

## Death greatly exaggerated



**S**TRUTH, you can't do anything nowadays without someone saying you will die because of it.

Okay, some things achieve the outcome quicker than others – smoking or driving at 250kmh or fast food – the latter is surely the ugliest cause and anyway, why would you?

Have you ever heard “this wine goes well with a cheese-burger or a family bucket?”

Correct, no, because no wines go with Maccas and KFC.

But there are more ways of killing yourself than expected.

Coffee is a peculiar example. A few cups a day increases your risk of dying. A few more actually reduces liver and prostate cancer risk (sorry girls), albeit with increased hallucinations.

What's going on? Do aspiring uni students say to their professors “nobody has studied the correlation between creamed corn and chronic heart disease” can I do my PhD on it?

Disturbingly, recent studies show alcohol, even just a glass a day, can kill you in some heretofore ugly fashion, starting with the letter C.

But is it merely co-incidence? Namely, almost everyone drinks wine once and everyone dies. Hope so, but in any case, mercifully, there are things which can ward off death. Namely drink sensible quantities of whatever wine has the

best data for goodness, don't drive over 240kmh, don't join the army, and use lots of olive oil.

Serendipitously, winemakers are often also olive makers. Co-incidence or divine intervention?

I am prepared to believe. **Coriole Sangiovese 2009, \$22.** Eminently palatable sangiovese, perfect with olive tapenade and some Spanish friends. 8.7/10. **Coriole First Oil Extra Virgin Olive Oil, \$12 (250ml).** Yummy stuff to pour into the Riedels. 9/10.



**Whispering Brook (Cold Pressed) Extra Virgin Olive Oil.** Haven't tried their wine but their oil is good enough to drink and probably won't give you as much cancer. Darker colour belies lighter character, but lovely nevertheless. 9/10.



**Tintilla Estate Reserve Shiraz 2007, \$30.** The unbearable lightness of Hunter shiraz can delight. Full-flavoured without being full-on or full of itself. Great smell and tres morish. 8.9/10. **Tintilla Estate Olives, 2010.** A little chilli goes a long way and one here is just far

enough. Fabulous olives with just the right bite. 9.1/10.



**Bawdens Farm Extra Virgin Olive Oil, (Manzanillo, Frantoio/Leccino/Kalamata or Corriegola/Manzanillo).** In the heart of the biggest grape growing region in the country, Sunraysia, these guys don't make wine, but they drink a bit. Range of trendy varietal oils (as above), how very vinous. Conduct your own varietal tasting. The latter, 9.2/10.



**Rosnay (Organically Grown, Certified Biodynamic) Triple Blend (Shiraz/Cabernet/Merlot) 2008, \$17.50.** That's a lot of brackets for one label, but I put them there. Tastes older perhaps because of its bio-ness. 8.5/10. **Rosnay Organic Olive Paste, \$9.** Value adding at its best. Olives fall off biscuits too easily, but not this. Smear it on. 9.2/10.

