

Carson Valley Inn recognizing veterans

The Carson Valley Inn is serving a free spaghetti lunch to all veterans and active military – plus one guest – on Veterans Day.

The event will be in the valley ballroom from 11am-2pm.

Present military ID for entrance. Don't have your ID? Tell the inn about your service to our country and they'll welcome you anyway.

This is the sixth year for the Carson Valley Inn's free Veterans Day spaghetti lunch, which includes fresh tossed salad; spaghetti with choice of marinara sauce or Bolognese; garlic bread and assorted cookies.

The Carson Valley Inn is on Highway 395 in Minden.

Truckee craft beer industry dates to the 1800s



Lake Tahoe's Boca Brewing in the 19th century shipped its lager worldwide. Photo/Truckee Donner Historical Society

By Jay R. Brooks, San Jose Mercury News

We think of Lake Tahoe as a major tourist destination, famous for its ski slopes and deep, blue water. But in the 19th century, this region was prime mining territory, mined for gold and silver – and the lumber needed by growing settlements throughout the West. The area's first breweries sprang up to satisfy those early fortune seekers.

The earliest of those breweries was probably Truckee's St. Louis Brewery, which was also known as Grazer & Stoll. It began its 14-year brewing stint in 1874, the same year that saw the opening of the Paul Menk Brewery & Saloon. Think of it as an early brewpub, or at least a bar that served its own beer.

The short-lived Truckee Brewing Co. – which began as Kielhofer & Woods – opened in 1896, followed by the Eureka Brewery, which ran from 1899 to 1911.

Read the whole story

Wolfdale's chef publishes cookbook

By Mary Orlin, Bay Area News Group

After 38 years, Tahoe City's Wolfdale's is a dining institution. When the restaurant first opened in Homewood, chef Douglas Dale's mix of Japanese, Italian and California flavors was revelatory.

Now Dale has chronicled his culinary journey and the evolution of his restaurant, which moved to Tahoe City in 1986, in a new cookbook "Wolfdale's Cuisine Unique" (Wolfdale's Publishing, \$35). Among the chef's charming tales: Dale credits being a "cookie passer" in his New York kindergarten class with his career inspiration. And his fascination with Japanese culture and cuisine began during a college study-abroad stint in that country.

That experience still influences Wolfdale's approach.

Read the whole story

UN expert: Junk food a human rights concern

By Michael Astor, AP

A U.N. expert says junk food is a human rights concern.

Hilal Elver, the U.N.'s special representative on the right to food, said the rise of industrial food production combined with trade liberalization has allowed large corporations to flood the global market with cheap, nutrient-poor foods that force poor people to choose between economic viability and nutrition, effectively violating their right to adequate food.

"Within the human rights framework, states are obliged to ensure effective measures to regulate the food industry, ensure that nutrition policymaking spaces are free from private sector influence and implement comprehensive policies that combat malnutrition in all its forms," she said.

Elver said that countries must go beyond simply ensuring their people the minimum requirements needed for survival and ensure access to food that is nutritionally adequate. She said that the international community is failing to meet globally agreed upon nutrition targets that seek to eradicate malnutrition in all its forms.

She said that while there were nearly 800 million people living in hunger around the globe, more than 2 billion people suffer from micro-nutrient deficiency and another 600 million people are obese, meaning nearly half the world's population could be considered without access to inadequate food.

Elver said she was particularly concerned by aggressive marketing strategies to promote junk food to children and developing countries. And she called on governments to move away from industrial food systems and embrace more sustainable

systems based on ecological balance.

“The first step is to recognize nutrition as an essential component of the human right to adequate food, reinforced by monitoring accountability and transparency,” Elver said.

K's Kitchen: Apple cider for adults

By Kathryn Reed

Sometimes even adults need treats instead of tricks.

If you like your calories and sweets in the form of alcohol instead of candy, this is the drink for you.

While drinking around lots of kids might not be the best scenario, this is a recipe to keep for the long winter ahead. This will also give you a reason to load up on cider from Apple Hill.

The problem is that it goes down way too easy.



Adult Hot Apple Cider

2 shots bourbon

4 shots apple cider

1 tsp nutmeg

1 tsp ginger

2 cinnamon sticks, optional

Bring apple cider, nutmeg and ginger to a boil. Remove from heat and add bourbon. Divide into two glasses.

K's Kitchen: Eggs in a muffin pan

By Kathryn Reed

Easy. That can be one of the best breakfasts, especially when guests are in the house.

Eggs are one of my go-to morning meals for visitors. Scrambled is the usual. But they are also boring.

Besides being tasty and different, the possibilities are endless with this recipe. Any vegetables you would put in a scramble or omelet will work here. I would pay attention to the color scheme if you are serving them to others. Presentation – it makes a difference.

The one thing I won't do again is make them in a non-stick muffin tin. One of my guests earned her keep by cleaning that pan. I was ready to toss it.

This recipe made 12 muffins. The number of eggs could easily

change based on how much other stuff you add to the tin. They tasted great as leftovers, too.



Muffin Eggs

2 C spinach

2 small tomatoes, chopped

18 eggs

Salt and pepper

Salsa, optional

Grease muffin pan. Divide spinach and tomatoes evenly in the tins. Whisk eggs, add salt and pepper. Pour into muffin tins.

Bake at 375 degrees for 20-30 minutes, until eggs are not runny.

Serve with salsa on the side.

Here's the most popular

Halloween treat by state

By Ryan W. Miller, USA Today

Candy corn lovers, you're not alone.

In a survey of more than 40,000 people around the United States to determine the most popular Halloween candies, candy corn claimed the top honors in the most number of states.

Oregon, Wyoming, Tennessee, Texas and South Carolina all picked the polarizing treat as their favorite candy.

Elizabeth Scherle, co-founder and president of Influenster, the website that surveyed its users to determine the top candies by state, said candy corn's victory surprised her.

[Read the whole story](#)

Wine history lingers on palate at Tahoe pairing



A Chardonnay to commemorate
Mike Grgich's shocking bottle
from 40 years ago.
Photo/Kathryn Reed

By Susan Wood

STATELINE – The Judgment of Paris met the approval of Tahoe at the Food and Wine Festival President's Dinner hosted by Harveys.

The four-course dinner at the casino's 19th floor restaurant aptly named 19 Kitchen Bar featured special guest Violet Grgich providing wine.

If the name sounds familiar to those of you in wine circles, it should. Grgich is the daughter of Miljenko "Mike" Grgich, a legend in Napa Valley for most specifically gaining an award for creating the best wine in the world during a 1976 blind tasting in Paris. The Chardonnay he crafted for Chateau Montelena stunned the world and placed the Napa Valley on the wine map forever.



Food and wine enthusiasts bask in the glow of a Lake Tahoe sunset Oct. 22 while tasting history. Photo/Kathryn Reed

This year marks the 40th anniversary of the infamous encounter. Think the movie “Bottleshock.”

As diners were being seated Oct. 22, it took one man less than 15 minutes to tell the others at his table about the famous wine host. Later on in the evening, he impressed others with his declaration that Pinot is the hardest grape to grow.

Grgich’s daughter, who runs sales and marketing for the family winery, was stationed up front to greet the VIP guests with a Grgich Hills Commemorative Chardonnay she had bottled for her father to mark his 90th birthday three years ago. It sells for \$93 a bottle. It is more reminiscent of what the winning 1973 Chardonnay tasted like.

Grgich explained how the Rutherford family winery founded in 1977 with Austin Hills of Hills Brothers Coffee started with Chardonnay (since her father is known as the “King of Chardonnay”) and Riesling before evolving into Petit Syrah and Cabernet.



Violet Grgich gives a history lesson to diners.
Photo/Kathryn Reed

What's her favorite varietal?

"It depends on the day and the weather," she told Lake Tahoe News.

Grgich displayed a personable, almost modest demeanor – further admitting she was surprised wine enthusiasts buy from her.

"I had no (sales) experience, but I just put the wine in front of people, and they buy it," she said.

Her belief in the product and its roots shine through.

Grgich told LTN she's "always aware" of living up to her father's widespread reputation for representing a famous winery name.



A king crab and butternut squash bisque starts the dining experience at Harveys. Photo/Kathryn Reed

She studied music at Indiana University, playing harpsichord.

“Why would you want to be in music? It makes no money,” she recalled her father saying to her. The message to return to her roots must have stuck.

“Wine was one of those things that was a part of my life every day,” she said.

The winery executive told the diners wine was such an integral part of life for her family that children were placed in the grape vats “to keep them in check.”

The audience chuckled.

Grgich grew up accompanying her father, a Vintners Hall of Fame inductee, into the vineyards and cellar at a young age. He told her stories while he was in Croatia of wanting to escape Communism and bad water. It was discovered that if one made wine to consume instead of drinking water, it tasted

better and made “the work day nicer,” Grgich told the captive audience.

Upon arriving in the Napa Valley in 1958, Mike Grgich met up with some powerful businessmen – most notably Robert Mondavi. Grgich created Mondavi’s first Cabernet in 1969, three years before joining the winery that made him famous – Chateau Montelena. The winery ended up No. 1 of 221 wines across the globe.

As diners feasted on a 180-degree view of Lake Tahoe and Chef Jason Behrendt’s culinary creations for the night amid music from a harpist, Grgich spun more stories about her father and the wine used to pair with each course.

The dinner was billed as new world meets old world.

The 2013 Grgich Hills Chardonnay was paired with a butternut squash bisque, with a butter-poached Alaskan red King Crab, Granny Smith Apple and shaved fennel in the center.

The Chardonnay was a fine complement to bisque melded with crab.

“Duck Two Ways” marked the second course. For those not necessarily wild about liver, the fig-sour cherry compote enhanced the 2011 Zinfandel.



Grgich wines paired perfectly
with the chef's selections.
Photo/Kathryn Reed

Grgich told the diners not to expect a bold Zin but reminded them this Zin was created in a European style – meant to be a lighter food complement.

“It’s not supposed to knock you off your feet. It just seduces you in a way,” she said.

The third course – the entrée – featured a venison loin, but according to a few diners, it may have been the accompanying parsnip puree that stole the spotlight. It tasted like eating vegetables straight out of the garden. The Brussel sprouts with bacon and wild mushroom slices also paired nicely with the 2007 Cabernet Sauvignon.

Thankfully, there was enough left in the glass to get a combination with the evening’s plate-licking dessert – a

chocolate and hazelnut decadence cube with hazelnut ice cream.

Popcorn disguised in the flavors of fall

By Denise Neil, Wichita Eagle

Popcorn, much like fall, is a crunchy treat.

And it's even more of a treat when you pop it up with the flavors of the season – Halloween and football-friendly flavors like pumpkin spice, peanut butter and honey, white chocolate and candy corn, Buffalo Ranch, bacon Parmesan.

We scoured the internet for the most tempting popcorn recipes for fall and found several winners. These recipes are all easy to make – some take only a few minutes to mix up – and they're perfect for Halloween parties, tailgates or even simple snacking.

[Read the whole story](#)

Revisiting Taste of Paris at Harrah's food-wine event

The seventh annual South Lake Tahoe Food and Wine Festival includes dining and tasting experiences, plus discussions and presentations by celebrated food, wine and spirits experts.

The Oct. 21-23 event is at Harrah's and Harveys Lake Tahoe.

The Grand Market Expo features dishes from Harrah's, Harveys and other Caesars Entertainment properties' best restaurants, plus top-shelf spirits and wines of Napa Valley and beyond.

The President's Dinner that Saturday features special guest Violet Grgich at Harveys 19 Kitchen. This dinner celebrates 40 years of the Taste of Paris where wine from Napa beat the best wines in the world. Grgich is the daughter of Mike Grgich, who made the wine that won Best Wine in the World at the Paris tasting.

For more information, event prices and to purchase tickets, go **online**. With the exception of The Lovin' Spoonful concert and the Farewell Champagne Brunch, patrons must be at least 21.