

# New Western Cuisine.



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产品设计

秋季·狂欢

AUTUMN CELEBRATION

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封面：果冻与月桂叶

The Cover: The beautiful image of umeboshi vinegar (P102) was intended for the back cover of 'Nourish' but it looked more like wine. When Geoff saw Holly garnish a jelly with myrtle leaves, magic happened.

102页：香醋、果冻与月桂叶为Holly Davis女厨作品

Cover photo by: Geoff Lung, 'Epicure' Food photographer Hall of Fame  
Culinary Creation by: Holly Davis



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Fred Tibbitts, Jr. is the foremost global wine & spirits consultant for National Account chain hotels and restaurants, based at Bangkok and New York. He travels the world annually attending several of the leading wine and spirits expositions, seminars and conferences. He is a writer for industry and entertainment publications in China and the U.S.

常驻在曼谷和纽约的Fred Tibbitts, Jr. 他可是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参与过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

炫彩生活 美酒相约



# Wines of Abundance

## Let Them Color Your Table

Autumn is a splendid season to sample the fruits of the harvest from vegetables to wine grapes and everything in between. The magnificent colors of the harvest brighten any table and suggest to one and all how delicious is their gift they joyously offer so that other living souls may consume them in moderation and in so doing have better health at their expense.

Did I say "other living souls"? But of course, everything that lives has awareness of its environment, seeks pleasure and avoids pain. When you prune your plants, can you not hear them cry "No, no not me!" "Not today!" "Please, don't cut me!" I can hear them when I prune and I feel I need to remove the parts that are browned and have passed as well as those that are dying, but not yet without some remaining life.

Each plant or living thing constantly communicates with the others around it. Just because you can't hear the conversation, doesn't mean it is not taking place. But if you tune-in to the right channel, you can listen twenty-four hours a day to your heart's content. So just how do you find the right channel? No problem: Simply approach the location of the plants. Assume whatever position is comfortable, standing or sitting, being as close as possible to the center of the other living things and if possible, at their level. Calm yourself with quiet abiding. Empty your mind until you sense "Tabula Rasa" or unobstructed clarity with nature and all that surrounds you. Listen with every cell in your body and connect with all that lives on both your cellular and intuitive plain.

Celebrate the beauty of each living thing, every plant and ever species known unto the universe. Speak softly; assuring the other living things you mean them no harm and that you are, in fact, their protector. Ask the Energy of the Universe to be One with all living things that surround you that they might prosper and enjoy pleasure in harmony with all others and not at the expense of others.

If you just repeat your favorite, personal mantra without giving voice to it until you are completely the receiver of all stimulæ at every level of every plain of every dimension, you will come to know even the personal name of every plant and every living thing in the neighborhood in which you have placed yourself as defined by the extent to which you care to know all others.

Let them all know your heart is open and you wish them nothing but peace and happiness; that you clearly sense their perfection as nature intended. Continue to float in complete harmony with all that surrounds you. When it is time to re-assume the physical role by which you are identified by other Sentient Beings in the dimension into which you were birthed, say "Good-bye or Namaste" to all with whom you have been in sacred communion, but never forget that you are forever changed, now knowing that you are connected to all living things and that if you wish to rejoin their conversation, you need only remove the unconscious barriers your defense mechanisms so artfully construct and erect without your permission.

The wines of abundance at autumn are what pair eloquently with the foods of the harvest, exactly as nature had intended by arranging for the foods and the wine grapes to mature simultaneously. Let us explore some of the more popular examples that can beautifully color your harvest table of abundance.

First, we must examine what we mean by harvest of abundance with respect to wines. Autumn in China falls as it does in the northern hemisphere, beginning in the middle of September. The wine harvest in the northern hemisphere is generally August to October, while the wine harvest or "crush" in the southern hemisphere is February to April. This being the case, although I am a great admirer of southern hemisphere wines, we will look at the wines of the northern hemisphere that beautifully compliment the autumn harvest of September to November.

To be continued... This is Red Fred, over and out.



金色秋天是水果蔬菜丰收的旺盛季节，酿酒葡萄也渐渐开始崭露头角。餐桌绚丽的色彩为秋季添上一抹多情之姿，献上的不仅仅是美味珍馐，营养健康更是为此锦上添花。

我有提到过环境影响的因素吗，我试着修剪植物，会发现生命原来如此脆弱。

每一种生物总会与它周围环境的事物交流，只是你听不到他们的交谈，并不意味着没有。当你想选择电视频道的时候，哪个才会是你的最爱，什么位置才是最舒服，站着还是坐着，好吧，心平气和坐下来，看看你周围发生着什么。

当我们盛赞每种植物，每个物种时候，请轻轻的告诉他们：你能保证让他们不受到伤害，事实上，你是他们的保护者。宇宙能量中的万物在你身边围绕，他们能繁荣生长，和谐中寻求快乐。

让他们知道你的心胸豁达，你只愿他们能得到宁静和幸福。这时你能清楚地感受到他们的完美天性，继续与其

和谐相处。现在知道你能与所有的生物沟通，如果你希望重新加入他们的谈话，你只需要删除无意识障碍，你的防御机制，从而巧妙地建立和谐关系。

在秋季盛产的葡萄酒如何与丰收的食物搭配呢，就像上天有意识的安排美食与葡萄美酒同时出现在这个季节。让我们寻找一些经典的搭配法，使其丰富色彩完美呈现于你的餐桌前。

首先，我们先研究此时收获的葡萄酒。中国的秋季开始于9月中旬，北半球的葡萄酒生产是从8至10月，而南半球是从2月至4月间。虽然我极力推崇南半球的葡萄酒，但北半球丰收季节中葡萄酒也绝对不能错过。

一年中最重要的“感恩节”基督徒晚宴，这是一个对秋天感恩和纪念的家庭团圆日。虽然美国人和加拿大人选择不同的日期庆祝它，但意思是相同的。让我们看看在北半球传统感恩节大餐中和葡萄酒的完美邂逅。

未完待续