

Food & Wine

"One cannot think well, love well, sleep well, if one has not dined well." Virginia Woolf

Fall is intense, deep, dangerous, and inviting . . .

By Michael Kutscheid & Naomi Williamson

Summer takes its final curtain call as Fall takes the stage to display her beautiful new palate of reds, oranges, yellows, and golden browns. At no time in the cycle of life are death and beauty more intertwined. The season ushers in an array of earthy aromas that remind you of leaf forts on a Sunday afternoon—a blue sky, bright sun, crisp breeze, your favorite sweater or jersey and the smell of that grill. It's Fall!

As the temperatures descend, our appetites do just the opposite. Flavors and aromas are increasingly robust. This is the time for unique craft beers—not drinks where the umbrella is optional. This is the time to open a jammy zinfandel, the opulent cabernet, or that complex pinot noir. Fall is intense, deep, dangerous and inviting.

You may find yourself hunting game, talking game, or tasting game—whether it's that amazing game on Sunday afternoon or that smokey duck, pheasant, grouse, turkey, or hen. Fall is the time to celebrate life—everything stimulates the senses, the colors, the aromas, the sounds—your friends and family.

Fall is the beginning of a cycle's end, yet its beauty is undeniable. The air smells a little sweeter, a breeze is just a little more refreshing, a beer just a little colder and a reason to gather on Sundays is just a little more obvious. In Fall we hunger for the things that let us know we are still alive! It's Fall. Enjoy your hunger!"

Fan "Sanctuary the restaurant" on Facebook or Follow "@SanctuaryRest" on Twitter for their upcoming Fall "Game & Beer" 5 Course Tasting Menu Event!

Reserve your table online at sancturaryminneapolis.com or by calling 612.339.5058.



Michael Kutscheid, co-owner of Sanctuary restaurant located in downtown Minneapolis near the Guthrie and the Dome, at 903 Washington Avenue South.



Big Reds from Spain

By Darrin Minehan

Any wine lover with some sense of adventure has certainly ventured into the great value reds of Spain over the past several years. If you believe the wine critics, you'll see more 88–90 point ratings for wines under \$10, and 90–94 point ratings for wines under \$25 from Spain than from just about anywhere else. But many of Spain's great reds retailing from \$25–\$50 remain relatively unknown to Americans. Here's a look at three under appreciated regions to explore.

While Rioja is the best known region using primarily Tempranillo, the grape achieves perhaps even greater heights in Ribera del Duero, where it is also referred to as Tinta del Pais. Some producers occasionally add Cabernet, Merlot, Grenache and other varieties to the blend making deep, structured, velvety-textured wines. Vega Sicila is the most historic producer here, but their wines are priced into the stratosphere. Look for the estates of Alejandro Fernandez (Pesquera, Condado de Haza) and Emilio Moro.

Priorat is the modern star on the Mediterranean Coast, just south of Barcelona. Like Ribera del Duero, it barely registered on the Spanish wine map until the late 20th century. Carignan and Grenache are the primary grapes here and they can produce chewy wines of, at times, stunning concentration. 2006 is a standout among many successful recent vintages. Look for Clos Galena, Marge, Mas Doix, Mas Alta, Terra de Varema or Alvaro Palacios Les Terrasses.

Toro is a region in Western Spain that has been receiving a great deal of attention from prominent winemakers in recent years. They are buying up vineyards in this medieval town to take advantage of the old vine Tinta de Toro (local strain of Tempranillo) planted at high elevations (like Priorat and Ribera del Duero). The value wines of this region can be wonderful if you don't mind some rougher tannins and rustic characteristics. But to experience the grace and power that the new money influx has brought to the region, try something from Almiraz, Numanthia, Lurton or Buil. Vinas del Cenit also produces blockbusters from the surrounding Zamora region.

Salud!