

The Perfect Summer Treat



I have many childhood memories but when it comes to summer, especially ice-cold treats, Popsicles are foremost in my mind. Refreshing, delicious and pleasantly cool, Popsicle's, although increasingly hard to find, having been largely replaced by gooey chocolatey concoctions and confections, have remained a favorite warm weather treat but now, for me, Wine Popsicles have claimed their number one spot. Childhood favorite and adult treat combined.

Popsicles may be made from white, rose and red wine. If you are looking for a tart, mouth-watering treat look to acidic white wines. Sauvignon Blanc is a natural choice, it's herbaceous, grassy and its vegetal flavours scream summer. Other white wines with high acidity are Vinho

Verde from Portugal, Chablis from France, Pinot Grigio from Italy, Riesling from Germany and various white wines from cool-climate growing areas.

Once a wine is selected, pair the flavours in the wine with various fruits and other additives in the Popsicle blend. Blend green apple and stone fruits to Riesling, peach and pear to Pinot Grigio and Gewurztraminer, known for flavours of lychee and ripe peach, is complimented by this fruit. Wines made from grapes grown in warm climates, such as California or Australian Chardonnay, are best blended with tropical fruit such as papaya, mango, starfruit and pineapple.

Hop onto the rosé train if you want to be trendy. The selection of rosé wines is mind-boggling when compared to the number of wines available a few short years ago. Many Rosé's boast flavours of watermelon and red berries, making such fruits a natural and delicious choice.

For red wine, as with white wine and rosé wine, pair dominant flavours in wine with complimentary fruit flavours. Blend Chianti with red berries and oranges, flavours found in Chianti. Gamay, Grenache, Pinot Noir and Barbera have flavours of red fruits (raspberry, strawberry, pomegranate) and blue berries. For full-bodied wines, the likes of Merlot, Malbec, Shiraz, Cabernet Sauvignon, Carmenera possess darker fruit flavours and as such are enhanced by the addition of blackberry, plum, prune and fig.

Popsicles aren't limited to the addition of fruit alone. Other additives add flavour and interest. Herbs and spices are used to compliment and intensify fruit.

Gelati is often used as a palate cleanser, served between courses. Break with tradition and serve a delicious wine Popsicle in its place. Popsicles also make a refreshing dessert. The perfect summer treat. For adults only.

A Google search will provide any different recipes. The following is one.

White Sangria Popsicle

- 1 cup (250 ml) white wine
- 3Tbsp (45 ml) Grand Marnier or substitute orange liqueur
- 2/3 cup (160 ml) peach juice or substitute pineapple, apple
- 1/4 cup (60 ml) club soda
- 1 tbsp (15 ml) lime juice
- 1 1/3 cups (330 ml) of mixed fruit (for example: peach, apricot, pineapple)

Combine white wine, liqueur, juice, club soda, lime juice and blend together.

Combine fruit and divide it between molds.

Pour wine mixture over fruit, add sticks, freeze for 6 hours

Enjoy!

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