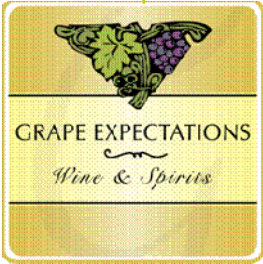


GRAPE GAZETTE

January 2010



Volume 6, Issue 1

RESOLUTIONS TO KEEP

I hope the New Year finds you all healthy and in good spirits! One of my favorite annual traditions is to measure the success of last year's resolutions and dreaming up some new ones. I did better than expected - even after far surpassing my budget on a kitchen remodel. In hopes of inspiring you, here are some of my (professional) resolutions in no particular order:

- Hold a wine tasting party

- Chose a wine sometime in the next year, for no other reason than you have no idea of what it is
- Try several wines from Austria or Germany - one of them should be inexpensive (preferably not Liebfraumilch), another should be as expensive as your budget allows
- Visit at least one winery - if you like what you taste, buy a bottle or

- two to taste later
- Read a wine book
- Learn more about beer
- Cook more, and experiment with pairing wines with food at home

I don't know about you, but it looks like I'll be busy for the next twelve months. Salud and Happy drinking!

~ Kate

THE HANGOVER: WHISKEY VS. VODKA

Perhaps this information would have been helpful before you attended the string of News Years Eve parties. A recent study conducted by Brown University suggests that a hangover after a night of drinking whiskey is worse than one caused by imbibing vodka. In the study, volunteers drank either vodka or whiskey--enough to create a hangover. The next night, they drank a "placebo" drink containing just drops of alcohol (to avoid suspicion). The volunteers were tested on concentration ability, hangover symptoms and quality of sleep. Although the effect on concentration and sleep didn't differ much between the groups, results showed that there were far more hangover symptoms for the whiskey drinkers, such as

headache, nausea, thirst and fatigue. The research team, led by Professor Damaris Rohsenow, said the reason more symptoms occur, or are worse than those caused by vodka, is because of the number of "congeners" in whiskey versus vodka. Congeners are impurities produced during fermentation containing small amounts of chemicals such as acetone, acetaldehyde and tannins, which can have a toxic effect on the organism. Check out our selection of vodkas and enjoy them without the headache (hopefully)!

Inside this issue:

2010 Resolutions

The Hangover (not the movie)

Cowboy Burgers

Come Celebrate with Us!

COWBOY BURGERS

July 1997 issue of Bon Appétit

Yield: Makes 4 Servings

INGREDIENTS

¼ cup mashed drained canned kidney beans
1 pound ground beef (7% fat)
6 Tbs. hickory barbecue sauce
4 tsp. prepared white horseradish
4 tsp. minced garlic
½ tsp. salt
½ tsp. pepper

Nonstick vegetable oil spray
4 oversize wheat rolls, halved
4 1/3-inch-thick slices red onion
Watercress sprigs

PREPARATION

Place mashed beans in medium bowl. Mix in next 6 ingredients. Shape into four 1/2-inch-thick patties.

Prepare barbecue (medium heat). Spray cut sides of rolls

and both sides of burgers and onion slices with nonstick spray. Grill cut sides of rolls until toasted, about 1 minute. Transfer rolls to plates. Grill burgers about 4 minutes per side for medium; grill onion slices about 5 minutes per side. Place 1 burger, 1 onion slice and some watercress on each roll bottom. Cover each with roll top.

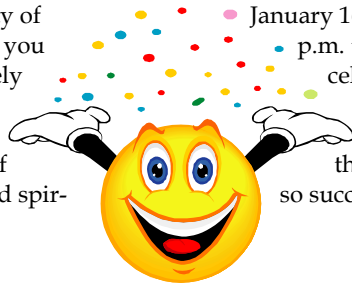


*Serving suggestions:
Cotes du Rhone, CA
Zinfandel, Chinon,
Syrah or Petite Sirah*

COME CELEBRATE 10 YEARS!

At Grape Expectations you will find a wide selection of boutique wines, a full range of top shelf and unique spirits and an ever changing variety of beers. Many of you have come to rely on us to guide you through the vast array of wines, beers and spir-

its that have been personally selected and tasted. We recognize that you have a choice of where to shop and we really appreciate that you have chosen us. Please join us, Saturday, January 16, 2010 from 2:00 p.m. to 4:00 p.m. to celebrate and again we thank you for making the last 10 years so successful.



We would love your feedback—are you receiving this newsletter via email? Have a suggestion or comment for us? Please email us at info@grapeexpectationsdenver.com and let us know.