

MENU IDEAS + COCKTAILS

THE ARIEL HANDBOOK

*Real food deserves a
better tablemate.*



It's true.

**A GROWING
NUMBER OF PEOPLE
ARE COMMITTING
TO LEADING
ALCOHOL-FREE
LIFESTYLES.**

They're also looking for an alternative.

Soda, tea, juice and coffee are fine on their own, but here at ARIEL, we feel that real food deserves a better tablemate. With this in mind, we've worked to bring a safe and fun alternative beverage into your hands. Made in a sustainable winery on the Central Coast of California, ARIEL dealcoholized wines are fresh and festive, and they pair well with food. They're also healthier than traditional wines, with many of the same antioxidant qualities, but only 1/3 of the calories. And they contain only about as much alcohol as a glass of orange juice.

So, you hosts and hostesses, party planners and proprietors – for the sake of your friends and family members who can't or choose not to drink, think about serving ARIEL at your next event. We're sure your guests will thank you for the considerate gesture.

To help you get started in planning your gathering, we've put together a selection of our favorite ARIEL recipes to share with you. The menu ideas you'll find here pair perfectly with ARIEL, and all are healthy, fresh and fun!

For information on how ARIEL is made, visit us at arielvineyards.com.

WE'VE TEAMED UP WITH **GRAHAM KERR, ARIEL'S LONG-TIME AMBASSADOR**, TO HELP US COMPILE THE FOLLOWING COLLECTION OF **DELICIOUS, HEALTHY RECIPES. DESIGNED BY GRAHAM WITH ARIEL IN MIND**, THESE MODERN DISHES ARE INSPIRED BY **CLASSICS FROM AROUND THE WORLD.**

Recipes

There are literally millions of people around our world who do not like alcohol, yet delight in the remaining complex characteristics of wine: the grape variety, the casks, bottle age, color and aroma. ARIEL provides an abundance of these benefits,

but without the unwanted side effects of alcohol. This is especially important in the culinary practices that are being developed to meet the extraordinary and historically unequalled demand for lighter, more attractive and aromatic menus. In my experience over the past 22 years, there is no more appealing beverage partner for food than the ARIEL family of fine wines without alcohol.

GRAHAM KERR

Host of The Galloping Gourmet

www.grahamkerr.com





ARIEL CREAMY CURRIED CHICKEN BREASTS

SERVES 6

You won't believe it, but this decadent South Asian specialty has only 6 grams of fat.

Ingredients

- 1 cup ARIEL Brut Cuvée or Chardonnay
- ¼ cup currants
- 1 tsp. light olive oil with dash of sesame oil
- 4 six-oz boneless chicken breasts with skin on
- ¼ tsp. salt
- ¼ tsp. white pepper
- 2 cups sliced mushrooms
- 1 Tbsp. curry powder
- 1 cup evaporated skimmed milk
- 2 Tbsp. cornstarch mixed with 2 Tbsp. ARIEL Brut Cuvée or Chardonnay
- 4 cups cooked long grain white rice
- 3 cups tiny sweet peas, slightly steamed

For the chicken

Soak the currants in the ARIEL wine for 10 to 15 minutes. Heat the oil in a skillet large enough to hold all the chicken breasts. Lay the breasts in the hot pan skin side down; sprinkle with salt and pepper and fry until browned, 3 to 4 minutes. Turn, brown the other side about 3 minutes and remove from pan. Pour off most of the pan juices, leaving a moist base. Toss in the mushrooms and cook until they start to give up their liquid. Add the curry and pour in the ARIEL wine with the currants. Remove skin from chicken, return the chicken to the pan, cover and simmer for 20 minutes.

For the sauce

Set the chicken breasts on a warm plate and pour the evaporated milk into the pan and stir well. Now add the slurry (cornstarch and Brut Cuvée or Chardonnay) and heat to thicken.

To serve

Coat each breast with sauce and mushrooms. Pour the rest of the sauce over the hot rice, and add the peas. Pair this with a cool glass of ARIEL Blanc, or our spicy Thai-Basil Faux-jito from the cocktail section!

NUTRITIONAL PROFILE (PER SERVING)

Calories	581
Fat (g)	.6
Saturated Fat (g)	.1
Calories from Fat	.31%
Cholesterol (mg)	.65
Sodium (mg)	374
Fiber (g)	.9
Carbohydrates (g)	90

Pair this with a cool glass of ARIEL Blanc



Entrées

Entrées



ARIEL TEXAS CHILI

SERVES 6

Graham, who was raised in England, once said, "A man with an accent like mine could present a credibility gap when it comes to the development of a Texas Chili." We couldn't disagree more.

With green chilies, jalapeños and plenty of cayenne pepper, this Southern special ain't for the faint of heart.

Note: Some are tempted to leave out the cocoa. Don't you dare!

Ingredients

- 1 ½ tsp. non-aromatic olive oil
- 8 oz bottom round cut of beef, finely diced
- 2 oz turkey thigh, finely diced
- 1 onion, cut into 4 pieces
- 10 ¾ oz can tomato purée
- 2 jalapeño peppers, chopped
- 1 four oz can diced green chilies
- 1 tsp. ground cumin
- 1 tsp. diced oregano
- ¼ tsp. cayenne pepper
- 1 Tbsp. cocoa

- ¼ tsp. salt
- 1 ½ cups ARIEL Cabernet Sauvignon
- 1 ½ cups beef stock or water
- 3 cloves raw garlic, peeled & chopped
- 1 Tbsp. cornmeal
- 1 ½ cups cooked brown rice
- 3 cups canned pinto beans, rinsed & drained

To prepare

Mix 1 tsp. oil with the diced beef. Brown. When it's browned, about 2 minutes, add the turkey and continue cooking 2 more minutes. Tip out onto a plate. Heat the remaining oil in the unwashed pan, and sauté the onion until it starts to wilt, 2-3 minutes. Add the jalapeños, diced chilies, cumin, oregano, cayenne, cocoa and salt. Cook for 1 more minute. Pour in the wine, tomato purée and stock, bring to a boil, reduce the heat and simmer for 20 minutes longer. Stir in the garlic and cornmeal. Cook 3 or 4 minutes, or until the chili thickens.

To serve

Divide the rice and beans among 6 hot bowls. Ladle the chili over the top. Enjoy this with a glass of ARIEL Cabernet Sauvignon, or our signature Cali-Mo-Faux from the cocktail section!

NUTRITIONAL PROFILE (PER SERVING)

Calories	313
Total Fat (g)	5.5
Saturated Fat (g)	2
Calories from Fat	15.8%
Cholesterol (mg)	27.5
Sodium (mg)	857.5
Fiber (g)	10.1
Carbs (g)	42.3
Protein (g)	21.8



Enjoy with ARIEL Cabernet Sauvignon

ARIEL TERIYAKI SNAPPER WITH SUNOMONO SALAD

SERVES 4

This versatile dish from ARIEL Ambassador Graham Kerr is fresh, colorful and quick. While designed for snapper, it can be substituted with grilled chicken, tofu or any variety of fish. This recipe, which calls for a healthy pour of our refreshing ARIEL Blanc, is as versatile as they come! Choose whatever meat you like, and serve this with any old vegetable. Graham recommends spinach; we recommend anything green, local and in-season.

For the teriyaki

- ¼ cup ARIEL Blanc
- 2 Tbsp. low sodium soy sauce
- 1 tsp. chopped garlic
- 1 tsp. grated fresh ginger
- 4 six-ounce red snapper fillets (or chicken/any fish)
- 1 tsp. toasted sesame oil

For the salad

- 8 ounces Chinese noodles
- 3 Tbsp. rice vinegar
- 3 Tbsp. ARIEL Blanc

- 1 tsp. low sodium soy sauce
- 1 medium cucumber, peeled, seeded and cut in matchsticks
- 3 green onions, sliced on the diagonal
- ½ cup chopped red bell pepper
- 2 Tbsp. toasted sesame seeds
- 5 fresh mint leaves, chopped

To prepare

Combine the ARIEL Blanc, soy sauce, garlic and ginger. Pour over fish fillet to marinate for 15 to 30 minutes. While the fish is marinating, cook the Chinese noodles according to package directions, being careful not to overcook them. Drain and cool by rinsing under cold water. Stir together the rice vinegar, ARIEL Blanc and soy sauce and pour over the cooked noodles. Add the prepared vegetables, sesame seeds and chopped mint and toss to mix. Set aside to marry the flavors while you cook the fish. Heat the oven to broil. Lay the fish fillets in a foil lined broiler pan and sprinkle with sesame oil, discarding the extra marinade. Broil the fish for close to 10 minutes, but check it after 5 minutes so as to not overcook it.

To serve

Serve the broiled fish and salad on a warm plate with steamed spinach on the side.

NUTRITIONAL PROFILE (PER SERVING)

Calories	496
Fat (g)	7
Saturated Fat (g)	1
Calories from Fat	13%
Cholesterol (mg)	90
Sodium (mg)	562
Fiber (g)	5
Carbohydrates (g)	58



Enjoy with ARIEL Chardonnay, Blanc or White Zinfandel!





ARIEL RISI BISI MEV

SERVES 4

Some time ago, Graham noticed a lack of focus in vegetarian meals, often finding them to be composed of a collection of prosaic side dishes. With veggie foodies in mind, Graham designed a dish to hold its own as the main event in a meat-free meal. He called it the MEV, or Moulded Ethnic Vegetable. In this MEV, Graham throws a spin on a springy, Northern Italian classic. Try this Venetian treat tonight with a glass of ARIEL Chardonnay in hand.

Ingredients

- 2 cups cooked rice
- 12 sundried tomato halves
- 1 medium sweet onion, finely diced
- ½ tsp. light olive oil, with a dash of toasted sesame oil
- 3 cups frozen petite peas
- 1 cup chopped arugula leaves
- 1 Tbsp. chopped parsley
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- 12 large basil leaves
- ½ cup ARIEL Chardonnay
- 2 Tbsp. freshly grated Parmesan cheese
- ½ tsp. balsamic vinegar

For the MEV

Preheat the oven to 350 degrees. Soak the sundried tomato halves in hot water to cover in a small saucepan for 10 minutes and then chop into ½ inch slices. Fry the onion in the oil in a high-sided pan over medium high heat for 1 minute. Add the sundried tomatoes, and stir until the onions are transparent, about 1 more minute. Add 1 cup of the peas to the onions and tomatoes and cook for 2 minutes. Add the arugula, 1 cup of the rice, the parsley, salt and pepper, and mix thoroughly. Gently tear 6 of the basil leaves into the rice and pea mixture and leave on low heat. Spray 4 one-cup molds with vegetable oil cooking spray. Using a wet spoon, press ¼ cup of the remaining rice into the bottom and sides of each mold. Divide the rice and pea mixture among the molds and press down with the back of a ladle or large spoon. Bake in preheated oven for 30 minutes, or until heated through.

For the sauce

Cook the remaining 2 cups of peas in 2 tablespoons of water in a small saucepan for 3 minutes. Drain off the liquid and pour the peas into a blender. Add the remaining basil leaves, wine, Parmesan cheese and balsamic vinegar. Blend on high speed until very smooth.

To serve

Invert each mold onto a plate and release. Drizzle sauce around each rice mold with a spoonful on top, garnish with a basil leaf and serve with steamed broccoli and acorn squash.

NUTRITIONAL PROFILE (PER SERVING)

Calories	341
Saturated Fat (g)	2
Calories from Fat	8%
Sodium (mg)	610
Fiber (g)	14
Protein (g)	16

Pair this with a glass of ARIEL Chardonnay



Entrées

Entrées

CINNAMON APPLE FROZEN YOGURT

MAKES ONE QUART/8 SERVINGS

In this recipe, soy milk, honey and apples soaked in ARIEL White Zinfandel give this homemade frozen yogurt the perfect texture.

Ingredients

- 2 medium cooking apples (*Jonagold, Gravenstein, Winesap*) peel on, roughly chopped
- 1 cup ARIEL White Zinfandel Slurry (1 Tbsp. cornstarch mixed with 2 Tbsp. ARIEL White Zinfandel)
- ¼ cup sugar
- ¼ cup fresh honey
- ¼ tsp. ground cinnamon
- ¼ tsp. vanilla
- 1 cup yogurt
- ¾ cup 1% soy milk

To Prepare

Cook the chopped apples with the wine over medium heat until the apples are very soft and the liquid is almost gone, about 25 minutes.

Push through a strainer. Return the strained puree to saucepan, stir in the slurry, and heat to cook the cornstarch, 30 seconds to 1 minute. Add the sugar, honey, cinnamon and vanilla, stirring until the sugar is dissolved. Allow to cool, then set in the refrigerator to chill. Whisk the yogurt and soymilk together until very smooth. Add the chilled apple mixture and stir until well mixed. Pour into your ice cream freezer and freeze according to the manufacturer's directions. Hint: this is best served slightly soft!

NUTRITIONAL PROFILE (PER SERVING)	
Calories	109
Fat (g)	.1
Saturated Fat (g)	.0
Calories from Fat	3%
Cholesterol (mg)	.2
Sodium (mg)	141
Fiber (g)	.2
Carbohydrates (g)	23

SPARKLING MELON WITH STRAWBERRIES

The perfect touch to a weekend brunch, or as a light dessert, this refreshing concoction will impress your guests. But don't worry - we won't tell them how easy it was!

Ingredients

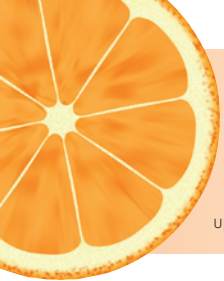
- ½ cantaloupe, peeled and cut into 1-inch chunks
- ½ honeydew melon, peeled and cut into 1-inch chunks
- 12 large strawberries, stemmed and cut in half
- 1 tsp. lime zest
- 2 cups ARIEL Brut Cuvée

To prepare

Place the fruit in a glass bowl. Sprinkle with lime zest, and pour the Cuvée on top. Chill for at least 2 hours and serve in chilled wine glasses.

NUTRITIONAL PROFILE (PER SERVING)	
Calories	72
Calories from Fat	0%
Cholesterol (mg)	.0
Fiber (g)	.9
Carbohydrates (g)	18
Protein (g)	.2





COCKTAILS: The ARIEL team recently got together for a mixology party. Together, we came up with these fabulous mock-tail recipes for you to try at home. Fun, pretty and alcohol-free, these user-friendly drinks are sure to stir things up at your next gathering!

PEARY MANILOW

This Bellini spin-off is as pure and sweet as Barry's pipes, and is best sipped late at night in front of the fire.

Ingredients

- 2 oz pear purée
- 2 oz ARIEL Brut Cuvée
- sprinkle of cinnamon

Directions

Pour pear purée into champagne flutes, and top with ARIEL Brut Cuvée. Sprinkle cinnamon over the bubbles.

Add another element: During the holidays, we loved this with a splash of Pomegranate!



ARIEL THAI BASIL FAUX-JITO

With zesty Thai basil instead of mint, we've put a Pacific spin on this Cuban classic!

Ingredients

- 4 fresh Thai basil sprigs
- 1 Tbsp. fine cane sugar
- 3 Tbsp. fresh squeezed lime juice
- 2 oz ARIEL Blanc
- club soda
- ice



Directions

In a glass, crush basil leaves, sugar and lime juice together with a muddler (or the back of a spoon) until well blended. Stir in ARIEL Blanc, and top with chilled soda and ice. Garnish with a lime wedge and a basil leaf.

For the risk-taker

What's a Thai recipe without that extra kick in the pants? For a seriously adventurous evening, try smashing in some thin slices of fresh jalapeño.



Cocktails

Cocktails

ARIEL PEACH MOCK-TINI

This pretty-in-pink refresher is the perfect companion to a Sunday brunch or a girls' night in!

Ingredients

- 2 oz peach nectar
- 2 oz ARIEL White Zinfandel
- juice from ½ of one lime
- ½ teaspoon vanilla extract
- ice

Directions

Add peach nectar, ARIEL White Zinfandel, lime juice, vanilla extract and ice to a cocktail shaker. Shake until chilled, and pour into martini glasses.



ARIEL CALI-MO-FAUX

In Spain, a Calimocho is a summertime favorite. This drink is a 50/50 mix of Coca-Cola and red wine, shared at street parties from plastic liter jugs called *minis*. While you are welcome to try this Cali-Mo-Faux in the traditional manner, we prefer it with lime, sipped from a mason jar or highball glass.

Ingredients

- Coca-Cola
- ARIEL Cabernet Sauvignon
- 1 lime wedge
- ice

Directions

Next time you are watching a soccer match, fill a glass with ice. Fill halfway with ARIEL Cabernet Sauvignon, and top off with Coke. Squeeze in a wedge of lime and drop it in. VIVA ARIEL!

Tip: These are best made with Coke that was bottled in Mexico, where they use real cane sugar instead of corn syrup!



For more recipes and cocktail ideas,
visit us online at arielvineyards.com



Cocktails

Cocktails

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