

# LYNMAR IN THE KITCHEN

*with Estate Chef David Frakes*

LYNMAR ESTATE  
*Russian River Valley*

## Demonstration Ingredients

- Kosher Salt *(Not Iodized)*
- Red Delicious Apple Wedges
- Lemon Wedges *(Not Meyer)*
- Brie Cheese  
*Coated in Chunky Black Peppercorns*
- Salmon  
*Unseasoned and Baked Until  
Just Cooked Through*

## Demonstration Wine

- Chardonnay

