

SEPTEMBER 2020 • ISSUE 6 •

VINESPLAY

• FOR A NEW GENERATION OF WINE LOVERS •

WINE FOR EVERY DIET

VEGAN, GLUTEN-
FREE, LOW CARB?
TIPSS TO DRINK
WINE THAT FITS
YOUR DIET

DECODING A RESTAURANT MENU

HOW TO SELECT THE
BEST WINE FOR
YOUR MEAL





04 **Wine For Every Diet**

How to identify and select the best wines for your diet

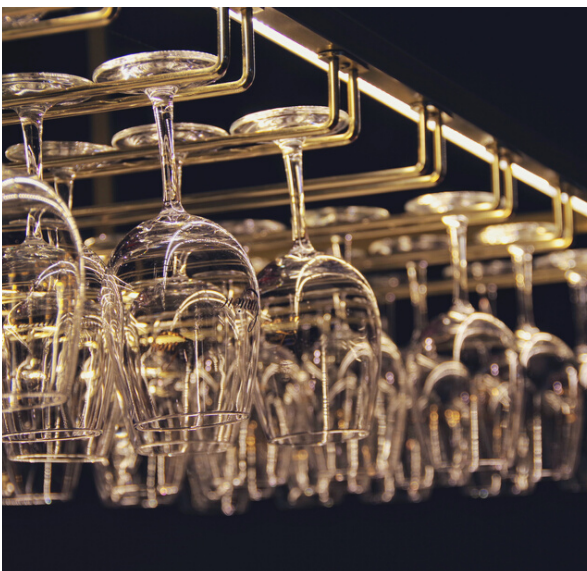
07 **Wine to Beer**

A quick guide to pick a beer based on the wine you like



09 **Members Perk**

Check out new Vines Play members perks



12 **Decoding a restaurant menu**

Never stare blankly at a wine list. Get these tips and have a gameplan for excellent pairing.

Editor's Note

A pairing is more than a match.

A focus on food and wine is probably one of the most useful topics in wine study. Once the sense of leaning about wine if you don't know how to make mouth-watering pairings. You will find, like almost any topic in wine, the more you drill down the more complex it gets. To help I have divided the information. This issue will give you some overarching tips that are easy to learn and use. The study guide (accessible by Vines Play club members) have a study guide that drills down into the details. Whether you want to learn the nitty gritty or enough to keep having great meals the Vines Play club is the perfect match for you.

Over the quarantine period I started with a few virtual events that evolved into a membership club. I gave a three month trial just to see how it would work and I found a place amongst new wine lovers looking to learn more about wine.

[Join the club](#) and find your perfect match to help you not just learn about wine but enjoy a great club.

Chanile Vines



Wine for every diet

As much as I would like to pretend that there is no place to discuss diets when it comes to glorious wines I know it just isn't true. So whether your diet has changed or you just have questions about incorporating wine see below for the most popular diets and how to make sure wine aligns with your goals.

1. **Vegan/ Vegetarian**

The reason that all wines are not vegan or even vegetarian-friendly has to do with how wine is clarified and a process called fining. Traditionally the most commonly used fining agents were casein (a milk protein), albumin (egg whites), gelatin (animal protein) and isinglass (fish bladder protein). These fining agents are processing aids. They are not additives to the wine, But there is good news. Today many winemakers use clay-based fining agents and activated charcoal which are vegan and vegetarian-friendly. **To spot a vegan wine look for the leaf symbol on the label or you can also search (LCBO or other merchant's website) for wines tagged as vegan.**





- 2. Gluten free**
Gluten free wines are less of a problem as most wines contain fewer than 20 parts per million gluten. So very little but for the hypersensitive be aware that a wine could be contaminated if the winemaking team uses flour-based paste to seal barrels. Gluten can also get into your wine during the fining stage. Wineries can get a wine certified gluten free and **it will say gluten free on the bottle.**

- 3. Organic**
Now organic means different things in different places; are you surprised? In the United States it means a wine made from organically grown grapes without added sulfites. In Europe & Canada it means a wine made from organically grown grapes that may contain added sulfites. Why add sulfites? Sulfites give the wine shelf life. But sulfites are the least of the issues most non-organic wines can use chemicals like herbicides and fungicides in the vineyards. You'll find most of the bizarre chemicals in non-organic wines are used in the vineyard. **Wines can be certified organic and it will say organic free on the bottle.**



4.

Low calorie/ Low carb

Based on a 5 ounce pour (standard glass) wine only has about 0-4 grams of net carbs. The carb is coming from the residual sugar, which varies amongst wine. Remember residual sugar is the leftover sugar in the wine after yeast feeds on some of the sugar to make alcohol. So for example a dry wine has little to no residual sugar, whereas a sweet wine has a lot more and so more carbs. See below chart with average amount of calories and carbs in a wine



Sparkling Wine

Calories per oz - 25

Calories per 5 oz- 125

Carbohydrates per 5oz (9grams)- 4g



White Wine

Calories per oz - 24

Calories per 5 oz- 120

Carbohydrates per 5oz (9grams)- 3.8g



Rosé Wine

Calories per oz - 21

Calories per 5 oz- 105

Carbohydrates per 5oz (9grams)- 5.7g



Red Wine

Calories per oz - 25

Calories per 5 oz- 125

Carbohydrates per 5oz (9grams)- 3.8g

Take a sip into the world of beer by picking one based on your wine preference.

If you love this wine, you'll love this beer



CAVA
&
LAGER



Chardonnay
&
Wheat Ale



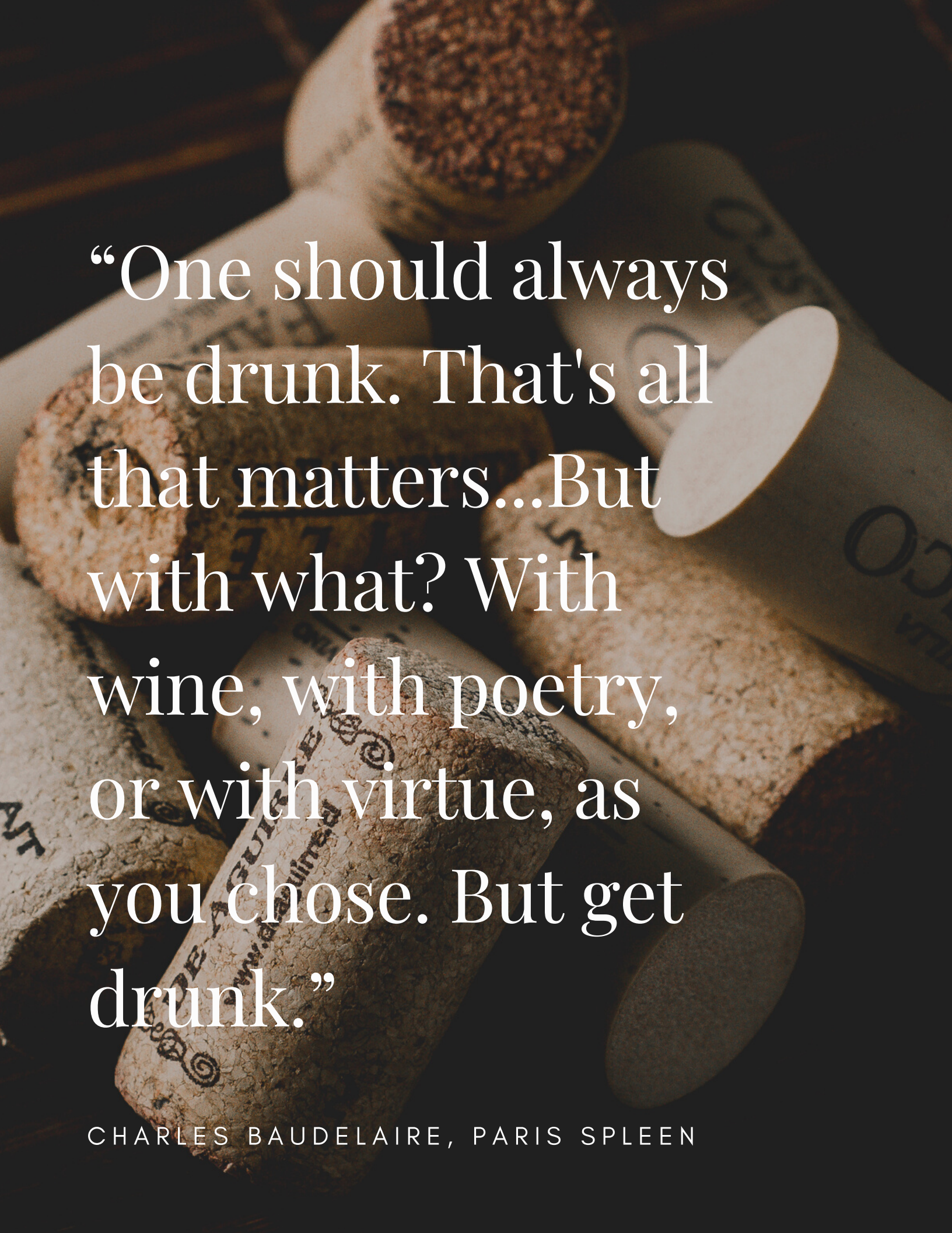
Merlot
&
Pale Ale



Cabernet
Sauvignon
&
Stout



-
- Segura Viudas Brut Reserva Cava
 - Toasted Head Chardonnay
 - Fat Bastard Merlot Pays d'Oc
 - First Press Napa Cabernet Sauvignon



“One should always
be drunk. That's all
that matters...But
with what? With
wine, with poetry,
or with virtue, as
you chose. But get
drunk.”

CHARLES BAUDELAIRE, PARIS SPLEEN

Member's Perks

Tonic Blooms is bringing new life to the flower gifting experience. By rethinking the flower delivery business model, they devote all their energy to ensure that those who send and those who receive Tonic Blooms are delighted from start to finish. By selecting blooms of the highest quality and freshness and by offering a two-hour delivery service in the Toronto core and same-day delivery for the rest of the GTA. See members lounge for a discount code for Vines Play members



VINES PLAY
MEMBERS
GET \$5 OFF!





MAKE YOUR OWN

AVOCADO TOAST WITH POMEGRANA- NATE SEEDS

Do you miss brunch? Yes me too. But with not many answers as to how we will navigate our way out of Covid-19; it's time to make some concession. One of these is making our favourite dishes at home. I took a shot at this Food52 Avocado toast with pomegranate seeds and loved it. It's a simple dish and goes well with a gluten free toasted bread. Check out the recipe below and the perfect pairing is of course - a Mimosa!





**“I LIKE ON THE
TABLE, WHEN
WE’RE
SPEAKING, THE
LIGHT OF A
BOTTLE OF
INTELLIGENT
WINE.”**

SHOW YOUR WINE
PASSION. TAG
YOURSELF
READING
VINESPLAY MINI
MAG WITH
#VINESPLAY.

Decoding a restaurant menu and wine list

When pairing food and wine the answer is in the details. We delve deeper into this in the Vines Play study guide. But sometimes the decision needs to be made quickly especially when dining out and everyone is waiting (and staring) as you make your order. Not only is their audience pressure most restaurant dishes are made up of multiple components making it difficult to pair. Here are my 3 principles to use when pairing multi-layered dishes:

1. Pair your wine with the strongest flavour on the plate . For example if. the dish is a filet mignon wrapped in bacon, with gorgonzola cream sauce topped with lobster claw served with a side of garlic mashed potatoes and root vegetables. Wow !Match your wine with the filet mignon and pick a Cabernet Sauvignon or a Baco Noir.
2. Go for balance. Weight in food corresponds to the amount of carbohydrate, protein and fat in the food. Weight in wine corresponds with alcohol strength. Heavier foods will overwhelm light wines and vice versa.
3. Check your sauce. A creamy and buttery sauce can change the texture and weight of a dish. For example a light fish will taste different grilled and served vs topped with a creamy sauce. You can choose to complement or contrast. A creamy oaked chardonnay will complement; while a high acid riesling will contrast by cutting through the sauce and refreshing the palate.

Going to a steak restaurant remember this tip.

Red Meat - Rare versus Well-Done

Many red meat have high protein content which coats the mouth.

Since tannin is softened by the interaction with protein, the young red wine will become smoother and refresh the palate. Young tannic red wines are an excellent choice for rare to medium rare red meats.

Well-done red meats will have less protein and therefore work best with low tannin fruit-forward red wines.



Appetizers & Snacks

Poutine
Cheese and gravy

Oaked-Chardonnay,
Sparkling (dry-off-
dry) Riesling (off-
dry)

French Fries
*Salt and a touch of
malt vinegar*

Sparkling (off-dry to
medium)
Riesling (off-dry to
medium)

Smoked Salmon
*Cream Cheese and
Rye*

Pinot Gris
Viognier

Popcorn
Sea salt and butter

Oaked-Chardonnay,
Sparkling (dry-off-
dry)

Hummus
*Traditional, lightly
spiced*

Pinot Gris
Viognier
Riesling

Bruschetta
*Fresh tomato, herbs
and Asiago Cheese*

Sauvignon Blanc

SEAFOOD

Lobster/Crab
Butter or Cream
Sauce

Oaked-Chardonnay,
Sparkling
Pinot Gris

Crab Cakes
Lightly Spiced

Riesling (off-dry)
Pinot Gris
Gewüztraminer
Viognier

Clams, Mussels,
Oysters
Broth or Lemon based

Sparkling
Dry Riesling
Sauvignon Blanc

Shrimp
Spicy

Pinot Grigio
Riesling

Shrimp
Cocktail Sauce

Sparkling (off-dry)

Scallops
Butter , Pan-fried

Riesling
Pinot Gris
Viognier
Lightly oaked-
Chardonnay

Salmon/Tuna
Grilled , Roasted

Pinot Gris
Riesling
Gamay Noir
Pinot Noir

Salmon/Tuna
Spiced, Asian Fusion

Gewüztraminer
(off-dry)
Riesling (off-dry)
Viognier

Sushi

Riesling
Sparkling



MAINS

Chicken
Herb or lemon sauce
Sauvignon Blanc
Riesling

Chicken
Tomato sauce
Sauvignon Blanc
Gamay Noir

Chicken
Cream sauce
Riesling
Viognier
Oaked Chardonnay

Chicken
Stir fry, Spicy
Gewürztraminer
(off-dry)
Riesling (off-dry)

Turkey
Cranberries
Riesling (off -dry)
Rosé (dry to off-dry)

Turkey
Wild mushroom stuffing
Oaked Chardonnay
Pinot Noir

Turkey
Gravy and mashed potatoes
Oaked Chardonnay

Duck
Red wine/Cherry reduction
Pinot Noir
Gamay
Merlot

Duck
Pecking
Riesling

Beef/Lamb
BBQ /grilled (Rare to medium)
Young , tannic red wine such as:
Cabernet Sauvignon
Merlot
Pinot Noir

Beef/Lamb
BBQ /grilled (medium to well-done)
Soft, mature (aged) low tannin red such as: Cabernet Sauvignon
Merlot
Baco Noir

Lamb
Marinated/curried
Low tannin Fruit forward: Shiraz
Baco Noir

Beef Hamburgers
(The works)
Baco Noir

Beef Hamburgers
(Aged Cheddar, Sautéed mushrooms)
Low tannin Fruit forward: Shiraz
Baco Noir
Cabernet Sauvignon (aged)

Pork
(ribs, bbq sauce)
Riesling (off-dry)
Sparkling (off-dry)
Baco Noir



Vegetarian & Pasta

Stews, Lentils, Beans

Rich , full flavoured
Oaked Chardonnay
Oaked Sauvignon
Blanc (Fumé Blanc)
Pinot Noir
Syrah

Green Salads

Light Vinaigrettes
Riesling
Sauvignon Blanc
Sparkling Wines
Rosé

Stir fry

Spicy
Riesling (off -dry to
medium)
Rosé (off-dry)

Mushroom

**Risotto/ Grilled
Portobello**
Oaked Chardonnay
Pinot Noir

Asparagus

Buttered
Oaked Chardonnay
Grilled/bbq
Oaked Sauvignon
Blanc (Fumé Blanc)

Steamed

Sauvignon Blanc

Pasta

Tomato Sauce

Pinot Noir
Tomato Sauce w/ Meat
Merlot
Cabernet Franc
Vegetables/Basil Pesto

Sauvignon Blanc

Lemon and Herbs

Sauvignon Blanc
Riesling

Cream Sauce

Oaked Chardonnay
Riesling
Sauvignon Blanc
Viognier

Gazpacho

Fresh delicate Spice
Sauvignon Blanc
Sparkling

Jambalaya

Moderate Spice
Riesling (dry to off-
dry)
Rosé (off -dry)

Empanada

Spicy meat in pastry
Baco Noir
Shiraz



DESSERTS

Keep the wine sweeter than the dessert

Stone Fruit

*Poached, Baked,
Cobblers, Pies*

Vidal Icewine

Late Harvest Vidal

Citrus Fruit

*Poached, Baked,
Cobblers, Pies*

Riesling Icewine

Late Harvest Riesling

Berries

*Poached, Baked,
Cobblers, Pies*

Cabernet Franc Icewine

Late Harvest Carbernrt

**Custards, Creams,
Crème brûlée, Sweet
soufflés**

Sauternes

Riesling

Vidal Icewine

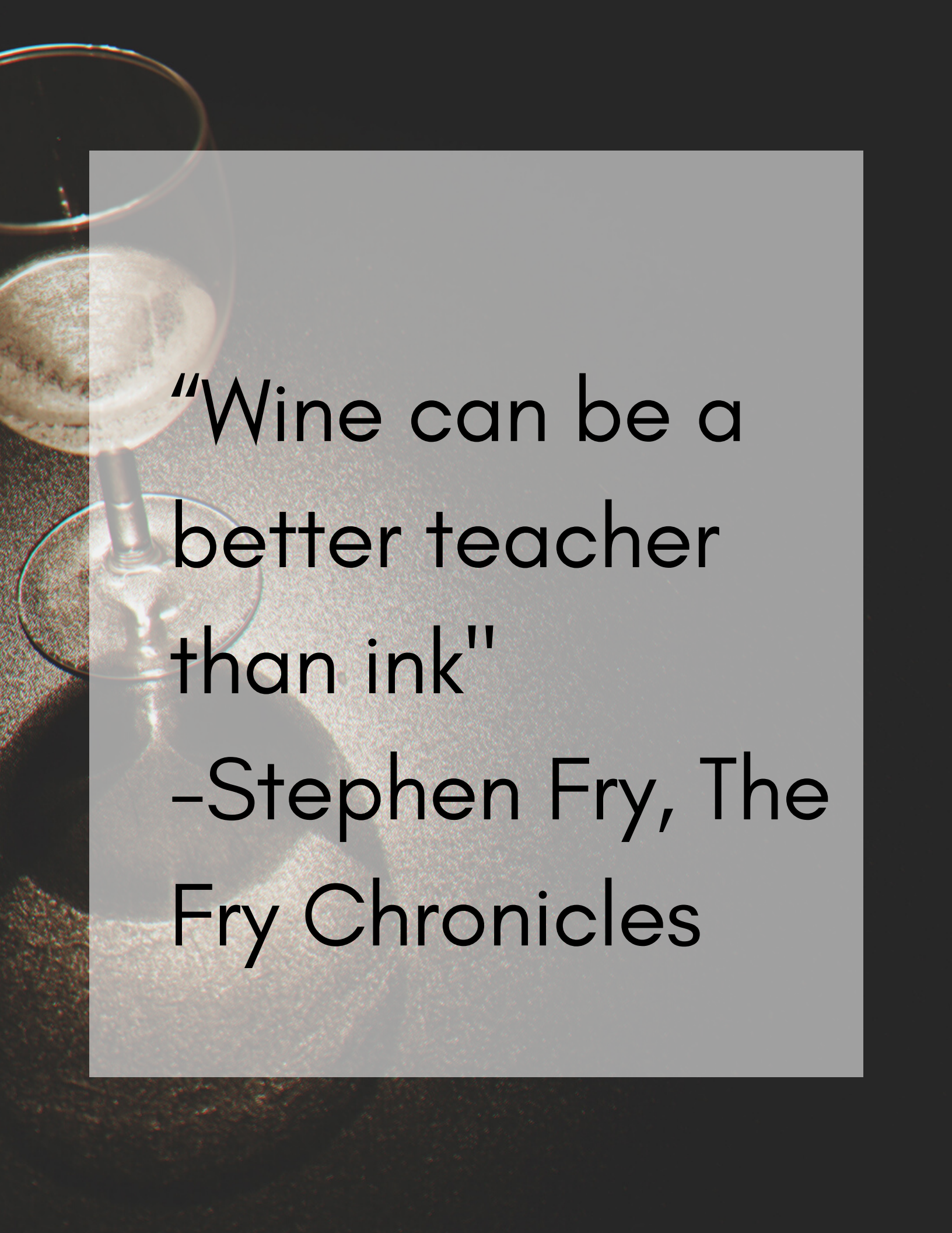
Dark Chocolate

Cabernet Sauvignon

Cabernet Franc

Cabernet Franc Icewine



A close-up photograph of a glass filled with beer, showing a thick, white head of foam. The glass is set on a dark, textured surface, possibly a table or bar. The lighting is dramatic, highlighting the texture of the foam and the rim of the glass.

"Wine can be a
better teacher
than ink"

-Stephen Fry, *The
Fry Chronicles*



Amaze Sparkling Wine

Made in Brazil



One of the Top 50
wines

Think the quality of Champagne with an ease like Prosecco. This sparkling rose is clear with refined and numerous bubbles. Aromas of papaya, strawberry, with a citric touch. The taste is young and creamy, with balanced and refreshing acidity.

**Take a
taste**

Virtual Club Membership

\$15.00 every month

- Access to monthly wine masterclass (great wine tasting online!)
- Access to past classes at anytime
- Daily or weekly (your choice) study notes. So you can learn about wine on the go
- Downloadable worksheets (to dig deeper and learn even more)
- Receive a Mini Wine Magazine focused on the wine theme of the month
- Connect and meet wine lovers across the globe in our lounge
- Access to member's resources and wine buying guides
- Members price to events and trips!

Wine Experience Package

\$69.00 every month

- All the benefits of Virtual Club membership
- Professionally Curated wines to match monthly theme. Each month's crate will vary from 2-4 wines
- Wine guide to explore each wine in package
- Suggested recipes for wines

* Tasting package is currently only shipped to addresses in Ontario,Canada*Selection is based on quantity available and a wine might be switched. *Package closes a week before event to allow for delivery of wines

RENEW YOUR MEMBERSHIP AND LOCK -IN THE TRAIL PRICE

BEYOND THE LABEL WINE CLUB



VP MINI MAGAZINE VOL.2
SEPTEMBER 2020

IMAGES
PEXEL

EDITORIAL & WRITING
CHANILE VINES

RECIPE
FOOD52

SPECIAL THANKS
TONIC BLOOM

TO CONTRIBUTE CONTACT:
CHANILE VINES
CHANILE@VINESPLAY.COM

VP MINI MAG

WWW.VINESPLAY.COM
CORPORATE@VINESPLAY.COM

A WINE LOVERS MAGAZINE