

Lynfred Winery

Roselle
Wheaton
Naperville
Wheeling
Highland Park



Red Wine of the Month

Blend: 100% Pinot Noir
Grower/Vineyard: Casablanca Valley, Chile

Winemaker's Tasting Notes

Color: ruby

Aroma: cherries, currants, vanilla, cloves, tea leaves, mushrooms, forest floor

Palate: cherry, hibiscus tea, raspberry, vanilla

Body: medium

Finish: complex, fruity, earthy

Foods: grilled salmon or tuna, pâté, pulled pork, hummus, mushrooms, figs

Cheeses: Gruyère, Comté, Emmenthal and Gouda

Brix: 22.5°

Aging: 7 mo. American oak

Aging Potential: drink now

Serving Temperature: 60°

Alcohol: 14.0%

Residual Sugar: 0.4%

Ph: 3.68

Total Acidity: 5.63 g/L

Cases bottled: 396 cases

Release Details:

September 1, 2023

September Club Price: \$21.50

October Price: \$25.75

Wine Club Members Are Charged: \$23.01*

*Highland Park pricing may differ due to city tax

Grape to Know

Pinot Noir is the 6th most planted wine grape in the world, mostly cultivated in France (Burgundy) and the United States. This variety grows well in climates with long, cool growing seasons. For this reason, the coastal area of Casablanca Valley in Chile has become one of the most successful areas in Chile for growing this elegant wine variety. Just 20 miles from the Pacific Ocean, the afternoon breezes cool down the mountains, helping create perfect growing conditions for the vineyards of the Casablanca Valley region.

Gourmet Product Special

Lynfred Club Members receive 20% off the selected Lynfred goodies from our gourmet shop this month:

Red Currant Jam

Honey Mustard Pretzel Dip

Spicy Cajun Steak Sauce

Breads of the Month

Savory: Cracked Black Pepper Parmesan

Sweet: Pumpkin Bread

www.lynfredwinery.com



Recipe by Lynfred Brand Ambassador, Laura Lorenz

Serves: 6-8

Ingredients

2.5-3-pound boneless chuck roast (trimmed of fat and cubed into 1-in cubes) *

2 tablespoons vegetable oil

3 tablespoons butter

1 tablespoon olive oil

1 teaspoon kosher salt (+any additional to taste)

1 teaspoon fresh cracked pepper (+any additional to taste)

2 medium-large sweet onions, chopped

10-12 ounces button mushrooms, quartered

6 medium cloves of garlic, minced

2 large carrots, peeled and diced

2 medium parsnips, peeled and diced

1 red bell pepper, chopped

2 ribs of celery, diced

1 (14-ounce) can fire roasted diced tomatoes, undrained

3 tablespoons tomato paste

1 tablespoon Worcestershire sauce

1 ½ tablespoons beef base (do not dissolve in water)

3 bay leaves

¼ cup Hungarian paprika (no substitutes)

2 ½ teaspoons caraway seeds

1 teaspoon dried thyme

3 cups low sodium beef broth (+¼ cup for slurry)

½ dry red wine*

1-pound petite red potatoes or petite Yukon gold potatoes

2 tablespoons cornstarch (slurry)*

Noodles for serving (egg noodles) *

Fresh Italian parsley, chopped (garnish)

Sour cream (optional for serving)

Directions

Place beef in a large bowl, add 1 teaspoon of salt and 1 teaspoon of pepper; fully coat the meat and set aside. Preheat the oven to 325 degrees. Heat up the vegetable oil, and butter in a large Dutch oven over high heat. Once the oil is hot, sear the beef for 1.5-2 minutes per side; making sure to work in batches to not crowd the pan. Remove the beef from the pan and place it in a bowl and set aside. Next, turn the heat down to medium and add the olive oil, onions, carrots, celery, and parsnips; sauté for 15 minutes, stirring occasionally. Then add the mushrooms and garlic; sauté for 8 minutes, stirring occasionally. After the vegetables start to soften, stir in the tomato paste, beef base, and all the spices; then add in the wine to deglaze the pan; stir well while scraping the bottom of the pan.

Next, add in the beef (and all the juices from the bowl), the can of tomatoes, 3 cups of beef broth, and the Worcestershire. Stir well. Turn the heat off, cover, and place in the oven for 1 hour. Remove from the oven, add in the potatoes; stir well, cover, and place back into the oven for another 2-2 ½ hours. When the beef is done it will be very tender and the potatoes will be cooked through. Once the meat is tender, remove from the oven and place on medium-low heat. Whisk the cornstarch into ¼ cup of beef broth and add into the pan, stirring well. Simmer for 10-15 minutes or until the sauce thickens.

To serve, place goulash on top of cooked egg noodles with a dollop of sour cream and a sprinkle of fresh parsley.

Helpful Tips

**Let the meat sit at room temperature for 15 minutes before cooking, cooking cold beef can cause the meat to be tough and less juicy.*

**Merlot, Cabernet Sauvignon, Fred's Red, Petite Sirah, or Pinot Noir are all great options for this dish.*

**The cornstarch slurry is optional if you like a thinner goulash just omit it.*

**Egg noodles are my favorite way to serve this, but there are many different options:*

-omit the potatoes and serve it over creamy mashed potatoes, or dumplings

-Serve it over creamy polenta for another fun twist