

Bahrke grinding it up with expansion of coffee business

By Tom Kelly, U.S. Ski Team

SALT LAKE CITY – Something's brewing again for entrepreneur and two-time Olympic medalist Shannon Bahrke Happe. The Lake Tahoe native, who now calls Salt Lake City home, is expanding her 3-year-old Silver Bean Coffee Company, opening a flagship retail coffee shop at the bottom of Big Cottonwood Canyon just off Interstate 215. B

Bahrke Happe, who won an Olympic silver medal in moguls skiing at the 2002 Salt Lake City Olympics, capped a star-studded career with the U.S. Ski Team last February winning bronze in Vancouver. She is the only U.S. freestyle skier in history to win two Olympic medals.



Shannon Bahrke

The Silver Bean Coffee shop was a natural extension for the Olympic medalist and her now husband Matt Happe (they were married in October). The two started Silver Bean Coffee in 2007, building a roasting business and selling Silver Bean Coffee to friends, online and through selected coffee shops at resorts around the country.

The new Silver Bean Coffee shop is at a convenient location for skiers coming and going from Big and Little Cottonwood Canyon. It's located just off Exit 6 of I-215 in the Old Mill

shopping and entertainment complex just off SR190. On ski days it's one of the heaviest trafficked roads in Utah as skiers and snowboarders head up to the Cottonwood Canyon resorts of Brighton, Solitude, Alta and Snowbird.

"The idea for Silver Bean Coffee came together over coffee with friends after a great day skiing," said Bahrke Happe. "So we wanted our first actual coffee shop to be in a location where skiers could stop by on the way up to the mountains and come back in the afternoon and share stories of their day skiing.

"Coffee is more than just a beverage, it's really a culture. And it goes hand-in-hand with the sport I love."

Always true to fellow skiers, Silver Bean Coffee has built its line of specialty roasts around other Olympic athletes with a variety of signature blends. There are 28 blends including many tied to Olympic medalists including Jeret "Speedy" Peterson, Julia Mancuso, Billy Demong and Bryon Wilson, who was on hand to try a cup of his Bryon's Bronze.

Bahrke Happe's husband and business partner, Matt, is a native of Nebraska. He came to Utah to ski, opening a highly successful bike shop (Revolution) to pass time between ski seasons. He combined with Shannon on the entrepreneurial venture which has been very successful.

The new coffee shop has a comfy, contemporary feel, friendly staff, tasty treats, and, of course great Silver Bean coffee. It really is the perfect place for skiers to stop on their way to and from a fun day in the canyons.

The two-time Olympic medalist and 2003 World Cup champion retired after last season. And while she spends plenty of time around the coffee roaster and entertaining skiers in the shop, she can also be found helping future stars in the sport she loves.

“I love people, which is one of the reasons I’m so excited about being in the Silver Bean Coffee shop here,” she said. “But I also want to help young athletes enjoy the sport like I did for so many years. So you’ll still find me coaching at the Utah Olympic Park in the summertime or up on a moguls course during the winter.”

Trek through Napa Valley offers more than wine tasting

By Laurie Brazil

CALISTOGA – The crush is fading, fall colors are stunning. Ah, a weekday in the Napa Valley. It means fewer visitors, more attention, and detailed information from the people pouring the wine.

Our short trek started on the main artery, Highway 29, with a stop at the popular V. Satuii picnic grounds, complete with a tour from the gardener of 25 years. After sharing his handiwork, he revealed that a not to be overlooked site is the recently completed Castello di Amorosa, an authentic Tuscan castle built by winery owner Dario Sattui.

He didn’t mislead us. This is a must-see medieval 12th century reproduction in a magnificent setting with eight levels, complete with moat, drawbridge, dungeon and torture chamber.



Grapes hang on
the vines in
Napa Valley
late this
year.

Photos/Laurie
Brazil

Tasting in a stone basement is often served by native Italians, with the owner seen with his German shepherd in tow among the sheep, goats and chickens.

Just down the road from Calistoga is Clos Pegase, an estate winery, with its surrounding sculpture garden that includes some of the world's greatest 20th century works of art and meticulously manicured gardens. It includes the breathtaking Cave Theater, a dramatic setting for celebrations, presentations and special events. Clos, being the French word for an enclosed vineyard, is where every wine is made from that winery's grapes. Pegase, being the French word for Pegasus, the winged mythological horse, is the background for their label.

Not to be missed is Chateau Montelena, the site and subject of the movie "Bottle Shock." A beautiful winery complete with pathways, lake, and Asian inspired sitting areas. This elegant site is quite an experience – visually and historically. Chateau Montelena produced the American Chardonnay that in the 1976 wine competition the Judgment of Paris defeated French entries in a blind taste test. This was the first time a wine from the United States had won.

Our respite and stay at The Lodge in Calistoga offered an economical visit complete with breakfast, pool, sauna, and an ideal setting in a small town with a great selection of restaurants within walking distance. The rooms are well appointed and include amenities for a complete experience. Calistoga has upped its game quite a bit since our last visit and offers many boutiques, top-notch eateries and local music.



A bit of
history at
Chateau
Montelena.

Not to be missed on the Silverado Trail is the long-standing notable Stag's Leap, with its friendly and generous staff. Their architectural creativity of the Caves and Arcade, 17th century original paintings of ancient celestial maps, and the unique sculpture of The Greeter are a few examples of the beautiful collection of artwork at the winery.

Duckhorn boasts being Wine & Spirits magazine's 2010 Winery of the Year. In the traditionally designed Estate House and outdoor veranda you can enjoy the winery's waterfowl art collection or view their unique temperature-controlled above ground cellar.

A relatively new addition to the valley, Darioush, houses a 22,000-square-foot winery; the first in America to combine architecture, design and Persian culture is a unique experience. The yellow stone used for the 16 monumental 18-foot freestanding columns was quarried near the region of

Persepolis and exported to Turkey and Italy for cutting and tumbling before it reached the Silverado Trail in Napa. There is the feel that you're in the middle of distant lands and exotic locations.

Black Stallion, a more modern looking facility, became the latest addition to the small collection of wineries in Napa Valley's newly designated Oak Knoll District in July 2007. Located on the grounds of a historic equestrian center, a spectacular sculpture of a black stallion in motion is positioned at the entrance.



Hot air balloons offer a 360-degree view of the Wine Country.

The coup de gras remains St. Helena's ever-constant Rombauer, not only some of the best Chardonnay but a true class act in their presentation and engrossing staff. Our host, Jim, was knowledgeable and his enthusiasm to share his insight was paired with a true admiration and closeness to the family. Irma Rombauer was the renowned author of the book the "Joy of Cooking" one of the United States' most published cookbooks, having been in print continuously since 1936 with more than 18 million copies sold.



Rombauer on
the Silverado
Trail.

Hence, the Rombauer family's winemaking philosophy-to create a wine that complements the joy of good food as well as it complements the joy of good company. Though a tasting fee is now the par at most Napa establishments, at Rombauer their glasses are included in a beautiful gift bag and their wine is packaged in a cloth embellished carrier. The grounds afford rustic pathways with over one hundred varieties of plants and flowers that accompany sitting areas for picnics with whimsical metal sculpture throughout.

Breathtaking views abound at every juncture – sweeping landscapes, picturesque rolling hills planted with photo ops at every turn. Although you can indulge in a myriad treatments, world renowned food or abundant activities the valley can also be experienced as a short economical stay just a few hours from our own jewel.

K's Kitchen: Chili is the perfect winter meal

By Kathryn Reed

Tired of turkey? Tired of cooking? Still want the house to be

filled with an enticing aroma?



Chili – it's the answer to all of those questions. Yes, it will take a bit of cooking, but nothing like a Thanksgiving dinner.

This is the quintessential winter meal. And with winter having settled into Lake Tahoe it's already been served up in our house.

Sue is the chili maker. Although most of the ingredients below go into her concoction each time, sometimes there are substitutes when something isn't in a cupboard. I'll admit I like it best when she puts in a few extra dashes of the spices.

It's perfect when she starts the process in the morning and it simmers all day. The aroma gets more intense as the hours go by. As much as it's making me hungry, I stop eating. I want to save myself for dinner.

She often serves the chili with a little grated cheese on top. A dollop of sour cream would make it even more decadent. Served with a green salad, corn bread and Sam Adams makes for a perfect meal.

The great thing about chili is that it is even better the next day. And if a bowl isn't what you are craving, consider the chili as a topping on a baked potato. Another great alternative is putting scrambled eggs in a tortilla and adding some chili.

Sue claims this will serve 10, but I'm not so sure based on how many ladles we consume in one sitting.

Sue's Crockpot Chili

1 C corn (frozen or canned)
12 oz. ground beef or soy ground
1 C yellow onion, chopped
1 large can chopped olives
1 15 oz. can tomato sauce
2 15 oz. cans kidney beans
1 tomato, chopped
1 15 oz. can chili beans
2 dashes chili oil
2 dashes chili powder
1 dash cayenne pepper
1 dash salt

Throw all items in crockpot like confetti and let the celebratory mix do its stuff. Cook on high for two hours. Simmer at least four hours.

Freezing temps threaten Placer County mandarin harvest

By Bill Lindelof, Sacramento Bee

In the foothills of Placer County, people are keeping their

fingers crossed that freezing conditions don't harm the coveted satsuma mandarins.

"Say a little prayer," said Josh Huntsinger, Placer County deputy agricultural commissioner.

Temperatures were hovering around freezing Wednesday in mountain mandarin territory from Auburn to Lincoln.

The cool nights and warm days of places like Loomis and Newcastle make the fruit sweet, but sometimes very cold overnights can turn the orange fruit tasteless and dry.

With much of the crop still on the tree, there is concern that the cold temperatures will linger for too many hours.

Read the whole story

Hundreds gather to break bread at early Thanksgiving

By Kathryn Reed

Oh, the aromas. There is something so incredibly distinctive about the flavors of Thanksgiving dinner melding together. It should be bottled to be experienced more than once a year.

Spilling onto the sidewalk was a line Monday night to get this meal.

With expectations of serving more than 300 people, the Bread & Broth crew arrived at the kitchen of St. Theresa Church in South Lake Tahoe at 10am Nov. 22. About 25 hours of prep time had gone into the meal before the nearly four-dozen volunteers

started work Monday.



Richard
Carpenter says
a lot of
people are in
dire need, but
pride doesn't
allow them to
admit it.
Photos/Kathryn
Reed

This was Michael Giordano's first year in the kitchen. Friday was all about spending seven hours chopping 47 loaves of bread for stuffing. (See recipe below.) He wanted to help make a difference in the lives of people who don't necessarily know where their next meal will come from.

"You see it in their face, they say thank you," Giordano said from the kitchen as he watched the line of people fill their plates with all the traditional fixings.

Richard Carpenter can't say enough good things about his first Thanksgiving dinner at Bread & Broth.

"This was awesome," he said scraping leftovers into a container to take home to those who couldn't make it to the meal. "It couldn't have gotten better if you made it yourself at home."

Carpenter has been coming to the Monday night dinners for

about six months. He's out of work. He's being evicted. He has no money to put gas in his truck. And yet, his brown eyes are warm and soft, seeming to contradict the harsh reality of his current state of affairs.

He's lived in South Lake Tahoe for 22 years, first coming here from San Jose to help build Embassy Suites.

Carpenter is sitting with friends – a father with his 18-year-old son. They are quiet. The teen wants to work but can't find any. The father needs meds from having had hernia surgery. He doesn't have the \$40 for the pills.

But their stomachs are full. At least this one night.

John Tussey has been in the area for 16 years. He comes every Monday for this hot meal that is served free by this nonprofit that relies on food and monetary donations from the community to keep it going.

Last year about 250 people came for the Thanksgiving meal. The need keeps growing. Not just this night, but most Mondays.

"We are seeing some new faces and some familiar faces," said Diane Weidinger, ringleader of Bread & Broth and head chef.

Dinner rolls donated from Sugar Pine Bakery sit on a baking sheet next to a massive container of homemade cranberries. Apple and pumpkin pies have arrived at a bargain price from the Barton Café. Lake Tahoe Wildlife Care has donated fruit and vegetables. Raley's had a big delivery Monday.

Weidinger only has one complaint about the dinner – the use of instant mashed potatoes.

Still, those seated at the long dining tables don't mind. Not a morsel is left on their plates.

The following is from Diane Weidinger, the force behind Bread & Broth.

I make stuffing once a year, for 300 people. This recipe is for 12 cups, a normal size amount for a family meal. Naturally, I use my Heart Rock Herb & Spice Poultry/Dressing spice blend.

Classic American Bread Stuffing Bread & Broth Style

24 slices of bread (white, wheat, multi grain mixture is the best)

1 lb. sweet Italian or sage pork sausage (a combo is nice) cooked

2 C celery ribs, finely chopped

1 C large onion, finely chopped

$\frac{1}{2}$ C carrots, finely chopped

$\frac{1}{2}$ C chopped fresh parsley

$1\frac{1}{2}$ T poultry seasoning

1 tsp salt

$\frac{1}{2}$ tsp pepper

$\frac{1}{2}$ C dried cranberries

2 large eggs, beaten

$\frac{1}{4}$ lb. (1 stick) unsalted butter, melted

$\frac{1}{2}$ C warm chicken broth and water

Cut bread into 1-inch pieces (it cuts easier if slightly frozen), toast on a cookie sheet pan in a 300 degree until dry, take care not to burn them. Sauté, using some of the sausage fat along with butter, the onions, celery and carrots until soft, starting with the celery and carrots first as they take a bit longer than the onions. Mix the bread, cooked sausage and vegetables, poultry seasoning, salt/pepper, and

cranberries in a large bowl. Tossing with clean hands works the best. Drizzle the eggs over the bread mixture and toss again. Mix the butter and chicken broth together and drizzle over the bread mixture. Continue to add warm water, a little at a time, until the stuffing is moist and just holds together when lightly pressed between the palms of your hands. Turn into a buttered baking dish, cover and bake for 45 minutes or until hot through (325 degree oven). Take off foil the last five minutes for a slightly crusty top.

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Wine tasting event is more than just sipping the grape

By Kathryn Reed

STATELINE – What do more than two dozen wineries, a brewery, a coffeehouse, a bakery and more than a dozen restaurants have in common?

They were all in one room on a recent Friday pouring beverages and dishing up food to hundreds of supporters of Soroptimist International of South Lake Tahoe's at the service club's annual wine tasting.

I finally figured out how to have an even better time than usual and not end up needing to dry clean my outfit because it smelled like smoke. Spending the night at Harrah's Lake Tahoe, where the event was, was the solution to not enduring the cigarette stench of cabs that proliferate the South Shore.



The annual Soroptimist wine tasting at Harrah's is also about food and silent auction bidding.

Photos/Kathryn Reed

We've taken a cab to this event for a few years. It's safer. I just can't seem to figure out how much I consume at this event, so I don't want to be behind the wheel. But after last year, I said I would never take a cab in this town again and even if I trusted public transit, my vanity prevents me from getting on a bus in a skirt.

After this experience, I think Harrah's and Soroptimist (and all the service groups that have events at the casinos) should offer a package for their respective events. It would help the economy and make the roads safer.

With all the restaurants and wineries in this one room, it's impossible to sample them all. But partygoers can vote on their favorite, with the winner receiving a plaque that night.

Best Restaurant went to Zephyr Cove Resort. Chef Anthony Lujan created coconut shrimp with a sweet Thai chili sauce. Best Winery went to Macchia.

All of the restaurants are from the South Shore, while the

wineries hail from throughout California, including El Dorado, Sonoma and Napa counties, as well as the Paso Robles area.

The vegetarian options are always scarce, so I tend to eat a big lunch before the event. But a nice surprise this year was the abundance of bread Sugar Pine Bakery brought. I had my share and a few other people's.

It's one of those nights where conversations never seem to be completed because just as you get started talking with one person someone else you know walks up. That's also the fun part of the soiree – catching up with people who you haven't seen in a while, hanging with friends, and seeing business associates in a different context.

The thousands of dollars raised from sales of the \$65 tickets, multiple silent auction tables and raffle goes back to the community to projects helping women and girls. Here are some of the recipients who have received money from SISLT.

I always find it interesting when people who are the high bidders say they "won" the silent auction item. I took my "winnings" up to the comfy room, thinking more wine was needed.

Housekeeping at Harrah's graciously brought up a wine opener. Apparently we had had our fill because neither of us could finish another glass.

The sweet potato fries are worth ordering from room service to help absorb the wine. (I have a French fry problem; some may call it an addiction – but that's another story.)

It had been several years since I had stayed at Harrah's. The room was much nicer than what I had remembered – tastefully decorated and spacious – with a partial view of Lake Tahoe. Sunrise hitting the mountains beyond MontBleu was something I don't see out my bedroom window.

Four things that are somewhat minor but scored major points with both of us were: 1) not being able to smell smoke when stepping off the elevator, 2) having a thermostat that was accurate, 3) a heating system that is silent, and 4) having a shampoo-conditioner-soap dispenser instead the wasteful tiny plastic bottles.

The next morning meant needing to go out for breakfast. We walked over to Heavenly Village to eat at Driftwood Café – our first time to do since it moved from the other side of the street. It was as good as we had remembered.

The breakfast-lunch eatery has some different things than other restaurants in the area – like quiche, ugly fries (grilled potatoes, green onions, mushrooms with melted cheddar), as well as Bloody Mary's and carafes of mimosas.

I had the Huevos Del Driftwood (\$8.95), but probably could have gotten the half order. Sue had the Basic American Fare (two eggs, potato pancake or home fries, toast) for \$7.25. Javier was an incredible waiter – try too sit in his section.

Staying the night at Harrah's made for the best Sorooptimist wine tasting event yet. This could be habit forming.

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Caffeinated alcoholic drinks to be pulled from shelves

By Matt Kawahara, Sacramento Bee

Stephanie Lake has seen the effects at UC Davis – students hospitalized after consuming high-octane alcoholic drinks that

contain caffeine that masks how drunk they're getting.

Lake, who coordinates the university's alcohol intervention services, has been warning students that so-called "blackout in a can" drinks like Four Loko are too dangerous to drink.

"They need to take it off the market," she said.

That will start happening.

The federal Food and Drug Administration said Wednesday that adding caffeine to alcohol is "unsafe" and gave the four manufacturers of the beverages 15 days to either stop using caffeine in their products or stop selling them entirely.

Caffeine, health officials say, hides the effects of the alcohol and prevents people from realizing how intoxicated they really are.

Read the whole story

Tribute dinner for chef Paul Abowd

The Paul Abowd Tribute Dinner is a culinary love note to a man who has owned myriad Northern Nevada restaurants since the 1950s and is still manning Reno's Stone House Café kitchen.

At this gastronomic Super Bowl, Abowd and fellow diners will be feted by chefs like Gregg Carano of the Eldorado, Jorge Flores, the Stone House Café; David Silverman, Silver Peak Brewery; Craig Rodrigue, Truckee Meadows culinary arts program; Troy Cannan, from Lulou's and the Eldorado, and of course the ringleader Charlie Abowd. Each chef will have a

chance to speak about their thumbprint on the menu and their relationship with Paul Abowd.

Adding to the feel-good vibe of the event is its non-profit beneficiary, The Greenhouse Project. Its mission is to establish and operate a community-based greenhouse using renewable energy sources and ecologically sustainable growing methods. With a focus on environmental stewardship, it will provide educational and vocational opportunities for students, youth groups and special needs individuals. It will also provide year-round organic produce to agencies serving low-income Carson City residents. For more information, go to carsoncitygreenhouse.org.

Event Details:

* Paul Abowd Tribute Dinner will feature a seven-course dinner with each course prepared by a different chef. Adele's Anthony Kingland will match the wines. The dinner will highlight Nevada sourced produce, wine and meat.

* When & Where: Nov. 21 at 5pm at Eldorado Hotel and Casino, Reno.

* Tickets: Tickets are \$150 per person and are available at the Stone House Café, Adele's Restaurant and Lounge, J's Old Town Bistro, Lulou's, Silver Peak Brewery and the Cracker Box. For more information, call Adele's at (775) 882.3353 or the Stone House Café at (775) 284.3895.

* Menu: Visit the website for a complete menu.

Sierra foothill wineries unite to have louder voice

By Chris Macias, Sacramento Bee

There's a new wine association brewing in them thar hills. Make that the Sierra Foothills Wine Alliance, an association that covers approximately 800 square miles of wine country ranging from the counties of Calaveras to El Dorado and Amador.

All of these areas already have respective associations to promote wine tourism and all throw events to draw the wine-drinking masses. But the competition around California's wine areas can be tough, so in a tough economy, banding together might be the best strategy for the Sierra foothills.

"The producers here in our neck of the woods are mostly family-owned and -operated," said Beth Jones of El Dorado County's Lava Cap Winery and president of the El Dorado Winery Association.

"It's difficult to get a foothold in the market against the larger corporate entities and fight for shelf space. The understanding is that we have lots of small voices that need to band together and be heard."

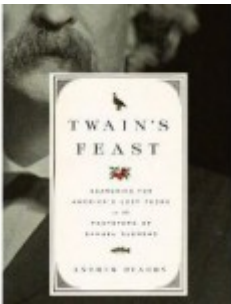
Read the whole story

Book details Twain's 'eat

local' mantra

By Stephanie Fosnight, OakPark-Leaves

If you thought the “eat local” mantra was just the latest foodie fad, then think again. While traveling Europe 131 years ago, Mark Twain pined from abroad for the local flavors of America, flavors that – thanks to the twin revolutions of industry and the railroads – were already on their way out.



“He talks about how the hotel food in Europe is dry, tasteless and stingy. When he talks about American food, it’s always this fresh, vibrant, alive food; things you could have from the garden, often things that were really local,” said Andrew Beahrs, author of *Twain’s Feast: Searching for America’s Lost Foods in the Footsteps of Samuel Clemens*.

The idea for *Twain’s Feast* came when Beahrs was reading Twain’s travelogue *A Tramp Abroad*, a memoir of the famous author’s 1879 travels through Europe. When Beahrs stumbled upon a “fantasy menu,” an 80-item paean to American food that Twain created while abroad, Beahrs knew he’d found a book that was not only historically interesting but also pertinent to the current food debates.

In his menu, Twain lovingly references such dishes as “Illinois prairie chicken” and “trout from Tahoe Lake.” These highly local references made Beahrs, a food writer who also authors historical novels, sit up and take notice.

Read the whole story