



WINE ENTHUSIAST[®]

MAGAZINE

AUGUST 2009

SEAFOOD GRILL

A PERFECT MATCH FOR SUMMER WINES

**ITALY'S
IRRESISTIBLE
WHITES**

**ZINS
OF THE
RUSSIAN
RIVER VALLEY**

**TOP 10
WINES UNDER
\$10**



GULP ON THE GO

The international sport of hashing marries tippling and high-speed trotting.

Perhaps you've seen them in your favorite watering hole: a sudden invasion of shorts-and-running-shoe-clad customers bellowing like hounds, singing songs and tossing down drinks. The hashers have arrived.

Hashing is an unlikely "sport" that combines competitive running, orienteering and drinking. The game was developed by a group of bored Brits in 1938 in Kuala Lumpur and named after the "hash house" where the first club met. After World War II, hashing spread throughout the world, and today is a growing international phenomenon, with some 1,900 clubs in over 183 countries. Billed as "drinking clubs with a running problem," there are nearly 500 Hash House Harrier clubs in the U.S. alone.

Hashes are based upon traditional British public school paper chases. The "hare" runs ahead of the pack, leaving a trail of notes, chalk or flour. Then the "harriers"—and "harriettes"—take off in pursuit.

"Hunts" are scheduled via word of mouth or Web page calendars; the international Hashing home page is gthhh.com. Although policies vary from club to club, most hashes meet up at a drinking establishment, feature several BCs (or "beer checks," as stopping in for a quick one is called) along the way and finish up at a bar afterwards to eat and drink some more. Cold beer is usually the thirst-quencher of choice, but many hashers opt for wine, soft drinks or even a quinine-based cocktail should a bout of malaria strike. —TOM STRENK



Luxe Life

Bodegas Valdelana's Centvm Vitis

Now you can have your gold and drink it, too. Red wine has long been known for containing resveratrol, a strong antioxidant, but the addition of (FDA-approved) 23-karat gold flakes to your glass brings the antioxidant properties and health benefits to a whole new level. That's the special ingredient added to Rioja, Spain-based Bodegas Valdelana's Centvm Vitis Tempranillo, priced at \$250 a bottle. Served in luxe hotels such as the Burj Al Arab in Dubai, Centvm Vitis was rated the number one Crianza in September 2008 at the 15th Rioja DOC Wine Concourse, and tasters from the Spanish Sommelier Association stated that, surprisingly, the gold did not change either the mouthfeel or flavor of the wine. The unusual red, produced by Juan Jesus Valdelana, will be available in the U.S. in February 2009. bodegasvaldelana.com

—MIKE DESIMONE AND JEFF JENSSEN



CHEFS TIPS

Michael Mina (16 restaurants worldwide); michaelmina.net

- To quickly caramelize onions, place them in a completely dry, nonstick sauté pan over medium-high heat. Add butter, oil or salt only after onions have completely caramelized.
- It takes hours to brine a turkey, but only 10–15 minutes to brine scallops or fish, a process which will season, clean and enhance the flavor.
- Never store tomatoes in the refrigerator; it turns them instantly grainy.
- Squirt dressing onto the sides of a salad bowl, not directly on to the greens. This causes less bruising and better distribution of the dressing.

—JANET FORMAN

