

Ep 77: Wines of Poland with Polish Sommelier Adam Michocki (Part 2)



Janina Doyle 00:00:07 Welcome to Eat Sleep Wine Repeat, a podcast for all you wine lovers, who, if you're like me, just can not 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!

Hello to all you beautiful wine lovers. This episode is the last one of 2021. So may I just say thank you to all of you for putting up with me and listening to me, it is an absolute pleasure chatting away down my microphone every week and meeting wonderful people and talk to them about their wine life, their wine experiences and, and their knowledge, and then sharing it with you guys. So thanks for being part of the journey. Now, as you may have realized if it's the last episode, that means there's no more in December. I am currently taking a little bit of sun, sorry, everyone in Mexico. So I've decided it's Christmas time. It's time to relax and I need to switch off for two weeks, just two weeks. So I will be releasing the next episode on the 10th of January. So fear not, there's enough episodes to keep you busy, go back to some of the old ones. And for now today's episode is part two talking about Polish wine. So we're going to talk about some red wine, the different styles of wine coming out of Poland and the future for them making quality premium wines. Now, although this is not really a Christmas style episode. I mean, last year I did chocolate with wine. So if you haven't listened to that one, get on that because you know, let's be honest. We're going to be doing a lot of wine drinking and chocolate eating, but Christmas as well, when you're with your families is to maybe try something new with them, have a story to talk about. So don't just lean towards a typical Sancerre or an Amarone perhaps get on it and get yourself a Polish wine and surprise everybody. Right, get your Santa hats on, heat up some Mulled wine, put those slippers on, light the fire. I mean, how many people have fires? Anyway, let's go to Adam for part two. And don't forget to go to the show notes where you can download the transcript because with some of these Polish words, you may need it.

Janina Doyle 00:02:48 So I want to talk about red grape varieties of Poland. Okay. Tell me what are the main grape varieties that we can find in Poland?

Adam Michocki 00:03:04 So mostly Pinot Noir.

Janina Doyle 00:03:04 OK, Pinot Noir.

Adam Michocki 00:03:06 Pinot Noir and also, I feel like the Cabernet Cortis. It is doing very well recently.

Janina Doyle 00:03:13 Okay. So they are the two varieties that perhaps people should pay attention to.

Adam Michocki 00:03:18 Yes, because I mean, well, as I said, like, you know, 20 years ago, there were people that were, were planting these grape varieties only because they were like fungus resistant, so Rondo and Regent mostly.

Janina Doyle 00:03:30 Yeah, are they still growing, Rondo and Regent?

Adam Michocki 00:03:33 Well, you know, I personally find these grape varieties absolutely disgusting. Um, I feel like they were just like planting these vines because oh yeah, it's fungus resistant. But then they didn't even think about how the wine tastes. So I literally just tasted two, three wines, which were like very good from Rondo and Regent and all the rest were very beetrooty...Very vegetal.

Janina Doyle 00:03:57 Well, it is very intense. Aren't they? I mean, Rondo does have, I don't know if it's the father or the mother, but it is St. Laurent, so an Austrian grape variety that then is kind of crossed with, uh, another Vitus plant. Uh, I don't know what it's it's crossed with, but Rondo seems to be doing all right, actually in England because you get that really very dark. Yeah. Very dark, well, keep in mind in England, we are doing fantastic for white wines and sparkling wines and the reds...

Adam Michocki 00:04:26 Sparkling wine is amazing.

Janina Doyle 00:04:27 Exactly. So the reds leave a little to be desired, but Rondo is, seems to be doing quite well because of course it's very dark skinned and it can be quite concentrated. So I think that if done well, I mean, I guess it's a different, it's still a different climate and people are investigating in it, but there seems to be a few examples going around of Rondo, that's doing all right in the UK, but um, yeah, Regent, I think we, I think we also grow some Regent here as well, but I haven't tasted anything by itself. So.

Adam Michocki 00:04:56 No.

Janina Doyle 00:04:57 Right. Well, you mentioned Cabernet Cortis there is, I have a bottle of L'Opera winery and the wine is Triada and the vintage is 2019 and this is Cabernet Cantor, Cabernet Cortis and then Baron grape variety. So again, we are talking Piwi, Piwi varieties, fungal resistant varieties. So I'm going to give this a little go. Can you also, whilst I'm having a little try. Can you tell me about L'Opera winery?

Adam Michocki 00:05:31 Yes. So basically this is the, um, project made by a couple. So lady, um, you know, she went to study to, I think Milano. She was doing art and art history. And she met the gentleman who was the wine maker in the Trentino-Alto Adige. And, uh, yeah, that's how they came up with the idea of doing a wine in Poland and where they actually based now, it's now Lower Silesia. It's like as a Premier Cru. So actually, when you see on the label, it just shows you the five lines, which are regarding the music five lines.

Janina Doyle 00:06:08 Ok yeah, A little wiggly, yeah, the logo.

Adam Michocki 00:06:10 Yes. But it is also the landscape of the Wzgorza Trzebnickie.

Janina Doyle 00:06:15 Oh, is this potentially the most hilly steep areas of Poland, where vines are planted?

Adam Michocki 00:06:23 You know, there are so little wineries that provide this kind of information that, hard to say. But if you think about the Côte-d'Or in Burgundy, that's kind of the exposure that you get. Like, as I say, like, you know, this, this middle hill Premier Crus.

Janina Doyle 00:06:41 Do you know, this is a really interesting wine. I think it's worth pointing out as well. The, the Cabernet, Cabernet Cortis definitely comes from the Cabernet Sauvignon family. So it's a, it's a crossing. It's, funny enough, Merzling. I've never tasted a Merzling. I know very little about Merzling, but it's crossed with Merzling and then Merzling itself is crossed with a few other grape varieties.

Adam Michocki 00:07:10 Saperavi Severnyi and Muskat Ottonel. So basically this is a cross between Cabernet Sauvignon and Solaris

Janina Doyle 00:07:16 Ah and Solaris? I didn't realize that, okay, Cabernet Sauvignon and Solaris. Every day is a school day. That's so brilliant. So again, or Cabernet Cantor I believe is the Merzling mixed with Muskat Ottonel and, and well, it's another grape variety so it's probably slightly different, but very similar. And then it's mixed with Seibel. Seibel and then a number. One of the Seibel families, which has a million different numbers, but is a hybrid right?

Adam Michocki 00:07:44 Yes. But these are the grape varieties, which you basically don't see as a, as a single, uh, varietal wine, they are just for breeding.

Janina Doyle 00:07:53 Um, and then Baron as well, which is the other grape variety in this one, is a Cabernet Sauvignon with Bronner. I don't know if that's how you pronounce it. Bronner. And Bronner itself was a crossing, I love, I mean, I hope is everybody writing this down. Bronner was a crossing again of Merzling with another, you know, hybrid, another vitis variety. So Merzling is obviously really got involved in this whole team and then obviously kind of having some fun with Cabernet. So this nose is, it's got quite a sweet nose.

Adam Michocki 00:08:31 Yes. It's just surprisingly ripe as, as a wine from Poland. And for me personally, it's just this kind of wine, which makes me happy. Like, yes, yes. You know, it just makes me smile. It's a bit like Malbec I would say. With dark fruits, you know, black cherries, black plums, cassis, but also they age this wine for six months in the, in the, in the old barrique, which are only lightly toasted, so that is why you get a lot of this influence from oak, like, you know, this kind of vanilla and chocolate character. For me, it's like very chocolately like, you know, like you would think that they aged it in Cadbury vats, you know.

Janina Doyle 00:09:15 It's very mocha like for me. So it's like, um, it's got this coffee edge, it's got that beautiful like, I'm thinking, you say Cadburys, it tastes like a chocolate flake. Is that made, is that made by Cadburys? It probably is. Who knows?

Adam Michocki 00:09:31 Yes yes. Maybe they had some shares.

Janina Doyle 00:09:34 They literally just put it in the wine. No, everyone listening. They did not do that. They did not do that. It's come from the oak. But absolutely. But at the same time, it's got a slight herbal nature to it. So a bit of that capsicum, a bit of green pepper in there. So lots of concentrated, ripe, dark fruit, loads of chocolate, loads of coffee, loads of vanilla. And then just something a little bit fresh at the same time.

Adam Michocki 00:10:02 Also this kind of dark violet. And so, yeah, for me, it's very complex layered wine with a great concentration, alcohol only 13% and texture-wise, you know, tannins are there but very juicy, fine-grained, dusty, and again, that's what you need for food.

Janina Doyle 00:10:22 I mean, I liked the fact that the tannins aren't too grippy, I'd say it's more kind of medium, medium plus body. Maybe I need to revisit that again in a second. Um, but really good fruit and quite vibrant. Again, it's a dry wine, but wouldn't surprise me if there's a tiny touch of extra residual sugar in there. This would be good for me. Like with some pork and then like a cherry sauce or something again, I'm trying to think towards the Polish side.

Adam Michocki 00:10:50 You know Bigos?

Janina Doyle 00:10:51 Oh yes. Which yes. So like the onions with like, is it pancetta or is it a ham, what's the meat? Is it pork?

Adam Michocki 00:10:59 There's lardons, well, in original recipe, there is venison, like deer with some juniper berries, sauerkraut.

Janina Doyle 00:11:09 Oh, well in a traditional recipe with, as you said, so not the standard Bigos you can get, but I think if you said, like with a venison, so something a little bit more grippy and meaty, something a bit earthy to go with that kind of more vegetable vegetal side of this wine. And then you said the juniper berries. Because I feel like because of the concentration, it'd be great with some, some berry sauce, cherry sauce, or just something to kind of coordinate the two together. Anything else, any other Polish, because I'm loving this and hopefully we can get people, cause Polish food, by the way, everybody is amazing. I'm just wondering if you have any other suggestions other than Bigos.

Adam Michocki 00:11:42 You mentioned pork, um, you know, Karkówka, like pork neck. It's usually heavily seasoned with a lot of herbs, like rosemary or thyme. And then it's always barbecued so that's very toasty and smoking and rich with all this fat from the pork neck as well so. And my saliva is just like...

Janina Doyle 00:12:11 Ha ha. I just really love the concentration of this wine. I think they've done really well. Extracting all of that fruit flavor, and mid pallet still goes really, really strong. There's some good length on it. For everybody, this is not the cheapest, but I didn't expect it to be. So this is on your centralwines.co.uk website, £27.50. But I mean, I can't comment on red wines coming out of Poland because this is my first Polish red wine. But this has concentration, richness of fruit. What about Pinot Noir though? Coming out of Poland then? Is the Pinot Noir growing down in the Southwest typically?

Adam Michocki 00:12:57 Yes. Yes. So I've got this Pinot Noir from Adoria winery and this is like one of the oldest wineries in Poland, established by the gent from California, like 20, 23 years ago. And if you think about like this, all the vines or for Poland now, like, you know, 20 years old Pinot noir vines, they're like ancestor vines, you know, non-existent and the Pinot noir from, from Adoria is the 2018 vintage, it was very warm and ripe vintage. It's absolutely amazing. It's actually got the highest score from all Polish wines in Decanter, 90, 91 and silver and that it's very juicy, a lot of red fruits, strawberries, raspberries, cherries with red roses petals, violets, a lot of sweet baking spices, a little bit of the smoke. And you know, it just like ticks all the boxes. And I think it's like the cheapest red that I've got.

Janina Doyle 00:13:54 Oh is it? How much would that cost?

Adam Michocki 00:13:55 Well, less than 20 quid.

Janina Doyle 00:13:57 Yeah, the cheapest red, less than 20. No, but of course, these...

Adam Michocki 00:14:01 These are not like, you know, supermarket wines. I'll just say right now. Well, actually, this Pinot is £17.40, so you know, if you are looking for Pinot Noir, it's just a grape variety, which is difficult to grow.

Janina Doyle 00:14:14 No, of course it splits in your hand often when you pick it, and it mutates and it gets moldy.

Adam Michocki 00:14:18 Exactly. And if you look for, you know, Burgundy or even like new world, like New Zealand or California, they start with 25 30 quid like entry level. So, and here you have just amazing juice.

Janina Doyle 00:14:33 And I think it's fair to say that Polish wine can compete with European quality. It really can. It can't compete with quantity, but it's not going to. And that's why, that's why you're not going to find a 5, 10 pound bottle of Polish wine on our shop shelves. Right?

Adam Michocki 00:14:51 Well, that's the thing that's, you know, the production of Polish wine is just so new and it's just all such a small project run by families that I just compare, like producing wines from Poland to producing wine on the moon. You can't buy grapes, you cannot sell grapes. You can't go to cooperative to, oh can you produce this wine in bulk? Or if you don't have any machine that is needed for wine production or tank or whatever, you can't make the wine so, you know, you just need to do everything from a to Z by yourself and vintage variation it can be, it can be a massive from what I already know. So it's like, you know, you need to be very careful with what you are getting. Um, me personally, I always just want the best so.

Janina Doyle 00:15:37 You might as well. There's no point in getting the cheapest because people, if they're going to experience Poland, they might as well taste the best that's going to come out of Poland. Right/ So has there been a lot of investment coming into Poland? You know, have there been flying winemakers? Well from outside or have a lot of the winemakers, no? Is it still quite closed?

Adam Michocki 00:16:00 No, because the thing is that, you know, even the Master of Wine, Master Sommelier, then they don't even know that wines produced in Poland. You can't read about it in any book, it's just so new, so unique. That's very exciting that it's just starting and I can be the one that is just spreading this love for Polish wines and promoting them, because as I say, they are just surprisingly good.

Janina Doyle 00:16:21 Okay. So as you are the one promoting Polish wines, what styles are coming out? We obviously, we have talked about the white wines and the red wines. We talked about the grape varieties. Obviously you can get a lighter Pinot Noir, but otherwise the more Piwi reds, they're a little bit rounder and fruitier and fuller. The whites are a little bit more aromatic as such. Are there sparkling wines, is their orange wines, is there pet nats, is there sweet wines?

Adam Michocki 00:16:50 So yes. They produce, like different wineries, they produce wines in different styles and there are also some Rosé wines. Some desert wines. One of them, like from Kojder winery, their Solaris is literally the best dessert wine I have tasted in the last 2, 3 years. It was just so concentrated. Yes, it's really like, towards the Trockenbeereauslese.

Janina Doyle 00:17:11 Okay, and do you have that?

Adam Michocki 00:17:12 Yes. And actually it is one of the most popular wines and you know, if people tasted like side by side with a Tokaji from Château Dereszla 2016, which got gold on Decanter, they're like man, like this Polish wine it's just so way better. Like they just can't believe that this wine is from Poland.

Janina Doyle 00:17:31 Does the, so Solaris just for anybody to know. I mean, it actually has a lot of high must weights. So it really is suitable for sweet wines as a grape variety to make as a sweet wine. Is this one made with any noble rot? The botrytized grapes or not?

Adam Michocki 00:17:49 Yes yes yes, So this one is like heavy botrytized. And like around 80% of the botrytized grapes. So very like marmaladey, sort of dried peaches, dried apricots, and for me, when I tell people about the flavor of the mango lassi, in this wine, they are like, man, like just mango lassi, yeah yeah, it just doesn't go away. So, maybe for next podcast.

Janina Doyle 00:18:13 Exactly. Okay. So they've got that and sparkling?

Adam Michocki 00:18:16 Yes. Yes. So again, very new and the Adoria which I mentioned about before, about the Pinot Noir, they also do the Sparkling wine, which is a Blanc de Blanc, 100 percent Chardonnay. Uh, they don't do any dosage for this one and it just wins all awards. Like every single competition, like best Polish Sparkling Wine, also on Decanter, high notes, like better than like 50 other Champagnes, including Perrier-Jouët. Yes, yes. And, you know, I mean, and you get it for a fraction of the price. Uh, it's just amazing. Like I remember when I was, uh, just before tasting this wine, I was like, oh my God, I just hope it's good. I just hope it's good, because that will be a good thing, I will diversify the portfolio and have some nice Sparkling. And you know, when, when we, when we opened the bottle, my partner and I were like, damn, it's so good. Again, it's surprisingly good that I'm happy to have it here, uh, in UK as well.

Janina Doyle 00:19:12 And I'm presuming the fact that you said it's beat many of the Champagnes that this is made in the traditional method as they do in Champagne.

Adam Michocki 00:19:20 It is traditional method yes. And it's, it's amazing value for money. 25 quid on the website. Uh, you know, if you can go for, you know, as LVMH Champagnes, they just way more pricey and way much worse. So, um.

Janina Doyle 00:19:34 So basically come to your site and get, get some good value. Is there anything quirky going on in Poland at the moment? So like I mentioned, pet nats or orange wines or amphorae wines or anything like that, a bit of orange?

Adam Michocki 00:19:50 So I was very skeptical about orange wine because all the wines I've tasted are like, natural or funky or very tannic and creepy. And so it just made me like avoiding the, the orange wines, but a couple of them that I've got now from Silesian winery, Roter Riesling. So yes, that's a pink skinned Riesling and it's just the, it's just that orange wine which made me like, I just want to drink orange wines now like, it's just so good. Like it's like a tea, but we just kind of peaches and apricots and sweet spices and a bit of the herbs and the bit of the flowers and it just so juicy, so supple, like unbelievable. And again, wins every single competition about it, orange wines, so.

Janina Doyle 00:20:35 You're convincing me. Do you think that Polish wine though, because it's still in its infancy, let's be honest. There's still probably a lot of learning to do. And a lot of development. Are they sticking with conventional style of wines or is there any, any outliers that are playing around with trying to make natural wines and being a bit different?

Adam Michocki 00:20:57 So you know, I feel like everyone now is doing what they do best, but they also like experimenting a lot, so you know, like small vats and, you know, a bit more lees aging, a bit more skin contact or a bit more oak aging. But these are really tiny quantities that, you know, they just don't even release, but it it's for them to study because it's not like winemaker comes from all over the world because of the wine in Poland is just families that they read about it. They eventually did some oenology study in Poland, but it's so new that there's a lot of room for experimenting.

Janina Doyle 00:21:34 Okay. Again, we just need to watch out and see what happens in the next 5, 10 years. Right.

Adam Michocki 00:21:39 As I say, you know, in the last five years, so many wineries, they can't even produce the wine yet. So we'll see what they will come up with.

Janina Doyle 00:21:47 Why can't they produce the wine yet? Simply because they've planted in the ground and they are waiting?

Adam Michocki 00:21:51 No, because the vines, they too young, you know.

Janina Doyle 00:21:55 They're not ready. So that they're setting out. So there's going to be a whole new wave of winemaking, but we've got to wait a few more years for those vines to mature. Right? What do you think are the biggest hurdles or the biggest problems for Polish wine?

Adam Michocki 00:22:08 Climate, in terms of production, climate, but also like perception. As we spoke at the beginning, like, you know, or people they just like, oh Poland is for vodka and stuff like this, and they very skeptic about even trying it. But once they do it, they're like, man, where can I buy it? Where can I buy it? So.

Janina Doyle 00:22:26 Yeah. Well, as an example, I'm just picking up the wine that we drunk on the episode before, which is the Silesian Cuvée. And I'm looking at the label and it is entirely in Polish. There is nothing on there that I can understand. And I can't see the grape varieties. I can't even, they might be there. I'm trying to search for the varieties. They're not there, you know? And I don't even see the region to be honest, because should, this is in Lower Silesia, what's the sub region that they're in?

Adam Michocki 00:23:06 No, there are no sub regions.

Janina Doyle 00:23:09 Okay. So as an example, I can't see where, there's an address. It says Bagieniec. Yeah. I thought my pronunciation was quite good. 20. 58-140 Jaworzyna Slaska whatever. Anyway, that presumably, because it says afterwards is Polska. So it's Poland. So that must be their address. But, you know, I don't see anywhere that for me, a region. Right? So it's, as a consumer, you've just told us, okay. The Silesian region is actually really, really good, that I think is, is a potential hurdle that they need to climb, which is it's a bit like Greek wine. Greek wine has, has such stunning, stunning varieties, unique to them. They make amazing wines, but

Adam Michocki 00:24:03 Ah, and you can't even read the label.

Janina Doyle 00:24:04 You can't read the label. Well, here, I know from tasting this bottle of Cuvée, Silesian Cuvée it was delicious, but I can't see what grape varieties are. I don't know where it came from. And so therefore if I saw it on a shelf, without somebody telling me, I wouldn't want to buy it. Me personally, in the wine industry, knowing what I know about wines, I could not tell anybody what's in this wine. Obviously I happen to know, and I think that is a potential problem. No, it's just interesting. The red wine that we're having, they've written in English. And it says from the notes of three selected vines, coupled with barrel aging, a new chord is born and it says the three grape varieties. So quite clearly L'Opera is a little bit more forward thinking in terms of exporting, whereas Silesian, you make amazing wines, but come on, get into the 21st century people, we need to sell to the rest of the world. Right?

Adam Michocki 00:25:03 I'll definitely pass the message, but I feel like we just so new in Poland, but there are no regulations, that are no delimited regions, officially. And I think that that's the case that, you know, maybe even if they would like to put anything on their label, they can't, that might be the case.

Janina Doyle 00:25:20 Well, it's the next step. Right? And I mean, for anybody quite clearly, you've mentioned many times that they've been into Decanter. So the good news is these Polish wineries. They're sending their wines to Decanter to be tasted and scored. So that's brilliant. That's one step further to being noticed. You personally are doing amazing things, aren't you, that you are tackling the Michelin star restaurants in the UK and already there's several Polish wines in Michelin star restaurants, isn't there.

Adam Michocki 00:25:47 Yes, yes, yes. So that's the plan like, you know, I feel like these wines, they are not for mass market or, you know, in the chain, uh, wine shops, because the, the, the production is just so small. So the wines, they just super food friendly. As I said, like, you know, low in alcohol, very textural, very automatic. So that's what you want. That's what you need. And, so far there are few places that, uh, are listing these wines, like Raby Hunt, near Darlington, 2 Michelin star restaurant, Glasshouse in Kew gardens. And also The Clove Club in Shoreditch, so.

Janina Doyle 00:26:23 Ah, and your restaurant, which of course, you know, which if you, if you, the Polish Sommelier, are not listing your own wines, you know, you're in a lot of trouble. So, um, in yours is where? Your Michelin?

Adam Michocki 00:26:36 Shaun Rankin at Grantley Hall

Janina Doyle 00:26:37 Fabulous. This is amazing. So people, everybody who's in the UK, you now know just as a few restaurants, you could go and taste Polish wine at. And I am sure that Adam is going to be working very hard to put them in a few other Michelin star restaurants. They're certainly unique, different. And I can see certainly from just tasting these two and knowing all about the Turnau winery and loving them. I'm really excited to see this grow and also being half Polish, obviously, I do love a little bit of anything coming out of Poland, so I'm excited about that. Whether you are in England or not, go to centralwines.co.uk, because if you want to just know about what wineries are good, I think that'd be a really good start, right? So people could come to your website. If they're in the UK, they can purchase them. Fabulous. But if you're out of the UK, go to the website, see a whole list of wineries. And then, you know, if you're ever going to go and visit, these ones would be good ones to visit, or you can investigate them a little bit further. Right. I think that seems like a good start.

Adam Michocki 00:27:41 Yes, definitely for the organizing. Janina.

Janina Doyle 00:27:45 Exactly. Of course. If you're going to call me Janina, which is the correct way I should be calling you probably, A-Dam. I'm saying Adam, sorry. Terrible way to pronounce your name, Adam. There we go. Far more exotic. Right, well, Adam, thank you so much, Dziękuję bardzo.

Adam Michocki 00:28:05 Dziękuję.

Janina Doyle 00:28:05 That's basically all I've got. So until the next time, when we taste some sweet wine, perhaps that Solaris, sounds delicious.

Adam Michocki 00:28:13 Yes. Let's do maybe some orange and sweet, so you will see.

Janina Doyle 00:28:15 There you go. Looking forward to it. So thank you so much and until the next time. Thank you. Dziękuję. Do widzenia

Adam Michocki 00:28:23 Pa pa.

Janina Doyle 00:28:28 So that's it for 2021. May I wish you, no matter where you are in this world, a Christmas filled with love, with laughter and of course, exquisite tastings. I will leave you with your last quote of the year. Now this one is from Napoleon, and he said:

“Clearly the pleasures wines afford are transitory, but so are those of the ballet or of a musical performance. Wine is inspiring and adds greatly to the joy of living.”

Doesn't it just, so live the last few days of 2021 in style. Now don't forget to subscribe and like the podcast and share the podcast. If you haven't already, and please leave me the most amazing Christmas gift. If you can, if you're listening on apple podcasts, leave me a comment. It absolutely makes the podcast more discoverable. So I raise my glass to you. May we all be united together, and I'll see you again next year for another episode of Eat Sleep Wine Repeat. Cheers to you!