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**TOURS BY RESERVATION**  
MONDAY THROUGH FRIDAY  
10:30 am and 2:30 pm

**SATURDAY AND SUNDAY**  
11:00 am to 5:00 pm

**SATURDAY AND SUNDAY**  
12:30 pm and 2:30 pm



## Spanish Fig & Almond Cake with Manchego Cheese

by Terry N. Tepitzky, Chef/Owner-Michael's Catering & Wild Thyme Deli

Serves 12-20

- 3 lb Dried Figs (stems removed and cut in half)
- 1 bottle Chateau Julien Merlot
- 1 pt Orange Juice
- 2 Oranges (cut in pieces, seeds removed)
- 1 quart Water
- 1-1/4 c Sugar
- 2 c Whole Blanched Almonds (toasted in oven 5-8 minutes)
- Sliced Manchego Cheese
- 9" Cake Pan lined with plastic wrap

Place figs in large pot; add wine, water, sugar, and oranges. Bring to a boil. Turn down to simmer and cook until dry. Place figs in food processor and process until pureed. Place roasted almonds in lined cake pan. Press figs on top of almonds. Cover and wrap tightly.

Refrigerator overnight and up to one week or freeze for up to one month.

### To Serve

Umold on a platter; almond side up and surround with sliced manchego cheese and Carr's water biscuits if desired. I like to spread the figs and almonds directly on the cheese.



## A Destination beyond Wine...

Open daily for wine tasting and tours by reservation.  
Monday-Friday 8am to 5pm Saturday-Sunday 11am to 5pm

CHATEAU JULIEN  
WINE ESTATE

831.624.2600 | 831.624.6138 fax | www.chateaujulien.com

# Julien Journal

*From our vineyard to your front door*

Summer 2005  
Volume 22, Issue 3

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## Wine is Good for You

by Bill Anderson, winemaker

When discussing an article for this quarter's Julien Journal, Bill came across one of the original newsletter articles dating back to 1984... much of this information did not "officially" surface until the early 90's.

To those of us who consider ourselves enophiles, wine is unquestionably an enjoyable experience, but is it a healthy one? There is much literature supporting the idea of wine as a health food; and the evidence is more clear cut than ever: Wine is good for you.

In his article *Wine-ing and Dining on a Cardiac Diet*, Dr. Paul Scholten, M.D. has this to say about wine:



"Wine is the natural accompaniment to a good meal and, fortunately, fits into a cardiac diet. There is of course no fat in wine and relatively small amounts of sodium in table wines." In addition, table wines have a very favorable potassium/sodium ratio, with most California table wines having ten to twenty times as much potassium as sodium. Also favorable on a cardiac diet is the inherent diuretic action of wine. So California white wine can be on any ordinary low-sodium diet.

In her book *Drink Wine and Stay Healthy*, Marjorie Michaels claims that wine is a high energy nutrient, containing essential minerals such as phosphorus, sulphur, calcium, magnesium and potassium. Also, she informs us that wine calories, unlike those of simple carbohydrate foods are not converted by the body to fat.

But perhaps most interesting of all is the connection between wine and high density lipoproteins (or HDLs). These HDLs are a "good" form of cholesterol that emulsify or break up fatty build up in the arteries. It has been noted that moderate wine

W I N E S T A T E  
 Events, News & Happenings



### Wine Collectors Gather at the Wine Estate for a Private VIP Tasting

Local Wine Collector Program members were invited to a Private Tasting with hosts Melinda Klescewski, owners Bob and Patty Brower and winemaker Bill Anderson in late May. The Carmel Valley sun shone on the vineyard as guests enjoyed a selection of Château Julien Estate Vineyard and Private Reserve wines, paired with culinary delights. The Sangiovese vines were the perfect backdrop for this special, exclusive affair.

*The Sangiovese vines were the perfect backdrop for this special, exclusive affair.*



### Spring Winemaker Dinner

Winemakers Bill Anderson and Marta Kraftzcek hosted a stellar evening under the stars at this May's Spring Winemaker Dinner. A fabulous Spanish Fig and Almond Cake completed an evening of pure indulgence. "We couldn't have asked for a more perfect dinner," comments Kraftzcek. "The wines tasted wonderful, the food

was exquisite and the weather was ideal." Guests continue to call the winery for the dessert, so we have asked chef Terry Teplitzky of Michael's Catering to provide the recipe for our readers (*see back page*). The Wine & Cigar Dinner sold out a month in advance, so make your reservations early for upcoming events.

### Wine is Good for You *continued from page 1*

drinkers have a higher concentration of these HDLs; and thus have recorded a lower overall cholesterol count.

After reading about a study done by Don Felman at Stanford, positively linking high cholesterol levels to heart disease, I called his laboratory to get more information. As it turned out, Dr. Feldman and his

associates recorded some "unofficial" statistics about the group they were working on in the landmark study. Interestingly they did, in fact, find that of the people who had high concentrations of HDLs and low cholesterol counts, well over 90% of these people were regular wine drinkers. Unofficial, yes, but something definitely worth learning more about.

### Summer Jamboree

Sunday, July 10, 2005  
 11:00 am - 4:00 pm

An annual summer celebration with festive music, outdoor BBQ and wine tasting throughout the Estate. Enjoy an afternoon commemorating over twenty years of winemaking in Carmel Valley. All featured wines will be discounted the day of the event and space is limited, so make your reservations early for this fun-filled day in the Valley!  
 \$20 per person /  
 \$15 club members



### Harvest Wine Seminar

Friday, September 23, 2005  
 Grape Crush 7:00 pm  
 Dinner 8:00 pm

Experience the excitement of harvest first-hand with Winemakers Bill and Marta. Grapes will be crushed on site with a dramatic arrival directly from the vineyard. A family-style dinner to follow in the cellar with the winemaking crew. Our most popular event of the year!  
 \$75 per person

# Vineyard & Wines

NEW RELEASES, UPDATES AND WINEMAKING INFORMATION



### Summer Jamboree Featured Wine Specials

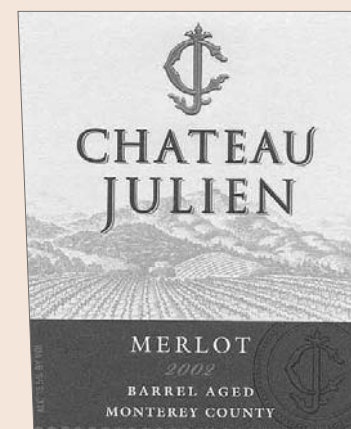
Up to 40% off on the following wines:

- 2002 Private Reserve "Sur Lie" Chardonnay
  - 2001 Private Reserve Merlot • 2001 Private Reserve Cabernet Sauvignon
  - 2002 Estate Vineyard Chardonnay • 2003 Estate Vineyard Syrah
  - 2001 Sangiovese • 2003 Pinot Grigio
  - 2004 Sangiovese Rosato • 2004 Gewurztraminer • Sherry & Port
- Receive 17% of any 6-12 bottles; 20% off any 13-18 bottles; 40% off any 19-24 bottles  
 Visit us on-line at [www.chateaujulien.com](http://www.chateaujulien.com) to receive Jamboree specials or call (831) 624-2600 and ask for Fina.



### Introducing the new design of our Barrel Selected Label

*Refined to represent continuous, uncompromised quality from our Monterey County Vineyard.*



### Private Reserve Zinfandel

After five harvests, Winemaker Bill Anderson has found the perfect corner of the vineyard that produces a big, bold Monterey County Zinfandel deservedly designated "Private Reserve." The Premier release of the 2003 Private Reserve Zinfandel is now available for pre-release shipment. With only 308 cases produced, order now to set aside in a special corner of your cellar...and enjoy!  
 \$36/bottle; \$408/case

## Order Wine On-Line

VISIT • TASTE • PURCHASE

We now sell current vintages of all of our wines on-line at [chateaujulien.com](http://chateaujulien.com)