

Ep 42 Grower Champagne with Bubbledogs Founder Sandia Chang

 Sat, 1/9 8:50PM  53:56

SUMMARY KEYWORDS

champagne, grower, wine, wines, people, bit, vineyards, taste, drink, sandia, terroir, marques, wine lover, favourite, chef, restaurant, grand, grapes, realise, producers



SPEAKERS

Janina Doyle, Sandia Chang



Janina Doyle 00:07

Welcome to Eat Sleep Wine Repeat, a podcast for all you wine lovers, who, if you're like me just cannot get enough of the good stuff. I'm Janina Doyle, your host, Brand Ambassador, Wine Educator, and Sommelier, so stick with me as we dive deeper into this ever evolving wonderful world of wine. And wherever you are listening to this, cheers to you.



Janina Doyle 00:30

Hello to all my wine lovers. Welcome back to another episode. We are about two weeks away from Valentine's Day. And of all the wines in the world that get opened up something with a little bit of bubbles tends to be a favourite, so this episode I'm joined by the amazing Chef turned Sommelier Sandia Chang who has an impressive CV anyway. Currently is the owner with her chef husband of Bubbledogs in London. Now Bubbledogs is a gourmet hot dog restaurant with grower champagne and a little curtain at the back taking you to a Two Michelin star called Kitchen Table. Now Sandia is incredibly passionate about grower champagne and it's since 2012 Bubbledogs has been around with that 100% grower champagne list. So who better to talk to us about grower champagne, some stories, flavours, what it is, you're going to hear all about it in a moment. However, before we do that I'm going to touch on Grand Marques. The Grand Marques such as Moët & Chandon, for instance, that so many of us are used to when we think about champagne, so you fully do understand the difference between a Grand Marques and grower champagne.



Janina Doyle 01:49

So the term Grand Marques actually translates to great brand. And to understand a little bit more why there are certain champagne houses using the term Grand Marques, we need to go back a little bit into history. This started back in 1882 as a way to protect the heritage and maintain a prestige to these champagne houses. So originally, there were 24 Grand Marques. Now there's around 100 but the 24 are still super well known. Now I'm gonna read them all out. And I wonder how many of them you actually know, so here we go: Moët & Chandon. Obviously, Charles Heidsieck, Heidsieck & Co Monopole, Krug, Louis Roederer, Lanson, Pommery, GH Mumm, Taittinger, Piper-Heidsieck, Ruinart, Laurent-Perrier, Veuve Clicquot, Billecart-Salmon, Gosset, Pol Roger, Perrier-Jouët, Salon, Joseph

Perrier, Mercier, Ayala, Bollinger, Canard-Duchêne, and Deutz. Now, how many of them did you know? It's interesting when you think about brands around the world, maybe you can't name many wineries, but yet with champagne houses, these Grand Marques, they have done such incredible marketing that whether you are an enthusiastic, hardcore wine lover, or somebody that likes to drink a little bit of champagne around Christmas, you probably are very well aware of the majority of those champagne houses on the list. Now I asked you how many grower champagnes can you name? Well, if you said zero, I think you'll be siding with the majority here. And that is simply because grower champagne doesn't have the marketing budget, like any of the Grand Marques, and also the production is miniscule in comparison. And that's because on average, a grower has around two hectares of vineyards. And that's it. If you are buying a grower champagne, this is very hands on production, think of it very much as farm to table and the wines come from a specific site. So you get that authenticity of place. Now if you compare that to a Grand Marques, they only own a certain amount of vineyards, maybe 50 hectares, maybe 100 hectares, but not enough for the amount of production that they have to do. So they're constantly buying grapes from the growers. And it's very normal that when you drink your Grand Marques champagne, they are from hundreds of different vineyards and simply with a Grand Marques it has to be consistent, year in year out. So maybe you prefer that or maybe you want something specific to site, specific to a winemaker and that you know will be different from year to year. Well, whatever you prefer. If you happen to have a bottle of champagne just flying around, crack it open now, we're going to get to the chat with Sandia Chang and we're going to hear directly from her why she adores grower champagne.



Janina Doyle 04:56

Thank you so much, Sandia. I'm so excited to talk about grower champagne, which I hear is something you're a little impartial to.



Sandia Chang 05:03

Yeah, thank you for inviting me. I love talking about grower champagne. So this is perfect.



Janina Doyle 05:07

Uh perfect platform for you just to go and tell us everything. Okay, do you know what? I'm going to go into a little bit of your history in a second, but seeing as we are talking about grower champagne, what is it for you that has hooked you? What is it that you love about grower champagne?

S

Sandia Chang 05:20

I just think there's so much personal connection to the person who's actually making the champagne. I always tell people this, this little story about I grew up in Saudi Arabia where alcohol is illegal and my father out of desperation used to make wine in our bathroom, you know. He would go to the supermarket and buy grape juice like just normal bottled grape juice and like a home kit for wine. And he would just like ferment in the bathroom. And I just remember tasting that wine, it was so awful, which now i i think back I'm like, how did I ever get into wine business having tasted that wine. But anyways, I sometimes I feel like when you disconnect with the person and growing the grapes or making you know, harvesting and all that, it's, the product isn't just, isn't the same, it feels a little bit soulless. Sometimes I feel with big houses, not to say they're bad because some big houses are great. It just lacks that little personal connection to the person who's actually growing the grapes.

J

Janina Doyle 06:17

Yeah, I understand. And so in terms of the fact that this is a bit more about a wine with a story, I guess, what is your definition of grower champagne?

S

Sandia Chang 06:27

It is for me all about the person who's there from the beginning to the end. So grower champagne: The person who makes the champagne is also the person who prunes the vines, who you know ploughs the land and harvest the grapes, all the way till, even some people still label the champagne bottles by hand for you.

J

Janina Doyle 06:45

That's pretty special. Yeah, I totally agree. Now let's go into your journey. You actually started with cheffing, right? So it was actually food that maybe took you down this route first?

S

Sandia Chang 06:55

I actually started in front of house management. My degree in university was Hotel and Restaurant Management. And then after I graduated, I had this you know, like all early 20s. You know, I don't know what to do with my life.

J Janina Doyle 07:08
Quarter life crisis. Yeah, had one of them.

S Sandia Chang 07:09
Yeah. And I was like, I want to be an artist. I want to express myself. So then I was like, well, I love food and wine. So I was like, maybe I'll be a chef. So I went to culinary school in America, the Culinary Institute of America, in Napa Valley. And it was there that I learned to become a chef. And also, while I was attending night classes, I would go do tastings around, you know, there's plenty of places to taste wine in Napa Valley. And I learned a lot about wines then. But I'm still on this track of becoming a chef. And during that time, I don't know if many of you remember it was you know, when the naked chef was out? Jamie Oliver was this you know, famous chef. And then there's like, you know, Emeril Lagasse and all these like TV chefs, and Gordon Ramsay was coming out and I was like, wow, this is a cool life. And then I, I moved to New York and to chase my dream...

J Janina Doyle 07:21
Of being a celebrity TV Chef?

S Sandia Chang 08:02
Well shortly, very, very shortly after I realised that being a chef wasn't that glamorous at all. It was, it was hard work. The pay wasn't great. The competition was intense. And especially in New York City. It was, it was just a really, really hard life. And I and I also realised that to become a great chef, you need to be obsessed with food obsessed with the chef world. And for me, I love restaurants as a whole. I love people. I love wines. I love the food. I just love everything about the restaurant business. And so I was like, there's no way I could be crazy like that and become a chef. And that's, and that's how I I turned my career around back into front of house and wines and whatnot.

J Janina Doyle 08:42
Well I imagine you did a stint working at Noma in Copenhagen. Their wine list must have been pretty incredible.

S Sandia Chang 08:50
It was. When I was at Noma. It was a very different time. I believe now Noma is much more

focused on natural wines. Okay. Back then the wine list was solely grower champagnes, Rieslings and Burgundy's. Very classic but the champagne list I still think now, that was the best champagne list ever in the whole world. It is so good and it was solely focused on grower producers and and that's really where I, I started learning about grower producers and, and a different world of champagne that I did not know when I was working that Per Se previously. Yeah, at Per Se it was all about the big houses. Yeah. The Comtes de Champagne, the Salon, the Krug, you know.

J Janina Doyle 09:30
Yeah, absolutely. Okay, so it was Noma that created this grower champagne excitement within you.

S Sandia Chang 09:36
It was and I still think now like I work very closely with with the producers in champagne and I still get very envious because most of their allocations go to Scandinavia, and I just get so upset. I'm just like, why?

J Janina Doyle 09:48
So that's the biggest market for growers champagne?

S Sandia Chang 09:52
Well, three, three of the biggest markets are Asia, especially Japan is up there in the top three. Italy believe it or not is in the top three and Scandinavia.

J Janina Doyle 10:02
That's fascinating. I mean, I wonder what your opinion is of this. I was looking at some figures back in 2010, there was only 2000 growers making wine, whereas now it's 4000. We've doubled in 10 years. So do you feel that certainly in England that were much more receptive? How do we fit in terms of levels compared to say, Japan or Italy? Do you know?

S Sandia Chang 10:25
We're nowhere close to them and I feel it when I'm trying to beg for allocations, you know. And, and I go and see their wineries and I see them, you know, pallets getting ready to shipped off, and I'm like, where's England? It's just a little tiny pile in the corner. Like, okay,

well, you know what, when did I open Bubbledogs? Like eight years ago. When I opened Bubbledogs, and I remember it was a struggle. What I do is I base my research on the wine list at Noma. Okay, so I took all the producers that were on there, and I came here and I was like, this is what I want to sell. And I struggled to find half of the stuff on that list. I mean, nobody was drinking it. Therefore, restaurants weren't stocking it. Therefore suppliers aren't bringing it in. There was no interest all around.

J

Janina Doyle 11:07

Did you find it really hard then at the beginning with Bubbledogs when people were coming in? Did they know it was growing champagne? Or were they just saying, oh, Bubbledogs is hot dogs and champagne? Oh, where's my Moët & Chandon?

S

Sandia Chang 11:18

Yeah, exactly. It was very hard at the beginning. Also, I just think it was the beginning of this whole grower champagne movement here in England as well. So we did purposely open Bubbledogs as a champagne and hot dog restaurant, I knew that people not only get intimidated by champagne in general, but also are just not familiar with grower champagne. So I thought, well, how do I get them in the door? And it was this time where, you know, American food was a fad. In England, and I thought nobody will ever be intimidated by a hot dog.

J

Janina Doyle 11:49

There must be someone with a fear of hot dogs. You know?

S

Sandia Chang 11:52

I'm sure there is.

J

Janina Doyle 11:52

But no no no, in general, the majority love a good Hot Dog. Yes, we do.

S

Sandia Chang 11:56

And you know, I love champagne, with like Charcuterie and Cheese. You know, just greasy food and great, you know, refreshing, sparkling wine. And I was like, that's how I'm gonna get them in the door. And once they're in the door, I have their captive audience and then

I can tell them all about this wonderful world of grower champagne where, where majority of it is better value than big brands.

J

Janina Doyle 12:15

Well absolutely they're not paying for marketing, are they? I think that's something that people have to understand. Not always, of course, but you are most often getting a better quality product for that price point. Because they haven't, how much money do you think Moët & Chandon pays.

S

Sandia Chang 12:30

I know, for a fact that when a small business like ours opened, we got approached by a lot of big brands, and they were, you know, giving out everything, they were like, we'll build a bar for you, we'll supply you a year of free champagne you can sell.

J

Janina Doyle 12:43

A year?

S

Sandia Chang 12:43

We'll give you free glasses. Yeah, it was, the stuff they were offering was ridiculous. And it was so hard to refuse it, you know. Because to build a restaurant, everybody knows this costs so much money and when people are giving you free things. And that's why when you go out to bars, and you see you know, big Moët & Chandon over their ice bucket or over their PDR because they put in the money to help this restaurant build a private dining room, and you're like, I understand because it's free money. Right?

J

Janina Doyle 13:10

Well, well done you for resisting. Now, I have a bottle of J-M Sélèque, that you said that I should come and purchase from your Bubbleshop. So just to let everybody know, we've talked about this incredible Bubbledogs, you have created this awesome concept - hot dogs and Champagne, grower champagne, but it is no more right?

S

Sandia Chang 13:36

No, sadly, no, yeah the whole COVID situation during the lockdown last year, made it

really hard for us to survive and reopen. So we decided not to strain ourselves and reopen but to take the time and inspiration and launch our online shop which is Bubbleshop.

J Janina Doyle 13:56
So that's exciting. So it is dedicated to grower champagne so people can come and get it. And of course they don't have to come and pick up, you can also, it's all online and you can send it out. And the good news for anybody who doesn't realise is that Kitchen Table is going to be expanding. So this is your Two Michelin star restaurant which was the hidden little restaurant with, with how many seats like 15 or 20? 20 seats and now more than 20 people are going to be able to come in and taste these incredible, well you have a tasting menu, is it still going to be the same when you reopen?

S Sandia Chang 14:27
It is. It's a tasting menu and my crazy husband James decided actually eight years ago that he was never going to serve the same menu twice. So every day the menu...

S Sandia Chang 14:36
Never! So every day the menu changes and it's been like that since we opened in 2012.

J Janina Doyle 14:37
Never?

J Janina Doyle 14:43
Well yeah, if you'd like a challenge, right? If you are going to do it.

S Sandia Chang 14:47
Crazy. You know what I mean now about being a crazy chef, I would never be able to do it.

J Janina Doyle 14:51
I love that you realised I love food but I don't love it that much. But I do want to marry someone that will still cook for me every day because they love it.

- S** Sandia Chang 14:59
Well to the contrary. That's a myth. Chefs do not like to cook on their days off.
- J** Janina Doyle 15:04
Okay, actually, that's probably a valid point. You need to, you need to when he's practising in the kitchen for Kitchen Table, then, that's probably your moment when you can steal something a little bit yummy. But I always think that that's gonna be an amazing partnership. You do the wine. He does the food. If you ever do you host a dinner party. I'm pretty sure there's lots of people queuing out the door to be invited, right? Right. I am gonna pop open this delicious champagne that you've recommended me. Now let's see if I can do it nice and quietly. Let's see if we can. Wait. Well, that wasn't quite what I was going for. But to be fair, everyone likes a good pop. So, tell me about this. This is the, how would you pronounce it, Solescence?
- S** Sandia Chang 15:15
Ummm yes. I'm not great in French.
- J** Janina Doyle 15:51
Solescence? Let's go with Solescence.
- S** Sandia Chang 15:54
I tried taking French a couple of years ago, just so I could go to champagne and understand everything. And I spent most of my time, I spent most of my time like going through the lessons with one of my friends drinking champagne or wine beforehand, so...
- J** Janina Doyle 16:09
You can't remember anything afterwards. Although during that time, slightly inebriated, I'm sure you feel like you're getting the hang of it. Have you not found, speaking hmmmmm....
- S** Sandia Chang 16:18
I spoke so much. Yeah, I spoke so much French in class. But then the next day, I was like, I don't know what I said.



Janina Doyle 16:24

I, when I first got into the wine industry, I was like, no, I have to pronounce everything correctly. And you know, as I was telling you, I was a Sommelier in several restaurants in London, and you feel like oh my God, I've got to pronounce everything correctly. But then at some point, you realise, I still have the knowledge of the wine. I am English. And I can't speak Spanish, German, French, Italian. And you know, so you just put on the best accent you possibly can and hope for the best don't you? So this wine, people can buy for £33. This is actually the cheapest wine on the list, isn't it?



Sandia Chang 16:55

Yes, I think price doesn't really judge what you get. Like you said a lot of times money goes into paying their marketing departments. And so we can never judge the wine on the price that you pay for it. Sometimes you get some very amazing value wines. And when I was doing the BBC Saturday kitchen, the brief was always to go to supermarkets like Tesco and Asda to find wine to pair with the dishes and, and I found some amazing wines for like under £10.



Janina Doyle 17:24

How was your experience on the Saturday kitchen? Saturday kitchen, if you're listening, I'm still waiting to be invited to have my bit....I've always wanted to be an actress. So you can imagine falling into, well they have found me yet, I'm still waiting. But then when I fell into wine, an amazing job would be presenting wine, something like that it would be fab. So I just thought, Wow, what a cool position to be able to talk about those wines. I remember watching Saturday kitchen and you get to eat all the food that the chefs are cooking as well, don't you?



Sandia Chang 17:49

You have to actually prepare the food beforehand, during the week before the show. So you can pick the wines. Supermarkets send you so much samples, and you're home like drinking, eating. It's actually a pretty nice job.



Janina Doyle 18:01

Yeah. So how come you're not doing it anymore? Is it just you get a stint for a little while and they're like, sorry, we need somebody new.

- S** Sandia Chang 18:07
Well, when I went on, it was kind of a transition when James Martin had left Saturday Kitchen. And so they were trying a lot of things out. They were trying like rotating presenters, rotating wine presenters, and doing VTs and then not doing VTs. So they were trying a lot of things and I think Olly is now the permanent presenter.
- J** Janina Doyle 18:27
Okay, Olly Smith.
- S** Sandia Chang 18:28
Yeah. And then whenever he can't do it, they have a few sort of backup substitutes. I guess for him when he's not available, but they don't do the rotating ones anymore.
- J** Janina Doyle 18:37
That's a shame. How long were you doing it for? How many episodes were you on?
- S** Sandia Chang 18:40
Oh, I think it did maybe five?
- J** Janina Doyle 18:42
That's so fun.
- S** Sandia Chang 18:44
Yeah. So much fun, It really was.
- J** Janina Doyle 18:46
Can people google you and see you talking about your best deals under £10?
- S** Sandia Chang 18:50
I think so. Yeah. I found that Lidl's actually has the most amazing wine selection.

- J** Janina Doyle 18:55
Now do you think that? That's interesting. Very, very cool. I have to say though, actually, in between the last two lockdowns, I was able to have my family round and I thought, oh, there's six of us. I don't want to be getting out my expensive wine that's £20 plus, they're not gonna appreciate it.
- S** Sandia Chang 19:08
You hide those right?
- J** Janina Doyle 19:09
Of course. I'm not wasting them on you. So I went to Lidl's because that's where I do my weekly shop and I thought, right, do you know what, I'm just going to buy six wines. People who follow me on Instagram will have seen and there was a whole selection of wines from a Crémant sparkling to a Syrah from Chile as an example. And the Syrah from Chile, I work for Chilean wine, I'm always in favour of Chile, but it was like £8 a bottle. And it was luscious and concentrated and rich and the length was really pretty decent. And I was like if somebody told me that that wine was £13, I think I'd be like, okay, you know, it was I was pretty blown away specifically with that wine. So that's the last time I've had an experience with Lidl's and I was pleasantly surprised.
- S** Sandia Chang 19:48
Yeah, well, you should drink. Pour!
- J** Janina Doyle 19:52
Okay, getting back to this yummy wine and I thought you were gonna drink with me. But you know, I'm taking one for the team.
- S** Sandia Chang 19:56
I'm about to have a baby. So, you are gonna take it for the team.
- J** Janina Doyle 20:00
I am taking one for the team and I am going to toast to your new little one. To sleepless nights, but to wonderful joy where you look at their face and say it's all worth it. So...

S Sandia Chang 20:10
Yeah, 18 years later, I'll say that.

J Janina Doyle 20:14
Here's to the next 18 years. So for anybody wanting to know about this delicious wine, it's a really quite concentrated on the nose. It's not a delicate wine. It's got loads and loads of intensity, lots of the brioche and toasts coming through with some lovely ripe fruits. I haven't actually tasted it yet, so I should probably, do you ever find that, especially with champagne, you just spent too long sticking your nose in the glass and it's every everyone else has already like pouring the second glass. Oh God, I haven't, I haven't even tasted anything yet.

S Sandia Chang 20:43
You know, champagne is wine and you're supposed to enjoy it as wine. And you're supposed to smell it like a wine but how can you smell a wine in a flute?

J Janina Doyle 20:52
Now funny you say that I was going to ask you about your favourite wine glass for champagne, because we know in the industry that a flute, yes, the bubbles are elongated, they'll last longer. So that's why it changed from, how do they call them the coupe glasses?

S Sandia Chang 21:06
Coupe, Coupe, yeah.

J Janina Doyle 21:07
Yeah, when you put it in a lovely white wine glass compared to a champagne glass, absolutely. The nose. The aromatics come out so much more. And actually, you'll be very happy. I am drinking this in a white wine glass right now. There you go. So I pass. I have found some flutes though, that are pretty good. And they are like white wine glasses, but very small. So they kind of have the same larger rim, the opening but they still give you that kind of, they appear to be a little bit longer and so you still feel like you're celebrating, because I think it's very hard for a consumer when you're so used to champagne being seen as a toast and to celebrate it, it is this marketing. That glass. I

think it's very hard for a consumer to go, no, I'm putting it in a white wine glass. It doesn't feel as special.

S Sandia Chang 21:50

Yeah, well, we use the glass from Schott Zwiesel at Bubbledogs. And it's kind of a compromise. Like you said, it's like a in between a flute and a white wine glass. It's their vina line. It's their vina champagne flute from Schott Zwiesel. Yeah. And it's great. You know, it's for those who aren't quite ready to transition to the white wineglass, but it's still it's still great for tasting champagne.

J Janina Doyle 22:14

Yeah. Okay. Well, what about decanting because this is another thing. There are many champagnes that should be decanted and I think I would imagine that less than 1% of champagnes are decanted, because we pour it straight into a glass and we are too busy.

S Sandia Chang 22:27

We drink it too fast.

J Janina Doyle 22:28

Oh, absolutely. We don't understand how champagne should be drunk, right. I don't know about you for pouring. But I heard, this is a little tip for everybody. The best way, because champagne, of course, people may have noticed has some bubbles, is to pour a little bit into the decanter and swirl it around. So you're basically coating the glass. And then very slowly, like as if you were pouring beer because of the foam, then you pour into the decanter and because you've lined that glass with a little bit of bubbles. It actually is less foamy.

S Sandia Chang 22:58

Yes, yes that's true.

J Janina Doyle 22:59

You've heard the same thing. I say that because actually, truthfully, I don't think I've ever decanted a champagne. The truth comes out now. I know you're supposed to, but I am like everyone else, drinking it too fast.

S Sandia Chang 23:12
Yeah, I mean that's fair enough.

J Janina Doyle 23:14
It happens and it's delicious. Okay, so this beautiful wine is quite rich and intense on the nose. But the palate is super, super fresh with beautiful, beautiful lemon flavours coming through, but it's soft at the same time. I need to get back to it. Hang on. What I love about it, the concentration is very high. But actually even the body is quite light. It dances. It's got a real lift, lovely white flowers. It would be a very lovely Spring/Summer wine. It's quite pretty.

S Sandia Chang 23:44
Yes... It's a great picnic. If you ever go to Hampstead Heath, where I live, very close to Hampstead Heath. Sitting on the grass in springtime.

J Janina Doyle 23:52
Yeah, I can imagine. Oh, we just need some sunshine. I think that like the mousse is very, very soft.

S Sandia Chang 23:59
Oh yeah, he's a, Jean-Marc, the producer, he's a big advocater for malolactic fermentation for champagne. So all of his wines go through malo. I think it gives it that that extra sort of softness and creaminess on the palate, but it's still super fresh and the acidity is still that sort of bright, citrusy kind of acidity. So I think he's got a really nice balance going on there.

J Janina Doyle 24:19
I think actually, that's such a valid point. Because with champagne, the acidity is very, very high. For some people, it might be too much, but because like you're saying there's that added creaminess. It just makes it very approachable, very delicate.

S Sandia Chang 24:32
Yes, it is. People always ask me how I find producers. Like Jean-Marc Sélèque is one of the

examples of a young sort of rising star producer of champagne. I believe he's only maybe 30 now. Jean-Marc is a third generation and his family and he took over from his father in 2008 but he's quite that sort of modern generation. He learned from, he worked in Napa Valley. He's worked in Australia. And he sort of came back and sort of applied this sort of modern approach to champagne that it's not so traditional, kind of changed things up a bit. He uses stainless steel mostly where back then his dad, everything was in barrels and, you know, just make things a little bit more precise and clean.

J

Janina Doyle 25:16

It is. It's clean. It's fresh. And what I love is well, you do, obviously on the nose, I get more of this richness of the brioche and the toast. But actually, on the palate, it almost finishes with more of a like a nougat, or do you pronounce it noo-gat? Because we can't, because we can't speak French.

S

Sandia Chang 25:32

No we can't. As long as we understand each other.

J

Janina Doyle 25:35

But it is it's this lovely little nougat. And it's not just, I'm realising now, I said, lovely, like this beautiful lemons. But there is some stone fruit, there is some apricot, it's just as I think, my summary: it's creamy, it's soft, it's vibrant, and the nose is just very, very rich and lovely.

S

Sandia Chang 25:50

This is a really great, I mean, this is a sort of entry level Cuvée. This one is a blend of all his vineyards in seven different villages. So this is sort of his introduction to his house style.

J

Janina Doyle 26:03

Okay, so I have a question then because Jean-Marc is a grower, right? This is a grower champagne. However, for people who want to know about grower champagne, if you look on the back, on the label somewhere, it will have some letters, some initials, and that will let you know if it's from a grand marque, if it's from the grower. And so obviously for anybody who doesn't know if you see the letters RM, here we go the French: Récoltant-Manipulant. So obviously, that means it's a grower from the beginning all the way to the end. And if you see NM, which is Négociant-Manipulant that is more of the grand marques but interestingly enough, he's using NM on here. So is he using some grapes, I know for a

grower champagne, they have to use 95% of their own grapes, 5% could come from other places. Is he using a certain higher percentage of grapes from anywhere else?

S Sandia Chang 26:53
He is, but it's his own family. So you know how the French is when it gets divided up when the kids and the...he uses his sister's vineyards but she doesn't make wine like she wants nothing to do with the business.

J Janina Doyle 27:06
So it's official. Unfortunately, he is a grower, it is in the family. He's looking after those vineyards. It's kind of his vineyards, but legally, it's not.

S Sandia Chang 27:13
Correct, yeah.

J Janina Doyle 27:14
It's brilliant, isn't it? You try and tell people who want to understand wine more and you say, right, okay, look out for this on the label. Now you're gonna know this, now you are going to know that. Well, most of the time RM... If it's RM it's definitely a grower but there could be growers that also use NM. Just make your life a bit harder.

S Sandia Chang 27:31
They just don't make it easy, does it?

J Janina Doyle 27:33
Well, no, but now people know anyway, that regardless, RM, you definitely are going to go grower champagne. But you also know now that J-M Sélèque, Jean-Marc who's making these wines, he's a grower. So there we go. We've cleared that up so people can calm down now, okay. People were worried, people were concerned. So, tell me about going to champagne. I was supposed to go to champagne this year.

S Sandia Chang 27:56
Oh no, so was I, I was buying a train ticket. And I was getting it through a friend who hooks

me up a little bit. And a day I went to buy a ticket. He said, Did you not hear about the 14 day quarantine? I said no, I can't do that. I've got a business to run.

J

Janina Doyle 28:13

But yes, unfortunately. So we both had our trips cancelled. And that would have been the first trip to champagne for me. Yes. So I was very excited. I can only imagine from pictures and books. So tell me, tell me about your first trip to champagne. Did you go and see grower champagnes in that first trip? Or was it more than the grand marques? Okay, so tell me about that.

S

Sandia Chang 28:34

I um, funny enough. My first trip to champagne was only about a month before I opened Bubbledogs. So I had the business plan. The restaurant was about to open. You know, I've got a wine list. I've got a cellar full of champagne. And I have never been to champagne. And my first trip was a whirlwind trip. It was four days and we've probably visited almost close to 16 producers in those four days.

J

Janina Doyle 28:59

And again, people think glamorous, oh, you're visiting vineyards and trying to do four in a day and taste all the wines, learn all the information, walk around the vineyards, see the cellar...Yeah, uhhhh!

S

Sandia Chang 29:07

Yeah, I basically went down my wine list and said, you know, whoever wants to see me, I'm there.

J

Janina Doyle 29:13

Take me. So where did he go and see? What was the experience that really stays with you from maybe that first trip then?

S

Sandia Chang 29:20

Well, it's just the sort of warmness that you know, I have to admit that I always thought champagne was a little bit like Bordeaux you know, you go there. I don't want to label but

people greeted you with like suits and you know, rolled out trolleys of caviar. But they're just real people. And what was so surprising for me, which I shouldn't have assumed they weren't, that they were actually all farmers and they had grubby hands, they got soil under their fingernails, you know. They don't dress out. They're probably wearing trousers that they've worn for weeks. Instead of caviar they're pulling out old sausages from their pockets, slicing it up for you in the vineyards. And it was just so, so real. It really made you feel like it is just wine, like all this, people putting it on this pedestal, that champagne is this really high end thing and which is, you know, champagne does take a little bit more effort to make, but it is essentially just wine and people behind it are farmers and they are vineyard workers and they're just the same as the people who make Burgundy and Rieslings from anywhere.

J Janina Doyle 30:21

And I suppose you talking about grower champagne and you talking about these soil under the fingernails, you know, it is the land, isn't it? This is part of your story, the terroir, that is what I suppose has given grower champagne, that extra umph. You know, you really get to taste the land and feel a story when you taste some grower champagne. These are vigneron. These are people...

S Sandia Chang 30:40

They are, yes, they definitely are. And also one of the most surprising thing about champagne is that the whole environment is very boring there. Well eight years ago now there was nowhere to eat. Like in between those 16 tastings we ended up in like McDonald's or like supermarkets, there is nothing there. And majority of the region of Champagne is agricultural land. It is very flat. It's not like the Rhone Valley or, or Mosel. Or, you know, where you get beautiful sceneries of mountains and rocks and, no, it's just flat pretty much flat land. And it's quite big as well. I mean, there's the region, the Aube, down south, which is part of champagne, but it's actually closer to Burgundy. It is yeah, it's closer to Chablis. So in order to drive there from Epernay, which is the most, I guess the other big capital of Champagne, is about almost an over an hour drive from Epernay to the Aube.

J Janina Doyle 31:38

People don't realise I think how vast champagne is. I think there's 35,000 hectares in champagne isn't there and then there's like 300, actually it is 320 villages?

S Sandia Chang 31:47
Yeah, about that. Yeah.

J Janina Doyle 31:48
Yeah, that can make champagne. So it's a hell of a lot more than people realise.

S Sandia Chang 31:53
So yeah, it's great. Yeah, I mean, now it's completely different. There's great Michelin star restaurants there. There's like loads of things to do. The cities are a bit more vibrant.

J Janina Doyle 32:02
And I suppose maybe do you think the growers champagne has something to do with it? I mean, it's, it's interesting to point out with the grand marques, they produce about 70% of champagnes wines, but own about 10% of the land, right. Whereas, the grower champagnes about 30%. I mean, with the fact that that's grown, do you think that that people are more interested in finding out about champagne? People are visiting more? That's helped with the development with restaurants and things, do you think?

S Sandia Chang 32:26
Yeah, I mean, the grand marques, everybody's always known the names. I mean, they've been around for centuries. And so I guess the people who know, go for those names, but now there's a whole other market, attracting more people to go there, which is the grower champagne houses. There's just a whole other new audience that are now visiting champagne for the grower producers.

J Janina Doyle 32:47
Yeah, I can imagine. Now, I, interesting. I want to know what your thoughts are. You would have seen just the other day on Instagram. I made a comment about grower champagne because I just picked up this bottle of wine. And I said you know, it's all about the terroir. This is just one statement. I made. Josh Dunning who is very active on Instagram. He writes a blog 'Word on the grapevine'. He loves to challenge, he loves to dig deep. He loves to really ruffle feathers, Love you, Josh. And he contacted me after and he said, "I don't think that statement's true. It's not all about the terroir." Probably not with that voice. "Grower champagne is so much more about creativity and actually the wine

making." Now I agree with that because grower champagne really are playing around a lot more in the winery. They're not there to make consistency year on year out. I still stick with my guns with the fact that well terroir actually does include winemaking. But I think that was a really interesting point he made. We do often talk about terroir, terroir, terroir for grower champagne. But how do you feel in terms of, is a grower champagne more about the soil, that vineyard site, or do you think it is more about what they're doing inside the winery?

S

Sandia Chang 33:53

Hmm, that is a very tricky question. Because obviously we all know it's about both. Making wine is about both. But I think what's most interesting about grower champagne is that the terroir does play much more of an influence versus a grand marque because a grand marque wants to sell a very consistent product year in year out. So when you pick up that Moët Impérial, it will taste the same yesterday, today and tomorrow. But with grower producers, they have more freedom with the terroir. So perhaps, you know, this vintage might not be the same. So it might produce something that's completely different than what you bought on the shelf last week if you got the new release, and therefore I think they have more freedom to also play in the cellar as well in terms of manipulating, you know, changing dosage, using wild yeast fermentation, to change things and it's tricky question.

J

Janina Doyle 34:47

I think you are being very diplomatic. It is both and I suppose it depends on each grower as to if they are more about experimenting in the winery or not. I mean, one thing I would say from my opinion of grower champagne and yours is a hell of a more knowledgeable because you're drinking it more regularly, is that they do tend to be lower in dosage. So there's a lot more grower champagnes that are either zero dosage or Extra Brut. In fact, this actually, this is actually Extra Brut. And I do find that more grower champagnes tend to play around with oak more, oak usage. What do you think about that? Is that true? Or are they changing that now?

S

Sandia Chang 35:22

I think you're right about dosage. I think they just have more freedom. They're not about producing commercial products. So yeah, they want to produce what they like. If it tastes good, that's what they want at the end. While commercials is all about what the market wants, really. So yeah, they're able to play much more around with dosage. I think in terms of oak I think in my experience, I think a lot more of them, especially the younger

generation like Jean-Marc here, they're they're using a lot more different vessels like they're using amphora or they're using those I don't even know what they're called now, that sort of concrete eggs. Yeah, I think that's the direction they're going in okay. But it is so interesting, especially meeting families like Jean-Marc, his family and his father is still there, but not really working but still overlooking his shoulders sometimes. That you can see Jean-Marc getting very excited buying in concrete eggs and blending, you know, a little bit of oak, some reserve, like just having the freedom to do everything that his father probably wouldn't have done. His father would have just stuck to how things were and kept going, you know.



Janina Doyle 36:24

I just think it is very exciting you know, with grower champagne which we've touched on, there is no consistency, it therefore is up to, obviously up to the consumer if they like that, but it means it's not boring. So yeah, maybe one year the vintage will be better than the other. With grower champagne, it's different every single time you can actually think about the family get to know them, their story, as well as discuss the different flavours. So I think it just, for a wine lover, grower champagne offers that extra interesting value.



Sandia Chang 36:51

Yeah, much more interesting.



Janina Doyle 36:53

Okay, so what is your favourite food pairings for champagne. Now, you've already mentioned you like a bit of Charcuterie I think you said, and nice kind of just fattier food. Is there any other favourites? Or is there any weird pairings?



Sandia Chang 37:05

Ultimate, ultimate, my ultimate ultimate favourite is french fries with champagne.



Janina Doyle 37:10

Just french fries? Love it.



Sandia Chang 37:11

Yeah. Or why you call them chips here?

J Janina Doyle 37:16
Yes, chips or french fries. It works.

S Sandia Chang 37:19
Hot salty fries with champagne.

J Janina Doyle 37:23
You know, I love a battered fish and chips. So that goes or, you call them french fries. Fish and Chips, there is something about that, again, maybe it's the whole concept of your Bubbledogs, you know, you can drink really delicious, sparkling wine. and it could be expensive, whatever. But with something that's just delicious and considered maybe an everyday dish, there is something that kind of feels, it's the opposite and it works really well.

S Sandia Chang 37:48
So I always say there's a formula that never fails. You know, drink what you love and eat what you love with people that you love. And that, those three perfect things together, you're bound to have a great time. There's just no way that could ever fail.

J Janina Doyle 38:00
Yeah, no, I agree. Have you had any quirky weird food pairings that have worked quite well. I mean, I find champagne because of the high acidity. It kind of works with a lot of stuff. But is there been any surprises throughout your time?

S Sandia Chang 38:12
We experiment a lot in kitchen table because obviously we have to do a lot of wine matchings there. We often decant, which the first time was on purpose. It was a decanted and left in a decanter, the guest, previous guest didn't finish it.

J Janina Doyle 38:28
Our favourite guests.

- S** Sandia Chang 38:30
I know. And I used the leftover champagne in the decanter for one of our regular guests that comes in and just to have him taste it with one of James's truffle pasta dish. And he said it was almost like drinking like an old burgundy but obviously with just a tiny little like effervescence in there. And it was just the most amazing thing because it still cuts that richness, but you're drinking almost like a little white burgundy.
- J** Janina Doyle 38:57
Yeah well the truffle! Yeah, that earthiness and of course with the nuts and the brioche, and the kind of cream you can get with champagne.
- S** Sandia Chang 39:05
Then I thought, well, if that champagne would have been fresh and like super sparkling. I don't think that would have had the same effect on matching.
- J** Janina Doyle 39:13
Yeah, so this is also something that people can play around with. Obviously the point of champagne is bubbles, but it's also a wine experience. And so to have a wine where the bubbles maybe start diminishing, is not actually also a bad thing, just to kind of see if you can play around with it.
- S** Sandia Chang 39:27
And then the temperature as well. Mm. The temperature needs to be warmer.
- J** Janina Doyle 39:31
Yeah, what temperature would you recommend in general?
- S** Sandia Chang 39:34
I would say, about, I like it around like cellar temperature around 12 degrees but that might be stretching it for people so I would say about like nine degrees. So if you have it in the fridge, I would take it out maybe like 10 minutes before you serve it, so it's not ice cold.



Janina Doyle 39:51

Well, I have had this champagne out now for, interesting enough, I've had it out for an hour and 10 minutes and I just poured a second glass, Oops, you know, this glass is for you, the first glass was for me. The second glass, and it is a perfect temperature. So there. So that might scare people a little bit thinking leaving a bottle out for an hour. But I would highly recommend that and also even with white Burgundy's and things about when I was a Sommelier, I used to say, I'll bring you an ice bucket if you want, but actually, I think you might find you don't need it.



Sandia Chang 40:20

Yeah, and this is when, like, my chef experience comes in, because I know when you make an ice cream, when you're making that Crème anglaise, the sort of custard base for your ice cream. You always make it a lot sweeter than what you actually want the ice cream to taste like, because when it's frozen, and ice cold, you don't taste the flavour as much. So you lose a lot of flavour when it's super, super cold. And it's the same that applies to wine, I think.



Janina Doyle 40:45

Yeah, no, I think you're very, very right with that. Now, I want to finish off just with some of perhaps the grower champagnes on your list that you must have a few favourites or maybe, no, no, no, no, no, I change that because that's not fair. They're all your favourites, just like children. There's never any favourites, done. Is there a few that have some really interesting stories that people would want to try just because the story is so fab? I think that's, that would be nice for people to know.



Sandia Chang 41:11

Well, there's a producer called Olivier Horiot, which is based down in the Aube and the reason why his wines are so interesting is because his specific terroir, which is Les Riceys is it's just so interesting and so different from the rest of champagne. It is almost Burgundy country or Chablis.



Janina Doyle 41:31

Yeah, Les Riceys is actually the most furthest South isn't it.



Sandia Chang 41:35

Yea its almost like no man's land. Nobody goes there and nobody knows that champagne's produced there. But because the, the terroir is very similar to Chablis, so all that sort of chalky, kimmeridgian soil, however, their best grapes that they produce is Pinot Noir, but a Pinot Noir that's so strange, in a good way. So different than all Pinot Noir's, that he makes some amazing wines. He does a sort of a plot called "en Barmont" and he makes three wines out of it. He makes a Rosé Champagne, he makes a white Blanc de Noir. And he also makes a still red wine from it, from the same grape and you're able to taste like the same grape from the same place in different styles of wine.



Janina Doyle 42:16

That is fantastic to really see terroir compared to winemaking techniques. I suppose. Go back to the argument we had earlier. Okay amazing.



Sandia Chang 42:26

He's one of my, yeah, one of my favourites. I can say that. But seriously now there's loads on there. Emmanuel Brochet is, is great. Jérôme Prévost from La Closerie. So good. I did a blind tasting not too long ago with Noble Rot on Champagne versus English sparkling wine.



Janina Doyle 42:32

Ah, how did that go?



Sandia Chang 42:47

Really good. It's just, the result is out in the October issue from 2020. Yeah, you can go back and get previous ones I think. But it came out as a tie. This is not right. I don't like it when things are tied.



Janina Doyle 43:03

No but you know what, I think as an English wine lover, that, the English sparkling wines that are coming out this country are incredible now. And you know, yes, Champagne has always been incredible and will continue to be incredible. But of course, there are some wines in both countries that aren't so good. And it depends on I think, actually, I think we really are making wines in England that are rivalling champagne. So I'm all for a tie. I think

that actually is where we are right now. Champagne has the, maybe more of the expertise and it has the history and it has that symbol of prestige because of everything that it's done. But I think, I think it's having its time.

S Sandia Chang 43:41
It is definitely now it's just a struggle for a restaurant. Like for a restaurant business to list English wines on a list next to champagne. And the price paid almost the same if not more.

J Janina Doyle 43:53
Well I think that is probably similar to grower champagne isn't it. So it's not about the product. It's about the consumers perception of what they're going to get for the price they pay. It's our jobs, I guess a sommelier is to convince people.

S Sandia Chang 44:05
Yea, but going back to that blind tasting story. There were some sneaky entry level grand marques in there. They didn't tell us the result until the issue came out and they posted every judges top score. I was just dreading it. What if I gave like you know...

J Janina Doyle 44:25
To a grand marque.

S Sandia Chang 44:26
Yeah, like Veuve Clicquot's Yellow Label. It's not that like, it's bad, but no. My top score was Jérôme Prévost La Closerie Les Beguines.

J Janina Doyle 44:35
There you go. That makes sense.

S Sandia Chang 44:36
I was like, thank God.



Janina Doyle 44:39

I know what I'm talking about. This is where the value is.



Sandia Chang 44:42

That was definitely my favourite out of, I think we tasted 21 different sparkling wines and that that was my favourite and maybe just what my palate is used to. And I remember somebody on the panel being sort of anti grower champagne and didn't, and didn't appreciate the fact that grower champagnes can fluctuate so much. That he just couldn't get his head around like judging something that's not consistent all the time.



Janina Doyle 45:07

But you are not gonna mention names?



Sandia Chang 45:08

No, I was like, but you know, we shouldn't really be judging, we really should just be enjoying like, either whether or not it's good or not. And it could be different tomorrow, you know, the same wine you might not like it tomorrow, but that's okay. You can't judge it as being a crap wine. Because maybe tomorrow you'll like it, I guess.



Janina Doyle 45:25

Well, that's I suppose the point of the blind tasting. I'd like to have seen his score on that grower champagne but ummm yeah, maybe we can't see it. Thank you so much, just for kind of giving a little bit of a overview of grower champagne, a few of your, not favourites, just some interesting stories. You know, I think if anybody knows about grower champagne, they've probably heard of, my first experience with grower champagne was a Jacques Selosse who...



Sandia Chang 45:47

Oh so was mine. Which one?



Janina Doyle 45:49

It was the Initial.

S Sandia Chang 45:51
Oh mine was the Substance.

J Janina Doyle 45:52
Oh okay, so this was, my Initial, the Blanc de blanc. That's interesting. So we both had that experience of top top. Well, it would have been his son's again, am I pronouncing his name right? Anselme. Yes, yes, we're doing it here. But Anselme has been making those wines since the 80s, hasn't he and I mean, he's just done incredible things. I would say the whole grower movement probably has come from the Jacques Selosse wines.

S Sandia Chang 46:15
Yes, I mean, so many other producers like Jérôme Prévost worked, not under him, but almost, you know, did his stage (apprenticeship) with with Anselme, there's so many people that's gone through his cellars and learn from him that now have their own labels.

J Janina Doyle 46:29
So yeah, there's that knock on effect, and again, the expertise to take it on for themselves. And it's good for people to find out those winemakers because we can't all afford the wines of Jacques Selosse can we now,

S Sandia Chang 46:41
No.

J Janina Doyle 46:41
Unfortunately the price of Jacques Selosse is up there...

S Sandia Chang 46:44
And his son is making wine now. His son Guillaume Selosse is now producing two cuvées as a champagne from his Dad's cellar. But they are like at cost for us, it's about £200 for a bottle for us to buy at cost and imagine selling it on to the consumer. But it's like you said it is interesting to watch generations after generations and what they learned and what they've done themselves. Well, all I can say is, we can't all afford the Jacques Selosse but this specific wine that I'm tasting now, from you at £33, I just think this is a stunning wine. I

think I've tasted £50/£60 grand marques that had the same concentration, same kind of flavours. So it is definitely a great value wine. Well stocked.

S Sandia Chang 47:29

Thank you. We have we also have like producers on our list that you know, used to be winemakers for Krug and Bollinger. They have their own labels. And it is almost a quarter of the price of what you would pay for the big brand names. But obviously, they're making wines for themselves now so you can just only assume that it's going to be better than what they're making for somebody else.

J Janina Doyle 47:49

So with grower champagne it's a story that people should investigate and get to know a few names.

S Sandia Chang 47:54

And the best way to learn is to drink, right?

J Janina Doyle 47:57

Yes, it is, which is convenient, because that's what I do, alot.

S Sandia Chang 48:02

We actually have the best job ever.

J Janina Doyle 48:04

We do, well as long as we don't tell people about the really, really boring stuff, which we already talked about before. So we'll leave it there. Sandia, good luck with your pregnancy. And you know, enjoy those small tiny sips when you can. And thank you so much for joining and everybody. It's nearly Valentine's Day. So go and get your loved one. If you love somebody, make sure, no pressure at all, make sure you get something nice and fizzy, preferably a grower champagne. Now you know a little bit more about it. So thank you so much Sandia, it's awesome talking to you.



Sandia Chang 48:35

My pleasure.



Janina Doyle 48:36

And we'll talk very soon. See you, bye!



Janina Doyle 48:44

So for those of you in the mood for some grower champagne, if you are in the UK, you can go to Sandia's Bubbleshop, just go to bubbledogs.co.uk. And perhaps you might want to try the same one that I have. Now, if you are planning on treating the one you love, by the way that includes yourself, ladies and gentlemen. If you are planning on treating the one you love to a bottle of grower champagne, you obviously are going to need to pair it perfectly. Good news: Champagne has such beautiful acidity it actually goes with so many foods. It cuts through the fat, so it's perfect with cheeses, it cuts through fatty meats. It's obviously very cleansing. So there's loads of different options you've got. But for me, I do have a few favourite pairings with specific different styles or sweetness levels. So I figured I will share them with you. Maybe you want to try them. Maybe you want to let me know what your favourites are. So if I was going with just a standard Brut and remember Brut sparkling wine can have anything between 0 - 12g of residual sugar per litre but this is a very standard dry bottle of sparkling wine. I would have it with something like fried chicken or deep fried calamari. I already mentioned earlier in the podcast; fish and chips. I just love that. The oiliness, the greasiness and it just cuts through and cleans everything up for me. If you were going to go with a Blanc de Blanc, that's your white of white, in translation. So that's just white grape varieties and in champagne that will be Chardonnay. This is perfect with just a seafood platter. Imagine oysters and scallops or shellfish, these lighter fishes, just sing with a Blanc de Blanc. Now even if I was going to go Blanc de Noir, that is a white of black. So what that basically means is your wine looks white, but it's made from black varieties. So that's going to be either Pinot Noir, Pinot Meunier, or a mix of the two. Now, whereas the Blanc de Blanc is quite citrusy, quite linear, quite direct. A Blanc de Noir is a bit more structured and rounder, and more of those red fruits and even spices and herbs will come through. So you want to think about slightly darker meats and richer food. I love it with duck or even some aged comté if we're talking cheese's. A little bit spicier foods go very nicely. Now with a rosé, your pink champagne. This is amazing with sushi, really good with crab cakes, things like smoked salmon, prosciutto. What about vintage? If you're going with an aged vintage, so it starts getting a bit more honeyed, maybe a bit more smoky, these tertiary flavours are coming out of the champagne, so pair it with some smoked meat, smoked duck, smoked salmon, something like a truffle mushroom risotto would be perfect. And then if you've got something with

extra sweetness, so Demi-sec is the one to go for if you're thinking about desserts. Demi sec will have at least 32g of residual sugar per litre up to 50g. And that's perfect with an afternoon tea perhaps? Which is just ideal for Valentine's Day I might add, or even some little fruit tarts, all of that will be simply divine. So if you are celebrating San Valentin, this year with some champagne, let me know are you going to go grower champagne? Are you inspired? Are you going to stick with a favourite brand? Well, I tell you about one of the most famous people in the world who loved grand marque champagne. And that was Winston Churchill, Britain's Prime Minister during World War Two. And he has many quotes on champagne. So it was very easy for me to find some quotes. In fact, I'm going to give you two today because well, because I can. So during World War Two, he said:

- J** Janina Doyle 52:38
"Remember, gentlemen, it's not just France, we are fighting for it champagne."
- J** Janina Doyle 52:44
And for him, it was certainly a wartime necessity. And one of the other very famous champagne quotes, he has said is:
- J** Janina Doyle 52:53
"In victory, I deserve it, in defeat I need it."
- J** Janina Doyle 52:57
I could not agree more. So I raise a glass of champagne to you all this week. May you have a fruitful, energetic and bubbly week. Thank you, as always for listening. If you haven't subscribed, please do so now, share it, like it, comments, all the usual. You're probably getting bored of me reminding you but apparently, I need to do it. And don't forget, there is the link to the transcript in the show notes should that be useful to you as well. Go across to patreon.com/EatSleepWineRepeat where you can join the team and have exclusive podcasts just for you and also choose what content and what subjects I talk about. So do come across and see us over there. May you have a fantastic Valentine's Day, whatever you do, and until next time, cheers to you.