

Our World



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NEW SEASONS NEW REASONS

Yay the sunshine is finally here and we can all breath a sigh of relief that winter is finally over...



Written by
CHRISTOPHER COOPER
Wine Buyer and Consultant

Yay the sunshine is finally here and we can all breath a sigh of relief that winter is finally over... and moreover we can now comfortably sit outside and enjoy life in the open once again.

Dust off your shorts and dresses, wipe down the garden furniture, unpack the barbecue (well maybe not yet) and get out there in the sun. Finally we can begin to boost our wellbeing by topping up on our Vitamin D and enjoying an alfresco beverage. For me, this time of year is a busy one, but it's the best time to savour being in the moment. There's nothing I love more than basking in the warmth of the morning sunlight with a cup of tea... or better still, relaxing after a hard day of tasting in the evening sun with a glass of fizz. And trust me, any alfresco moment can be made immeasurably more memorable with a decent glass of Prosecco.

With spring having most definitely sprung, I always find myself using those moments of sunny reflection to consider the annual spring clear out, both mentally and physically. And, as the director of Drinkonomics, it seems that bars want to give their wine lists a bit of a spring clean too. It's a great time of year to make definitive change in bars and restaurants, and try something different. Generally we're creatures of habit, but in springtime we're much more adventurous. I have a great deal of hope for the coming seasons and love the focus on new up and coming trends. Verdejo, English fizz and Cabernet Sauvignon to name but a few...

A new season impetus of positivity and activation has many of us (including myself) looking to change our eating and drinking habits too. Old mentalities of lethargy and laziness are banished as the warmer weather brings out the best in our well being. I tend to enjoy a revised and more intensive fitness regime at this time of year but for me it's all about quality rather than quantity and I strive for a healthy balance. An example might be to enjoy a refreshing and uplifting glass of New Zealand Sauvignon Blanc with my cleansing quinoa and raw veg salad to balance a sneaky lunchtime gym session.

Springtime brings a whole new selection of dishes to the table with many more raw ingredients now available again. Farmers markets are full of amazing produce such as new season lamb, rabbit, halibut, asparagus and watercress to name but a few. All fresh flavours that provide perfect inspiration for dinner parties, get-togethers and menu plans.

There's a ying to the yang though as Easter also brings its indulgences, and with the Cooper household's legendary annual Easter Sunday Egg Hunt, there's no exception. Yes of course there is chocolate but also we go a bit crazy for the golden yolks of Burford Brown eggs.

Now the humble egg is probably one of the most difficult foods to match with wine. This year we'll be

indulging on Easter Sunday with boiled Burford Browns paired with new season asparagus spears and French 'Fleur de Sel' salt. And as a little glass on the side, I'd recommend a glass of Verdejo from Rueda to balance the richness of the egg and freshness of the asparagus. Delicious.

Cheers!



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SAUVIGNON BLANC

Marlborough, New Zealand

Case of 1	£9.17	
Case of 3	£27.50	Saving £0.01
Case of 6	£52.25	Saving £2.77
Case of 12	£101.75	Saving £8.29

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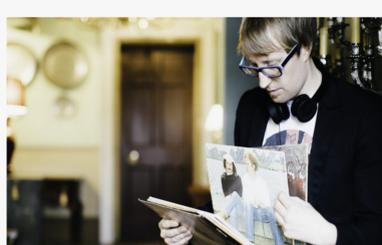
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