

Discovering Your Regional Heroes

Searching For A Hero? Look To Australia

(NAPSA)—For years, Australia has shown America that you can enjoy wine without having to know everything.

Australia has diverse and distinct wine regions, just like California, France or Italy. The regional wines reflect a unique style and character.

You can enjoy these regional wines from Australia and learn about their different flavors and how to match them with food. Log on to www.wineaustralia.com/regionalheroes for Wine Australia, an information and education center for Australian wines.

The Wine Australia Regional Heroes Tasting Challenge is for those with a thirst for discovering more about wine or a desire to show off their knowledge. This is a virtual tasting but you can do it in conjunction with a real tasting. Invite friends, get some Australian wine and see how you do. Select a wine style and region, then determine what characteristics describe it from the options provided. You'll receive a score and tasting notes and can taste wines one at a time or compare two wines, view a taste chart or take a tour of Australia's wine regions.

Australian food and wine ambassador, Sally James, created the following burger recipe with variations so you can match it with whatever wine you like. No matter which meat or fish you use, don't leave out the macadamia nuts.

Macadamia Burgers with Harvest Fruit Relish

The basic recipe uses Australian lamb and is a good match with Barossa or McLaren Vale Shiraz or a Shiraz-Grenache blend. (Makes four burgers)

1¼ lbs lamb



The Barossa Valley is famed for its rich, full-bodied, chocolaty Shiraz. This vineyard, nestled in the hills, gets plenty of late afternoon sun and produces intense berry-flavored wines from its century-old vines.

- ½ c diced unsalted Australian macadamias
- 1 shallot, peeled and diced
- ½ T capers
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- ½ c chopped fresh parsley

For serving: soft goat cheese, lettuce and bread or bun of choice.

Harvest Fruit Relish

- 1 T Olive oil
- 1 red onion, diced
- ½ cup unsalted Australian macadamia nut halves
- 3 plums, peaches or nectarines, diced
- 3 T sugar
- 2 T fresh rosemary leaves
- ¼ cup red wine vinegar
- ¼ cup red wine
- Salt and pepper to taste

Combine all ingredients in a bowl and mix well. Season to taste and refrigerate at least 1 hour to allow flavors to develop. Heat oil in saucepan and cook onions with macadamias over medium heat for 2 minutes. Add fruit and cook 2 to 3 minutes longer. Add remaining ingredients and cook until liquid is absorbed and

relish is thick and glossy. Keep warm or chill for use when needed. Preheat barbecue or grill pan and brush with oil. Cook burgers as desired. Spread bread with cheese, top with lettuce and burger and spoon over relish.

Alternates/Additions to main recipe, 1¾ lbs total, ground or chopped in processor (for all alternates, substitute seasonings for the capers, parsley, coriander and cinnamon)

Beef: Add 2 T dried currants, 1 T chopped fresh oregano, and cracked pepper to taste, Coonawarra Cabernet Sauvignon

Pork: Add 1 tsp five-spice powder, ¼ cup grated apple, ¼ cup chopped cilantro, Margaret River Chardonnay

Salmon: Add 1 tsp ground ginger, 1 T honey and a dash of soy sauce, Yarra Valley Pinot Noir

Chicken or turkey: Add 2 tsp grated lemon peel and 2 T chopped fresh basil, and include the capers, Adelaide Hills Sauvignon Blanc

Shrimp and crab: Add grated zest and juice of one lime, 2 T crushed fresh lemongrass, and chili to taste, Clare Valley Riesling