

Wine of the Month...Petite Sirah



Petite Sirah was first found growing in France in the mid-1800's. It's loved for its extraordinary deep color and full-bodied flavors of blueberry, chocolate, plums and black pepper. Despite its popularity.

Petite Sirah is an exceptionally rare grape with less than 10,000 planted acres worldwide, growing mainly in California.



What is Petite Sirah? *Petite Sirah is one of the deepest, most opaque red wines with very high levels of anthocyanin (an antioxidant). Similarly colored wines to Petite Sirah include Tannat and Sagrantino.*

Fast Facts About Petite Sirah

Petite Sirah (or Durif, as the French call it) was first discovered in the vineyards of botanist Francois Durif shortly before 1868 in eastern France (by Grenoble). The grape is a natural cross between Syrah and the even more rare:

Peloursin



Serving: A slightly cooler temperature (65 °F) will deliver more floral and mineral aromas along with Petite Sirah's characteristic bold fruit.



WINE CHARACTERISTICS

Aging: This warm-climate grape often loses too much acidity and fruit within the first 7 years to make it a contender for longer term aging. That said, a few producers (try Napa and Sonoma) have made some outstanding wines that will age 10–20 years. If you’re looking for this, check that the acidity and fruit are in balance with the tannin (they will be big, but in balance!).

Anti-Oxidants: Petite Sirah is one of the deepest, most opaque red wines with very high levels of anthocyanin (an antioxidant). Similarly colored wines to Petite Sirah include Tannat and Sagrantino.

Full-bodied red wines like Petite Sirah have high tannin (and thus bitterness and astringency) which means you’ll want to match them up with richer more fatty foods to create synergy. With its bold fruit flavors, Petite Sirah will match up nicely with bold exotic spices or herbs—*just avoid making the dish too sweet*. If there is one thing to know about pairing Petite Sirah with food, it is that the wine deserves a food as big and as bold as it is.

Petite Sirah

Characteristics of the Grape:

Full-bodied, very dark,
dark tannins,
slightly acidic,
dark plum,
blackberry,
dark cherries,
blueberry, earthy, cloves.

ACID: Medium

BODY: Medium

TANIN: Medium – High

SWEETNESS: Dry



Petite Sirah: (“Peh-teet sear-ah”)

Pairs with... Moroccan Beef Stew

Serves 6



Ingredients:

*1 T Olive Oil
1 ½ lb beef—use the small top sirloins from Costco that come four to a pack and use one of them—trimmed and cubed in ½“ squares
1 large onion, chopped
1 large carrot, peeled and chopped
2 garlic cloves, peeled and chopped fine
1 T paprika
2 t ground cumin
1 ½ t ground cinnamon
2 cups low sodium beef broth
1 15 oz can garbanzo beans, rinsed and drained
½ cup golden raisins
½ cup pitted kalamata olives
½ cup chopped fresh cilantro
2 t finely grated lemon zest*

Preparation:

Heat olive oil in heavy large pan or pot over medium high heat. Place beef cubes in pan in one layer (if needed do this in two batches in order to brown beef cubes) and sprinkle with salt and pepper. Brown on all sides, about 3 minutes per batch. Transfer to plate. Add onions, carrots and garlic and sauté for 10 minutes or until soft, stirring frequently. Add spices and stir 30 seconds; add broth, garbanzo beans, olives, raisins, and cilantro; bring to a boil. Simmer until juices thicken, 5 minutes or so. Add beef and lemon zest back to pan and stir until heated through. Serve over couscous, quinoa, or rice.