



January 2026

Newsletter

Hello and welcome to our inaugural newsletter. The aim of this monthly offering is to talk all things good about Food and Wine, as well as giving you great Vino recommendations – and alert you to upcoming events we are holding this year! Our website is now live, and we are taking bookings for dining and wine tasting experiences in your own home or venue. Details at www.wineanddine.org.uk

We are holding an online tasting event on Thursday January 29 at 8pm. Details are opposite, places are limited, but it's a great way to try and discuss new wines from the comfort of your own home.

At this time of the year, you might be thinking about Low/No Alcohol wines! There is a misconception that these aren't the best quality, but we believe it's important that you approach these styles of wine with a differing mindset. And there are brilliant wines out there.

With LoNo wine the fermentation process begins with the same steps as traditional wine, where grape juice is fermented with yeast to develop body, aroma, and complexity. There are various ways of removing alcohol, such as Vacuum Distillation, whereby the wine is heated under low pressure, allowing alcohol to evaporate at lower temperatures, which helps preserve delicate aromas and flavours.

Because removing alcohol can strip away some flavours, winemakers may add back concentrated grape juice, tannins, or natural flavours to restore balance and body to the wine.

In general, these wines are fresh, with great acidity and good fruit flavours. On the next page we will recommend some lovely wines to try, one of them being a good no alcohol Grenache, Syrah and Mourvedre (GSM) from Oddbird Wines.

"A bottle of wine contains more philosophy than all the books in the world." – Louis Pasteur



Online Wine Tasting

Thursday January 29. 8pm.

Our first online tasting of the year will have 'Off The Beaten Track' wines as a theme.

Join us for a fun, conversational and informative wine tasting where we share our passion for a chosen region, grape or theme; introducing you to wines and sharing anecdotes that will transport you to sun drenched vineyards throughout the world. Attending our relaxed tastings are a chance to meet new or existing friends and learn fascinating insights.

The format is simple. 4 wines in 40 minutes – we chat, taste and discuss. We will tell you before the event what wines to buy, in advance, they will all be budget friendly. **It's just £5.00 to book your place**

www.wineanddine.org.uk/events

Wines of the month

Fabulous vino, recommended by Ian, to try in 2026.

We have been testing several wines recently (and of course research is so important in what we do 😊).

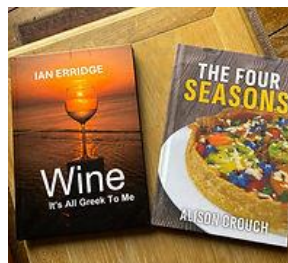
January is a time where you might be thinking of an alcohol detox, and we have some brilliant lo/no wines for you to try over the coming months. One we are a fan of is the Grenache Syrah Mouvedre (GSM) blend from **Oddbird Wines**.

This silky, dry 0% alcohol red wine hails from Saint-Chinian in the South of France. This GSM shines with vibrant red and black fruits, a sharp tannic entrance, followed by deep mature fruit and spices, and finishing with a pleasant, dry structure that showcases the wine's earthy and acidic qualities.
www.oddbird.com

Other wines that we love are **Burnt House Pinot Noir**, from Suffolk. This amazing wine features vibrant notes of cherry, raspberry and ripe red plum, lifted by subtle hints of redcurrant. Gentle oak influence brings soft spice and a touch of smokiness, supported by warm, earthy undertones that round out the palate and oh so silky tannins. Everything brilliant about the English wine scene is here. £26.00 www.burnthousevineyard.co.uk/

Finally, this month, this fabulous Greek wine has been wowing customers at our tasting events. **Alpha Estate Axia Xinomavro**, hails from Greek Macedonia, and features lovely ripe blackberry combined with exotic spice, vanilla, clove and cracked pepper. Full bodied on the palate, with rounded tannins, a balancing freshness, this blend delivers rich, dark fruits and intense quince flavours, with vanilla tones from the seamlessly integrated oak through to a long persistent finish. £18.05
www.vinvm.co.uk

About Us



Hello! We are Alison and Ian. Alison has 35 years of experience working in food. From teaching cookery, nutrition and food hygiene, running restaurants, broadcasting, writing both recipes and food articles, to carrying out cookery demos

at food shows. She has worked with Gordon Ramsay, Rosemary Shrager, Brian Turner, Aldo Zilli and Cyrus Todiwala - and has written several cookery books, her latest being *The Four Seasons*, which was released in 2024.

Ian has over 25 years' experience in the Wine industry and is also keenly into his food. He is author of a book on Greek wine, called, *Wine; It's All Greek To Me* - having lived in Greece for over 4 years. He also studied on the coast of Southern Spain for 2 years. has worked extensively across the UK - and is now a Wine Consultant, Specialist Tasting Host, and Sommelier.

Producer Spotlight. Oddbird Wines.

The story of Oddbird Wines is so interesting. The business was founded in Sweden in 2013 by Moa Gürbüz, who, for over 20 years, worked as a social worker, family therapist, and Master of Social Science - working with families affected by alcohol-related harm, which inspired her to pioneer a radical change in how we view drinking, creating a wine house dedicated exclusively to crafting premium wines liberated from alcohol, with her son, Mehmet. Their wines are now featured in some of the world's leading culinary destinations, including Michelin-starred restaurants.



Dining Events and Wine Tasting – In your own home or venue

www.wineanddine.org.uk

Food and Wine pairing of the month

Fabulous dishes, written by Alison, paired with a wine chosen by Ian, to try in 2026.

Each month we'll encourage you to cook a great dish and pair it with a lovely wine. This month Prawn and Scallop Brochettes with Rose Champagne.

Prawn and Scallop Brochettes

Serves 2 – 4

4 wooden skewers soaked or 4 metal skewers

For the marinade:

2 tbsp English Olive oil

Zest of 1 lemon

Juice of ½ lemon

1 small red chilli, finely diced

1 tsp finely chopped dill

Fish:

12 king prawns, raw

12 scallops, raw

12 piquante peppers

Dressing:

3 tbsp English Olive Oil

Juice of ½ lemon

¼ tsp English mustard

1 tsp Fresh Parsley, finely chopped

1 tsp fresh dill, finely chopped

A pinch of sugar

A little salt and pepper



Method

Mix the marinade ingredients in a bowl.

Stir in the prawns and scallops.

Leave to marinade for half an hour.

Make the dressing by gently whisking with a fork the oil, lemon juice, mustard, parsley, dill and sugar together.

Season and put to one side.

After the fish has been marinading for half an hour put them alternately onto the skewers with three prawns and three scallops on each alternating with the piquante peppers.

Heat a griddle with a little oil. Or preheat a grill and cook on a low heat, turning the skewers until cooked through.

This should take about 6 to 8 minutes depending on the size of prawns and scallops used.

Once cooked drizzle with the dressing and serve as a starter or with Jasmine rice and salad as a main course.

These are also delicious cooked on a BBQ. Ian has paired the dish with this Sainsbury's Brut Rose Champagne. It's a beauty, and great value as well.

This combination works so well because of the balance of complementing and contrasting elements: the champagne's acidity and bubbles cut through the slight heat from the peppers and the minty dill, while its fruity notes harmonise with the dish's softer elements, especially when teamed with the Jasmine Rice. £25.00

<https://tinyurl.com/4w6ypd9y>



Pic; Sainsbury's

We hope you've enjoyed this newsletter. Join us next month for more wine news, recipes, tips and much more.