



Big Bang Newsletter

February 2008

THE HEALTH BENEFITS OF WINE

Restaurant Review

If food and wine are your thing, you don't want to miss out on **BRICKHOUSE**, the new steak and raw bar, that recently opened in Redmond. Located downtown, you enter into a cozy atmosphere where the soft lighting is perfect for a romantic dinner, or huddle up at the gorgeous bar for good laughs with friends. My immediate sights were drawn to the wine cellar, filled with one of the best wine collections this side of the Cascades. You can't miss it at the end of the bar, with two ceiling height glass doors looking into redwood racks built by Oregon Vineyard Selection. Climate controlled, you're sure to get the best aged Oregon Pinot's and Washington Cab's – or go international with some killer Bordeaux's or Burgundy's. If you're tired of overpriced wine – don't worry – the list was respectably priced with stellar options in all price ranges. With such a great list to choose from, you're almost better off selecting your wine and letting that guide your dinner choice. A simple, yet fantastic menu awaits you while your attentive server pours your wine selection into a decanter. From Oysters and King Crab, to choice selection steaks, all the food we enjoyed was excellent and cooked to perfection. This truly is the first time I've been so impressed with a restaurant that I was obliged to write a review and suggest a visit.

BRICKHOUSE is located at 412 SW Sixth St. in Redmond. If you're planning to visit on the weekends, I suggest making a reservation at 526-1782.

“Everything in moderation” is a phrase I tend to live by, especially when it comes to my wine consumption! While my expression is hardly scientific or measurable, hundreds of studies conducted since 1926 have proven my phrase accurate. Most scientists and doctors agree that drinking in moderation is associated with greater health than those who abstain or abuse alcohol. So, raise your (one) glass to these fun health facts of wine. **Anti-aging and cancer:** hundreds of studies show that moderate consumption of wine may be a preventative against coronary disease and some forms of cancer. Compounds found in grapes have shown these to boost the immune system, block cancer formation, and possibly protect against heart disease and even prolong life. **Women and diabetes:** One Harvard School of Public Health study found that women who drank *regularly* and *moderately* had a 58% lower likelihood of developing diabetes. **You are smart!** Moderate drinkers are, on the average, of higher intelligence than either non-drinkers or heavy drinkers, and Moderate drinkers routinely have higher education status than non-drinkers. If you're interested in learning more, a quick internet search will lead to thousands of pages of information that was too much to summarize here! As always, enjoy your selection this month. Cheers! Emily and Mark Pelletier

DELIVERY/PICK UP DATE
FOR NEXT MONTH!
Friday, March 28th



Killer Red Syrah - \$10
Columbia Valley,
Washington

Tasting Notes: A precocious and alluring bouquet of red currents, ripe strawberries and deep red roses glide out of the glass. Succulent plum and spicy vanilla intertwine in a slow dance, while smoky notes and mellow tones of oak reverberate softly before finishing in a crescendo of leather and bold floral.

Trivento Chardonnay - \$10

Mendoza, Argentina

About the winery: Set amidst 15 hectares, Trivento is a modern winery that makes use of the latest crushing and pressing technology and can vinify 27.5 million litres of wine. It has a stainless-steel tank capacity stands at 10.25 million litres, while 250,000 litres of wine can be aged in its 1,110 American and French oak barrels at controlled humidity and temperatures.

Tasting Notes: Combines distinctive varietal character with judicious oak aging to deliver rich banana and crisp apple flavors complemented by toast notes. After fermentation, the wine is aged in French oak for two months. This is a great, rich, winter white wine. Serve cold for maximum richness and flavor.

Serving Suggestions: Well suited for seafood and white meats.



Looking for a particular wine? Call and order from Cork Cellars and have it delivered with your wine club selections! Great prices, great service – always fun!

Tasting Notes

Killer Red Syrah
Columbia Valley, Washington

Trivento Chardonnay
Mendoza, Argentina

Nose:

Nose:

Taste:

Taste:

When/Where Served:

When/Where Served:

Food with wine:

Food with wine:

Comments:

Comments:

Previous Wine Club Selections

DEC 2007
Calcu Red Blend
\$10/bottle
6 or more: \$9/bottle

I+I=3 Cava Brut
\$10/bottle
6 or more: \$9/bottle

JAN 2007
Huntington Merlot
\$10/bottle
6 or more: \$9/bottle
12 or more: \$8/bottle

L de Lyeth Sauv Blanc
\$10/bottle
6 or more: \$9/bottle
12 or more: \$8/bottle

CORK CELLARS DISCOUNT POLICY

10% TUESDAYS

Receive 10% OFF 3 or more bottles of wine every Tuesday (in store only)

10% OFF

Always receive 10% OFF 6 bottles or more bottles of wine (mixed okay)

10% OVER COST

Receive 10% over cost on full case orders (no mixed)