



**Basic Juice Article**  
**Be Resolute in 2005**

by: *Beau Jarvis*

**W**ell, you've officially blown it. 'Tis the end of 2004 and just how many New Year's resolutions did you keep? If you're anything like me, the answer is: zero/zilch/nada. I loathe the concept of New Year's resolutions. Since my mid-twenties, I have made the same three resolutions every year: 1) Lose ten pounds. 2) Read more books. 3) Drink less wine (tasting is OK, but an entire bottle is right out). I've not done so well with these resolutions. One year I lost ten pounds, but then the holidays arrived and I gained every pound back, along with one 'bonus' pound. During another year, I managed to *buy* more books, but sadly, didn't get around to actually reading them. And to be honest, I've never seriously attempted to drink less wine. What then would one live for?

For 2005, I have a foolproof plan. In lieu of three lousy New Year's resolutions, I'm going to make twelve fabulous resolutions; one for each month. They may not help me look any better in a swimming suit, but at least by December 31<sup>st</sup>, 2005, I'll be able to feel a real sense of accomplishment. And this will be much better than the usual overwhelming sense of self-loathing. So, without further adieu, I present my monthly resolutions for 2005. Feel free to adopt these as your own personal New Year's resolutions and join me in becoming "gustatorily" resolute this year.

**January** – I'll ring in the New Year with Champagne and honey-cured ham, poached salmon, or Camembert cheese. Splurge Champagne: *Roederer Brut Premier* (\$45). Safe bet: *Perrier-Jouët Grand Brut* (\$30).

**February** – Nothing says "love" to my tummy like good, old-fashioned lasagna. I will be enhancing this carb loading exercise with a bold Zinfandel. The Zin splurge: *Ravenswood Old Hill Zinfandel*, '01 (\$50). Safe bet: *Cline Dry Creek Zinfandel*, '02 (\$14).

**March** – I'm not a huge fan of March. Other than kite-flying, and Saint Paddy's, there really isn't much to this month. There is always the "Ides of March." I'll plan a giant feast in memory of J.Caesar. Chianti and Osso Bucco sound perfect. The splurge: *Antinori Chianti Classico*, '01 (\$24). Safe bet: *Gabbiano Chianti Classico*, '02 (\$12).

**April** – Spring is coming, and so is swimming suit and shorts weather. I should start eating a little lighter. I've got Caesar on the brain. I'll go with a Caesar Salad and Sauvignon Blanc. I can already sense the pounds melting away. Sauvignon Blanc splurge: *Grgich Hills Fumé Blanc*, '03 (\$26). Safe bet: *Villa Maria Sauvignon Blanc*, '03 (\$13).

**May** – I'm tired of eating salad. I want something succulent. Lobster drenched in butter paired with White Burgundy (Chardonnay) fit the bill. Where's my bib? Splurge

Burgundy: *Jadot Chassagne Morgeot*, '02 (\$30). Safe bet: *Rodet Bourgogne Blanc*, '01 (\$11).

**June** – June always makes me feel sassy. Perhaps a little Spanish *tapas* party is in order. I'll go old Spanish-school with Fino Sherry along with grilled shrimp, Spanish olives, and Serrano ham. Fino choices: *Lustau Light Fino 'Jarana'* (375ml) (\$17); *Tio Pepe Fino* (750ml) (\$15).

**July** – It's picnic time. This calls for blush/rosé/pink wine and some of granny's chicken salad sandwiches. A little smoked cheddar will also find its way into my picnic basket. Rosé splurge: *Chateau d'Aqueria Tavel*, '03 (\$18). Safe bet: *Fairview Goats do Roam Rosé*, '03 (\$8).

**August** – I know I'll be hot. A fresh fruit salad coupled with a chilled German Riesling will cool me off. German splurge: *Kunstler Hockeimer Kirchenstück Spätlese*, '02 (\$39). Safe bet: *Dr. Loosen Riesling*, '02 (\$13).

**September** – I love Riesling. It deserves two months. This month I'll go with something a little more full-bodied; Alsatian Riesling. Spicy Pad Thai is the perfect foil to this wine. Splurge on Alsace: *Trimbach Cuvée Frederic-Emile*, '98 (\$39). Safe bet: *Trimbach Riesling*, '02 (\$10).

**October** – Once per year I get a serious jonesing for bacon double-cheeseburgers. I've also discovered that a nice Merlot works splendidly with this heart-attack-in-a-bun. Extra bacon splurge: *Chateau St. Michelle Indian Wells Merlot*, '01 (\$18). Safe bet: *Clos du Val Merlot*, '02 (\$12).

**November** – Instead of Thanksgiving, I'll have a Mexican fiesta feast. I plan on serving up a bright, peppery Shiraz/Syrah along with enchiladas, tacos, and some pepper-jack cheese. Grandé splurge: *Penfolds St. Henri Shiraz*, '00 (\$40). Safe bet: *Smoking Loon Syrah*, '03 (\$9).

**December** – To celebrate the first ever successful completion of my New Year's resolutions, I will be eating the best Filet Mignon I can find. My juicy, medium-rare mignon will be complimented by a luxurious Pinot Noir. Hedonistic splurge: *Argyle Pinot Noir Reserve*, '02 (\$28). Safe bet: *BV Coastal Pinot Noir*, '02 (\$10).

I hope these New Year's wine resolutions see you through a peaceful and prosperous 2005. Happy New Year and Cheers!

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