

Piazza De Nardi

Food & Wine Pairing

with Maria De Nardi



Golden Marsala Chicken & Wine

Tony, my butcher, couldn't wait to tell me about his trip to his native Sicily. His recent vacation brought him back to his family as well as the beautiful island just south of the Italian mainland. Sun drenched beaches and a wine industry that was exploding, not for volume but for its incredible strides in quality.

As we were talking about food and wine, something Italians do a lot of, Tony reiterated to me several times how people buy their groceries every day. His mother, 86, still walks every day to the local Piazza Market.

A classic Sicilian dish Tony's mom makes is; **Pollo Marsala D'oro Tipo Siciliana**, translated loosely means, **Golden Chicken Marsala, Sicilian Style**. This simple and tasty dish

starts with a whole fresh chicken fried in extra virgin olive oil to seal in the juices, sautéed in chicken broth and then reduced with semi-secco Marsala. This reduction becomes a rich but delicate sauce seasoned with salt and pepper. The tender juicy chicken and rich marsala sauce combine to make a mouth watering traditional Sicilian dish.

Sicily produces many types of red and white wines, but is most known for its reds. Not anymore! The region is now becoming one of Italy's premium white wine producers. The wines this week are from the well know Sicilian house of **Donna Fugata**, which is arguably one of Sicily's best. This week we are featuring 2, never seen in Manitoba before, wines from **Donna Fugata**.

Each label of a Donna Fugata tells a story of Italian culture and history. Firstly the **2006 Polena**, a figurehead, which in Italian is called Polena, which is the unchallenged queen of marine ornaments and stands over the bow of a ship. On the galleons of the 16th and 17th century, these wooden statues mainly represented female figures

which brought good luck on the voyage. The wine Polena is made up of 50% Catarratto and 50% Viognier grapes which give it a golden yellow to green colour. It releases a wide range of floral notes enveloping elegance and style. Hints of minerals, citrus and exotic fruits on the palate give way to crispness that is combined in a delicate well-balanced structure.

Secondly the **2006 Sherazade**, is a beautiful protagonist of the "Thousand and One Nights". She must tell a new story every night to revive the Sultan's interest in life, thereby delaying her own execution. Made from 50% Nero d'Avola, an indigenous grape to Sicily and 50% Syrah, this wine has a concentrated ruby red colour with glints of violet. The nose is a sensational array of fruity, balsamic and mineral tones with hints of currents, sour cherries and blackberries that is followed by a sweet hint of cocoa. A full-bodied wine which floods the palate with a gentle and persuasive structure. The tannins balance and integrate the wine fully.

Try all the wines of Donna Fugata and Sicily and be sure to ask our sommeliers for food and wine pairing ideas.

LA GROTTA
Mediterranean Market

LA BOUTIQUE
del vino WINE

Features

- 2006 Donna Fugata Sherazade..... \$19.99 / btl.
- 2006 Donna Fugata Polena..... \$17.49 / btl.
- Pellegrino Marsala Fine Semi-Secco.... \$13.75 / btl.
- Gianelli X-Virgin Olive Oil 1L \$9.99 / btl.
- Casa Rinaldi dried grade A
- Porcini Mushrooms / 15 g..... \$4.99 / pack

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