

Grove + Vine

Producer: Castillo de Canena
Region: Jaen, Spain
Cultivar: Picual
Harvest: October 2024


It is a challenge to produce world-class oil amidst a sea of cheap swill. But from the quiet and unspoiled hilltop village of Canena, Paco and Rosa Vaño seamlessly fuse quantity with quality, tradition with innovation. They promote biodiversity by reforesting with seventeen different trees and thirty five beehives, compost with sheep manure, generate 2400 tons of biomass to reduce their carbon footprint and collect rainwater from a 500,000 cubic hectometer dam to irrigate their trees.

Jaen is the largest human planted tree forest in the world. Sixty million olive trees produce 20% of global olive oil production. Its landscape is dominated by the cuspidate Picual olive, stemming from the word Pico meaning pointed. There is also Arbequina, Cornicabra, Hojiblanca and the rare Royal olive scattered akimbo throughout the vast and disparate landscape.

We've obtained the cream of the crop - a first weeks harvest Picual oil with distinct undertones of green tomato leaf. The olives are cold extracted when 85% lemony green at 18 degrees Celsius to preserve their volatile aromas and polyphenols. Early harvest oils were reserved throughout antiquity to nobility as they produced lower yields while packing a vibrant punch of fresh herbs, pleasant bitterness and an elongated spice. The cause of this spicy peppery sensation - considered an attribute of high-quality olive oil - is oleocanthal, a natural phenolic compound that has both anti-inflammatory and antioxidant properties. Best utilized in raw form when the intent is for the oil to cut through and brighten up the dish, pairing well with soups, beans, vegetables, grilled seafood or meat, and even desserts, such as dark chocolate or vanilla ice cream.

Castilla - La Mancha is a winemaking zone just a stone's throw north of Jaen. It is Spain's largest area for wine production. Producers focus on indigenous grapes Bobal, Tempranillo, and Monastrell to craft a variety of interesting red wines that offer great value and quality.

Spain is one of the few European countries that use American oak barrels for wine maturation. The results are aromas of coconut, dill, and lanolin in the finished wines. French oak, on the other hand, tends to impart stronger aromas of vanilla and cream into the finished product. For a unique take on Spanish wine, look for wines made from Monastrell. The wines are powerful, intense, and brooding, with rich fruit flavors and tannic finishes - ideal for winter's fare of braised meats, heavy soups, and rich cheeses. Seek out producers Bodegas Juan Gil, Lavia, and Finca Bacara.



Nicholas Coleman
Oleologist



Dan Amatuzzi
Wine Guy

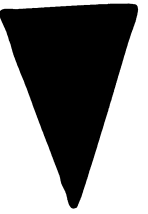
Store in a cool dark environment. Best before May 2026. Watercolor by Joseph Agresta. Illustrated by Rachelle Reichert. Layout design by Nicholas Prior.

All members are entitled to additional bottles at discounted prices, pending availability. Log in with your credentials at www.groveandvine.com and your member discount will automatically deduct at checkout. Take care of each other out there.

The Coleman Collection #37
www.groveandvine.com



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OLIVE OIL + BLUEBERRY + YOGURT PANCAKES

Roman pancakes originated in the fourth century utilizing olive oil as a key ingredient. Baking soda, which was developed in 1801, makes these beloved cakes fluffy. Adding yogurt provides a pleasingly tart quality. Always finish with the best real maple syrup you can find. We use tiny frozen blueberries, but in season fresh work just as well. Or, for plain cakes, omit the blueberries.

Ingredients: All-Purpose Flour, Extra Virgin Olive Oil, Yogurt, Milk, Eggs, Blueberries, Vanilla Extract, Baking Powder, Salt, Honey, Maple Syrup

1. Sift $1\frac{1}{2}$ cups of all-purpose flour into a large mixing bowl. Add two teaspoons of baking powder and a pinch of salt.
2. In a separate large mixing bowl, add $1\frac{1}{4}$ cup of milk and a half cup of yogurt. Stir to combine ingredients. Then add one teaspoon of vanilla extract and two teaspoons of honey. Mix thoroughly.
3. Next, in a separate small mixing bowl, break one medium-sized egg and whisk vigorously. Combine with the yogurt/milk mixture. Continue to whisk to incorporate the egg into the mixture.
4. Add to this mixture two tablespoons of extra virgin olive oil. Stir to combine.
5. Slowly add the flour, a small amount at a time, into the milk/yogurt mixture. Continue to whisk for a few minutes until the flour becomes seamlessly integrated into a loose yet stable pancake mixture. Set aside covered in the refrigerator and let rest for 10-15 minutes.
6. In a cast iron skillet (or thick bottomed pan), set the heat to medium. Using a paper towel, gently disperse the olive oil to form a very thin even coating on the bottom.
7. Remove the mixture from the refrigerator and add to it $\frac{1}{2}$ cup of blueberries. Lightly incorporate the blueberries into the dough.
8. Using a spoon, place the dough on the cast iron pan and make a circular pancake to your desired size. Don't touch it! Let it cook for 2-3 minutes, or until the bottom gets browned and the edges slightly crusty. Flip it to finish it off for the last minute or so and then take it to the plate.
9. Drizzle extra virgin olive oil and maple syrup and dig in!

Thank You

