

Middle Tennessee Employee Benefits Council

First Annual- Membership Drive

Welcome to the first Middle Tennessee Employee Benefits Council Membership Drive and Wine and Cheese Tasting! Everyone will take a wine glass at the registration desk along with a rating card for the pairings. There will be water stations at each table in order for you to rinse your glass between tastings. We will also offer non-alcoholic beverages for those individuals who chose not to drink alcohol. We will have 4 stations set up for tastings;

Station I

- ***Bel Paese & Allegrini Palazzo della Torre 2006- served with - Calzone with Bel Paese and Prosciutto***

Station II

- ***Gorgonzola & Marchesi di Barolo Barolo 2005- served with - Gorgonzola and Mascarpone Walnut Roll***

Station III

- ***Parmigiano Reggiano & Principessa Gavia Gavi 2008 served with- Parmigiano Pastry Cheese Straws***

Station IV

- ***Mascarpone & Mionetto Il Moscato -served with- Blueberry and Lemon Tiramisu***

What to do-

You will pick a station and the server will offer you a small amount of the cheese.

Hint: Great cheese words are Grassy, Pungent, Earthy, Citric, Sweet, Gamey, Lingering... You will then;

1. **Examine the Cheese:** Take in the aroma of the cheese. Is it mild or strong? What does the rind look like? Is it the type of rind you'll want to eat or avoid? Often times, the flavor and texture of a rind can adversely affect how the cheese pairs with a beverage.
2. **Examine the Wine:** Wine tends to have a big aroma. Some things to consider:
 - **Appearance** of wine (*transparency, viscosity, effervescence, foam formation*)
 - **Brightness** in color when wine is viewed against light (*clear, brilliant, limpid, and hazy*).
 - **Color** intensity when wine is viewed against light (*lively, intense, correct, and weak*).
3. **Taste the Cheese:** It is important to taste the cheese alone so you can get a full sense of its flavor before it mingles with the wine.
4. **Taste the Wine:** Because the flavor of cheese can often change the way a wine tastes, it is important to first taste the beverage alone. Remember to take a generous sip and swirl it in your mouth. The weight of the wine in your mouth will tell you whether it's light-, medium- or full-bodied. It also tells you how much sweetness, acidity, alcohol and tannin it contains. The object is for these elements to harmonize pleasantly. If one element is

dominant, a proficient taster will know whether that imbalance is a flaw, or is acceptable in the wine being tasted. (A young red wine might be overly tannic but with definite fruitiness, suggesting that in a few years the tannin will have been moderated by the fruit; in this case too much tannin is perfectly acceptable.) The ultimate moment in tasting is just before the wine is swallowed, when the vapors hit the upper nasal cavities.

5. **Taste the Cheese and the Wine Together:** Put a small piece of cheese on your tongue. Take a small sip of the wine. Let the flavors mingle in your mouth for a few seconds before swallowing. After you swallow, pay attention to the aftertaste, or "finish".
6. **Reflect on the Flavors:** Was it a pleasant experience? This is an individual response based on the preferences of your own palate. Did the cheese elevate the flavor of wine, or make it taste worse? Did the cheese dominate and overpower the wine, or did they come together in perfect harmony?
7. **Rate the Experience from 1-5.** You will rate the cheese alone, the wine alone, the pairing of the two, as well as the hors d'oeuvres, taking into consideration if it added to the experience and enhanced the wine's full potential of flavor.

Rating scale - (1 to 5)

Cheese

1. Unpleasant
2. Edible, but not good
3. Enjoyable
4. Very nice!
5. OMG! Lovin' it!

Wine

- Drinkable, but not good
- Would drink if free
- Would only serve my in-laws
- Would buy again
- Wino for this winner!

Northern Italy Cuisine

Northern Italian cuisine favors mild-tasting, creamy, meat-rich, and nutritious dishes inspired by a territory that is an extended vineyard. It has also produced many dishes and specialties that originated with ancient Roman Catholic religious traditions.

Typical first-course dishes of Northern Italy include stuffed ring-or square-shaped pasta—tortelli, tortellini, tortelloni, ravioli, agnoli, agnolotti, pansotti, capelletti, and capellacci—served either in clear broth or topped with sauces. Northern Italy is also home to gnocchi (fingersized potato dumplings), lasagna, world-famous cheeses —Gorgonzola, Fontina, Taleggio, Mascarpone, Parmigiano Reggiano, and Grana Padano—and innumerable varieties of risotto (creamed rice): risotto with truffles (Risotto con Tartufi), buds of hops (Risotto ai Bruscanzoli), red-and-white chicory (Risotto al Radicchio), dandelion (Risotto coi Brusaoci), frogs (Risotto con le Rane), snails (Risotto e Lumache), baby pig tails (Risotto con Codine di Maiale), chicken livers (Risotto con Fegatini di Pollo), filets of lake perch (Risotto con Filetti di Pesce Persico), sausage meat (Risotto con Luganega), peas (Risi e Bisi), asparagus (Risotto e Sparaghi), artichokes (Risotto coi Carciofi), porcini mushrooms (Risotto ai Funghi), and squid with its black ink (Risotto Nero alle Seppie).

Northern Italian desserts are creamy and rich rather than sweet: Zuccotto (Lombardy's cupola-shaped whipped cream and chocolate trifle), Profiterol (Lombardy's chocolate-glazed and cream-filled pastry puffs), Tiramisu (Venetia and Lombardy's layered zabaglione trifle), Monte Bianco (Piedmont's liqueur-flavored chestnut and whipped cream dessert), Strudel (Alto Adige's fruit-filled strudel), and Sbrisolona (Emilia-Romagna's dry pound cake).

Food portions for Northern Italian meals are small or moderate. What is considered most important is the variety of courses and the type of dishes, not the amount of food. Classic meals are served either with wine or mineral water, which can be sparkling or natural. Over time, multicultural influences from abroad, especially of German, central European, or U.S. origin, have introduced the serving of beer (birra) or coke (coca) with certain specialties such as Wuerstel con Crauti (German sausages with sauerkraut) or pizza. Sweet beverages, sodas, or milk shakes may be graciously tolerated by Italians if they are served by foreigners with classic Northern Italian meals, but they are not recommended according to classic serving standards.

Bel Paese and Allegrini Palazzo della Torre 2006



Bel Paese-A mild, white creamy cheese made from cow's milk. It is a modern cheese from the Lombardy region of Northern Italy. Bel Paese is very similar to the French Port Salut or mozzarella. This semi-soft cheese has a mild, buttery flavor, similar to mozzarella but with more body and tang. It is suitable for snacks, as a dessert cheese, or for melting on casseroles or pizza.

Allegrini Palazzo della Torre 2006- "The 2006 Palazzo della Torre comes across as somewhat restrained for this wine. This is a very polished, elegant Palazzo della Torre with pretty layers of mocha, spices and new leather that add complexity to the fresh, vibrant fruit. Palazzo della Torre is 70% Corvina Veronese, 25% Rondinella and 5% Sangiovese. The addition of 30% dried fruit (Amarone style) adds an extra dimension of complexity. The retro 1970's label is also quite attractive. Anticipated maturity: 2010-2016."

90 Points

The Wine Advocate

Gorgonzola and Marchesi di Barolo Barolo 2005



Gorgonzola-Creamy but firm blue cheese that ranges from mild ("gorgonzola dolce") to sharp ("gorgonzola "), depending on how long it has been aged. Good in salads and for dips. From Italy's Lombardy region comes the most imitated blue cheese in the world. Authentic Italian gorgonzola comes in 2 varieties - Dolce meaning sweet and Mountain which is sharper. Gorgonzola Dolce is luxurious with a tangy creaminess.

Marchesi di Barolo Barolo 2005-Deep ruby red with orange highlights. Bouquet: Intense rose bouquet with scents of licorice and spice. Taste: Full-bodied, dry and elegant. Serving Suggestions: A perfect complement to red meats and ripe cheese.

critical acclaim:

"Offers strawberry jam on the nose, with hints of vanilla. Full-bodied, with big, velvety tannins and a long aftertaste of ripe fruit and cream. Very, very chewy, but the tannins are polished. Excellent value. Best after 2013. 14,000 cases made. "

91 Points-*Wine Spectator*

Parmigiano Reggiano- (Northern Italian Parmigian) and Principessa Gavia Gavi 2008



Parmigiano-Reggiano is a traditional, unpasteurized, hard cheese made from cows, skimmed milk. It has a shape of a drum with sticky, hard, yellow to orange rind. Parmigiano Reggiano weighs 75 lbs. and must be cut by a saw. The aroma is sweet and fruity, the color fresh yellow and the taste - fruity, like pineapple. Parmigiano Reggiano's flavor is unmistakably piquant. Primarily, a grating cheese, Parmigiano Reggiano is a great topping for soups, pasta dishes, veal chicken or salads. In Italy, this cheese is sold in large, grainy chunks, chiseled from the shiny drum that carries its name emblazoned on the rind. It is so valuable that trucks carrying a load of Parmigiano have been hijacked at gunpoint.

Principessa Gavia Gavi 2008-Pale straw in color and an intense, fresh and fruity bouquet, with hints of pineapple and green apple. Crisp with gentle acidity and a dry, balanced aftertaste.

An aperitif wine, excellent with hors d'oeuvres and seafood.

Mascarpone and Mionetto Il Moscato



Mascarpone-The best known use of this ultra-rich cheese is in tiramisu but it is also delicious topped with fresh berries or in a savory spread. It is made from the cream of cow's milk but no cheese starter or rennet is used. Mascarpone is made by draining the moisture from the cream through a finely woven cloth.

Moscato-This gentle-sparkling wine is fresh and crisp with a floral bouquet and fruity finish. Perfect for summer patio parties! Serve with spicy foods or after meals with dessert.

Calzone with Bel Paese and Prosciutto

Ingredients

1/2 oz. fresh (compressed) yeast

1/2 pint warm water

1 lb. strong plain (all-purpose) flour

1 1/2 [teaspoons salt](#)

1 oz. (2T) lard (shortening)

Filling:

8 slices Prosciutto

8 slices Bel Paese cheese

2 tablespoons (3T) olive oil

Freshly ground black pepper

How to make Calzone

Cream the yeast with 2 tablespoons (3 T) of the water.

Sift the flour and salt into a warmed bowl and rub in the lard.

Make a well in the centre and pour in the yeast liquid and remaining water.

Draw all the ingredients together and beat until the mixture comes cleanly away from the sides of the bowl.

Turn onto a lightly floured surface and knead well for 5 minutes until smooth and elastic.

Place in a clean bowl, cover with a damp cloth and leave in a warm place for 1 1/2 hours or until the dough has doubled in size.

Turn onto a lightly floured surface and knead for 2 minutes.

Divide the dough into 8 pieces and roll each to a 6 inch circle.

Place a folded slice of ham and a slice of cheese on one half of each circle.

Sprinkle with a little olive oil and season well.

Brush the edges of the dough with water, fold to form a semi-circle, enclosing the filling.

Press the edges together to seal.

Place on greased baking sheets and put into oiled polythene (plastic) bags.

Leave in a warm place for 15 minutes until puffy.

Remove from the bag.

Bake in a hot oven, 425°F, Gas Mark 7 for 15-20 minutes

Gorgonzola and Mascarpone Walnut Roll

Ingredients

1/4 pound Gorgonzola cheese

1/2 pound Mascarpone cheese

1/2 cup unsalted butter, softened

1/2 cup chopped walnuts

How to make Gorgonzola and Mascarpone Walnut Roll

Combine Gorgonzola and butter in processor and process until smooth.

Spread the mixture into a 7 inch square on a piece of wax paper and cover the Gorgonzola with the Mascarpone, smoothing it into an even layer.

Chill the cheese, covered, for 10 minutes or until the cheese is firm but still pliable.

Roll up the cheese, jelly roll fashion, to form a log, and sprinkle it with the walnuts, pressing them into the surface of the cheese.

Chill the log, covered, for at least 2 hours or overnight

Parmigiano Reggiano Puff Pastry Cheese Straws

Ingredients

1 sheet puff pastry, thawed

1 egg white, lightly beaten

1 tsp hungarian paprika or cayenne pepper

1/2 cup grated fresh parmigiano reggiano cheese

How to make Pamesan Cheese Puff Pastry Straws

Preheat oven to 375 F. Lightly roll puff pastry on a floured board to flatten. Spread egg white over pastry. Sprinkle cheese

evenly over pastry and sprinkle with paprika. Using a floured rolling pin gently roll cheese into puff pastry. Cut into lobe thin strips

with a sharp knife, then cut each strip in half horizontally to form 4 inch x 1/2 inch strips. Twist each strip to form a spiral, and place inch apart on a lightly greased or nonstick cooking tray about 8-0 mins or until puffed and golden.

Blueberry and Lemon Tiramisu

Ingredients

LEMON CURD:

2 large lemons

3 large egg yolks

2 large eggs

1/3 cup sugar

6 tablespoons margarine or butter

BLUEBERRY SAUCE:

6 cups blueberries

1 to 1 1/2 cups confectioners' sugar, depending on sweetness of berries

2 to 4 teaspoons fresh lemon or [lime juice](#), or to taste

1 large lemon

1/4 cup sugar

1 package Italian style ladyfingers

8 ounces mascarpone cheese

1/2 cup heavy or whipping cream

How to make Blueberry Lemon Tiramisu

Prepare Lemon Curd: From 2 lemons, finely grate 1 tablespoon peel and squeeze 1/3 cup juice.

In heavy 2 quart saucepan, with wire whisk, beat peel, juice, yolks, [eggs](#), and sugar just until mixed.

Add margarine and cook over low heat, stirring constantly, until mixture coats the back of a spoon (do not boil or mixture will curdle).

Pour Lemon Curd through sieve into bowl; cover surface directly with plastic wrap and refrigerate until cool, about 45 minutes.

Meanwhile, make the Blueberry Sauce: In 2 quart saucepan, cook blueberries with 1 cup confectioners' sugar and 6 tablespoons water over medium heat, stirring occasionally, until sauce is slightly thickened, about 5 to 8 minutes.

Remove saucepan from heat; stir in 2 teaspoons lemon or lime juice.

Taste and adjust sugar and juice; cool to room temperature.

With vegetable peeler, remove 3 strips peel (about 3" by 3/4" each) from lemon.

In small saucepan, heat lemon peel strips, 1/4 cup sugar, and 1/4 cup water over medium heat until mixture boils and sugar dissolves, stirring occasionally.

Pour sugar syrup into small bowl; cool to room temperature.

Line bottom of 13" by 9" glass baking dish with ladyfingers.

Discard peel from syrup.

Brush ladyfingers with syrup.

Spread sauce over ladyfingers.

In large bowl, with wire whisk, mix Lemon Curd, mascarpone, and cream until smooth; spoon evenly over sauce and spread to cover top.

Cover and refrigerate at least 6 hours or overnight.