

KERMIT LYNCH WINE MERCHANT

Club Rouge | JANUARY 2013

Lunch, Chez Barral



2009 FAUGÈRES “JADIS” • DOMAINE LÉON BARRAL

Didier Barral is one of the Languedoc’s greatest masters. To call him “authentic” is to put it mildly—this *terroirist* is as hard-core as they come. He lives entirely off the land and does everything himself, from growing his own vegetables and fixing his own tractors to building his winery *piece by piece* out of the schist rocks in the soil. No shortcuts! He has pioneered biodynamic farming in his small hamlet of Lenthéric, and his success has attracted admirers and disciples from around the world who come to learn from him. His wines taste truly alive, and tasting older vintages attests to the painstaking details that Didier considers along each step of his process. “Jadis,” or yesteryear, blends 50% Carignan with equal parts Syrah and Grenache, singing with robust fruit and spicy *garrigue*. If the thought of cellaring seems daunting, then try to let this earthy beast breathe for an hour or two in a decanter before serving. After all, anything this soulful does not deserve to be rushed.

\$39.00 PER BOTTLE

\$421.20 PER CASE



2009 CÔTES DU VIVARAIS • DOMAINE GALLETY

I’m not sure if even one out of a million Americans knows what a Côtes du Vivarais is. One thing it is, however, one important thing—it is the home of father-and-son team Alain and David-Alexandre Gallety, who fashioned this irresistible red wine. Nestled in between the kingdom of Syrah to the north and the duchy of Grenache to the south, the Côtes du Vivarais vineyards show equal representation of both noble grape varieties. Since the early 1980s, the Galletys have been farming organically, and have treated their land with the same pride as the *vignerons* of the more widely recognized *terroirs* of the Rhône Valley. This is their flagship bottling, where spicy aromas of anis, rosemary, thyme, and cedar shine amidst a silky backdrop of fresh red fruits and approachable, fine-grained tannins. Beautifully balanced and effortlessly drinkable, this bottle is sure to please everyone at the table.

\$32.00 PER BOTTLE

\$345.60 PER CASE

To re-order any of our Wine Club selections, please give us a call at 510.524.1524 to speak to a salesperson or send us an email at wineclub@kermitynch.com.

DUCK BREAST WITH BALSAMIC VINEGAR AND CARAMELIZED ONION FLAN

by Christopher Lee

This recipe is really for the sake of the flan, not the duck. How can that be? Well, the flan is astonishingly delicious, and the harmony between the flan and duck perfectly consonant. These days, I seek out Muscovy duck breast, or if I can't find one of those, a Moulard breast will do (Moulard is cross of a Pekin female and Muscovy male). Balsamic vinegar is quite agreeable to wine, and vice versa, so not to worry about an ample but judicious drizzle on the duck.

DUCK BREAST

Serves 6

4 duck breasts, scored in half-inch crosshatch, lightly seasoned at least four hours ahead with sea salt, crushed juniper berries, allspice, and black peppercorns

CARAMELIZED ONION FLAN

Makes six 3-ounce ramekins

2 small yellow onions, peeled, stem removed, sliced thinly
2 tablespoons unsalted butter
2 cups cream
2 whole eggs, plus 2 yolks

2 tablespoons freshly grated Parmigiano cheese
1-1/2 teaspoons sea salt
A few grinds of freshly ground pepper
Pinch of nutmeg

Caramelize onions slowly in butter over medium heat, about 15-20 minutes, scraping bottom of pan frequently with a wooden spoon. Drain well in a strainer. Mix together cream, eggs, cheese, and seasonings. Divide onion equally into buttered ramekins. Divide cream mixture evenly and bake uncovered in water bath for 25-30 minutes @ 350° F, until custard is set and lightly browned on top. Carefully unmold by running knife around perimeter, tip out, turn over, serve browned side up.



Emilie and David-Alexandre Gallety © Steve Waters

Christopher Lee is a former head chef of Chez Panisse and Eccolo in Berkeley and co-founder of the Pop-Up General Store in Oakland, California. Read his blog at <http://oldfashionedbutcher.blogspot.com>.