

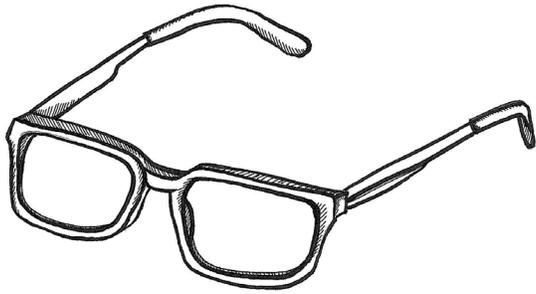
# THE SPECTACLE

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ISSUE #14

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*Good Living  
Through My Eyes*

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“GRATITUDE OPENS THE DOOR TO THE POWER, THE WISDOM, THE CREATIVITY  
OF THE UNIVERSE. YOU OPEN THE DOOR THROUGH GRATITUDE.”

–DEEPAK CHOPRA

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## INTRODUCTION

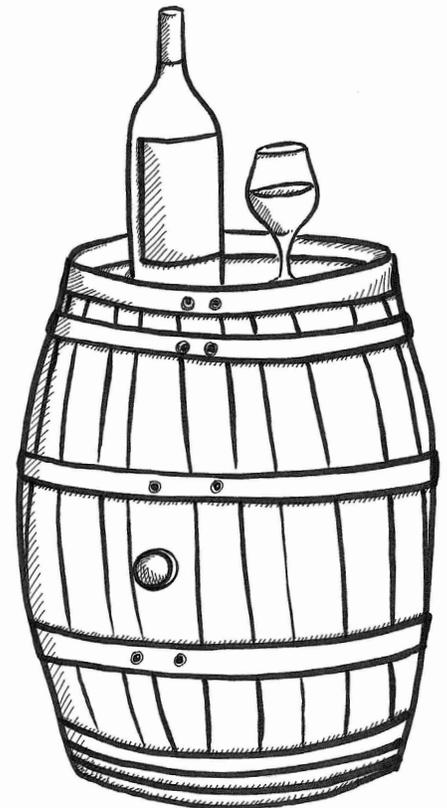
Autumn is among my favorite times of year. The leaves turn from brilliant greens to a dizzying array of reds, oranges and yellows while the air turns electrifyingly brisk. All of this sparks my sense of evolution, causing me to reflect on what I’ve been able to accomplish as the year begins to draw to a close. I also spend time thinking about the people who have helped me toward those goals.

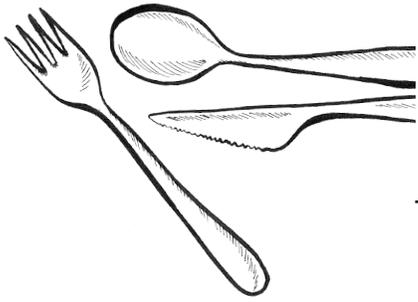
The more I think about it, the more I’m convinced that life, all that you accomplish and all you are able to create, really comes down to having meaningful relationships. People that support you – in big ways and in small ways – making it possible for you to dream big, act with certainty and obtain what others may deem impossible. As I enter this season, I find myself reaching out to those people to thank them to let them know what their support has meant to me and to my family and our dream to build Browne Family Vineyards.

So, thank you – you are the reason we are able to accomplish as much as we do each year and without your support we couldn’t dream big.

All the BEST,

*Andrew Browne*





# TASTE: Roasted Cauliflower Capellini

Recipe Courtesy of *The Sprouted Kitchen: A Tastier Take on Whole Foods*

Prep Time: 20 mins | Cook Time: 30 mins | Total Time: 1 hour | Servings: 4

- 1 head cauliflower (about 3 pounds)
- 2 tablespoons extra virgin olive oil
- 2 teaspoons lemon pepper
- 1 teaspoon freshly grated nutmeg
- ½-pound whole grain or brown rice capellini or spaghetti
- 3 Tablespoons unsalted butter
- 2 Tablespoons white balsamic vinegar
- Handful of fresh basil leaves cut into thin ribbons
- ½ cup chopped toasted hazelnuts
- Shaves Pecorino for garnish (optional)
- Sea Salt and freshly ground pepper to taste

Preheat the oven to 425 degrees Fahrenheit. Bring a large pot of salted water to a boil over high heat for the capellini. Meanwhile, cut the cauliflower into 1-inch florets, discarding the thick middle stem. Spread the florets on a rimmed baking sheet and toss with the olive oil, making sure each piece is coated. Sprinkle with the lemon pepper, a ½ teaspoon of salt and the nutmeg and toss again. Roast, gently stirring about

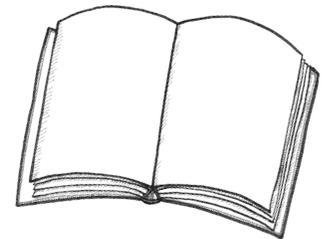
halfway through the cooking time, until there are lots of brown caramelized spots, about 25-30 mins.

Cook the capellini according to the package instructions. Meanwhile, in a large sauté pan over medium heat, warm the butter and swirl it around the pan until it starts to bubble and just begins to smell toasty, about 2 minutes. Turn off the heat. Drain the pasta, reserving a bit of the water.

To the pan with the browned butter, add the capellini, a splash of the pasta water, the balsamic vinegar, basil, half of both the cauliflower and the hazelnuts, and a pinch or two of salt and toss everything to combine. Divide the capellini among four bowls and top each serving a portion of the remaining cauliflower and hazelnuts and few grinds of pepper. Garnish with some shaved Pecorino and serve immediately.

Try adding roasted chicken if you want to add protein.

## READ: *The Adventures of Huckleberry Finn*

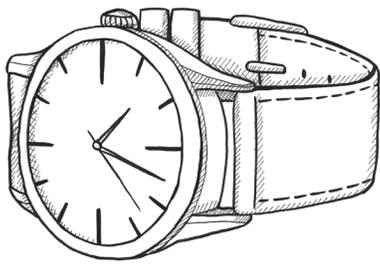


### SEEING ELLIE PLAY IN THE PILES OF LEAVES

at our local park brings me back to autumn memories of my own childhood – whether it was escaping on an adventure in the outdoors or virtually being transported by curling up with a timeless classic.

At 132 years old, I can't ever think of a better book to read in fall than "The Adventures of Huckleberry Finn." Published in 1885, when Mark Twain was not quite 50, the book remains one of my all-time favorites because it grows with you. It evolved from

my first reading in childhood, when I encountered a boy set upon a wondrous adventure filled with exotic characters far beyond my own understanding to reading it as a teen, where we explored the book's subtext with conversations on politics, history and race. In re-reading this as an adult, I find myself really enjoying and appreciating Twain's prose, which for the first time in American history, spoke plainly to everyone about the experiences lived here with an emotion that transcends the test of time.



## DISCOVER: *Best Made Company*

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**BEST MADE COMPANY IS DEDICATED** to equipping customers with quality products and dependable information that they can use and pass down for generations. I can spend hours with the Best Made catalog reading and learning about the history of every product they offer. Each item is carefully selected for both its usefulness as well as its story and style. It is an outstanding example of form meeting function.

The company was founded by designer Peter Buchanan-Smith who held stints as an art director at the New York Times, creative director at Paper Magazine, and worked for musicians such as Philip Glass, Brian Eno, and David Byrne. His graphic design work on the album “A Ghost Is Born” for the alternative rock band Wilco even earned him a Grammy. His first book “Speck: A Curious Collection of Uncommon Things,” which studied the often deep and meaningful connection people have with everyday objects, helped him come up with the idea for Best Made Company.

For Buchanan-Smith, that everyday object was an axe. When he moved to New York from his hometown in rural Canada a beautifully crafted axe would be his reminder

to stay connected to nature and use his hands to create extraordinary items. Encouraging people to get outdoors, while equipping them with well-crafted tools and reliable information is the foundation of everything Best Made makes and sells.

Today the brand’s offerings have grown to include maps, bags, blankets, apparel, and adventure vacations for the ultimate Best Made experience. You can find me on any given weekend in the autumn, chopping wood for our Hood Canal home fireplaces with my Best Made axe that Courtney so thoughtfully purchased for me several Christmases ago. In addition, their toolboxes and strong boxes are a staple in our house, ideal for storing everything from hardware to memorabilia. All of these items, crafted so extraordinarily, will undoubtedly become family heirlooms.

By all means, check out their website, sign up for their catalog, and when in New York visit their brick and mortar location in Tribeca. The holidays are right around the corner...

## DRINK: *Bodega Ribas*

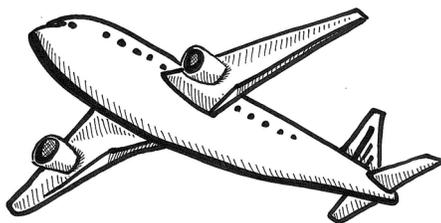
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**A QUICK 45-MINUTE FLIGHT FROM BARCELONA** is the island of Majorca – a jewel in the Mediterranean renowned for its nature preserves, cycling community, culinary tourism and bountiful wine. Located in the Majorcan village of Consell, Bodega Ribas has been making wine for more than 300 years. With nearly 100 acres of estate vineyards, carefully tended to by family generation after generation, Ribas is best-known for providing a voice to nearly extinguished Catalan varieties like Mantonegro, Prensal and Gargollasa. Their

philosophy is simple: Grow the best fruit possible and let the generations of knowledge nurturing it to create wines that are personal, elegant and with distinct terroir.

In particular, their fresh white wine, 97 percent Prensal in most years, is extraordinarily refreshing with bright notes of lemon zest and white flower and a crisp backbone of acidity to merry with the island’s traditional slow-roasted, salt-crusted sea bass.





## EXPLORE: *Barcelona, Spain*

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**THE SUN-KISSED SHORES OF THE CATALAN REGION** along Spain's northern most coast of the Mediterranean are a favorite of ours. Barcelona is a city of juxtaposing elements – both mountains and sea; gothic and modernist; both casually fun-loving and formal; not quite Spanish and not quite French. It's in the middle and it's awe-inspiring.

There are plenty of places to stay in the bustling city of Barcelona, The Mercer Hotel, W Hotel or The Mandarin Oriental come to mind right away. But if you're looking to get away from it all and see this stunning city for all it is, then I'd recommend the Gran Hotel la Florida. Perched on Mount Tibidabo with incomparable views overlooking city, out to the sea, and south to the Penedès. Established in 1924, the hotel has seen prestigious Catalan families, Hollywood sets, like Rock Hudson and Jimmy Stewart, authors, like Earnest Hemmingway, and royalty pass through its doors. It also played an important part as a military hospital during the Spanish Civil and World wars. Be sure to rise early and take a short walk to the summit where the stunning minor basilica of the Temple Exiatori del Sagrat Cor sits and watch the sunrise over the city.

A few musts in Barcelona include taking a tour of La Sagrada Família, the only Catholic Cathedral still under construction in the world. It is slated to be finished between 2026 and 2028. However, the current tours feature soaring towers, modern stained glass and a museum that tracks the project's history and future. Throughout you see the masterful touch of Antoni Gaudi, an architect

revered for the enduring impression left on the city-scape with the fluidity of his design and use of color to evoke emotion. Moving from modern to the Barri Gòtic – or gothic quarter – you'll take a step back in time to narrow streets with bright hanging flower baskets and flags and mason work dating back to the 14th century. Here, artist workshops, tavernas and hip clothing shops abound so be sure to get lost.

You'll certainly work up an appetite and this quarter is perfect for a night of revelry, tapas and pinxtos. Pinxtos can be any small ingredients fused in unique ways, but are always served on a piece of bread. Start your night at El Pintxo de Petritxol and El Golfo de Bizkaia and once you fill up, head to the Palau Dalmases, an intimate flamenco show where every seat is in the front row; and you can buy tickets at the door before evening shows. Finish your night by heading next door to the convivial and lively El Xampanyet. It's squarely one of the best tapas bars you'll find. Tips, even small ones, are met with a hearty bell-ringing and a digestif brought to your table.

I would be remiss if I didn't send you for a short excursion out of the city – trust me, it's worth it. Hop on the R-4 and about an hour south of the city you'll arrive to the town of Sant' Sadurní d'Anoia – the heart of cava country. While winding your way through the tiny town's glistening white buildings and narrow streets, learn first-hand how the local varietals of Macabeu, Parellada and Xarel•lo make irresistible bubbles.

## FINAL THOUGHT: *Winning*

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**WINNING IS ONE OF THE BEST FEELINGS ANYONE CAN EXPERIENCE.** There is an exhilaration wrapped up somewhere between pride, excitement and accomplishment. But just as important as winning can be, how you go about winning is equally as important.

