



CASA CASSARA NEWSLETTER

CASA CASSARA WINERY

WINTER 2024

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Solvang Chamber of Commerce 2020 Winery of the Year

Current Tasting Room Hours

(Labor Day to Memorial Day)

Sunday	Noon - 6:00 pm
Monday	Noon - 6:00 pm
Tuesday	CLOSED
Wednesday	Noon - 6:00 pm
Thursday	Noon - 6:00 pm
Friday	Noon - 7:00 pm
Saturday	Noon - 7:00 pm

* As a reminder, our Tasting Room will be closed on Tuesdays until Memorial Day 2024.



Scan these QR codes and go to our website, Online Store, Wine Club, and hookup to our network when you are in our Tasting Room. They will be available in the Tasting Room as well.

Note: The Guest Network Connection only works when you are in the Tasting Room.



Website



Online Store



Wine Club



Tasting Room
Network Guest
Connection

Visit us:

Casa Cassara Winery and Vineyard

1607 Mission Drive #112

Solvang, CA 93463

www.ccwinery.com

www.facebook.com/CasaCassaraWinery/

Warning: Drinking distilled spirits, beer, coolers, wine and other alcoholic beverages during pregnancy can cause birth defects.

You must be at least 21 years of age to join any of the Casa Cassara Wine Clubs and live in a state where direct shipment is permitted by law. We check IDs!



Click on SYV Wine Country logo for more information

From Dan Cassara

I cannot believe that it is already the middle of February. “Dry January is over; Thank God, I do not understand that idea. Who came up with it anyway? The January Wine Club was completed without too many problems. Wine Country Shipping handled all the **“to be shipped”** orders with only a few issues. Casa Cassara Staff are just waiting for those of you who chose **“hold for pickup”** to come in and collect your orders. I am beginning to hear from grape growers regarding the contracts for 2024. In the Winery Mikael and his staff are counting Glass, Corks, and Screw Tops to make sure we have what we need for the first bottling of 2024.

Speaking of the first bottling of 2024, those of you who are Sangiovese and Syrah fans will be happy to know that both of those varietals will be in the first bottling, and available for the May Wine Club Shipments. We will have some new varietals with new Family Collection Labels.

The new varietals are Montepulciano and Vermentino. The Montepulciano will be 2021 vintage and will feature my Great Grandfather, Sam’s Father Francesco Cassarà who was born in Monreale, Palermo, Sicilia in 1856. The picture on the label comes from a portrait of my Great Grandparents that hung in my Grandmother’s home in Chicago. We will call the wine Montepulciano ‘Patriarca’, to honor Francesco as the Patriarch of the Cassarà Famiglia. The Vermentino will be 2023 vintage and feature my Aunt Dolores, my mother’s sister who married my father’s brother Angelo. We will call this wine Vermentino ‘Madrina’. Madrina is Italian for Godmother. Dolores and Angelo were Godparents to my brother.

The other wines that Casa Cassara is planning to bottle are: 2020 Barbera ‘Frank the Barber’, 2020 Pinot Noir ‘Castrenze’, 2020 Sangiovese ‘Padrino’, 2020 Syrah ‘Zio’, 2023 Pinot Grigio ‘Zia’, and the Pinot Grigio will again come from Shoestring Vineyard, but this time will have a Family Collection Label featuring my Aunt Marie. Aunt Marie was married to my father’s oldest brother Frank (Family Collection Zio). She lives in Crete Illinois and celebrated her 99th birthday on February 15, 2024. We will call the wine Pinot Grigio ‘Zia’. Mikael and I are also working on a new White Blend, but I am not ready to talk about that now.

Enjoy Life and Drink more Wine!

Dan Cassara



From Our Winemaker, Mikael Sigouin

Greetings Wine Lovers,

This spring we are bringing you two new wines for Casa Cassara that I am pretty excited about. We will be bottling in late March and you will see these wines most likely in your May Wine Club shipment. They are the 2021 Montepulciano 'Patriarca' and the 2023 Vermentino 'Madrina'. Super excited about these new editions for Dan. The Montepulciano fruit came from Vega Vineyard (was Mosby) and the Vermentino fruit came from the Duas Terras Vineyard in Paso Robles.

Also on our list of wines to bottle in late March are 2023 Pinot Grigio 'Zia', 2020 Sangiovese 'Padrino', 2020 Syrah 'Zio', 2020 Pinot Noir 'Castrenze', and we are still talking about the possibilities of a white blend but are undecided.

Speaking of blends I was asked how do I approach blending wines to achieve a specific taste or style. The short answer to this is that we first taste the previous vintage in bottle. Then we will taste the possible components of the blend and try to recreate that wine. Sounds simple but keep in mind that the fruit changes every year due to weather, soil breakdown, and water. They are never the same and it depends on Mother Nature.

So, with all the rain that we have received this winter along with all of the rain from last winter we should see higher yields this year. As long as there's not too much rain at the end of spring or summer this year should provide us an excellent quality of fruit. It is too much rain when it happens around harvest and that creates all sorts of new problems for us to deal with. This is our worst nightmare as it can lead to flooding in the vineyards and road access and this in-turn would lead to rot. Mother Nature is one of the hardest things to deal with as a winemaker year in and year out.

I hope you enjoy some of the new releases in the spring and Dan and I are always talking about new things down the road to provide to you for your enjoyment.

That's it for this newsletter so I will say Aloha and Mahalo and as always it is a pleasure making wine for you!



Mikael Sigouin



From the Assistant Winemaker, Daniel Lara

Editors Note: I decided to highlight our Assistant Winemaker, Daniel Lara, in this Quarterly Newsletter for his insights from the Winery. Daniel brings several years of experience to assisting Mikael and the winemaking process for Casa Cassara Wines.

Hello everyone,

Phil had a series of questions for me to answer for my first article so let's get to it. I actually stated in the restaurant business and did that for about 5-years before jumping into the wine business. I had applications in at Foxen, Rusack, and Beckman Wineries before getting a call from Mikael who at the time worked at Beckman.

My first harvest was in 2010 at Beckman Winery and I fell in love with a 2006 Grenache. I was also going to school at this time so I was burning the candle at both ends for sure. I guess I did okay since Mikael decided to hire me on at Beckman and later he hired me on again when he released his own label, Kaena, and also started making Casa Cassara wines.

One of the most rewarding things for me as a winemaker is customer feedback and a customer's reaction when they try our wines and they fall in love with them. That to me is gratifying and I have found that this is the most rewarding part of my job.

Since the 2023 harvest last fall and now into winter we don't stop working in the Winery. Harvest usually means 12-hour days so after harvest we can breathe a little but things don't slow down. I am usually pulling samples from young wines especially our Rose wines, we are always cleaning equipment or cleaning the cellar but it does give me some time to sleep, and have a personal life. It is also time for us to play with a little blending of wines to see what direction we want to go before bottling.

The past few months we have been getting ready for bottling next month and this is mainly with our white wines. The whites are pretty easy and each wine is dependent on its own style. Everything is filtered to give us the best quality wine possible. That is why it is so important to stay on top of our equipment so that it is not only clean but operational when we need it during harvest, crush, and bottling.

Last month we set a day aside for blending. This involves pulling samples from barrels and then experimenting with different percentages of wines for the blend. This usually involves Mikael, myself, Dan, and Phil. It is sometimes an all day event just so we can get the blend to what not only what Mikael wants but what Dan is looking for in a particular blend. Outside of blends we also sample a lot of varietals and this year I am really excited about the new Casa Cassara Vermentino and Montepulciano and hope you enjoy it as well.

That's it for this newsletter and I look forward to sharing more information with you in the future.

Daniel Lara



Spring 2024 Wine Releases

Work at the Winery in early February on releases that will be bottled in late March. It is a collaboration between Dan, Mikael, and Daniel. Tasting and testing. This is where the Magic happens!



Inside Italy's best wine cellars

Italy, a country renowned for its rich history, stunning landscapes, and delectable cuisine, is also celebrated as one of the world's premier wine destinations. With a winemaking tradition spanning centuries, Italy's vineyards produce a vast array of wines, each with a unique character and flavour profile. To truly appreciate Italian wines, one must venture into the heart of the country's winemaking culture – its wine cellars.



In this article, we will embark on a journey to explore the most fascinating and renowned wine cellars in Italy, where ancient traditions meet modern innovation to create some of the finest wines in the world.

The romance of Italian wine

Before we delve into the cellars themselves, it's essential to understand the allure of Italian wine and the cultural significance it holds. Italy is home to over 500 grape varieties and numerous wine regions, each with its unique terroir. The country's winemaking heritage stretches back thousands of years, rooted in the ancient Etruscan and Roman civilisations.

One of the fundamental aspects of Italian wine is the idea of terroir, which encapsulates the idea that a specific region's land, climate, and traditions are inextricably linked to the characteristics of the wine produced there. This deep connection to the land and respect for tradition is evident in the way Italian winemakers craft their wines and maintain their cellars.

The enchanting world of Italian wine cellars

Italian wine cellars, often referred to as "cantine" in Italian, are not just places to store wine; they are repositories of history, culture, and artistry. When you step into these cellars, you enter a world where tradition and innovation coexist harmoniously.

Inside Italy's best wine cellars (cont.)

Wine tours

To fully immerse yourself in Italy's wine culture, wine tours through iconic cellars are a must, but to elevate the experience, consider integrating yacht charters in Italy. These tours not only lead you through historic wine cellars but also provide a chance to explore the picturesque vineyards and charming countryside. Yacht charters along Italy's stunning coastline allow you to move seamlessly between regions, enjoying the scenic beauty of the Italian coast while sipping wines from different terroirs, creating an unforgettable fusion of land and sea. It's a celebration of Italy's diverse wine offerings, natural beauty, and the seamless fusion of land and sea. It makes Italy a remarkable wine destination, offering an unparalleled journey through the heart of Italian wine-making.

1. Castello Banfi, Tuscany

Our journey begins in Tuscany, a region synonymous with outstanding wines, and Castello Banfi is a true gem in the heart of this wine-producing wonderland. The winery is located in Montalcino and is famous for its Brunello di Montalcino, a renowned Italian red wine.

The cellar at Castello Banfi is a masterpiece in its own right. Combining ancient Etruscan caves and state-of-the-art winemaking technology creates an enchanting atmosphere. Visitors are treated to a guided tour through the dimly lit corridors, where the winery's history unfolds. Barrels of ageing wine are stacked neatly along the walls, and the scent fills the air. It's a sensory journey that captures the essence of Italian wine-making.

2. Antinori nel Chianti Classico, Tuscany



Inside Italy's best wine cellars (cont.)

No exploration of Italian wine cellars would be complete without mentioning Antinori, a name synonymous with Italian wine for centuries. The Antinori family has been producing wine for over 600 years, and their Chianti Classico estate, nestled in the rolling hills of Tuscany, is a testament to their enduring commitment to quality.

The cellars here are a marvel of architectural design, blending modernity with tradition. The main cellar is carved into the hillside and features innovative climate control technology, ensuring ideal conditions for ageing wine. As you wander through the cellar's cool, shadowy depths, you'll encounter countless barrels, some of which hold wines that have been maturing for decades.

3. Gaja Winery, Piedmont



From Tuscany, our journey takes us to Piedmont, a region renowned for its exceptional Barolo and Barbaresco wines. Gaja Winery, founded by Angelo Gaja, is one of the most revered names in the area and an excellent example of the dedication and passion that Italian winemakers pour into their craft.

The cellar at Gaja is an exquisite blend of tradition and innovation. It's here that the famous Barolo wine is aged to perfection. The cellars are characterised by their deep, cool, and humid conditions, ideal for the long ageing process Barolo requires. As you walk through the cellar, you can't help but feel the weight of history, knowing that each bottle holds the essence of the land and the dedication of the winemakers.

Inside Italy's best wine cellars (cont.)

The art of Italian winemaking

Italian winemaking is a blend of science, tradition, and art. It's not merely about producing wine; it's about nurturing the land, respecting the grapes, and understanding the history of each vineyard. In the cellars we've explored, you witness this artistry in every barrel, in every ageing bottle, and in every sip of wine.

The winemakers and cellar masters of Italy possess an intimate knowledge of their craft, passed down through generations. They carefully monitor every aspect of the winemaking process, from grape selection to ageing, ensuring that the final product reflects the land's character and the winemaker's skill.

The pleasure of Italian wine tasting

A visit to these iconic Italian wine cellars would be incomplete without indulging in wine tasting. At each of these wineries, you'll have the opportunity to savour a selection of their finest wines. From the bold and tannic Barolos of Piedmont to the smooth and elegant Brunellos of Tuscany, each sip is a journey through Italy's diverse terroirs.

The knowledgeable staff at these cellars will guide you through the tasting process, sharing the unique characteristics of each wine, the nuances of their aromas and flavours, and the stories that make them unique. Wine tasting in Italy is not just about drinking; it's about experiencing the culture, history, and passion that go into every bottle.

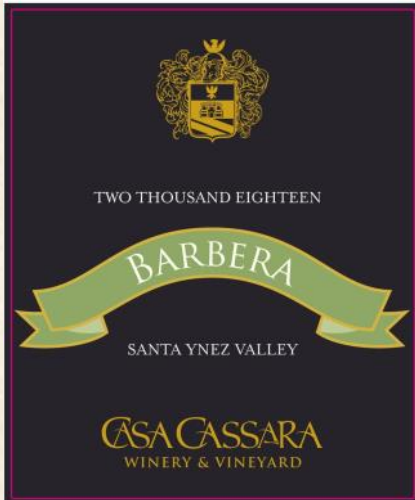
A toast to Italian excellence

Italy's best wine cellars offer a profound glimpse into the heart and soul of Italian winemaking. They encapsulate the country's rich history, deep cultural roots, and enduring commitment to producing exceptional wines. Visiting these cellars is an experience that allows you to taste remarkable wines and connect with the traditions and craftsmanship that make Italy one of the world's most revered wine destinations.

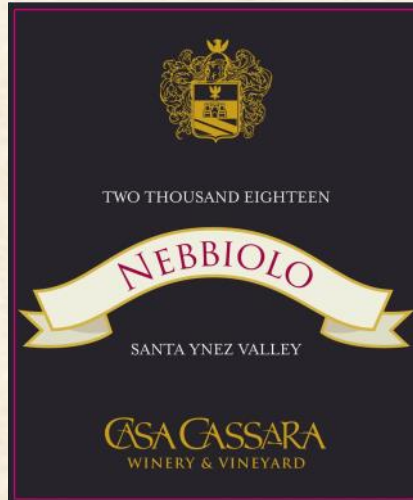
As you raise your glass and savour the flavours of Italy, you're not just drinking a beverage; you're experiencing a piece of history, a connection to the land, and a celebration of a culture that has cherished and perfected winemaking for millennia. Italy's best wine cellars are a testament to the enduring allure and excellence of Italian wines, and they invite all wine enthusiasts to partake in this journey of taste, tradition, and terroir.

Article from Travel Daily News, 12.12.2023

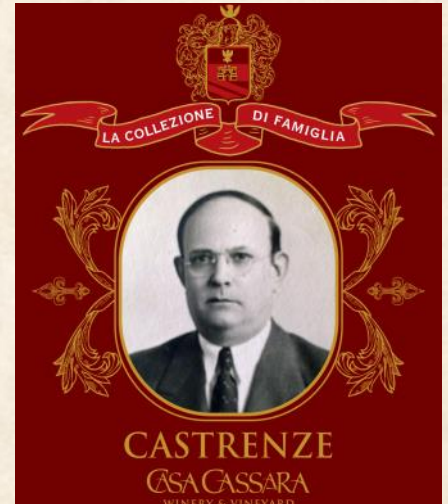
Current Red Wines



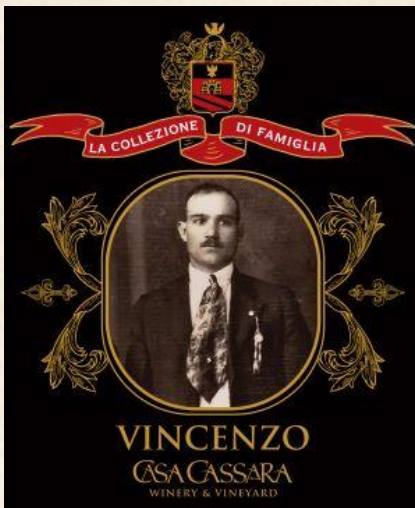
2018 Barbera



2018 Nebbiolo

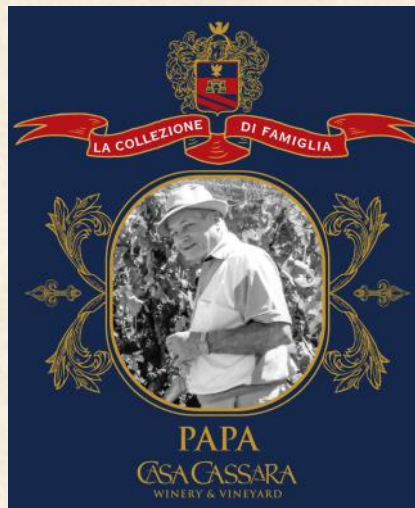


2018 Pinot Noir 'Castrenze'

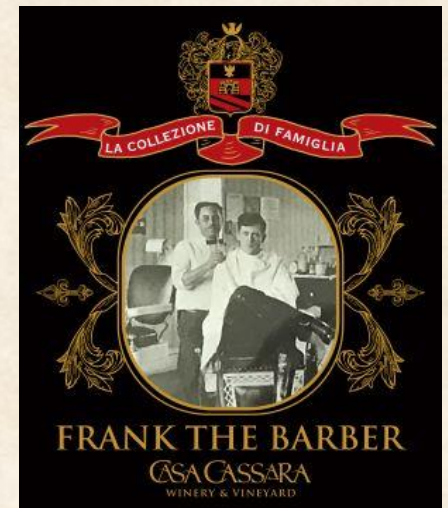


2019 Nebbiolo 'Vincenzo'

Double Gold Medal Winner
2023 Orange County Fair



2019 Bennie's Blend 'Papa'



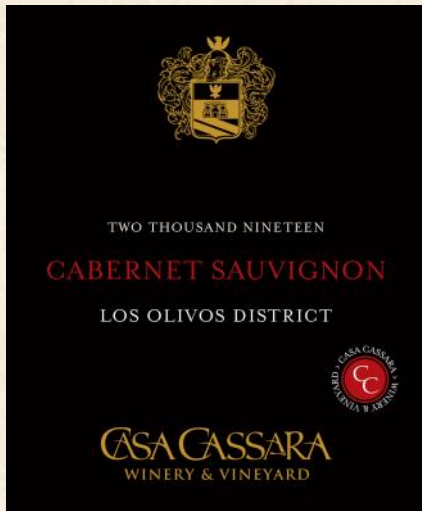
2019 Barbera

'Frank the Barber'

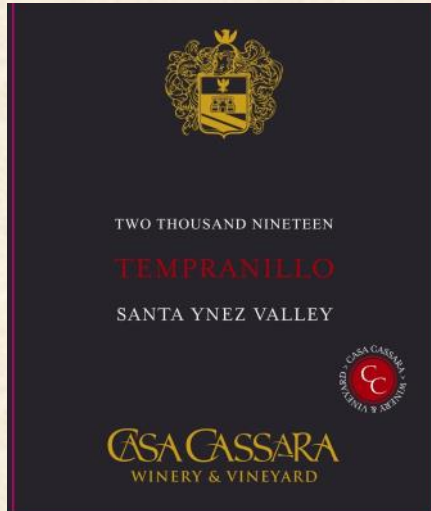
Bronze Medal Winner
2023 Orange County Fair

Please visit our website at <https://www.ccwinery.com/wine-store/> for tasting notes and more information about each of our wines

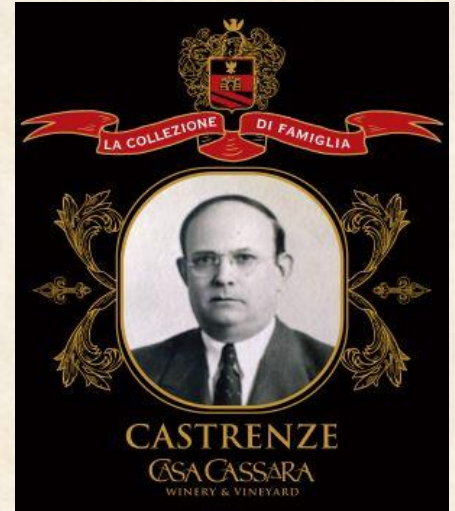
Current Red Wines



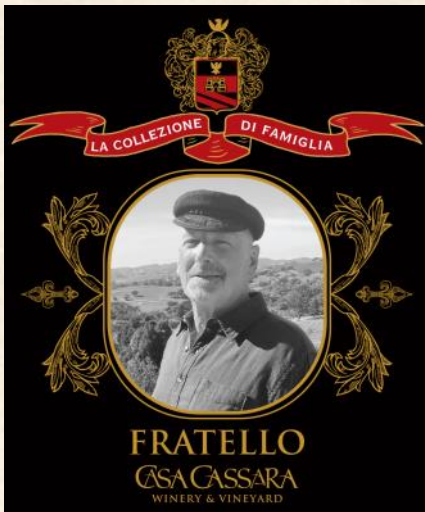
2019 Cabernet Sauvignon



2019 Tempranillo

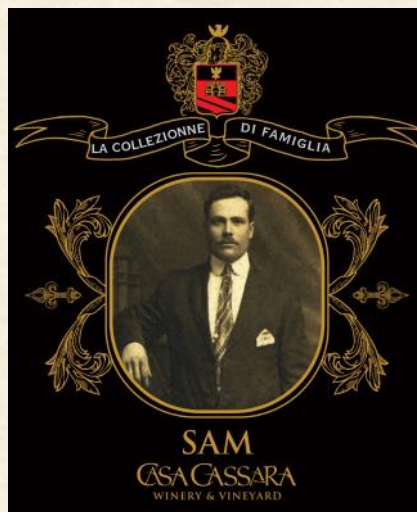


2019 Pinot Noir 'Castrenze'

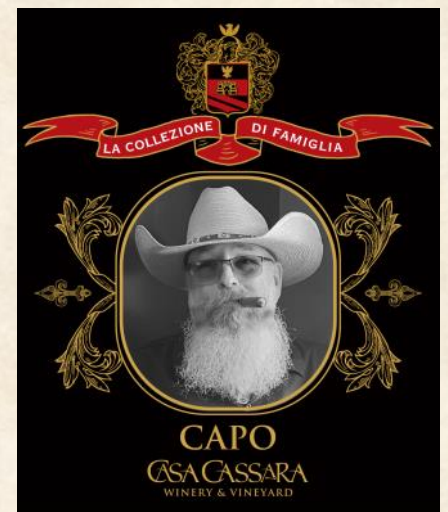


2020 Super Tuscan 'Fratello'

Silver Medal Winner
2023 Orange County Fair



2020 Dago Red 'Sam'



2020 Nero d'Avola 'Capo'

Bronze Medal Winner
2023 Orange County Fair

Watch for Family Collection Birthday Specials on our website!

Purchase 3 bottles of the special for the price of 2!

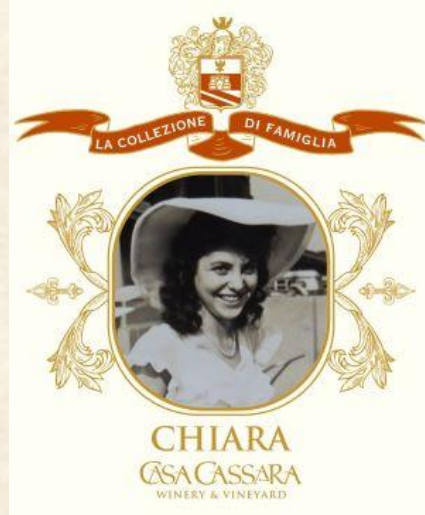
Does not include tax and shipping.

Please visit our website at <https://www.ccwinery.com/wine-store/> for tasting notes and more information about each of our wines

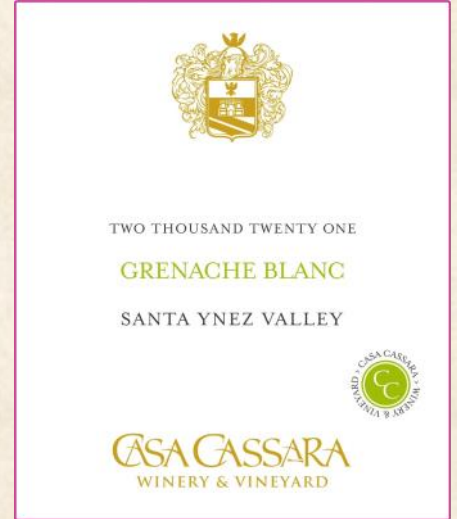
Current White, Rosé, & Sparkling Wines



2020 Casa Bianca 'Il Mio Amore'



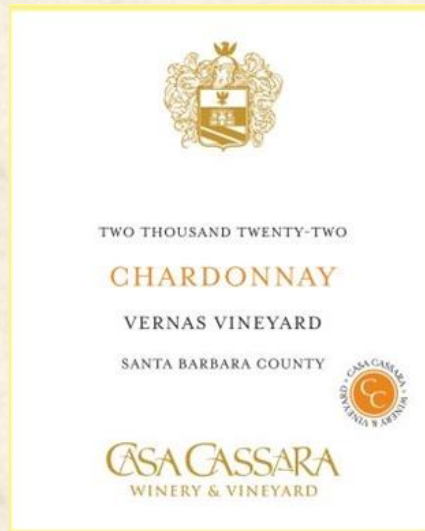
2021 Arneis 'Chiara'



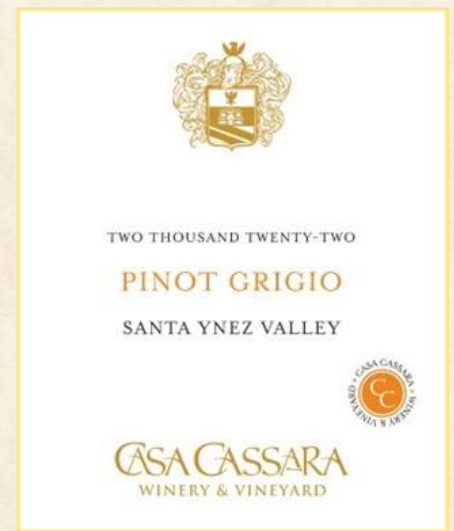
2021 Grenache Blanc



2022 Grenache Rosé 'Mema'



2022 Chardonnay



2022 Pinot Grigio



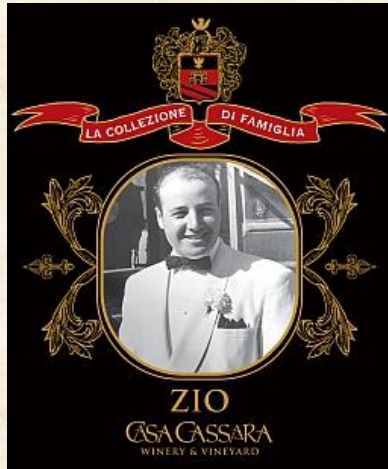
2021 Rose Sparkling Wine

Refunds and Returns

Casa Cassara stands behind its wines. We are family oriented and we stand by the quality of our wines. We will gladly replace any wine that you the customer find defective.

Please contact our Tasting Room at (805) 688-8691 to discuss your options.

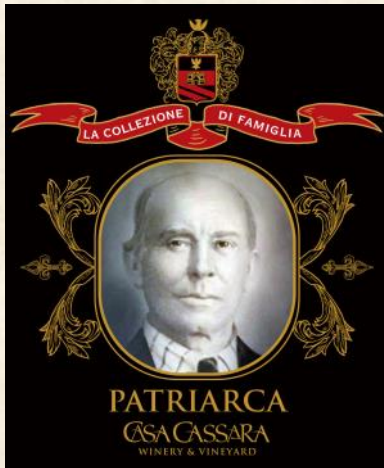
New Releases Coming Soon



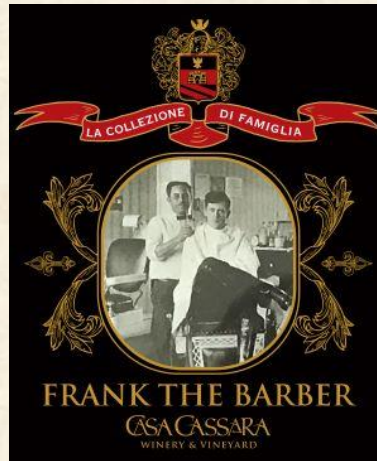
2020 Syrah Noir 'Zio'



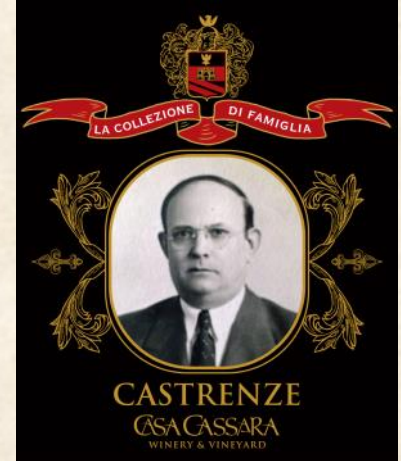
2023 Pinot Grigio 'Zia'



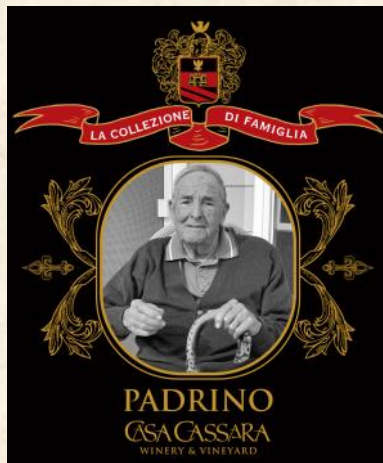
2021 Montepulciano 'Patriarca'



2020 Barbera 'Frank the Barber'



2020 Pinot Noir 'Castrenze'



2020 Sangiovese 'Padrino'



2023 Vermentino 'Madrina'

Current Port Wine & Brandy Available



Port wines are available in 750 ml bottles

We can ship your wine!

Shipping is available to the following states:

AR, AZ, CA, CO, CT, FL, GA, ID, IL, IN, IA, KS, LA, MD, ME, MI, MN, MO, MT, NE, NV, NH, NJ, NM, NY, NC, ND, OH, OR, PA, RI, SC, SD, TN, TX, VA, VT, WA, WI, WV and WY

Due to ABC Regulations we cannot ship our Brandy. All orders placed will be for pickup at the Tasting Room Only!

We cannot allow customers to taste our Brandy in the tasting room. We can legally sell it but cannot even have an open container of it on the premises.



Wine Trivia Question:

**Where does the vanilla flavor
in wine come from?**

Answer on Page 18



Wine Holidays Coming Up!

Wine holidays might not be necessary to get us celebrating our favorite wines like a good bottle of *Casa Cassara* wine, but let's face it, any excuse is a good one. What follows is a list of some of the biggest wine days out there, in chronological order for the next few months.

February

Winter's still going strong, but the memory of bleary eyed mornings is starting to fade. So the wine holidays are finally on their way!

Open That Bottle Night

Last Saturday in February: Have you been sitting on a special bottle of wine, looking for the perfect excuse to crack it open? This is the time to open it up and share with friends.

March

In like a lion, out like a lamb, March's wine holidays are the perfect combination of the chill of winter and the warmth of spring.

Mulled Wine Day

March 3rd: It might seem funny to celebrate this cold weather treat in March, but we see it as a final hurrah.

Riesling Day

March 13th: Whether you like them dry or sweet, Riesling is a constant crowd pleaser.

April

April might not be flush with wine holidays, but the one it does have is a doozie.

Malbec Day

April 17th: Whether you're celebrating with something French or Argentinian, there are no limit of ways to make a toast to Malbec.

May

This is when the big holidays start coming: hope your cellar's stocked. If not why not stop by Casa Cassara and picking up a few bottles? There's plenty to celebrate!

International Sauvignon Blanc Day

First Friday in May: Sauvignon Blanc wears many different faces: so celebrate in the way that makes the most sense. From the big and fruity Kiwi wines to the more mineral French.

This official day originated from the Wines of New Zealand where Sauvignon Blanc is the country's most important grape!

Wine Holidays Coming Up!

May (cont.)

Moscato Day

May 9th: Moscato is about way more than just the painfully sweet stuff. Take the opportunity to learn more about this Italian classic.

Chardonnay Day

Thursday Before Memorial Day in May: Show the “Anything But Chardonnay” crowd what they’re missing out on. Get to know Chardonnay’s many flavors. Try the new Casa Cassara Chardonnay.

Anniversary of the Judgement of Paris

May 24th: Get to know the day that the United States finally made their mark in the wine world. Try out a couple of favorite wine movies that cover the subject: Bottle Shock and Somm 3.

National Wine Day

May 25th: No need to get too specific on this day. Just find a bottle of your favorite winery, grape, or style, and enjoy. The perfect wine holiday!

June

The summer’s here (for those of us in the Northern Hemisphere), and there are no limit of cold, crisp wines to celebrate this month with.

Prosecco Week

June 11th – 16th: For all its popularity and variety, there’s something too appropriate about Prosecco getting an entire week all to itself.

Rosé Day

June 13th: The best part about celebrating rosé is that there are so many different styles to choose from! Pick your favorite and drink up. (apparently, there are 2 competing “Rosé days” – one is the Fourth Friday in June and the other is June 13th.) A great bottle of Casa Cassara Grenache Rosé is perfect for this day.

Drink Chenin Blanc Day

June 20th: Never had a Vouvray or a Quarts de Chaume? Now’s your chance. Also, if you’re looking for the country that pours the most effort into Chenin Blanc, look for something from South Africa.

Lambrusco Day

June 21st: Another much-maligned wine, today’s the day to try one of the many variations that this refreshing Italian offers.

Wine Facts

Wine Fact: Wine was discovered about 6,000 years ago in the Middle East. The earliest remnants of wine were discovered in Iran, dating back to the Neolithic period (8500-4000 B.C.). The oldest evidence of cultivated vines were found in Georgia, dating from 7000-5000 B.C. It is supposed that the drink originally fermented by mistake. Native yeasts accidentally came in contact with grapes stored in containers, turning the sugars in the grapes into alcohol. The art of winemaking was later refined by the Egyptians and spread throughout the Mediterranean by the Greek. The Romans made it popular all over Europe and the Spanish as well as other Europeans took their brew to the New World, Oceania and South Africa.

Wine Fact: A “cork-tease” is someone who constantly talks about the wine he or she will open but never does.

Wine Fact: The smell of young wine is called an “aroma” while a more mature wine offers a more subtle “bouquet.”

Wine Fact: Red wines are red because fermentation extracts color from the grape skins. White wines are not fermented with the skins present.

Wine Fact: Champagne, one of the world’s greatest sparkling wines, is popularly but erroneously thought to have been invented by the Benedictine monk Dom Pierre Perignon (1638-1715). Although he did not invent or discover champagne, he founded many principles and processes in its production that are still in use today. And he purportedly declared upon drinking the bubbly beverage, “I am drinking stars.”

Wine Fact: There is a right and wrong way to hold a wine glass. Wine glasses should always be held by the stem and not the bowl because the heat of the hand will raise the temperature of the wine.

Trivia Question Answer:

If newer oak barrels were used in the winemaking process, the wines will often have a hint of vanilla in both the aroma and flavor.

Red Wine Headaches

Red wine headaches could be caused by this intriguing culprit, study finds

By Melissa Rudy

Published December 16, 2023

For those who suffer from the dreaded "red wine headache," experts are offering some insights into why it occurs and how to prevent it.

The festive holiday season often includes an increase in red wine consumption — but for some, enjoying even one or two glasses can leave them with a painful, pounding headache that usually begins within 30 minutes to three hours after drinking a glass of the beverage, according to experts.

A flavanol found in red wines could be the culprit behind the headaches, according to a study by University of California, Davis, which was published in the journal *Scientific Reports* last month.

The flavanol, called quercetin, is found in grapes and other fruits and vegetables. It is 10 times more prevalent in red wines than in white wines, the researchers noted.



A flavanol found in red wines could be the culprit behind the headaches that some people suffer, according to a study by University of California, Davis.

On its own, it's considered a healthy antioxidant — but the trouble begins when it's consumed with alcohol.

"When it gets in your bloodstream, your body converts it to a different form called quercetin glucuronide," said wine chemist and corresponding author Andrew Waterhouse, professor emeritus with the UC Davis Department of Viticulture and Enology, in a press release from the university. "High levels of acetaldehyde can cause facial flushing, headache and nausea."

"In that form, it blocks the metabolism of alcohol."

Red Wine Headaches (cont.)

In the study, the scientists used in-vitro laboratory tests to measure the impact of the flavonol on enzymes.

They found that quercetin blocks the function of ALDH2, the enzyme that metabolizes alcohol. When the alcohol isn't metabolized, a toxin called acetaldehyde builds up in the system.

"Acetaldehyde is a well-known toxin, irritant and inflammatory substance," said lead author Apramita Devi, postdoctoral researcher with the UC Davis Department of Viticulture and Enology, in the release.

"Researchers know that high levels of acetaldehyde can cause facial flushing, headache and nausea."



The flavanol called quercetin is 10 times more prevalent in red wines than in white wines, noted the researchers behind a new study.

So why do some people experience headaches and others don't?

One of the study authors noted that people who get migraines or are more susceptible to headaches in general are more likely to experience them after drinking red wine.

There is a possibility that some people have enzymes that are more easily inhibited by quercetin, and so are more affected by the buildup of acetaldehyde, the release noted.

Different red wines can also have different effects, they stated.

"Quercetin is produced by the grapes in response to sunlight," Waterhouse said in the release. "If you grow grapes with the clusters exposed, such as they do in the Napa Valley for their cabernets, you get much higher levels of quercetin. In some cases, it can be four to five times higher."

The levels of the flavonol can also vary depending on how the wine is made and the aging process.

Red Wine Headaches (cont.)



People who get migraines or are more susceptible to headaches in general are more likely to experience them after drinking red wine, experts say.

To confirm this theory, the UC Davis researchers are planning a clinical trial with human participants to compare the effects of red wines that contain larger amounts of quercetin to those containing very little of the flavonol.

Fox News Digital reached out to the researchers for additional comment.

Dr. Ellie Pierson, a scientific manager at food intolerance test specialist YorkTest in the U.K., believes that certain chemicals in red wines, called histamines, can trigger the headaches.

"Histamine is a chemical that occurs naturally in some foods," Pierson said in a statement to Fox News Digital.

"If after eating or drinking, you tend to notice swelling, rashes, sneezing or sickness within 30 minutes, be mindful it could be a histamine intolerance."



Red Wine Headaches (cont.)

Certain chemicals in red wines, called histamines, can trigger the headaches, said one scientific manager. In those with histamine sensitivities, consuming only a small amount of red wine can trigger symptoms of a hangover, including nausea, throat itchiness and flushing, she warned.

All alcohols contain some level of histamines, but they are significantly higher in red wine.

Those with sensitivities might consider switching to clear spirits, Pierson recommended.

Experts also suggested staying hydrated by drinking a glass of water between glasses of wine.

"Many people may be unaware that so many foods contain histamines and could be causing a reaction," she told Fox News Digital. "This is why it's so important to keep a food diary to track which foods trigger a reaction, as often this type of intolerance is misdiagnosed and is usually mistaken for seasonal or food allergies."

For those who are having a reaction that's worse than normal, Pierson suggested contacting a health care professional or a dietitian who can help create a diet plan around histamine intolerances.



Fun Drink and Food Pairing Recipes

Frank the Barber Whiskey Sour



This is an easy drink to make and is a twist of a New York Sour or Whiskey Sour

- 2 ounces rye or bourbon whiskey, I like Maker's Mark for this recipe
- 1 ounce freshly squeezed lemon juice
- 1 ounce **Agave** nectar, any will do and this is not a plug for Costco
- 1/2 ounce *Casa Cassara 'Frank the Barber' Barbera* wine

1. Combine whiskey, lemon juice, and simple syrup/agave nectar in a cocktail shaker.
2. Fill shaker with ice, cover and shake until outside of shaker is frosty, about 30 seconds.
3. Strain into a rocks glass filled with fresh ice.
4. Gently pour *Casa Cassara 'Frank the Barber' Barbera* over the back of a spoon held just above the drink's surface so wine floats on top.

Creamy Garlic Shrimp Pasta

Pair this dish with a bottle of
Casa Cassara Arneis 'Chiara'



Ingredients

Pasta + Shrimp:

- 1 to 2 pounds peeled, deveined shrimp (remove tails, if needed) – see note
- 1 ½ teaspoons smoked paprika (or regular paprika)
- Salt and pepper
- 12 ounces linguine or spaghetti
- 1 tablespoon butter
- 1 tablespoon olive oil

Sauce:

- 2 tablespoons butter
- 3 to 4 cloves garlic, finely minced
- 1 ½ cups milk (not skim) or heavy cream (see note!)
- 2 teaspoons cornstarch
- ¼ teaspoon salt
- Pinch of black pepper
- 1 cup freshly shredded Parmesan cheese
- Chopped, fresh parsley, for garnish
- Freshly grated Parmesan cheese, for serving

INSTRUCTIONS

Pat the shrimp dry with paper towels. In a medium bowl, toss the shrimp together with the smoked paprika and a small pinch or so of salt and pepper.

Bring a large pot of lightly salted water to a boil. Add the pasta and cook until al dente, according to package directions. **BEFORE DRAINING, ladle out 1—2 cups of the pasta water and set aside for later.** Drain the pasta.

While the pasta is cooking, heat the 1 tablespoon butter + 1 tablespoon olive oil in 12-inch skillet (or a deep skillet) over medium heat until hot and rippling. Add half of the shrimp in a single layer and cook for 30—45 seconds; flip the shrimp and cook just until the shrimp have turned pink and are cooked through (it won't take very long).

Using tongs, remove the shrimp to a plate keeping as much butter/liquid in the pan as possible. Repeat with remaining shrimp—removing to the plate with the other shrimp when done cooking.

Creamy Garlic Shrimp Pasta (Cont.)

Return the pan to medium heat and melt the 2 tablespoons butter. Add the garlic and cook, stirring often (don't let it burn), until fragrant, about 30—45 seconds.

If using milk, whisk it together with the cornstarch (see note below). Pour the milk mixture (or heavy cream, if using) into the pan and whisk to combine, letting the sauce bubble and thicken slightly, 1—2 minutes.

Add the salt, pepper, and Parmesan cheese. Stir over medium heat until the cheese is melted.

Add the cooked noodles, lifting and tossing with tongs to coat the pasta thoroughly with the sauce. Add spoonfuls of the reserved pasta water to loosen the sauce and pasta (just eyeball it—probably won't need to add all the reserved water).

Add the shrimp and toss to combine with the pasta. Season to taste with additional salt and pepper, if needed. Sprinkle with fresh parsley.

Serve immediately (for maximum creaminess)! Serve with additional Parmesan cheese, if desired.

NOTES

Shrimp: *any size shrimp can be used; I prefer using larger shrimp—package is labeled “21 to 30 shrimp per pound” - or thereabouts. If using frozen shrimp, thaw before using. I prefer using 2 pounds of shrimp for this recipe so there is a good amount of shrimp per serving, but you can cut back to using 1 pound.*

Cornstarch: *I only use the cornstarch if I'm using milk in the recipe. If using heavy cream, the cornstarch isn't necessary unless you want a thicker sauce.*

Sauce: *the sauce ingredients can easily be increased if you want a saucier pasta.*

Parmesan Cheese: *preshredded Parmesan cheese won't melt as well in the sauce and may lend a gritty/lumpy texture to the sauce.*

Now open that chilled bottle of *Casa Cassara Arneis 'Chiara'* and enjoy a glass or two with this food pairing!

