

# Eat Your Wine

*Thinking outside the wine box*

By Chef Anahita Naderi



About 6 months ago, I stepped into a world of sugary, buttery goodness that took me back to my childhood days - a place that is both whimsical and delicious. Where a single bite of the chef's creation can send you down memory lane. I speak, of course, about OC's favorite Indy Bake Shop: Blackmarket Bakery.

During a recent visit to the bakery, I stumbled upon chef/owner Rachel Klemek experimenting with her new product line of wine-based baked goods. Taking advantage of being at the right place at the right time, I asked for a sample of her new creation - the Dark Chocolate Cabernet Brownie. One bite and I was hooked. The rich flavors of chocolate and wine melded together perfectly and I began to wonder how she pulled it off...

## Wine Flour

The story of a Cabernet grape doesn't end with the vintner's crush. In fact, it is the skins, after settling with the newly pressed juices, which give cabernet sauvignon its color and much of its character. But what happens to the skins and seeds (the pomace) that not only imparts flavor to the wine, but also gains flavor in the process?

When the pomace is dried and milled properly, it becomes a nutritious fragrant flour. High in iron, fiber, and resveratrol - a rich, natural, antioxidant recognized for its significant health benefits, particularly in relation to heart disease and cancer.

Not only is wine flour a healthy way to enjoy wine, it also creates a valuable

resource out of something often discarded.

Chef Rachel sources her wine flour from Vinifera For Life, the Canadian-based company that is changing the way we consume wine. Vinifera For Life is the brainchild of Certified Chef De Cuisine Mark Walpole whose natural instincts as a chef combined with Walpole's proximity to Niagara-Wine Country led to the development of this innovative product.

Currently, Vinifera For Life is working with a few chef based businesses to develop recipes ranging from baked goods to sauces that can benefit the everyday person on a multitude of healthy and flavorful levels. The company's outlook and motto with wine flour is: "Just Add It". Luckily, Chef Rachel has stashed a significant amount of wine flour at her bakery and will begin supplying OC with a dash of this powdery goodness in late August.

## Marche Noir

The Blackmarket Bakery we have all come to know and love has launched its more refined alias Marche Noir on August 19 at their premier location in Irvine. Offering three distinctive varieties (Dark Chocolate, Hazelnut, Currant & Dried Cherry) Marche Noir is proud to introduce their Cabernet Brownie. Chef Rachel Klemek plans to release many more products under the Marche Noir brand.

For more information check out:  
[www.blackmarketbakery.com](http://www.blackmarketbakery.com)  
[www.marchenoirfoods.com](http://www.marchenoirfoods.com)  
[www.viniferaforlife.com](http://www.viniferaforlife.com)