

Ep 102: Modern History of the US: The Judgement of Paris, The French Paradox and The Sideways Effect with Paul Kalemkiarian (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 and welcome back to part two with Paul Kalemkiarian who is the owner of the original wine of the month club. Now I'm really excited for you to listen to this one. It is a goodie. So instead of focusing on a specific region or specific grapes, we are going to be talking about wine films, wine books, wine fraud, wine health, loads of facts throughout this, we'll be discussing The Judgment of Paris, an iconic moment in history that changed everything for the Californian wine industry. We're gonna be talking about the Sideways movie and how that specific film changed the sales dramatically for Pinot Noir and for Merlot. So much in this episode, so pour yourself something super tasty, put your feet up and enjoy.

Janina Doyle 00:01:31 So what I wanna talk about now, I wanna focus on the US modern history because you are gonna take me through some of the changes and you've already touched on, in the episode before, Judgment of Paris. Do you wanna tell the story of that? Because I think many people probably still don't realize how iconic that was and how it changed things for California winemakers.

Paul Kalemkiarian 00:01:55 That's a incredible story. And I'll try to be as brief as possible cause I've studied it in depth and I've had the architect on the show and I had, I had the only journalist to, to show up at the tasting on the show as well, but there were three events in the consumption of wine in America that have changed things. One of 'em was of course The Judgment of Paris and that brought wine to the forefront, we'll get granular with that in a second. The other was, uh, the release of, uh, the 1990, uh, morally safer 60 minutes episode on red wine and the Mediterranean diet. And the last thing which is phenomenal to me is the release of the movie Sideways. I think it was 2004.

Janina Doyle 00:02:34 Ha ha ha. I'm not drinking any Merlots.

Paul Kalemkiarian 00:02:37 Yeah. Changed everything, changed everything. But the Judgement of Paris is a very important part of the thing, cause you know, wine in America was very young still, even though wine came to America, to California in the 1700s, actually in Southern California, made it's way to Napa in the late, late 1700s, early 1800s, and then prohibition cut, shut down everything virtually everybody except for manufacturers of Sacramental wine. So as the, as the industry started to rebuild, uh, there were a lot of dormant, dead wineries. One of 'em was Chateau Montelena in, in Calistoga and

it was purchased by a family. Uh, Jim Barrett, who was an attorney in Southern California, a friend of my father's, uh, wine tasting buddies and, and neighbors. And they didn't buy it to get in the wine business. Um, they got it because it was an agricultural tax credit as an investment.

Janina Doyle 00:03:23 Oh really? Oh.

Paul Kalemkarian 00:03:23 And here's this incredible winery. Have you ever seen pictures of it's the most beautiful thing you've ever seen, cut in the hillside in Calistoga. So that, that sort of set the stage for, for Jim Barrett. He'd only made the one, the wine that won and I'll talk about in a second, it was only the second vintage out of the winery. Steven Spurrier was an Englishman who had been in, uh, you know, of, of means he wasn't. Uh, his family had money. He was on tour in Paris, having some fun with some friends walked into a wine shop, bought Caves de la Madeleine, uh, and started a wine career for himself. And in 1976, he decided to, to, to expose with Patrick, with Patricia Gallagher, an American who was helping him with his wine school, to expose French judges, the top French judges of the time to American wines. And late in the game. Like I think even days before, maybe even that day, they decided to make it a, a tasting, a judgment, a pairing, I mean a taste off. Brown bag the wines put 'em in different bottles, pour 'em into the judges' thing and see what happens. Pretty dicey, pretty risky thing. Uh, and that's what he did. So he came to America and if you read the, if you read George Taber, who's the only journalist who happenstance decided to go to the judgment of Paris in 19, 1976 in May to see what was gonna go on. And that changed his life forever because he was the only one that could write about it. But his book is called The Judgment of Paris by George Taber. It's a fascinating book on wine history. Uh, and so he, he, you know, I said, I asked him on the show. I said, are you trying to tell me George. And he goes, I, I didn't know. I wasn't sure I was gonna go. He goes, but I was, I decided to go. I said, you're trying to tell me that if you're walking down Champs-Élysées and some very good looking French woman stopped you and said, let's go have a drink, you wouldn't have gone? He goes, hell no, I wouldn't have gone. He goes, I would have had a drink.

Janina Doyle 00:05:12 Wow, can you imagine? Thank God, thank God there was no beautiful woman in the way then.

Paul Kalemkarian 00:05:16 Right. Exactly. So, so anyway, they, they did the tasting. Now Steven Spurrier came to America. One of the unsung heroes of the story is a woman named Joanne DePuy, who still lives in Napa. She's 94, who was tapped to take Steven Spurrier around the Napa valley to find the wines that he was gonna send to Paris to do the judgment. And she was the one that took him to, uh, Freemark Abbey to Chateau Montelena and to Stags leap and others, to find the wines. And they took the wines to Paris. They sat the judges down and I don't know how grand you want to get, but there's an amazing story about how they found out, uh, who won, but they tasted the whites first. It was an unorthodox way of tasting the wines, but they were certainly brown bagged. And there's all kinds of statisticians that will argue some of the results, but, it is what it is. And Chateau Montelena came out on top. It beat the Burgundies. It beat the finest burgundies at that time out of Steven Spurrier's store and these upstart Californians, the French were furious at that moment because they released the results, first of the white wines, then they went to the reds. So the French were bound to determine judges were not gonna let the Americans win the red side. But low and behold, they poured the wines and, and out comes on top, comes the Stags Leap Cabernet that was, um, made by Warren Winiarski. And that sent everybody into a tizzy. It got very little notoriety with one column without a byline in the Time Magazine America in the June 7th edition of 1976. It actually took 12 more years for Mr. Barrett to retire

from his law practice, uh, to go full-time at Chateau Montelena that's, that's the slow creeping of the popularity. But it set the world on fire. There, Steven Spurrier will tell you on my podcast that judges actually lost their jobs. You know, they were Somms, they were, uh...

Janina Doyle 00:07:04 No really?

Paul Kalemkiarian 00:07:06 Yeah. They were hospitality leaders in their hotels and things, some of them lost their jobs because they allowed that to happen.

Janina Doyle 00:07:12 Well effectively. Yeah. For anyone who's listening right now, Château Mouton Rothschild was in the list of wines that were tasted. Château Haut-Brion, these are the first growths of Bordeaux and then Stags Leap Wine Cellars comes along. And, um, and I don't know, you are gonna have to tell me, so I know this was the 1973. I know that the majority of the wines were only, some of them had only three year old vines or four year old vines. Like also the wines were really, really young as well, you know, I think, and you said already the, the Montelena was only at second vintage.

Paul Kalemkiarian 00:07:50 That's correct. Uh, for Montelena '72, we actually had the wine, the '72 Chardonnay in the wine of the month club at the wine shop, Palos Verdes. The '73 was the second vintage of Mike Grgich, the famed Mike Grgich, as the winemaker, which is, uh, you know, another whole different story, which is an amazing story of immigration and, uh, Warren Winiarski, I think it was the first picking, the first leaf of that vineyard that that was made, or the second leaf. It was very young André Tchelistcheff was part of his team and wanted to pick et cetera. And so that did, that will blow all the theories in the water about, you know, young vines, not being able to produce decent grapes. And maybe it's a testimony to the terroir. Maybe it's a testimony to the, to the soil and the winemaker. But, um, and I, I don't know all the results of the final of the retasting. I think they did one at 20 years and 30 years, the Californians won again, but I think it was the Ridge vineyards Cabernet that, that survived, uh, you know, the time over the other ones, but still, but still won, which is just, just a basic story. Uh, I've been able to piece together. I've had Violet Grgich on the show. I've had Bo Barrett on the show, the son of the great Jim Barrett. I've had, um, uh, Steven Spurrier and, uh, George Taber, uh, and his, George's story is really, really fun too. So, so that, that's one of the major, you know, the, the initial part of California. I think there were 25 wineries in Napa at the time. Okay. Something like that. 25 to 50, at most, there was 50. Yeah, it was really small. And now there's, you know, over 700 in Napa alone, about 4,000 in California. But oddly, you already brought it up, one of the major marketing changes in wine in Cal, in a, in the world was Morley Safers release of the, in 1990 that the Mediterranean lifestyle included a couple glasses of red wine every night to clear your arteries. And of course, slow food and olive oil, those things. But the one that's bizarre is The Sideways movie written by Rex Pickett, uh, which is a great story that, and the stories about him, uh, uh, the author that wrote the book, Sideways, as it was Rex Pickett, he's been on the show too. He it's really his, it was really his life in the beginning. He would go to, uh, Santa Monica and he would go there late to a tasting room. And he would taste Pinot Noir with the, with the, with the bartender and, and, and they gave him a discount for being the last person in the door kind of stuff.

Janina Doyle 00:10:17 Oh, really?

Paul Kalemkiarian 00:10:17 He used to go, he used to go to Santa Ynez and stay at that hotel. He, he, he literally single handedly made The Hitching Post restaurant famous. And the, the, the one scene, I mean, it's like, if you go back and watch this movie, it's like 10 seconds when Miles says I'm not

drinking effing Merlot, no effing Merlot, anybody that buys Merlot, I'm leaving, and they're in the parking lot, literally clobbered Merlot sales up until I'm gonna say a couple years ago.

Janina Doyle 00:10:49 Really? Wow. Wow.

Paul Kalemkiarian 00:10:51 Yes. And Pinot Noir was impossible to get at a price that was worth anything. And now that's changed and it's fascinating that some playwright can change the consumption of America, maybe the world and the irony of the movie is, I dunno if you remember seeing it, but at the very end, he's sort of down and out, and he's in a Diner, he's got a plastic Amber Tumblr, and he is got a bottle of Cheval Blanc 1962, one of the famed vintages for that Saint-Émilion and the, uh, and of course there's almost a hundred percent Merlot, so.

Janina Doyle 00:11:21 Nothing like ironic, but, you know, so that's, so literally just for anyone to know, that came out in 2004. And so what you are saying is from 2004, Merlot sales dropped off the edge until maybe what, 2018, something like that. It was pretty... poor Merlot.

Paul Kalemkiarian 00:11:37 I had a customer tell me the other day I don't drink Merlot.

Janina Doyle 00:11:40 Wow. And they do, they just don't even realize by I bet they have a, of course right bank Bordeaux don't they? Do you want some, do you want some fun facts? And you probably already know this is not wine related. Did you know that George Clooney actually auditioned to be Jack, one of the main characters?

Paul Kalemkiarian 00:11:57 Really? No, I didn't know that.

Janina Doyle 00:11:59 So apparently George Clooney, um, auditioned, but they decided they didn't want him because he was just too famous, which I can understand. And instead, uh, he, Tom Thomas Haden Church was given the role and apparently he stripped naked in the audition because when they were talking about what the character was and blah, blah, blah, it was mentioning him having to go, go in his birthday suit. So he did it. And they said that he was the only actor to strip down naked and do his audition. And he got, and he got the job

Paul Kalemkiarian 00:12:33 That is so, I've never heard that. That is great. I'm gonna use that.

Janina Doyle 00:12:36 That is a good story. There you go. And another fun fact, cause I've been looking this up cause I was just intrigued, um, was that the wine unfortunately was not Cheval Blanc, which we can imagine. It was not any of the nice wine. And they were drinking a really sugary, grape juice and poor Thomas apparently got really sick drinking this wine. Well, it wasn't wine. It was grape juice. Disgusting sugary, grape juice So yeah. So the luxury of that movie, everyone is not true at all. In fact as well, there's the famous scene where they're all dining together and they all got food poisoning in real life.

Paul Kalemkiarian 00:13:06 Oh really? That one scene. They're all in the restaurant. There's four of 'em and they're talking and oh, that's funny. I didn't, that I've never heard that, Rex, Rex didn't tell me that story.

Janina Doyle 00:13:14 Well, you know, it's not wine related, it's just movie related. So there you go. For any movie buffs, just a yeah, yeah. Add it, add it in. But at least it helped Pinot Noir I guess, as well.

Paul Kalemkiarian 00:13:22 And Pinot Noir being one of the most fascinating grapes in, in the world of wine, uh, that is the basis of Burgundy, which is my current passion. A very expensive passion...

Janina Doyle 00:13:32 Sadly.

Paul Kalemkiarian 00:13:33 To figure out. But I have had this fascination and I, and I never actually, I didn't uncover this with Rex when we were talking, cause that's, he really was truly his fascination in California had some amazingly diverse characterized Pinot Noir, but there's something about Burgundy where, you know, across the street, you know maybe a two hectare vineyard with the same winemaker, creates this dramatically different wine with the same environmental conditions, the same weather, the same picking day, everything else. But the only thing that's different is, it's across the street. And how did the monks know this? How did the monks of the 12th century? They didn't have tools. They didn't have spectrometers. They didn't have anything. They had a lot of time but they didn't have...

Janina Doyle 00:14:16 But that must be it. Planting it, waiting for the wine to be ready, tasting the wine, saying this wine is better than that. Well, let's pull out those rubbish ones. It's it has to be trial and error, hundreds and hundreds of years ago. And a lot of patience.

Paul Kalemkiarian 00:14:30 It's amazing to me.

Janina Doyle 00:14:32 Absolutely. But then the wines they were drinking then were not have been like the wines that we drink now. Right?

Paul Kalemkiarian 00:14:36 Wouldn't you want to figure that out? I mean, I was talking to Peter Mondavi of Charles Krug, and he was saying that they, that one of their early 50's wines got a hundred points, uh, recently and not recently, but you know, a few years ago. And I'm like, okay. That's interesting. They didn't have sorting tables with, with lasers and, and optical character recognition, you know, optic recognition of bad grapes and lizards and stuff. Wouldn't you want to taste like if you could bring back a current bottling, you know, without the bottle age, forward and put them next to today's wines made with some technology and really see how they fare?

Janina Doyle 00:15:11 Mm-hmm absolutely.

Paul Kalemkiarian 00:15:13 I mean, I just, like go back in time. People always say what, you know, who, name a dead person you'd like to have dinner with. It's like, not only that it's like, what are you drinking at that time?

Janina Doyle 00:15:24 Which wine would you like to drink? I mean, do you have an answer for that? Is there an old vintage, specific wine that you would like to have tasted?

Paul Kalemkiarian 00:15:35 When I just came up with that thought in the first place, but I would certainly want to go back to early Burgundies maybe during, um, you know, Charlemagnes time. And when they owned the vineyard, just to just see what, what was expected because it's such an, I mean, when it comes down to it, the technologies are strictly sort of the periphery of wine making. The bottom line is how good is the grape when it comes from the vineyard and the yeast structure and the, let nature take its place. So winemaker should get out of the way, not modify. So really they, they didn't deal with much different than we are today. They just didn't have the way to, you know, these, I mean, these, I dunno if you've ever seen these optical sorting tables and what they do. It's crazy.

Janina Doyle 00:16:16 Yes. And they shake really. Yeah. It's, it's, it's amazing the technology now.

Paul Kalemkiarian 00:16:21 But I wonder if it really matters that much. That's what I know.

Janina Doyle 00:16:23 I guess sometimes stripping back to basics. Right? Maybe we do overcomplicate things too much. So tell me then, you know, Pinot Noir is your new love, which is not a surprise for many wine drinkers, wine lovers. Have you found some Pinot Noir that we can afford?

Paul Kalemkiarian 00:16:42 Well, there's more now than there was well.

Janina Doyle 00:16:45 I always say to everybody, you know, there's some fantastic examples in Leyda, uh, in Chile and also I'm absolutely loving some Pinot Noir in the Hemel-en-Aarde and the Elgin region in South Africa. For me, those two regions are really showing amazing quality where they, they do some, in fact, there's a, there's an amazing, there's two wines by Catherine Marshall in South Africa. And she does a Pinot Noir on sandstone and then a Pinot Noir on oh, something other stone, some anyway, two different soils. And so you can compare and see, okay, right. How is the Pinot Noir compared to its soil type? And these wines are, you know, I think those wines specifically are probably 20 pounds retail, but you know, there are 15 pound retail Pinots coming outta Chile and South Africa that are more than drinkable, that are beautiful, that have complexity. And I find from 20, 25 pounds from there, they start getting super, super interesting, but you know, California now is getting really expensive. Oregon is getting ridiculous. Um, so I'm just wondering, where's the pockets of where are the pockets of value of Pinot Noir in California?

Paul Kalemkiarian 00:18:01 There, there are some California Pinot noirs that are coming from large wineries that are pretty, pretty good. Now there's two reasons why there are, there's affordable Pinot noir. One is, they're just made affordable. And of course that generally reduces the complexity and maybe some of the structure, but then there's also, you know, the, the regular marketing of wine where, you know, there's some really, really interesting deals are brought to brought here and brought to other restaurants and brought to retailers of wine that just got stuck somewhere. They didn't, couldn't sell it. They made too much. There's a whole, there's a million reasons as you know. And so I did a wine from Ternion here, fabulous Pinot Noir, Tri-County Pinot, um, which is kind of an interesting idea.

Janina Doyle 00:18:38 Which Pinot?

Paul Kalemkiarian 00:18:40 It's called Ternion T E R N I O N. So things like that, that we find. The Petaluma Gap being a district. I love wines from there. And I think your comment about the Chilean Pinots is a very valid one. Up until I'd say about five years ago, most Pinot noir from south America was red wine.

Janina Doyle 00:19:02 Yeah. Hit or miss. Zero elegance.

Paul Kalemkiarian 00:19:06 Yeah. And I think Patagonia, as you know, Pinot Noir being the great conduit of the minerals and soil content that it's grown in, it goes back to that same comment Michel Rolland made is that it takes some time to understand how to do it. And all of a sudden you're right. The Chile wines are starting to express themselves, uh, particularly the Patagonia, a lot of biodynamic stuff being grown down there. So I think that's a wonderful example of value oriented Pinot. Cono Sur is another one from the South America, that's got high standards of quality of, uh, Pinot noir, but it's such

a finicky grape. It's so hard to, to manage some time, but there's, there's quite a few, uh there's there's one I just did called, um...

Janina Doyle 00:19:45 Now you gotta think, there you go. Put you on the spot.

Paul Kalemkiarian 00:19:47 Yeah, I gotta think it's the name of a, it's the name of a cartoon character.

Janina Doyle 00:19:51 Oh, how funny.

Paul Kalemkiarian 00:19:52 It's the name of that big chicken Hawk on, uh, Leghorn. It's called Leghorn. Warner brothers chicken.

Janina Doyle 00:19:58 I, I wouldn't even know. Okay. Well that, every day's a school day. Leghorn. Okay.

Paul Kalemkiarian 00:20:03 Yeah. It's called Leghorn. Fabulous representation. I think it's around \$20 US. That I, that's the one I take home. There's one called Nue wilde, N U E, new word, W I L D E. And that is very, uh, terroir driven. It's also a sustainable brand. In other words, they it's got a single label. So the paper usage is low. It doesn't have a cap on the cork. It's just, just a corked wine.

Janina Doyle 00:20:31 No, I like that. I like that.

Paul Kalemkiarian 00:20:33 Yeah. So there's some interesting things out there. We have a Pinot Noir club and yeah. As you know, the prices can be \$20 up to, you know, a hundred dollars easily.

Janina Doyle 00:20:42 Of course. Yes. That's the problem, isn't it? You know? So let's, let's move on to, you know, you talked about this whole, the French paradox, how that changed things. The study came out right? That the French were smoking and eating and they weren't exercising yet they had a heart rate, like their rate of heart disease was massively down compared to the Americans. And apparently when this came out, they said it was because the French were drinking like 16 gallons of wine a year compared to the Americans two gallons. And apparently wine sales went up with, I've looked this up so I can state this. I didn't know this, the sales went up for red wine, like by 40%, almost overnight. I love that.

Paul Kalemkiarian 00:21:24 Prior to, uh, Morley Safer's Mediterranean lifestyle book, we sold more white than red.

Janina Doyle 00:21:32 Oh, how funny? Really?

Paul Kalemkiarian 00:21:33 That's changed immediately and has never retracted. Right. So you're talking about consumption just for, for fun trivia. One of my favorite trivia things, because the Calif... Americans just surpassed, uh, the French a couple years ago and have maintained this in total gallonage drunk, not per capita, but total gallonage. Uh, we drink more in America than the French do. Okay. That being said on a per capita basis, there's one country that drinks nine times more per capita than its closest competitor. That's the trivia question, which country drinks nine times...

Janina Doyle 00:22:12 I don't wanna do that. I, I have no idea. I don't wanna play this game.

Paul Kalemkiarian 00:22:16 It's the Vatican.

Janina Doyle 00:22:18 Ah. That makes, okay. So it pays to be religious. Good for them. You know, they just wanna be closer to God. Oh that's brilliant.

Paul Kalemkiarian 00:22:26 It's, it's the same monks that, that we're trying to figure out how to make Burgundy. So, you know, well, not the same ones, but at least...

Janina Doyle 00:22:31 They're just used to it. It's just part of living.

Paul Kalemkiarian 00:22:33 Yeah. They have time on their hands. So no one ever gets that question. Right. But, um, so yes. You know, Cabernet, you know, I just learned something. I couldn't believe this. The other day that Cabernet in itself is a hybrid of Sauvignon Blanc and Cabernet Franc. You must know that with WSET.

Janina Doyle 00:22:48 But a crossing. Yeah yeah yeah.

Paul Kalemkiarian 00:22:49 It's a crossing. I had no idea that, that was the case.

Janina Doyle 00:22:52 But no one wants to talk about that because Cab Sav is just seen as so prestigious you know.

Paul Kalemkiarian 00:22:57 Right. It's the noble grape of, of, of the wine world.

Janina Doyle 00:23:00 Absolutely.

Paul Kalemkiarian 00:23:01 Um, you know, we have a problem in California with, particularly with Napa, the, the land has gotten so expensive and the lifestyle has gotten so expensive that, that the annual, um, auction for wine is not is, is to supply funds to families that, that live and work that work in Napa, but can't afford to live there. It's uh, it's so difficult. And if you think about, uh, the cost of grapes, uh, the last number I have in my head is 2018, a tonne of, uh, Cabernet or decent Cabernet from Napa let's say Oak Knoll was \$8,000 a tonne. And the rough calculation is that wine in the bottle is gonna be \$80 to \$90 minimum, a hundred bucks, probably. So, who's drinking a hundred dollars Cabernets? And does that make it any better than, than, than a Cabernet that's made for \$20? Because the process of making the wines certainly, um, at some point is gonna be the same. In other words, if you're just paying attention to quality, it's, it's certainly more expensive than some of these co-ops of what they spend to make a bottle, but eventually at some point, fermenting and storing and aging costs the same for a pedigree \$45 Cabernet and one that's 150 to \$500. So what's the difference? Well, part of it's branding, part of it's the edit, you know, the label, part of it's like I poured Caymus last night for my family or I Lafite Rothschild.

Janina Doyle 00:24:17 Oh, yummy.

Paul Kalemkiarian 00:24:18 Right. Uh, but the other part is, um, you know, Cabernet. I, I have a club, I have a Cabernet club from Napa. It's a Napa Cab club or Napa red wine club. And the average bottle's \$28.

Janina Doyle 00:24:31 Okay. It's still way higher than the average consumer spend, but it's a little bit more reasonable than um....

Paul Kalemkiarian 00:24:37 So it gives you a chance to taste the district without spending a ton of money. How many people can go to Napa, go to a tasting room that which charges \$85 just to taste. So you have the right to buy a wine for like \$165. Pretty few.

Janina Doyle 00:24:52 Yeah.

Paul Kalemkiarian 00:24:55 Right. So then we, we, we take it down to, alright. What about the other districts? Lodi, wonderful place for Cabernet. Paso Robles. Paso's probably the best value of Cabernet right now in California. I mean, you don't have to buy Austin Hope at \$45 or, or, or Daou at that price, but there are some other brands. Ancient Peaks is one of the, I, I had, I had him in, Doug Filipponi in the show not too long ago, and I hadn't even tasted the wines prior, but wonderful wines in the \$20 price range that are not, uh, they're not the extracted fruit forward profile that comes from the hot side of Paso. It's unbelievable. I'm like, it's fascinating. So you see that at Whole Foods Market, you see the many markets is a rather large brand, but really good, really good quality, really good. Really good, uh, value. And it changes by the way, guess what it's gonna change next year. Every vintage is different, right? We...

Janina Doyle 00:25:50 Well, yes, of course. So currently this vintage is good. Uh, I mean, but that's the joy of wine, but I wanted you to touch on some Cab Savs because of course, just going back so people actually understand why you mentioned about the, this red wine Mediterranean diet. And I mentioned about this French paradox and stuff is because of the polyphenols. Okay. So everybody, I keep on saying to everybody, you know, that there is a healthy aspect to wine when drunk in moderation. Of course. And the famous polyphenol that's had the most research is Resveratrol. And that, of course, you're gonna get a lot more of that in the Cabernet Sauvignon than you will do in the Pinot Noir.

Paul Kalemkiarian 00:26:27 You know, there's an ongoing argument about that.

Janina Doyle 00:26:30 Oh, I sure there is.

Paul Kalemkiarian 00:26:31 Tannat is touted as very big in that.

Janina Doyle 00:26:33 Tannat is the number one, isn't it?

Paul Kalemkiarian 00:26:35 Yeah. I think it is. But there's an argument with that too.

Janina Doyle 00:26:38 And Sagrantino, Sagrantino in Italy, which nobody ever...it's like, nobody talks about Sagrantino. It's like nobody knows exists.

Paul Kalemkiarian 00:26:45 That's a really funny point. I was on a, I was on a radio show last Christmas and, um, the gentleman lives in Texas and he had gone to one of the, one of the wineries, I've been to actually in Texas. And he goes, did you taste that 'Sargento'?

Janina Doyle 00:26:59 Sargento.

Paul Kalemkiarian 00:27:00 And I said, you know, and it's his show. So I can't correct them.

Janina Doyle 00:27:04 Oh dear. Oh, no. How embarrassing. So what did you say?

Paul Kalemkiarian 00:27:08 I said, uh, I did not have a chance to taste theirs. I kept the word out. Uh, but there are many in California. There are many in, in, um, in Italy, just south of Tuscany where

Montefalco, where, you know, it's grown prolifically, that you should try as well. And so I sent him a bottle, uh, to, so he could taste it next to his Texas version. Uh, and I still never corrected him, so...

Janina Doyle 00:27:31 You, you needed to send him the bottle and then write in highlighted words, enjoy your SAGRANTINO. But it is, it's weird because it's a wine that is, obviously Italians will know about it, but it's got such power, such depth. And the tannin structure of course is humongous. But I suppose, you know, this is the wine of Umbria. And then when you say Umbria, everyone's like, well, where the hell is Umbria? Like you've obviously already commented. Yeah, go south of Tuscany, but it's not, it's just not well known. And I think there's hardly any produced, but you know, these people say Barolo is tannic. And it's like, no, no, no, no, no, this is gonna dry your mouth. But obviously a nice piece of steak and they've got such great flavor. So there you go everyone, we've mentioned quite a lot of wines in this podcast and especially the podcast before, but go to look at Montefalco, which is just this beautiful Hilltop town. Well, everywhere in Italy's beautiful. So...

Paul Kalemkiarian 00:28:33 So the mayor, the ex mayor of Montefalco, his name was Valentino Valentini. Should be a movie star, right?

Janina Doyle 00:28:40 Oh, but that's an original name.

Paul Kalemkiarian 00:28:42 So his winery is called Bocale. And fabulous Sagrantino, fabulous stuff.

Janina Doyle 00:28:48 Okay. To be honest, I have not had much Sagrantino wine simply for the fact that, you know, again, there's just not a lot of it out there and hardly any of it comes to the UK, sadly. So, you know, everyone needs to look high and low to, to find some Sagrantino.

Paul Kalemkiarian 00:29:06 Not gonna see it in the supermarket that's for sure.

Janina Doyle 00:29:07 No, definitely not. But you need to be prepared for it. It's definitely not a, um, it's not a summer sipper everybody. It is not a summer sipper. But Tannat actually as well, what's quite nice considering the tannins, in Uruguay, which of course is where they're doing beautiful examples, now become their red grape variety. My God, the way they grow it, it's just really, really juicy and the tannins are so ripe that they don't seem drying at all. So I urge everyone to, to get some Tannat from there. And then you go, you've got a healthy heart. Now, would you like some, would you like some health facts that I wrote down?

Paul Kalemkiarian 00:29:46 Yes. Let's lay 'em out there.

Janina Doyle 00:29:48 Okay. So red wine apparently, in red wine again, because this is where, you know, resveratrol, it's a protective chemical. But they have found there's another, I guess, chemical and I'm probably pronouncing it incorrectly, but it's called Piceantannol. That's kind of sounds, yeah? Piceantannol. Okay. Lets go with that. So Piceantannol. Yeah. And it inhibits new fat cells forming and prevents the mature fat cells from developing, which basically means everybody, less abdominal fat

Paul Kalemkiarian 00:30:21 Hmm. That's a good one.

Janina Doyle 00:30:23 That one's a new one, right? That's a new one that I've heard of. Cause of course let's be honest. I'm always, I think you would agree. You'll always go with all the evidence and studies that suggests that red wine is healthy for you in moderation, but you know, of course there's new studies coming all the time. We're gonna pick the ones that we like right?

Paul Kalemkiarian 00:30:43 Of course. Whatever sells the most.

Janina Doyle 00:30:43 Exactly. But I have to say it's really, really interesting with the polyphenols. You know, we know they are antioxidant, we know they are anti-inflammatory and I dunno more and more keeps on coming up and um, suggesting that there's there's wonderful benefits. I found out another one that for women with menopause, it can really help your, your mood and your mental performance based on it doing something that's quite similar to estrogen in the body. How's that?

Paul Kalemkiarian 00:31:09 Well, let me, let me, um, let me, let me lay something out here since you brought that up, menopause in particular. Uh, this is a book you can't see it, but it's you can Google it and you can get on eBay. It's called Wine is the best medicine.

Janina Doyle 00:31:23 Oh, I like it already.

Paul Kalemkiarian 00:31:25 It's by a French doctor, Dr. E.A. Maury. It was written in '72 or '73. It was translated in English soon thereafter and it's, it's a, and he was a legitimate MD as well as a, uh, homeopathic doctor. And he has, it's basically human ailments. It's probably, let's see. The book has got, uh, probably a hundred page, 150 pages. It's got human ailments and the curative French wine of course, he's a French doctor. So there's things like allergies, anemia, ???, bronchitis, diarrhea, fever, gout, hypertension, and menopause is one of them. And since you brought it up, we'll just talk about it. So if I was to say, what wine should you I'll give you three choices, should you enjoy in order to help the condition of menopause? It could be Champagne. It could be a young Beaujolais, or it could be a Saint-Émilion Bordeaux. What would be your guess?

Janina Doyle 00:32:24 Well, from what I've been saying, Saint-Émilion because of the tannins and the Resveratrol, but then also Champagne makes me really happy. So emotionally...

Paul Kalemkiarian 00:32:34 Well, you were right on and, and most people get this wrong, but that's, that's right. There's Saint-Émilion. And then there's a dosage factor that goes with that. What do you think the dosage is?

Janina Doyle 00:32:45 Um, so are we talking like in milliliters, like a glass right, milliliters? Yeah. Oh glasses? Okay. So like what per day? Does he give a dosage per day? Well, now I would obviously say from reading all the studies that 125 millilitres glass maximum in the day, but I think you're gonna tell me it's more.

Paul Kalemkiarian 00:33:10 It's four.

Janina Doyle 00:33:12 I'm loving this doctor already. Yeah. I mean, he sounds, he sounds intelligent.

Paul Kalemkiarian 00:33:17 It's a great book. So, and it says exactly what he says, Bordeaux wines from the Medoc region, because they are rich in own tannins, which act through the medium of the factor P on the resistance of the capillaries. And so, uh, menopause of fertility come into it. So that's actually looks like six glasses, two glasses per meal, three meals, but it is a great book. And, and sometimes it just says, you know what, it probably doesn't help you, but you feel better anyway.

Janina Doyle 00:33:44 Well, no, they've done, they've done studies. And they have looked to see about the blood flow being improved in the human brain, by having red wine. And very typically with young people there, it doesn't do anything. But when you are older, so in your fifties and your sixties,

they see a massive difference. And I think that's the same for when they talk about cardiac arrest, um, and heart disease and things like that. So quite clearly when you're young and you are healthy, you can't use red wine as an excuse, but certainly as you age the red wine, actually, by the way it works within your body really does help. It creates the flow. Probably. And right now for all you young people listening, well, obviously mentally, you're gonna feel good with a nice glass, doesn't it? That's the main thing.

Paul Kalemkiarian 00:34:31 That's it. That's the bottom line.

Janina Doyle 00:34:33 Now we, just to kind of slowly sum up this episode, of course, you mentioned Sideways, the movie, which had a massive effect. So people need to go and watch that. I actually did not enjoy it the first time. I found it really disappointing and boring, but then I came back to it a few years later and I really appreciated the kind of dry, I don't know, strange humor, so you've gotta be in the right mood for it, I think. Um, and then Bottleshock that came out in 2008. So that tells the story of the Judgment of Paris. Although there's quite a lot of non-truths in there. Like one of the...

Paul Kalemkiarian 00:35:10 It's a horrible, it's not even close.

Janina Doyle 00:35:13 I mean, but at least it kind of gives, it gives an idea. If you like a movie, it's a good film. Actually, I quite enjoyed it. It's a really fun film. I think. Nice, light.

Paul Kalemkiarian 00:35:21 The facts are wrong and the players are wrong and, you know, they took some literary license to tell the story. I had the producer on my show as well, uh, of the thing, never, by the way, the movie made no money. Not, never did well at all. And it actually prompted Joanne DePuy, the one I was speaking about to write her little autobiography about the other side of the story. And she's a wonderful wealth, uh, she's on the podcast of what really happened, but the movie Bottleshock in itself, isn't a very good depiction of what it, what it was.

Janina Doyle 00:35:53 It's not, but it's at least a it's interesting. It's interesting to find that story. I, yeah. And one of the biggest shocks I found, uh, was that in the movie they make out that Steven Spurrier was like really supporting California. That the whole reason he did the tasting was cause he believed so much in California and he, and he wanted to prove to the French that the wine was amazing when actually if you speak to, well, sadly we can't anymore. But I have spoken to Steven in the past and of course you have too, you've had him on the show. If you ask him that question, he'll say, actually he was as surprised as anyone. He was open to doing the tasting. Hence why he thought it was a good idea, but he never thought that the California wine would win. And I think he got, he got in a lot of trouble for that, with the French, a lot of trouble.

Paul Kalemkiarian 00:36:41 It was actually Patricia Gallagher's idea to expose the French judges. And she was against the idea of pitting them against each other. It was Steve's idea to do that, but look, how would that possibly be happening? You've got hundreds of years of experience of French wine making and then here come these upstarts and how could that possibly be? Think, well, guess what, you know, we brought some amazing winemakers from other parts of Europe that, uh, you know, that we're able to turn the, those grapes and make the grapes, you know, wine is about farming. So, you know, you start with the grape and, and we are able to produce nice grapes. So yeah, I agree with you. He, he wanted nothing. He had nothing to do with the idea of it being successful. He just wanted to expose people and he thought it'll be fun to make a contest out of it. And the French just were so arrogant at

the time that there was no way the Californias were gonna win. There's no way obvious. And in fact that, one of the quotes from the book and, and, and, and I went through my dad's newsletters from 1976 and he wrote about it in June. And one of the judges smelling one of the white wines, I think was the Montelena, looked at one of the neighboring judges said, oh, we're back in France again. So he was actually smelling a California Chardonnay, but was convinced he was in burgundy. I think it was Chablis or Meursault and, and made the comment and it was wrong, so...

Janina Doyle 00:37:59 Well, no wonder some of them lost their jobs. Oh, brilliant. But anyway, so everyone needs to check out those movies anyway, because they're wine movies. Are, are you into your wine films? Do you have any to suggest?

Paul Kalemkiarian 00:38:09 You know, I, I, I, I don't watch, you know, like I haven't watched the Somm thing.

Janina Doyle 00:38:15 Oh, I mean, everybody should, well, you don't need to, I think, you know, how hard being a Master Somm or doing your Master of Wine is right?

Paul Kalemkiarian 00:38:24 Sure. Very difficult.

Janina Doyle 00:38:25 But I have to say that Somm movie opens up a lot of people's eyes to the way you taste and blind taste and speed taste. And it is pretty remarkable and waking up at six o'clock in the morning and having to taste, and the poor partners and wives and, and whatever, having to clean up all these spittoons, like early in the morning, because there was a late night tasting session in the apartment. And just, I mean, just following the four Somms on that journey is just an incredible way to understand hardcore wine professionals, just doing what they do best and trying to get to the top of their game. It's impressive.

Paul Kalemkiarian 00:39:05 You know, what's interesting. And then I think it's a very important part of, of the industry, the hospitality industry, uh, anybody should understand wines, particularly the person at a restaurant that's gonna be pouring for you and recommending for you. That the life is difficult. And in the, in the '90s and the two, early 2000s before the recession here in America in the 2008, you know, there were six digit jobs in Vegas, you know, being the Head Somm, the buyer, that was a very prestigious thing to do. And it was really, really good money. And after the recession and then the proliferation of, of talented and, and qualified people, um, has made it much more difficult. And so the glamor of a movie like that, like you're gonna learn all about the wine and, and then you're gonna, you know, be thrust into these amazing jobs is, doesn't exist really. But what does exist is the lifestyle that you take on as you get to enjoy, and as I get to enjoy, it's, uh, it's, it's not an easy lifestyle and that it's, it's hard to make money in this industry all the way around from whether you're making it, selling it or pitching it. But one winemaker put it to me. He goes, I meet the most amazing people. I drink the most amazing wines. I eat the most amazing food. And I go to the most amazing places.

Janina Doyle 00:40:22 And that, that you can't put money on that, the experiences that we get

Paul Kalemkiarian 00:40:26 Not bad. Right?

Janina Doyle 00:40:27 Yeah. So we'll be poor forever everyone, but we are having cultural, beautiful experiences, that even the rich can't pay for. Oh dear. Absolutely. Well, I would say the one movie, I don't know many wine movies either. I'm definitely not a wine movie buff, but one that I have

mentioned before on this podcast, and if you haven't gone to see it, and perhaps you should, if you haven't is Sour grapes. You know, the one with all about, this is the true story, documentary of Rudy Kurniawan. So the fraudster and it's just incredible. And there is one scene, which I was just horrified seeing, which was where they had confiscated all of the wine. Well, some of the wine, let's be honest, cause thousands of his bottles are still out there and people's cellars, but they'd confiscated a load and they were throwing it in a dumpster, in a huge dumpster.

Janina Doyle 00:41:18 And all of these bottles are filled with juice and I'm thinking, still gonna be absolutely delicious juice. You know, these people where they label, when they label a bottle Château Mouton Rothschild, well it's fake in terms of the fact that it's not the juice of Mouton Rothchild, but he had an incredible mind to create, you know, this chemist, he was able to put wines together to taste similar enough. So basically if you were drinking it, you were like, oh this is just a shit version of Mouton Rothchild, but it was still pretty good. So I'm thinking, oh my God, how much still delicious, amazing wine is being thrown in the dumpster? My heart, oh, it was painful. Very, very painful. But um,

Paul Kalemkiarian 00:42:01 He was here. He was my neighbor, uh, so to speak, he was here in Arcadia which was one of my offices, uh, and you know, his house was foiled up. The windows were foiled up. They found all the labels and the old corks and stuff. Um, wow, great book. Uh, great book that touches on Rudy and a whole bunch of other improprieties in the wine industry. And that's called Tangled vines. Woman named Frances Dinkelspiel. Fabulous stories.

Janina Doyle 00:42:27 You're great with the books. I'm, you know, you're great with the book recommendations, I think.

Paul Kalemkiarian 00:42:31 Uh, it really spectacular. Rudy's in there. Uh, Joe Franzia who faked white Zinfandel back in the 70s. Uh, what's his name Anderson the guy that burned down the Sausalito warehouse with those amazing wines in it. Uh...

Janina Doyle 00:42:44 Oh my God. Okay.

Paul Kalemkiarian 00:42:45 Murders in the 1700s. I mean it goes on. It's a dangerous business.

Janina Doyle 00:42:51 But we go to, we get to go to nice vineyards.

Paul Kalemkiarian 00:42:53 Yeah, exactly. But, but you're right. You know, the, the, the, the lifestyle is, is hard to, uh, compete with and the, the knowledge base and the, you know, there's a mystery about wine and we get to learn about it. And we, we take passionate. I think that's pretty special.

Janina Doyle 00:43:06 That's what we do it for. No, exactly. I always say this, you pick up a bottle of wine and each wine, each vintage, even the same vintage will be slightly different and maybe on a different day and the way you feel. And then think about what the winemaker was thinking and what happened in that, the story of that vintage from bud burst all the way to the moment they picked it and the struggles. And think about the vineyard dog.

Paul Kalemkiarian 00:43:30 Yeah, exactly.

Janina Doyle 00:43:31 There is, there's so much in that one bottle of wine. Thank you, Paul. You have literally brought so much interesting information, loads of facts, and I've, um, really enjoyed listening to you go on about the, uh, the modern history of, uh, wine drinking in the US. So thank you for that.

Paul Kalemkiarian 00:43:49 Uh, thank you for having on the show. There's been a fabulous time and I hope we can do it again.

Janina Doyle 00:43:52 Oh, been a good chat. I think we can. Have a very lovely weekend and I'll speak to you soon.

Paul Kalemkiarian 00:43:58 Cheers.

Janina Doyle 00:43:59 Take care.

Janina Doyle 00:44:502 So I hope you enjoyed that episode and that you've learned something new or there's a few wines in there that you're gonna go and explore or try. Now to finish off with I will leave you with a wine quote, but just to be a little bit different today and because I can, instead of me giving you the wine quote, I shall play you the iconic moment from the Sideways movie. And I warn you if you're not in the mood for any swearing, perhaps turn the volume down now.

JACK: "Just try to be your normal humorous self. Okay. The guy you were before the tail spin. Do you remember that guy? People love that guy. Don't forget your novel is coming out in the fall."

MILES: "Oh, really? How exciting, what's it called?"

JACK: "Come here Miles. Come here. Do not sabotage me. If you wanna be a fucking lightweight, then that's your call, but do not sabotage me."

MILES: "Well. Aye, aye, captain. You got it."

JACK: "And if they want to drink Merlot, we're drinking Merlot."

MILES: "Well no, if anybody orders Merlot, I'm leaving. I am not drinking any fucking Merlot."

JACK: "Okay. Okay. Relax Miles. Jesus. No Merlot. Did you bring your Xanax?"

So there you have it. If you have not watched the Sideways movie do get on it. And remember, regardless of what Miles thinks, Merlot is your friend. Right, well, next week I have an amazing episode for you. I'm chatting with Laura Felluga, who is the granddaughter of Livio Felluga. This winery has brought us some of the best white wines of Italy. They are based in Friuli Venezia Giulia. So we are gonna talk about the Northeast of Italy, the white grape varieties from this region. And you will learn why Livio Felluga was the rebuilder of the Friuli wine tradition. Amazing history, amazing wine. So tune in next week. That is it for today. Thank you as always for tuning in and listening. Thank you for all of you amazing people that are writing in, giving me comments, giving me feedback, sharing the podcast over your social media platforms. If you haven't subscribed, do it, do it now. If you haven't liked, please do that. And if you have any opportunity to leave a comment on your podcast app, especially apple podcasts, please, it does make the podcast more discoverable. So you know what is happening next week, have a beautiful few days. Until then I raise my glass. Cheers to you.