

WINE

It's easy to unwind with these tasty, affordable wines

By FRED TASKER
TRIBUNE NEWS SERVICE

The holiday dinner goose on which you splurged is coming home to roost. Toys R Us wants your next paycheck. You went to Jared, and now he's coming for his due.

It's the most un-wonderful time of year. When holiday bills arrive.

I feel your pain. You, like I, will need something to sip to unwind after the arduous coming hours of writing checks. So here's a list of nice wines, \$15 and under.

■ 2013 Justin Vineyards & Winery Sauvignon Blanc, Paso Robles: Pale yellow hue, aromas and flavors of ripe peaches, tropical fruits and citrus, crisp, medium body; \$14.

■ 2013 Wente Vineyards "Morning Fog" Chardonnay, Livermore Valley, San Francisco Bay: hint of oak, medium body, aromas and flavors of green apples and minerals, crisp; \$15.

■ 2013 Don Miguel Gascón Malbec, Mendoza, Argentina: aromas and flavors of black plums, milk chocolate and cinnamon, ripe tannins; \$15.

■ 2011 LangeTwins Family Winery Cabernet Sauvignon, Lodi, Calif.: hint of oak, aromas and flavors of black cherries, black coffee and cloves, ripe tannins; \$15.

■ 2013 Esprit du Rhône Cotes du Rhône Héritier des Seigneurs de Gicon, Rhône, France: deep purple hue, aromas and flavors of black cherries and spice, soft tannins; \$8.

■ 2013 Alamos Red Blend, Mendoza, Argentina (60-percent malbec, 25-percent bonarda, 9-percent tempranillo, 6-percent syrah): aromas and flavors of black cherries, black pepper and cinnamon, soft tannins, long finish; \$13.

■ 2012 deAlto Amo Tinto Rioja, DOC, Spain: aromas and flavors of black plums and spice, soft tannins, mellow; \$10.

■ 2013 Trivento Cabernet Sauvignon, Mendoza, Argentina: aromas and flavors of red plums and herbs, muscular and smooth, long finish; \$12.

■ 2013 McManis Family Vineyards Pinot Grigio, Calif.: crisp, light and lively, with lemon/lime flavors, very dry; \$10.

■ Nonvintage Lamberti Prosecco, Veneto, Italy: lightly bubbly, with aromas and flavors of tropical fruits; \$14.

■ 2012 Hoopla Unoaked Chardonnay, Napa Valley: lean and crisp, with aromas and flavors of green pears and citrus; \$15.

■ 2012 Bridlewood Cabernet Sauvignon, Paso Robles (cabernet sauvignon, syrah, petite sirah): aromas and flavors of black plums and toasted sugar, hearty flavors, powerful tannins; \$15.

■ 2013 Mirassou Pinot Noir, Calif. (93-percent pinot noir, 6-percent zinfandel, 1-percent merlot): hint of oak, aromas and flavors of raspberries and strawberries, soft and smooth; \$12.

What's on tap Beer

Keep up with the latest craft beer news at providencejournal.com/food

Always drink responsibly.

By GAIL CIAMPA
JOURNAL FOOD EDITOR

Narragansett Beer is at it again, pairing up with a Rhode Island icon.

But the release of Lovecraft Honey Ale isn't about an ingredient — it's a celebration of Providence's most famous horror writer, H.P. Lovecraft. The new beer is crafted in collaboration with Sean Larkin's Revival Brewing Company and brewed by Larkin, who is also Narragansett's brewmaster.

The haunting label artwork was designed by Providence-based artist AJ Paglia.

The first in a series, Lovecraft Honey Ale is a reference to space mead consumed by the winged Byakhee, interstellar predators that first appeared in the Lovecraft short story, "The Festival," explained the news release announcing the beer.

Each chapter in the Lovecraft series will pay tribute to a different Lovecraft tale, represented by the beer's style and label, each of which will be designed by Rhode Island artists.

"When the brewery was shut down, the spirit of Narragansett never died; it went underground, to a deep and dark place," said Mark Hellendrung, president of Narragansett Beer, in the release.

"Since reclaiming our beer in 2005, we've worked hard to stay true to our roots. But after being in that dungeon for so long, we came back with some baggage. Just like the nameless protagonist from 'The Outsider,' we emerged in the light a little different. A little ... strange. Think of this brew as our bold, our obscure, our tampered-with mind. It won't be for everyone, and if it isn't for you, you'll know exactly who it IS for. This is our Lovecraft."

Truthfully, this beer is for everyone, made with a base of honey malt resulting in a honey-colored ale. It is well-balanced with a



touch of herbal hops and a bit of honey sweetness. It's smooth and delicious.

The beer is 7 percent ABV. It is available now in six packs of 16-ounce tallboy cans, priced between \$10.99 to \$11.99 suggested retail price.

Lovecraft Honey Ale will be distributed throughout Rhode Island, Massachusetts, Connecticut, New Hampshire, Vermont, Maine, New York, Philadelphia, Washington, D.C., North Carolina, and Portland, Ore. The availability will vary per market.

Learn more at narragansettbeer.com.

SIMPLY GLUTEN-FREE

One lonely banana, many great scones

Scones make even a normal day seem a little special. What's even better than a gluten-free recipe for scones is one that is also dairy free, nut free and vegan.

The inspiration for these particular scones came from a lonely overripe banana. I just have a thing about not throwing away bananas. When they start getting too ripe to eat I usually stick them in my freezer until I get enough to make a loaf of banana nut bread or some muffins.

But lately my hubby has been giving me grief about my, shall we say, idiosyncrasies. If you listen to him you would think I am a crazy jarred/bottled/frozen banana hoarder lady.

One lonely banana is not enough for bread or muffins and I wasn't in a smoothie kind of mood, so scones it was. To stretch out the



Carol Kicinski

banana I combined it with nut-free peanut butter substitute and whipped them up into some pretty healthy scones made with brown rice flour and ground flax meal for added fiber.

Personally I think that banana was a lot happier being baked into these yummy scones than it would have been hanging out in the freezer. And I didn't have to hear — for the thousandth time — about black bananas in the freezer!

Carol Kicinski has 20 years of gluten-free experience and launched her Simply Gluten-Free website in 2007.



CAROL KICINSKI

Banana scones made with nut-free peanut butter substitute.

Nut-Free "Peanut Butter" and Banana Scones

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| For the scones: | 1 cup plus 1 tablespoon coconut milk |
| 2 cups brown rice flour | 1 tablespoon pure vanilla extract |
| 1 cup potato starch | 1 teaspoon fresh lemon juice |
| 3 tablespoons ground flax meal | ¼ cup sugar |
| 1 tablespoon baking powder | For the glaze: |
| ½ teaspoon kosher or fine sea salt | 2 tablespoons peanut butter substitute |
| 5 tablespoons cold non-dairy butter | 2 teaspoons pure vanilla extract |
| 1 ripe banana, mashed | 2 to 3 tablespoons coconut milk |
| ¼ cup peanut butter substitute | ½ cup powdered sugar |

To make the scones: Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper.

In a large mixing bowl, whisk together brown rice flour, potato starch, flax, baking powder and salt. Work the dairy-free butter into the mixture with your fingers until it resembles coarse crumbs with some larger pieces in it. In another mixing bowl, whisk together banana, peanut butter substitute, 1 cup coconut milk, 1 tablespoon vanilla, lemon juice and sugar. Add to the flour mixture and fold together with a spatula.

Using an ice cream scoop or large spoon, drop 6 mounds of batter onto each of the prepared pans. Brush tops of scones with some coconut milk. Bake for 25 minutes or until golden brown. Let cool on baking sheets for 5 minutes. Place a piece of parchment paper on a work surface and place a cooling rack on top. Let scones finish cooling on rack.

To make the glaze: In a small mixing bowl whisk together 2 tablespoons of peanut butter substitute, 2 teaspoons of vanilla and 2 tablespoons of coconut milk. If the peanut butter substitute does not blend easily, microwave for 10 to 15 seconds. Add powdered sugar and whisk together with a fork until smooth. If glaze is too thick, add some more coconut milk a few drops at a time. Drizzle the glaze over the cooled scones. Makes 12 servings.

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