped mushrooms (cremini or white or a mix)
- 1 cup (140 g) cubed butternut squash , heaping cup
- 2 tsp italian herbs
- 1 tsp smoked paprika
- 3/4 tsp (0.75 tsp) poultry seasoning
- 1/2 tsp (0.5 tsp) black pepper
- 1/4 tsp (0.25 tsp) each cinnamon and nutmeg
- 1/2 tsp (0.5 tsp) onion powder
- 1/2 to 3/4 tsp (0.75 tsp) salt
- 2 tbsp soy sauce or tamari for gf
- 2 flax eggs (mix 2 tbsp flaxseed meal mixed with 5 tbsp water)
- 2/3 cup (81 g) breadcrumbs (use glutenfree breadcrumbs or coarsely ground oats for glutenfree)



**VEGETARIAN FRIENDLY**

## GLAZE:

- 1/4 cup (60 g) ketchup
- 1.5 tbsp soy sauce/tamari , or use 1/4 tsp salt + 1 tbsp broth for soyfree
- 1 tbsp maple syrup
- 2 tsp apple cider vinegar
- 1/2 tsp (0.5 tsp) garlic powder
- 1 tsp sriracha , optional

DIRECTIONS ON FOLLOWING PAGE

# VEGAN MEATLOAF - NUT LOAF RECIPE

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## DIRECTIONS:

Toast the raw cashews and sunflower seeds in the oven at 325 deg F (160 C) for 5 mins. Or toast on a skillet over medium heat until golden. (optional if using pre-roasted nuts). Preheat the oven to 350 degrees F for the loaf

Add the cashews and sunflower seeds to a food processor with the rest of the nuts and pulse to a somewhat coarse meal with a few chopped size pieces visible.

Heat a skillet over medium heat. Add oil or broth. Add onion, garlic and a pinch of salt and cook for 2 mins. Then add mushrooms and a pinch of salt and cook until some golden edges. 3-4 mins.

Add butternut squash and mix in. Add a splash of water, cover and cook until the squash is tender. Mash and transfer to a bowl. Add in the spices, salt and mix in. Add the chopped nuts and seeds, soy sauce, flax egg mix, breadcrumbs and mix well.

Taste and adjust salt, herbs and flavor. \*\* The flavor will get more pronounced on baking. If the mixture is too wet, add a tbsp or so flour. You want it to be just slightly sticky. If too dry or crumbly, add a splash of broth. If you like sweeter, profile, add a tbsp of tomato paste or some chopped dried fruit such as dried cranberries or apricots.. (this mixture can be used to make burger patties, pan fried or baked. Or can be stuffed into puff pastry for a puff pastry loaf or small hand pies).

Transfer to a parchment lined pan. Lightly press to shape and even it out. Do not pack too much. Bake for 25 to 30 mins. Meanwhile, mix everything under the glaze. Taste and adjust if needed.

Take the loaf out of the oven. Spread the glaze over the loaf and then bake again for 20 to 30 mins. Let cool for 15 mins before removing from the pan. Then cool completely before slicing. Serve with gravy or cranberry sauce.

\*Recipe excerpted from <https://www.veganricha.com/vegan-meatloaf-nut-loaf/>

# CAPRESE STEAK

## INGREDIENTS:

4 6-8 oz. Certified Angus Beef brand filets or tenderloin steaks  
kosher salt and freshly ground pepper  
2 tablespoons olive oil  
1-2 roma tomatoes sliced about 1/4 inch thick  
4 ounces fresh mozzarella cut into four slices  
8 fresh basil leaves  
Reduced balsamic vinegar (store bought or make your own)



## DIRECTIONS:

Season filets with salt and pepper and lightly brush with olive oil

Heat grill to high. Place steaks on grill, reduce heat to medium. Cover and cook for 5 minutes.

Flip and cook for an additional 5 minutes.

At this point you have two options:

Remove steaks from the grill and top with one tomato slice, one basil leaf, one slice mozzarella, another basil leaf, and another slice of tomato and serve as is.

Or you can reduce heat to low, top with one tomato slice, one basil leaf, one slice mozzarella, another basil leaf, and another slice of tomato. Then close the cover and grill for another 3-5 minutes or to desired doneness.

Remove to a platter, let rest for at least 5 minutes, and drizzle with reduced balsamic vinegar before serving.

\*Recipe excerpted from <https://cupcakesandkalechips.com/caprese-grilled-filet-mignon/>