

FOOD & WINE: Mid-August is a glorious time for cooks. Local farmer markets' bounty of vine-ripened tomatoes, Asian greens, heirloom potatoes, peaches and melons from Eastern Washington are just the tip of the iceberg. I have to restrain my temptation to buy it all, knowing that too soon the market will have only squash!

One of the best things about this season is how easy it is to assemble delicious fruit or vegetable-based dishes. For a simple starter, cut a melon into wedges and drape each piece with a slice of jamon serrano and serve. Or, thinly slice a fresh tomato on top of crostini, top with Spanish tuna in olive oil and grate Walla Walla sweet onion over the top.

NEW WINES THIS WEEK:

2007 Paco & Lola Albariño, Rias Baixas, \$17.99: The polka dotted label is as stylish and modern as the wine. With fresh floral aromas, it has up front flavors of apricot and melon that stretch into a long green apple finish. Its crisp acidity makes it the perfect partner with shellfish, especially oysters.

The New York Times wrote about Spanish Albariños on 8/13/2008. To read the entire article, click on this link:

http://www.nytimes.com/2008/08/13/dining/reviews/13wine.html?_r=1&scp=1&sq=albarino&st=cse&oref=slogin

Hot summer days are the perfect time to drink these refreshing white wines!

2007 Muralhas de Monção Vinho Verde, \$14.99: Muralhas keeps one foot firmly rooted in Vinho Verde tradition and the other foot planted in the world of table wines. Made of 25% Trajadura & 75% Alvarinho, this blend provides a complexity rarely found in a Vinho Verde. With floral aromas & vigorous flavors of fresh apples, it has notes of pear, melon & lemon. Lightly effervescent with traditional acidity, it has a long, elegant finish.

2006 Viña Caneiro, Ribeira Sacra, \$25.99: Viña Caneiro is produced by a family winery on 3 hectares of terraced land in the ancient area of Galicia known as Ribeira Sacra. The steep growing terraces were excavated by the Romans and consist of rocky slabs with little soil. Made from the Mencia grape, it was aged in stainless steel without filtration. This is a medium to full bodied red with ripe red fruit flavors, white pepper and an appealing earthiness. Smooth on the palate, it has a long dry finish with soft tannins. Only 200 cases were produced in 2006.

2005 Cabriz Reserva, Dão, \$10.99: A couple of weeks ago we discovered the Cabriz Seleccionada which is a sensational value at \$7.99, and this week Cabriz Reserva arrived. A blend of 40% Touriga Nacional, 40% Alfrocheiro and 20% Tinta Roriz, aged 9 months in French oak barrels, the Reserva has depth and complexity. On the palate, flavors of black fruit and fig meld with hints of vanilla and licorice. The finish has length and structure with a good tannic grip. - *89 points Wine Spectator*

2004 Quinta das Tecedeiras Douro, \$19.99: *Wow!* Quinta das Tecedeiras is big and powerful. The winemaker aimed to make a table wine that tastes like port and this has incredible concentration. The wine is a blend of port grapes, which are slightly sun dried before vinification. Intense blueberry and blackberry flavors backed by firm acidity and structured tannins make this a wine that is enjoyable now, but is also age-worthy. Highly recommended!

FOOD & WINE, September 2008 issue celebrates 30 years with **30 Best Fast Recipes Ever** including: *Chorizo-Filled Dates Wrapped in Bacon* from Penelope Casas, *Warm Piquillo-Crab Dip* from Jose Garces & *Chickpea & Spinach Stew* from Janet Mendel. There is also a report on an upcoming PBS show **A Spanish Road Trip Starring Mario (Batali) and Gwyneth (Paltrow)**. Complete with recipes.

BOOK OF THE WEEK: *A Late Dinner* by Paul Richardson (Hardbound on Sale at \$7.99): The author travels all over Spain for a year eating and recording it for this book (as well as some magazine articles along the way). If you love the cooking of Spain as much as we do, this will bring back a flood of memories as well as the desire to head to Spain and hit some of the restaurants he mentions. (The copyright is 2007 so his restaurant recommendations are very current.) Meanwhile, even though he does not have recipes, he has sent us back to the kitchen determined to recreate some of the classic Spanish dishes he lovingly describes.

Kings Hawaiian Bread: Since a local Portuguese-Hawaiian woman stopped baking it here in Seattle, we have not had these delicious sweet & savory loaves. So we brought in one shipment for nostalgia's sake. Regularly \$4.49, on sale for \$3.99 One week only!

Basque 3 Olive Mix: Very fresh Picholines, Mantequillas and Coquillos Basque olives marinated with lemon, garlic, Provençal herbs, bell and espelette peppers. These are uberfrisch olives, unpasteurized and low in sodium. In tubs in our self-serve reefer.

Pebrella: New crop Pebrella has arrived by air from Alicante. This member of the thyme family has a unique flavor akin to oregano. Sprinkle over fresh tomatoes and some of our fresh, imported feta and top with olive.

Saffron: Plastic boxes containing 4 grams of Superior grade Spanish saffron for only \$29.99. The best price per gram we have been able to offer in over a year and the highest quality. We are assured of this because the Spanish government had UPS return this shipment from their Louisville hub for a physical exam meaning it crossed the Atlantic Ocean 3 times!

Mixed Sausage Grill: Last weekend, we took home packs of linguíça and butifarra to grill over charcoal. Andy & Tanya, our San Francisco partners, have been raving about this Middle Eastern beet salad, delicious right now with fresh local beets. It was a great summer meal with the grilled sausages.

BEET SALAD (*Pancar Salatasi*)
(From *Arabesque* by Claudia Roden)

Serves 6-8 2 pounds beets, cooked & sliced
 2 cloves garlic, crushed to a pulp
 2 cups Greek style yogurt
 1 ½ tablespoons tahini
 2 tablespoon lemon juice
 6 tablespoons extra virgin olive oil
 Salt
 ½ cup chopped mint (or parsley)

Mix the garlic, yogurt and tahini and spread on a serving plate. Arrange beet slices on top. Beat the lemon juice into the olive oil, add salt and mint and drizzle over beets.

TASTE OF TURKEY TIP: Hungry for Turkish home cooking, we went out to Bistro Turkuaz in Madrona this week. The mother-daughter team at this small restaurant turns out upscale family recipes with lip smacking results. Grilled zucchini pancakes, sliced beets stacked with goat cheese, grilled lamb kebabs over roasted eggplant and yogurt nestled with fresh summer salad. We'll be back!