

Explore dog-friendly wineries in the Napa Valley

By **MICHELLE LOCKE**
Associated Press

NAPA, Calif. — You love your dog. You love wine. Lucky for you and Fido there are a number of Napa Valley wineries where you don't have to choose between the two.

Here's a sampling of wineries that welcome humans and their (well-behaved, leashed) best friends.

• **HALL St. Helena** welcomes dogs year-round and in the fall they take the wine-canine connection a step farther with Harvest Hounds, a tasting with proceeds going to Napa Humane. Reservations not required for a tasting but are required for tours plus tastings.

• **Honig Vineyard & Winery** in Rutherford has three resident dogs and welcomes other, well-behaved, canines as visitors. In fact, the bestselling book

in the tasting room is about winery dogs. Treats and water for all four-legged friends are provided. Tastings by appointment only.

• **Raymond Vineyards.** Dogs aren't just welcome at this St. Helena winery, they're feted. There's a dog "winery" dedicated to owner Jean-Charles Boisset's beloved French bulldog, named, aptly enough, Frenchie. People go inside and taste; dogs relax in outdoor shaded dog beds in the dog winery which has barrel furniture, canine portraits and a camera connected to a TV in the tasting room so owners can keep an eye on them. Water is served in burgundy-colored bowls, so it looks like wine, and the dog winery even has its own website, <http://www.frenchiewinery.com>. No appointments necessary but reservations are recommended and required for some of the more in-depth



AP Photo/Eric Risberg

Jennifer Singer sits with her dog Redford, during a visit to HALL Wines in St. Helena, Calif. July 5. For those who love their dogs and their wine, there are now a number of Napa Valley wineries where you don't have to choose between the two because canines are allowed in the tasting rooms.



AP Photo/Eric Risberg

Chris and Melissa Kassel, of Sunnyvale, Calif., do a tasting with their dog Buttercup, at HALL Wines in St. Helena, Calif. July 5.



AP Photo/Eric Risberg

In this photo taken May 31, a shelf is filled with wines and decorations inside the Frenchie Winery at Raymond Vineyards in St. Helena, Calif. The Frenchie Winery is a spot where guests can leave their dogs while they tour and do tastings at Raymond.

visitor experiences.

• **V. Sattui Winery** in St. Helena allows dogs on leash in the tasting rooms and picnic grounds. The winery also hosts an annual "Pamper your Pooch" day in May where dogs get free treats and their humans are encouraged to post pictures of the visit. No appointment or reservation necessary unless you have a group of 15 or more.

• **St. Supery Estate Vineyards & Winery** in Rutherford has treats for your dog, and the winery's outdoor patio is a great place to kick back with your favorite canine. Who knows? You may well meet "GG," winery top dog and resident CCO (Chief Cuddle Officer). Reservations not required but are recommended.

• **Odette Estate** allows leashed dogs in outdoor tasting areas. The estate features an open patio with cushioned benches and a fire pit. By appointment only. Odette Estate's sister wineries, CADE on Howell Mountain and PlumpJack in Napa, also allow leashed



AP Photo/Eric Risberg

In this photo taken May 31, Emma Swain, CEO of St. Supery Vineyards and Winery poses with GG, the CCO or Chief Cuddle Officer, outside the winery's tasting room in Rutherford, Calif.

dogs in their outdoor tasting areas.

• **Trefethen Family Vineyards** had to temporarily deny access to guests of the four-legged variety after damage from the 2014 earthquake forced the tasting room into temporary

quarters. But the popular Rutherford winery recently welcomed dogs back with the opening of "Villa Trefethen," once home to vineyard founders Katie and Gene Trefethen, now hosting tastings in the salon, sunroom and on the deck.

Reservations are required to visit the villa, but if it's midweek you can usually get in on the same day.

Want more? You can find a list of dog-friendly wineries at <https://napavintners.com/wineries/wineries-dog-friendly.asp>.

FOIL-PACK FISH TACOS

Start to finish: 30 minutes
Servings: 4

- Juice of 1 lime, about 2 tablespoons
- 3 tablespoons olive oil
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 1 teaspoon granulated garlic
- ¼ teaspoon kosher salt
- 4 fillets of Alaskan cod, frozen, about 4-5 ounces each
- 1 yellow onion, sliced thinly (about 2 cups)
- 2 sweet peppers (red, yellow, or orange), sliced thinly (about 2 cups total)

Spicy slaw topping:

- 2 cups chopped or sliced cabbage
- ¼ cup plain Greek lowfat yogurt
- 1 tablespoon mayonnaise
- ½ teaspoon chipotle chili powder
- 1 tablespoon lime juice
- 1 chopped green onion
- ¼ cup chopped cilantro
- chopped tomatoes, for garnish (optional)
- salt and pepper
- 8 corn tortillas, for serving
- Cubed avocado, for garnish

Preheat oven to 400 F. In a large bowl, mix together the lime juice, olive oil, chili powder, cumin and granulated garlic. Cut four 12-inch-by-12-inch pieces of heavy duty foil. Dip the fish into the marinade and set aside.

Toss the onion and peppers in the marinade to coat, and divide among the foil squares. Place the fish on top of the onions and peppers. Then toss the tomatoes into the marinade and then place on top of the fish, along with any remaining marinade. Close the foil up into packets, crimping the edges together.

Place on a baking sheet and bake until fish is cooked through and vegetables are tender, about 30 minutes. (Subtract 10 minutes if using fresh fish).

Meanwhile, mix together all the ingredients for the spicy slaw topping. Serve one foil packet per person, along with corn tortillas, slaw for topping and avocado if desired.

Nutrition information per serving: 402 calories; 139 calories from fat; 16 g fat (2 g saturated; 0 g trans fats); 78 mg cholesterol; 401 mg sodium; 34 g carbohydrate; 6 g fiber; 9 g sugar; 31 g protein.



Melissa d'Arabian via AP

Foil-pack fish tacos.

For healthy, forgiving cooking, try a foil pack in the oven

By **MELISSA D'ARABIAN**
Associated Press

Social media tells me that in part of the country, kids are already back-to-school. And so we are teetering between the lazy days of summer and the impending promise of crisp cool air, long sleeves and the desire to fire down the grill and turn on the oven instead.

This is the perfect time to talk about one of my favorite shoulder-season cooking strategies: the foil pack! Place thinly sliced veggies with a little marinade or vinaigrette (even store-bought will work) in a large sheet of heavy-duty aluminum foil and fold shut into a packet, pinching the edges, and this handy little guy will be equally delicious whether cooked on the grill if you have a hot fall day, or in the oven, if you're already in pumpkin latte weather.

Add some fish or chicken, and you'll have a full meal, all packaged and pretty in individual servings, a presentation which thrills dinner party guests and kiddos alike. Foil packet cooking is healthy — little fat is needed to accomplish tender, flavorful

results.

And, packet-cookery is incredibly forgiving — you (almost) can't overcook a foil packet. A few minutes extra in the oven won't ruin packet-fish like it would dry out a fillet cooked on the stovetop, grill or even just roasted directly in the oven. As a mom of four, I appreciate that kind of weeknight-meal flexibility.

Try my foil-pack fish tacos to master some of the basics, like layering the ingredients in order of how quickly they cook — the bottom will cook more quickly since it will be touching a direct heat source.

Fish tacos are an excellent summertime favorite to take with us into colder weather. I love using Alaska cod because not only is it full of healthy fats (which feed my brain, heart and make me feel full), but it's available frozen year-round. And these packets do great with frozen fish — no need to thaw before making. Happy fall indeed.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook "Supermarket Healthy."

Award-winning wines in White City started as a hobby

By **KEVIN BRECK**
for the Mail Tribune

Hobbies have a way of getting out of hand. What began 20 years ago as a home hobby for Scott Steingraber, owner and winemaker at Kriselle Cellars, has morphed into a 30-acre vineyard, winery and tasting room with stunning views of Sams Valley.

Before becoming a full-time winemaker, Steingraber was a bridge builder. His last major construction project was the Tacoma Narrows Span. Steingraber believes that building bridges and making great wine involve many of the same qualities and processes.

Like most winemakers, Steingraber believes that where he and his wife, Krisell, the winery's namesake, grow their grapes directly influences the flavor of the wine. Most of their vines are planted on the ancient bed of the Rogue River. The soil is predominantly river rock (cobbles), which retains heat and reflects it upward toward the vines, hastening new growth in the spring. Southern Oregon shares a similar latitude with some of the great wine-making regions of Europe, and Kriselle's cobbles are similar to the cobble vineyards of Chateauf-neuf-du-Pape.

It is warm at Kriselle, which permits Steingraber to grow a wide variety of heat-loving varietals, including Cabernet Sauvignon, Cabernet Franc, Tempranillo, Sauvignon Blanc, and some of the only successful Sangiovese in the valley.

Kriselle's very first vintage, a 2009 Cabernet Sauvignon, won a double gold at the San Francisco Wine Competition. Those winning ways have continued: the 2013 Di'tani — the name means "The Rock Above," the Takelma Tribe's name for the Table Rocks — won gold at the 2016 San Francisco Chronicle Wine Competition.

Kriselle will host the Oregon Wine University Sunday, Aug. 21, as part of the Oregon Wine Experience. Professor Bob Harrington from the University of Washington will lead an exploration of Oregon and Washington terroir as expressed by Cabernet Sauvignon.

Kriselle's tasting room, 12956 Modoc Road, White City, is a bit of a hike from Medford, but is worth the trip. In addition to the stunning views, Kriselle offers food and wine pairings designed to bring out the best in both. Kriselle is open daily from 11 a.m. to 5:30 p.m. During the summer, hours are extended to 7 p.m. Thursdays and Fridays. Thursdays feature live music. The winery's phone number is 541-830-8466.