

A Wine Adventure WITH CHA MCCOY

Julia Chebotar 00:04

Spice up your life with me Health Chef Julia, as I set out on the journey of What is Healthy. In each episode, we'll explore the different meanings of healthy for some healthy means indulging in something decorative and delicious. For others. It's a mental health day and a good workout. There's more to health than just food. It's about living well, enjoying your life and having fun. Having you heard redheads doing best. Come with me, and we'll find out just what healthy is. Welcome to new episode of What is Healthy podcast where we share every hack to get a healthier and more sustainable lifestyle. I'm Chef Julia, and today we'll be talking to Cha McCoy, thank you so much for being on.

Cha McCoy 00:45

Thank you. Thanks for having me. So

Julia Chebotar 00:48

shall we please tell listeners what you do? who you are? Everything?

Cha McCoy 00:53

Yes. So my name is Cha McCoy. I am a sommelier from Harlem, New York. I am currently based between New York and Lisbon, Portugal. I am now making sure that I tell people I am a sommelier, as well as a Wine Experience producer. And I am the contributing editor of all things, beverages at Cherry Bomb magazine. And I am the newest brand ambassador for New York wines. So this has been one rodeo from transitioning from being an engineer into the wine space. So I'm very used to I guess, breaking into new industries as a female in two industries that are usually very male and white male. And so, so yeah, so it's great to be here and with you. And on both contexts, but just to give people some ideas that this is, this is who I am, this is why I am today. You know,

Julia Chebotar 01:51

I love it. I think everybody needs to, like evolve and change. But like, what made you go from engineering to smiley. 10 years ago, I

Cha McCoy 01:59

moved to Italy 2010. And it was to do my MBA. And yeah, I went there with the intention of I'm going to keep moving up the corporate ladder, this MBA is going to seal a deal. So I study international business there and finance. And I was like, you know, the world is global people need to think bigger and broader. But I looked at it as like the global market, right. And so that was always attracted to me. And obviously, when it relates to wine, those same practices make sense to me as well. I really love the idea of you know how I'm able to now my thought process about FMB I am related to some of the studies, or a lot of the studies and experiences that have my travel, and actually from living abroad. And so I think that one of the main transitions or clicks was that I really realized that I enjoyed living this like, low dolcevita. And so I you know, I realized that I'm not that rich, and I don't have that rich uncle. So I can't just kind of like put my feet up and drink wine all day and just kind of like live this lifestyle. But I

said, but there's people who are who got a little bit more of it, and they like to me. And so I recognize that maybe if I just like switch industries, and I really do try my best to be as much of a career coach to people who really or a life coach, you know, informally to my friends, even those not in mostly those who are not in fnb, because people usually like Oh man, I don't know how you just did that or whatever, you know. And I'm like, it's because I kind of like decided, like, this is what my passions are, or I like, make sure I faced those. ask myself those questions that kind of like self assessment. And like if I you know, that million dollar question, if you had all the money in the world, we're free. And it may seem so common to like thinking that way. And so like, oh, that has no meaning no purpose. But truly, you kind of gotta like dream in order to like start outlining that the life that you want to live a little bit closer to that. So yeah, the one I work, I don't work in wine. I just live amongst the vineyard. So in that case, I'm like, Okay, well, what's, what's the way how do I stop creating like that's at least closer to that because me being in New York City and yelling at electricians every day is not that's the opposite. You know, my blood pressure is going up, I got more gray hairs and I can count at a young age I would say is so I can tell you right now the stress of that life. I was like, You know what, let's I can take it with a little bit of cream on top. So yelling at people about wine. And you know, the food is not how I want it. That sounds like a breeze compared to to what I was going through with the pressure,

Julia Chebotar 04:42

buddy that you're saying that because like I left the restaurant industry, because of all the stress. Like I was like, I'm gonna I like food. I want to stay in this world. But like how do I not be in a restaurant experience and that's why I went into private because I just

Cha McCoy 04:56

couldn't get in the same industry which is food and beverage is when I'm Yes, yes, absolutely. The restaurant. The idea was that I wanted to be in food and beverage. So

Julia Chebotar 05:05

I started this as a psych major. And I was like,

Cha McCoy 05:08

okay, obviously, I really wanted to be in wine. And I didn't know what that really meant at that time. I didn't know what a sommelier was. I didn't know how to become one. I didn't know anything about the certificates, anything like this. So usually, like, right now I do. I do event for external sommelier work more than what I do in a restaurant. I have worked in a restaurant back in Portugal, right before COVID. But that is definitely weird when people think of like, the stress of food and beverage deaths, what they mean like literally in the trenches, you know, at the restaurant, I've already put 13 years of my life in a whole nother stressful that you know, as much as people like talking about you got to pay your dues in each industry. I'm like, no one's gonna tell me I didn't pay my dues. Trust me. I've worked long hours. I've worked overnights trying to get buildings open in time for a Bon Jovi concert, I paid my different industry. And no one can take that away from me. It's kind of like grow up to kind of realize that, you know what, people don't make you feel like crap, because you didn't like, you know, do that time here.

Julia Chebotar 06:11

Exactly. What I figured out your aha moment, and it came easy. That's how it should.

Cha McCoy 06:17

And, and again, it didn't come easy, because I'm not rich doing what I'm doing. But I'm telling you right now that it's more back to your question about being healthy. It's at least checking the boxes more of like, my mental oshino is much in a better state. When I feel like Oh, man, the most stressful thing I had to do today was decide between 10 winds Oh, yeah. Whoo hoo. Like, what I was doing before life or death, I'm doing, you know, engineering work, where my decision can either delay multi-millions million dollar projects, and it's all on me, you know, this young black woman that came with a lot more responsibility than me choosing between 10 wines. So. So yeah, so trust me, I feel like the stress and the pressure is a little less for me, as compared to maybe someone else who's been in hospitality forever, that she's in between the two and wants to be make a break for them, for me is very much like not a joke, but it's definitely not as intense as the pressure when I have these large developers who are like, who you hired her, and I gotta, like, represent all females that's ever worked on. You know, Johnny,

Julia Chebotar 07:28

like, represent a bunch of females? Because I feel like the wine industry isn't as saturated with women, as it should be.

Cha McCoy 07:35

I know, for sure, but I think at least I do. And I smell like I think, right. Yeah, like I was mentioned, is, it's all about checking that, you know, like, not just like, Am I happy, but in my house, my mental state and doing my everyday work, doesn't mean every email or like you guys already know, I'm like, I'm not on it. As much as I should be. Like, my mom thinks I would need an assistant one day, we're not going to pull it once you'll be there. But, or he but at this point is more about the fact that I just really know what to do. I know how to organize in that way. And it's about really putting as much time and just having fun with it, which in construction, I really was not having fun with the daily work that I was doing. And so that's the only you can answer. I have friends who actually are chefs who are now looking into interior design and be going into the space I left. And so it's interesting talking with them, because they they're very glamorized by, you know, flipping houses and decorating and things like that, I did that at the largest scale possible. And so it's very interesting to see them get really excited and put up Pinterest boards about picking out sofas and chairs and things like that. Now, again, they're not building hospitals and things like this that I did. Very much glamorous, you know,

08:54

I think there's

Julia Chebotar 08:54

something said about like, career change, and like relationship change, and everything's kind of like, after a few years, not that you get bored, but you're just like, not stimulated by that thing, or that item or that job or that person anymore. And you kind of need to evolve. So I think that like everything in our lives, every couple of years just needs a shift for us to be happy again, kind of like a spark.

Cha McCoy 09:19

But when you're young, coming straight out of college, you don't know anything. But yeah, you you kind of like just do what you're told or what you've seen before. And then maybe it takes a few years to start being either what through exposure, or just you doing your own kind of light check. Like, you know what, I don't want to be my boss, right? That's always the question to people say, Yeah, what's your boss job, you look up like it now. Sometimes you have to like be in the role to kind of know that you don't want to become your boss. And that's the job that you're supposed to be coming in on time and working hard to achieve. So in that case, if you could look at that and be honest with yourself, then it will put you in a better mental place to start questioning things. And I think that's that's that's usually how it should be. Start, I would hope you still live the life and that you were planning to live especially if you don't know where to start just kind of like whatever you you know, if you're studying to be a doctor continuing to you kind of like figure out what else you want to do. Unless you have the money in a can afford to kind of like seek out your your new year and travel and figure it out, figure it all out. So

Julia Chebotar 10:21

um, so I was on your website earlier, and I love this like wine club. Can you tell me more about it? And how

Cha McCoy 10:28

I could join? Yes, so my website is my name Sean McCoy calm. And we have a tab called flight flight club. That's answer I love

Julia Chebotar 10:38

it. And it has like little passport

Cha McCoy 10:40

and looking at the wrong thing. Oh, my God, flight crew, FL rght crew like wine grand crew cru because the other one was going to be a name to it was like between the two of those flight club or flight crew. So I'm going with flight crew. In so when you go to the website, yes, you get this kind of, I'm trying to bring people into the idea of like, why subscription and wine community where I feel like this is a good place for people to understand, especially with the world being more apt to virtual tastings these days, is that you can get the same kind of like Chai experience, but virtually, and a lot of people when I'm planning our virtual tastings, they're kind of like charges playing, like just choose the wines for me. And so I'm usually like, okay, so where do you want to go? And they like, we don't want to go like, you know, like, they think that you're gonna say like red or white or like, whatever. And I'm like, Yeah, well, let's make this like an adventure, you know. And as an avid traveler, I was very drawn to the idea of telling the story, through my, my own person who travels to places or places that I want to visit and why. So I already kind of hunt certain countries down because I'm like, ooh, one day, I'm gonna go on a trip here and put that on my vision board, right? Like 2022. Corona, right, I'm gonna go off to this place, and I want to explore this place. And I get really engulfed with like putting that together. And so it's cute, like, I guess in my head is like my way to frame myself into drinking the wine to like, Oh, I get to look at the map. Oh, it's coming from this small region here. Ooh, let me see somebody wrote a book on this. Oh, I got it. I get so you know, and I think the traveler needs wine excites the traveler and vice versa. It's excited to want. And so I thought that it made sense to do like mind flight, and obviously taking flights to do a spin off of that. So people who want to know more about like the actual country, or maybe region

we're diving into. For that they can learn about the wines in the wine subscription, they don't have to worry about because I'm always doing the extra work of logistics, where's the wine coming from? You live in a state that don't have a good wine shops that have wines that I recommend for you. They don't have them there. And that's what I've seen during most of the quarantine is that I'm working like twice as hard for these virtual tastings because I'm tasting with people who can't find the wines that I suggested for the virtual tasting. So I'm going to just remove all that. I'm going to tell you exactly which ones there are. And then here's the theme. The theme is not red or white. But theme is the country where the theme is the region. And maybe it is one day of red or whatever. But but in this case is more about having more deeper conversations. Were the one for December that's coming up that we have right now at 10%. promo for Black Friday. So please, please purchase and support the sale for this next subscription ends on December 4, I believe. So this number four for December 5, but either way we have over a week or so right now to sign up and

Julia Chebotar 13:44

vote and everything.

Cha McCoy 13:45

Yeah, yeah. So it's in the code is childlife ch a Li F at checkout for 10% off. So I'm excited because we're actually diving into Spain. And I think that is just one of those countries that people if you if you know about Spain, you love it. It kind

Julia Chebotar 14:01

of like that 10 euro bottles of wine ever under 10 years even.

Cha McCoy 14:06

And I like people I like going over 10 with people with countries people think as like the 10 euro range. I like like if you spend 25 on a Spanish one, you're going like we're going to get something really good here. Yeah, you spent \$30 you know \$40 and so I like taking people to that next elevated price point. And because you can buy the \$10 without me Why would you meet me exactly right. So I'm going to select wines that are a little bit over that price point that you feel comfortable with and I've already packaged it up and priced it out so that you can come by yourself and I can just do the tasting one on one with you or you can be part of the larger group and community and we can still have the virtual taste and so all of that is packaged part of this where you have virtual wine tasting this one because it's Spain I'm doing a this is a I haven't released this yet is going to be on my Instagram post soon. I don't know when this is being posted but we're doing for our virtual tastes and theme is going to be Kava and caviar. So that's going to be I usually don't tell people what's in the box. So there is going to be a Kava in this box for obviously the holiday season. And there's going to be a special as soon as someone purchase they get a special code to order the caviar.

Julia Chebotar 15:19

Are you going to ship the caviar? Okay,

Cha McCoy 15:21

yeah, so I'm working with a caviar brand, part of the flight crew is that I have brand as a co brand alliances, so just like perks like when you own a flight, right? So one of our brand alliances is partnering with us to give us a discounted price for you to get to different types of caveats to actually run more about caviar and the different types of fish that you would want to get caviar from and didn't do the sparkling wine with it, what could be the capo, and yeah, so it's gonna be fun. That's going to be on the six 17th of December. But obviously, that's for those who are, who are part of the community who have already, you know, purchased. So right, I'm excited to do this more like themed versions of the virtual tasting. So this is like, another level on top of that, do you have to order caviar? No, but

16:09

if you can,

Cha McCoy 16:12

I already hustled and got you to discount, like, I gotta like, I'm worth it down, where I can give you two different caveats that you can do a pairing of you know that with the sparkling I think it's gonna be a great holiday event,

Julia Chebotar 16:25

and I'm definitely gonna be signing up.

Cha McCoy 16:27

Yeah,

Julia Chebotar 16:28

I have a question. This is like, I'm very nervous with wine.

16:31

Okay,

Julia Chebotar 16:32

is it true? I think I was in a wine tasting Israel a few years ago. And they were saying that the cork that makes the cork tree like the trees that make wine corks are becoming like extinct. So that's why a lot of wine companies are moving towards screw on caps. Is that real? Or is that not a thing? Or like all winemakers are still using quartz that it's fine.

Cha McCoy 16:57

I'm going to say that there's got to be some truth to the idea that yes, the the cork trees are probably diminishing just because of the environmental changes and factors. I don't know if they also meant to mention to you that portugal is one of the leading countries of the cork tree. So as someone who's rounded off, I guess. Maybe I just have like a jaded perception of that. It does take a long time to basically harvest cork off the tree because they basically, that's what I'm like, I also don't know how to become an extinct unless someone's like ripping them that but portugal is the lead producer of it. So obviously, they're not ripping them out. Yeah. But they have to shave the tree. You got all these like bald looking trees. Like a skin cap, you know what is going on with that tree like, but that means they

must have just freshly harvest that tree for its court. And it takes a few years. It's not just one year turnover. For what I remember. I think it's a few years to actually grow out the cork long enough off the tree to shave it to be the size or the length that they need to put it. So it takes a while to like harvest the cork from the cork trees. Never heard of it going extinct. But also, um, that's my Portuguese like mindset. Like, like, I don't see these trees made we made cork out of everything. Here's mine. Here's my laptop cover. Oh, look at you. Cuz everything they make everything got a cork cork pins, cork wallet.

Julia Chebotar 18:31

They have so much excess of it. I

Cha McCoy 18:32

guess. Okay, I don't know.

Julia Chebotar 18:36

Okay, so you know someone else? If I asked you what your favorite wine is? Is that like asking you what your favorite chart? Like if you had children?

Cha McCoy 18:43

Like I can't do this? I mean, I think it's gonna be a question. It's funny. region is similar, but I think especially because I live in Portugal. And so,

18:54

but

Cha McCoy 18:54

what about Portugal? And can I just search on the brand ambassador for New York wine? So what about New York? So it's kind of like to stay clear from these questions. What I would always maybe my response to you more so and for those who are listening who feel tempted to act otherwise professionals this question, maybe be a little bit more specific. Like what's your favorite wine with this? You know, then people can think okay, that actually narrows it down a bit. Versus like, just what's your favorite wine? Or what's your favorite drink? Like would favorite wine right now? What do you have open right now? You know, what do you drink for pleasure? versus like, what do you do for work? It's probably like six bottles of wine open around me right now. So and but that's because I'm tasting and different, different reasons for work. So

Julia Chebotar 19:39

with thanksgiving coming up, has anyone asked you like specific for their Thanksgiving dinners, their wine, or types of wine that you would recommend like savory dishes or a turkey?

Cha McCoy 19:51

Yeah. So there's always the good old Pinot Noir can never go wrong with a good old nice, savory, yet For Pino so not something so well actually Jimmy one will go well too because now we have the cranberry sauce etc. So you can do a nice California you know as well but I always liked the idea of

because in my house we have a lot of more savory dishes like collard greens like best things that has the most like juices and then the herbs of the turkey shining through so I usually go more on the green vegetable note type of pinos and so in that case, one from burgundy or one from Oregon if you know the producer, Oregon can go both ways in that case a little bit more minerality versus fruit but California because of the sun exposure you can get you can trust that most of them were going to be more fruit forward so so yeah, so to be on the safe side just a nice Oregon Pino. But I would, you know, I mean, speaking of California, you know, or I'm sorry, California wines, I had a beautiful wine from Quito wines. Tara Gomez is one of the most popular if not one of the only like more well known Native American wineries and winemakers, Tara Gomez, and so in this case that at least is selling a wine to the public, like off of the reservation and that you can order. And so to me Thanksgiving, it's about being thankful, giving back in a way and being mindful of the Native American and indigenous communities in some way. Like there's ways we can all play a part in that and you don't have to go live across the street from a reservation to do that. Making sure that, you know, if you are going to order wines and gift wines like okay, let's bring in a bunch of wines that's going to support this. This tribe you know, in st in Santa Ynez, California. And so the Chumash Indians, is the tribe. And so in this case, being more mindful, yeah, that same idea of intention. You know, everybody is about this. Tis the season this year has been about flipping tables and getting everybody to rethink everything. And it may feel like for some people with privilege that oh, this is too much love, like, Oh, we gotta care about black lives and gotta care about Asian Americans.

Julia Chebotar 22:32

care about everyone, it's like, it's not that hard.

Cha McCoy 22:35

It's really not but you know, but I think that depending on who the audience is, sometimes the same way you just don't understand that little thing makes a difference like the fact that you've probably never looked up a Native American winery.

Julia Chebotar 22:48

even know that there was one in California like you just blew my mind after this call. I'm gonna be googling it ordering

Cha McCoy 22:54

though. Yes. So I feel like this this is these are the small things that if we always thought with intention, top you know, if Thanksgiving makes you think of food, and maybe not so much Christopher Columbus anymore, for those of us who don't care about his story is more about the fact that who you should be thinking about and so you don't get any brownie points for not celebrating Columbus. But now being more intentional about who you do shine a light on and who you do support. You know, we do a big like, so that was my answer on the wind. Sorry. So then she has a nice, Grenache, Syrah that blend and actually use and so instead of move that, but basically, this is the Rhone Valley, red blends, we call it GSM for short. And so she's using since so or carry on as the sea instead of using move it and it's beautiful and had a pot of Cherrybomb, we did a virtual friendsgiving and that was a tasting that I selected, I wanted to highlight her highlight Hawaiians, and and that was my first time having her wines, but she was getting a lot of publicity. And a friend of mine knew her, you know, wine industry

professionals, and I said, if there's any way I can, like, half a pot of no cherry bombs, like, get her in front of that audience for people to think like I'm telling you to think then we're one step closer 100% and that we should not that we should only we should wait for Thanksgiving to think about them. But if this is the time to think, like of all the times in a year was at least be more intentional and do the extra digging. Absolutely. And support people locally, it can be contagious, where it's like, you know what, that was so great. I want it for December.

Julia Chebotar 24:41

Now what exactly Thanksgiving it has, like I wouldn't have known about it if I wasn't talking to you and like, then I'm going to be talking to someone else and I'll mention it to them and, or they'll listen to the podcast and like, I think that's how we evolve and grow and have different intentions. Right by listening.

Cha McCoy 24:59

Yep. Learning. I mean, yeah, to be honest, like, I think that the more like minded people you are around, when people were asking questions like what is healthy like you started, then that means I'm not here just to kind of give you my top five, like running the mill, like, this is what I think I should, y'all should be drinking, I had those two. But if you're asking me about if this is all focused on health, healthy living, and like I said, I think of my community is also being healthy. And so in that bipoc community, don't forget the I, you know, which is very important to also remember, like, indigenous folks are always that, that of the compensation so often, I should say, and so in this case, like making sure that we, we, as much as I'm pushing black winemakers of wines that I love, I you know, if I know I had her wine, I stand by them, it's solid, they're definitely the wine to go with. Not just because I'm saying it's Thanksgiving, because they actually are good wines. I haven't heard her say yet. But it seems like that's, that's the talk of the town to when it's rotating. out I want to,

Julia Chebotar 26:01

I'm really excited about I'm gonna, like be googling the

Cha McCoy 26:05

Hey, anybody who's want to look it up Kitt a wine. Um, so

Julia Chebotar 26:10

I kind of started this podcast to talk to all these different people in the food and hospitality world, and how they kind of see what healthy is in that kind of lifestyle and aspect. Because I think a lot of people see food as an indulgent and not so much as like nourishment, or like how to have a balanced life. Right? I feel like, maybe you have that with all the wine that you're in. So technically, I want to know, what is healthy to you? Like, how do you stay healthy ish?

Cha McCoy 26:46

Well, let me not say technically, let's let's remove that. Because I guess somebody would probably say that is definitely most unhealthiest, you know, way of describing healthy, and I guess my, there has got to be this balance of all the boxes checked for me. So in that case, healthy environment, healthy meaning, my own personal intake, healthy, as it relates to my mental ability to like, like, Am I getting something stimulated to, you know, not feel sluggish, but still feel maybe loved? even, you know, like,

so what is that as well, when it relates to both food and wine I'm speaking of right now. And, of course, how this influences my larger community, whether that's me as a wine professional, and the labor practices, as well as the environment, like I mentioned earlier, and I think that one's probably everyone's first thought when they think of like, sustainability is like, Oh, is this good for Earth? But they're not also taking into place? That Yeah, but they're hiring, or not hiring, they're not paying the people that's picking the grapes. So so that's not healthy, you know, so we can't champion someone who's like the best organic grower of grapes, but they're not paying the wages. All right. So so that's not healthy, right? So and so healthy has is much larger, you know, you know, I guess like iOS, for me, they have my own internal help, and and also, how am I contributing, or impacting in a negative or positive way by this purchase, or by this indulgence, like you mentioned. And so I think that if you're more intentional, which is what I normally stick to, in the language that I use, more than pushing health, I usually push intention. It allows me to kind of encapsulate all of this, and I love that one thing. Falling healthy. So

Julia Chebotar 28:50

So before we wrap this up, I ask everyone the same three questions. If If this was your last moment on Earth, what would your last meal be? appetizer entree dessert,

Cha McCoy 29:03

I guess, to act like if I was about to go to Mars. Yeah, I had

Julia Chebotar 29:09

your last thing. You can even if you have a specific wide or don't have, it's just when you want to pair it with, but you say whatever you want would be your last date like fabulous new.

Cha McCoy 29:21

I am a big I'm a big fan of say two things. One summers like screens seafood, and I'm a big seafood at one point. I mean, I guess most people would even consider me pescatarian because I'm definitely most of what I consume is fish and shellfish. And so I would be remiss not acting like that would not be on my plate. But I would say that right now in the mood of you know, thanksgiving that like right now. I'm obviously craving everything for Thanksgiving. So, so yeah, so some Look, I'm gonna have two entrees. Okay. Have a whole Thanksgiving meal as well as like a whole seafood extravaganza perfect but I love the idea of you know just having these hardier you like smorgasbord situations and so in this case again let's just go with all the trimmings on here my mom's mac and cheese the you know the turkey even let's take the turkey and let's let's deep fried a turkey because that would be a lot of people can't pull that off especially in New York City apart so I really love whenever someone makes it I go like hopping around to that relative's house to go try to get up Get away or something like

Julia Chebotar 30:42

that. I have yet to have a deep fried Turkey.

Cha McCoy 30:44

I know this is something so deep fried Turkey is a whole thing. That especially just like it just kicks Thanksgiving up a notch.

Julia Chebotar 30:56

It also just gives me all those like, like Netflix home holiday movie vibes with the dad was about to like burn the house down.

Cha McCoy 31:05

Like I don't even think about this because I wanted to be good. Like that energy out there that my turkey gonna get burnt. But yeah, so collard greens, all of this, you know? And I'm like, I'm calling all of that my entree. And I do want like sweet potato pie with a nice berry pairing. A nice masyado style Sherry And yeah, so you can say the pies like top for me? And then I guess you never pecan pie but I feel you. You pecan pie person. Yeah, I can't I can do that. Just said it doesn't we don't have it much. I guess I think culturally is not like a thing. We always have sweet potato pie. And what is done well, it's like, oh, and I'm a red velvet cake person. arches called and said the cake has been ordered. And then the summer so now I get to choose two days. So I feel like that's one like kind of smorgasbord. And what I would go with that the wine I'm I'm actually a very, as much as I don't mind wines, red wines that have oak, I kind of like Like, if there was no food involved, I like red wine says like that to this no oak that can or lightly. And it's more about the terroir and the fruit flavors or secondary and notes that may be coming because of bottle aging but things like this it doesn't have to be because of what was you know that's involved. And so what in the grape kind of like singing on its own. or as we like to say a nice terroir driven wine. So it's not so like wood, which I guess in common trust people say Okey, but what they really mean is that it actually is very seasoned. You know, the wine tastes seasoned in a way where it's coming from the oak wipe it is vanilla, in dill, and that's so pronounced that you actually don't taste great. So in this case, I would prefer I'm doing Oh, I just explained for your audience how well versed they are. But when people say there This one is okey I always ask them a second question is that what is giving them up? then describe the oak bogey feeling to me so I can be able to see is getting oak like an oak tree or Jamie like a toasted oak, like a giant barrel. And so there's two different things here, right. So if it's oak like oak tree, then that's more that's more mineralia earthy notes. earthy knows, we're talking about now like that. forest floor. people describe moss tree moss like so that's that's somewhere else, right? And then there's the oak influence. That's when the wine that for some, most of my tastings, I realized people don't know how to describe them separately. They didn't hear OIC or entity to stick with them like oh, this is smoky. I'm like, what does that mean? You know, and so in my case, I would like one that's less okay. But one it does talk more to its environment as a read. So that can be a nice medium body Pinot Noir can be even you know, maybe a read that just like I like for Pato from Sicily, so that's perfect too. And in Portugal, what we have so many grapes, so many indigenous grapes that it's like sprinkled around beautifully with names that no one knows in us, but I would, I will leave you with one that's actually a French hybrid that was created by a professor called alikhan boo Shea. And it actually has both red skin and red flesh. So that's probably one of the rare red actually read grapes so it can't make a white wine, which is most people don't know, most red wines. You can own red wines that we are red grapes. If it has white flesh, you can make a white Why from it, just don't leave the skins in contact with the juice. But in this case, you can't because this is this grape is red both inside and out. And so it actually has this extra plush, to the, to the taste that I love. And so, I would love something like that. So, I'm definitely like when it comes to you know, very like, Italian Portuguese, you know, like the Mediterranean diet, you know,

Julia Chebotar 35:26

I agree. That's how I know that that's how I enjoyed it.

Cha McCoy 35:30

But I'm saying like the Mediterranean diet, like that's what my actual everyday dietary like behavior is, whereas, like, a bunch of pasta, a bunch of seafood a bunch of you know, like, very simple kind of fresh produce. And then a, you know, a big old lobster right on top, you know, yeah, exactly. Perfect. Not not much added to this, you know, or even like, nice we have in Portugal, access to a lot of what we call the Mozambican prawns. So these large shrimps that they put just on the grill, sprinkle some salt, you know, some acid right on tight, nice, lemon, etc. And then we get to go. And I think that my wines of choice, and now I feel like I must say something Portuguese at the top of this, but I do think that these, they're darker in color. Even the Scarlet prawns they are like red, like, oh, oh, red, it's crazy, like a lipstick. And so I love perinat with again, a nice fresh, fresh red, or either a dark rosy. So that's where I was going to go with this is that instead of like having these kind of blush light pink Provence though, I am definitely a big fan of these more darker roses that has the savory notes that you would want from a red,

Julia Chebotar 36:50

dark rosy this summer. And I loved it or they like specifically usually Portuguese. Look

Cha McCoy 36:55

at this thing that it just seemed more common for me where I seen them on a list not that in Portugal, they're not making a blushed out. But I think that's to meet the market demand. Because everyone's seeing how well that's doing and trending. Right. It's like pink lifestyle. Yeah, but I think more traditionally, is that for countries like Italy, Spain, Portugal, even Greece, this darker red is definitely more of a thing. And so I really, I enjoy having that with seafood of any sort, you know, and I like this idea, even like a bouillabaisse, you know, hungry. It's always make you hungry. That's why I keep coming back and pull you more wine and getting you salivating again, like, Ooh, that will go well with goat cheese and so that I can bring in cheese,

37:46

you know, so good.

Cha McCoy 37:48

That's the job of the of the sommelier, and as well as the wine is to keep you kind of your appetite open for more.

37:55

Hello,

Julia Chebotar 37:56

thank you so much for being on. Please tell everyone where they can follow you. And where they can sign up for the wine club. And Charlotte's which I love. I was like, literally all last night going through the whole thing. But yes, tell them everywhere where they could always fan grill you.

Cha McCoy 38:17

Yes. So if you go straight to my website, Cha ch a last name McCoy and CC o y.com. Everything's there. Not as update as much as I would like to, but it's all sitting here. And it also links you straight to my Instagram, which is where I'm more most active. And that's at cha ch a underscore squared s qu, ar e, d. And, and, you know, come along for the ride. I'm always traveling. One day when the world opens up again. I September, I was supposed to host my first international harvest trip in south of Portugal. And so that was cancelled due to COVID. So I you know, I changed the year to 2021. Of course, I didn't I'll keep doing it every year to save these kind of like group trips that are more intentional focus and bringing people to the wineries and gentlemen, you know, people go to Why do wine tourism and why trips in a way sometimes they just kind of like, I just want to drink, drink, drink, right? realize that I don't drink wine for that purpose. I'm a loser. I'm a, a, they call me a I'm a slow mad instead of a nomad. So it's like I live everywhere for a little bit of time. And I'm okay with that in life, you know, as the type of travel I like to do is to like deep, deep in a culture, go to winemakers get to know the food. And so I love that instead of when people come to Portugal, they like goes straight to Porto for wine, learn about port wine and then they might fly out or do whatever they want to do in Portugal, but I'm like you got to come enjoy some of the wines from the south of Portugal that has steeped in a lot of history. I'm sure I'm gonna highlight Portugal again. But that was like the first kind of like version of the flight crew that I did. And so, so it was nice talking about one of the wines that feature was one of the places we were going to visit on a trip. So please stay tuned to more of my group trips.

Julia Chebotar 40:15

Yeah, I'm gonna sign up.

Cha McCoy 40:18

For any of the virtual things, if you want to have your own private virtual tasting and not join a flight crew, that's okay, too. I'm doing now online sommelier. concierge services. So helping people like build a palette, selecting the wines for them put a good program together and like moving on like, oh, try that box was great. You know, I finished it and my friends and we love this and let's talk about another box for now the winter months or etc. So, so we're trying to be as versatile in these times as possible, right? And so you can check out the flight crew on my website. And there's a tab for my e store that will bring you straight to you know, if you want to do private, one of the options I just mentioned just now so.

Julia Chebotar 41:01

Okay, amazing. Thank you so, so much for being on of course.