

## Red Wine of the Month

### Grape to Know

(Cah-REE-Nyän)

Carignan, known by various names such as Carignane, Cariñena, and Mazuelo, is a red wine grape variety predominantly cultivated in the southern regions of France and northern areas of Spain. Traditionally used as a blending grape, when crafted with precision and employing delicate winemaking techniques to refine its inherent rustic character, it yields exceptionally opulent wines. To further enhance its flavors, a hint of Alicante Bouschet was incorporated into the blend. Both the Carignan and Alicante Bouschet grapes were nurtured in the picturesque Lodi region of California.

### Gourmet Product Special

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

Elderberry Jelly  
Monterey Jack Con Queso Dip  
Merlot Steak Sauce

### Breads of the Month

Savory: Sundried Tomato Herbed Asiago  
Sweet: Cranberry Orange Walnut

[www.lynfredwinery.com](http://www.lynfredwinery.com)

**Blend:** 95% Carignan, 5% Alicante Bouschet  
**Grower/Vineyard:** Lodi, CA

### Winemaker's Tasting Notes

**Color:** deep garnet

**Aroma:** prunes, dried cranberries, raspberry, baking spices, vanilla

**Palate:** plums, cranberry juice, raisins, sweet spices, licorice, earthy notes

**Body:** medium

**Finish:** smooth, fruity, rich

**Foods:** poultry, roasted pork, beef brisket, smoked turkey legs, lamb meatballs

**Cheeses:** Parmesan, aged Gouda, Manchego

**Brix:** 24°

**Aging:** American oak, 24 months

**Aging Potential:** 2-3 years

**Serving Temperature:** 65°

**Alcohol:** 13.9%

**Residual Sugar:** 0.4%

**Ph:** 3.42

**Total Acidity:** 6.15 g/L

**Cases bottled:** 497 cases

### Release Details:

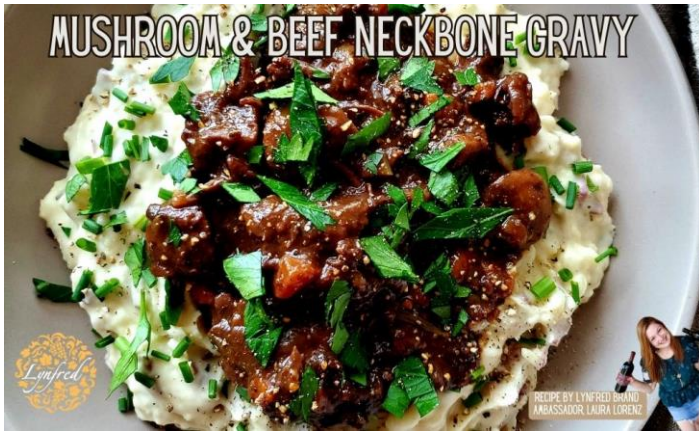
November 1, 2023

November Club Price: \$21.50

December 1: \$25.75

Wine Club Members Are Charged: \$23.01





Recipe by Lynfred Brand Ambassador Laura Lorenz

Serves: 4-6

### Ingredients

4lbs beef neckbones (bone-in)  
 2 large carrots, peeled and diced small  
 1 large, sweet onion, chopped  
 1 celery stalk, diced small  
 16oz white button mushrooms, quartered  
 3 large garlic cloves, minced  
 2 cups dry red wine\* (+an additional ¼ cup for the slurry)  
 2 tablespoons tomato paste  
 2 bay leaves  
 3 large sprigs of fresh rosemary  
 3 sprigs of fresh thyme  
 1 teaspoon of beef base mixed with 1 cup of hot water\*  
 1 cup water  
 4 tablespoons of a neutral oil with a high smoke point (I used vegetable oil)  
 2 tablespoons cornstarch  
 ½ tablespoon flour  
 1 teaspoon kosher salt + more to taste  
 1 teaspoon fresh cracked black pepper, plus more to taste  
 ⅛ -¼ teaspoon ground allspice\*  
 Mashed potatoes or gnocchi for serving the gravy on  
 Fresh Italian parsley for garnish

### Directions

Preheat the oven to 325 degrees.  
 Let beef bones sit at room temperature for 30 minutes before cooking. Coat the beef bones in 1 teaspoon of salt, 1 teaspoon of pepper, and the flour (I do this in a large stainless-steel bowl). In a large Dutch oven heat 3 tablespoons of oil over high heat. Working in batches, add the beef bones to the Dutch oven and brown on all sides (about 2 minutes per side) \* (depending on your stove, you may need to adjust the heat to medium-high). Once all the meat is browned, turn the heat to medium-low and add an additional tablespoon of oil. Then add the celery, carrots,

and onion to the pan: cook for 5-6 minutes or until softened (make sure to constantly stir so they do not burn). Next add the tomato paste and garlic, stirring constantly for 1 minute. Then deglaze the pan with 2 cups of red wine and scrape the bottom of the pan to get all the "fond" off the bottom (those delicious brown bits that hold all the flavor). Next add your "beef broth mixture" (the hot water with the beef base) plus the additional 1 cup of water, rosemary, thyme, bay leaves, browned neck bones, and the mushrooms. Bring the mixture to a simmer, cover, and place in the oven for 3-3.5 hours.

After 3-3.5 hours the meat should fall off the bone (and your house will smell amazing). Make your slurry to thicken the gravy by whisking ¼ cup of wine with 2 tablespoons of cornstarch. Next, remove the pan from the oven and take the neck bones out of the gravy, and set aside (this is also the perfect time to remove any stems from the herbs and the bay leaves). To the gravy add in your slurry and the allspice, stirring well. Bring to a simmer on the stovetop over medium-low heat and cook for 20 minutes. While your mixture is simmering, pull the meat from the bones with a fork and add the meat back into the gravy, salt, and pepper to taste. Let sit for 15 minutes before serving.

My favorite way to serve this is over my thick and creamy mashed red potatoes. Here is how I make them: Boil skin-on red potatoes; then mash with butter, heavy cream, shallot, and chive Boursin cheese, salt and pepper, and fresh chives. They are to die for with this gravy. To serve, add a scoop of potatoes, then top with gravy, fresh parsley, and cracked black pepper.

### TIPS

*\*Any dry full-bodied red wine will work great, Cabernet Sauvignon, Syrah, Tannat, or Carignan.*

*\*If you cannot find a beef base, sub in beef broth for the beef base mixed with 1 cup of water (the salt may need to be adjusted slightly).*

*\*Allspice adds a lovely layer of complexity to the dish, if you are not a fan use just a pinch or omit. I love the unique flavor it brings out in the wine, so I use the full ¼ teaspoon.*

*\*When browning the bones do not crowd the pan (otherwise they will steam and not develop a nice crust). I like to have a large bowl to set the browned bones in; then when I add them back into the pan, I can pour all the delicious juices back in that collect in the bottom of the bowl along with the bones.*