

Eau de Vie

a wine, spirits, and travel newsletter

Vol. 1 January 2019

Welcome to the first edition of *Eau de Vie*. As some of you know I like wine, spirits, and travel. Over the last decade Sara and I have made a concerted effort to spend our time on planet earth traveling, eating, and drinking. These efforts are expressed in our wine classes, our spirits classes, and our canal boat cruises. But they are also expressed in my love of history and culinary arts and Sara's love of yoga, which to her represents relaxation, strength, and a balance in both body and mind. But none of our crazy schemes would be as good without you, our willing compatriots, conspirators, and cohorts. You help us make a certain *joie de vivre*, a joy of life, and to us that is the essence of life, the *eau de vie*, the water of life.

Over the last two years as we contemplated the meaning of life in new and uncomfortable ways, it became apparent that we should try and bundle some of our life passions into earnest business attempts. Could it be possible to make our hobby jobs more than just a hobby? How do we disseminate this to our current and future friends and relationships? What are we trying to do? Can we do better at what we already do?

To these questions we answer with, we'll start with a new year of the DABs and 11 months of spirit tasting classes (see the schedule in this newsletter).

We'll start planning 2019 fall trips to France and expand to new destinations (Holland in the spring). We've turned *Savvy Nomad* into a full subsidiary of our new business, *The Travel Company llc*, which is a fully accredited, licensed, and insured independent travel agency. Yep, I'm not exactly sure how to do it yet, but I can book just about anything related to travel from Alaskan Cruises to Zimbabwean Safaris.

Eau de Vie is our way to communicate with you and hopefully to a broader audience too. In each edition I will have information about wine, spirits, and travel. I want to be able to efficiently communicate with you about what we've learned and what we have upcoming. This will be a monthly PDF newsletter delivered by email. It'll be free and I swear, I won't be offended if you don't want to receive it.

Honestly, this all may sound a bit crazy, and I'm not exactly sure where this will go, but if you don't start down the path you'll never learn where it leads.

So enjoy this first edition of *Eau de Vie* and if you find it worthy please consider sharing it with someone.

Happy New Year!

David Devere and Sara Duke



2019 Canal Boating Opportunities in France

Week 1: September 7-14
Week 2: September 15-22
Week 3: September 23-30

Returning to the Midi.
It's been 5 years since our last trip to the Languedoc but this sun kissed region of France is never very far from our minds.

There are multiple routes to take but first we need a crew. Options abound such as: the classic Midi cruise - Narbonne to Bezier, the Camargue and hugging the coast of Mediterranean - Port Cassafieres to Aigues Mortes toward Arles, or the Canal de Garonne - an adventure trip though the heart of Aquitaine.





2019 Spirits Tasting Classes

Practical Information:

Class starts @ 7:30pm @ 2620 E. Superior Street. Cost is \$15/pp.

Class size is limited to 20.

First come, first served.

R.S.V.P. required.

Class includes: 6 spirits, tasting cards, information, spirit specific cocktails served following class.

February 9th ~ **Tour of Scotland**. Sample a dram from the Highlands, Lowlands, Islay, the Islands, Campbeltown and Speyside. 10-15yr old bottles.

March 9th ~ **WHISKY**
Bourbon, Rye, Tennessee, Canadian, Irish and Poiten. Manhattan anyone?

April 13th ~ **Cognac**
Sample V.S., V.S.O.P., and X.O., plus Armagnac and 2 liqueurs

May 25th ~ **Brandy**
Greece, Italy, Germany, Denmark, France and Peru. Travel the world with brandy.

June 22nd ~ **VODKA**, sort of...
Taste vodka from Russia, Poland and France but also taste Baijui, Shochu and Jinro Soju from China, Japan and Korea.

July 20th ~ **GIN**, Warm weather and gin go together. Taste: London Dry, Plymouth, Slow, Genever, Raki and Herbsaint.

August 17th ~ **RUM**.
Jamaican, White, Gold, Dark, Agricole and Spiced. It may be the best cocktail base.
Party like a pirate!

September 14th ~ **TEQUILA**.
Blanco, Reposado, Anejo, Mezcal, Raicilla and Sotol.

October 12th ~ **Aquavit**.
Winter is coming. You need something to warm your bones. Aquavit will do that.

November 9th ~ **Liqueurs**
These are the strangest and the most exciting type of spirit. In this class you will either find delight or detest.

NEW YEAR AMARO

It is important when thinking about spirits to think about their base. Generally speaking a distilled spirit starts life as either a wine or a beer. That is, it starts as a fermented fruit or grain.

An Italian Amaro, or bitter, starts life with a wine base. To be more accurate, a *pomace brandy* which is a spirit made from the grape solids (pulp, skins, seeds and stems) left after fermentation and pressing. These are diluted with water and fermented into a low alcohol wine and then distilled. The Italians call this distilled spirit grappa. The French call it marc.

From the grappa base, distillers add all manner of herbs, barks, flowers and fruit. These ingredients are often bitter such as the bark of the chinchona tree which is where we get quinine.

Most Amari (plural for Amaro) were developed in the late to early 1800 to 1900's. Most were considered medicinal and all were made by trial and error. Their recipes are still closely guarded secrets.

Their curative effects are often expressed best when shared with friends and mixed with other spirits. Here are three Amaro cocktail recipes to help you feel your best in 2019.

Aperol Sprits:

Add some ice to a wine glass &

3 parts sparkling wine

2 parts Aperol

1 part splash of soda water

Garnish with a slice of orange.

Negroni:

In a tumbler with ice add:

1 oz. Campari

1 oz. gin

1 oz. red vermouth

Garnish with ½ an orange wheel.

Paper Plane:

In a shaker with ice combine:

¾ oz. bourbon

¾ oz. Aperol

¾ oz. Amaro Nonino

¾ oz. lemon juice.

Strain into a coupe glass.

