

New Western Cuisine



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远离尘嚣 田园之趣

Farm Fresh to Table Treat

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Wines for Farm Fresh Vegetables

葡萄美酒配鲜蔬



Photo by Geoff Lung

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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田博华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。

Most of the time whenever the subject turns to pairing wine and food, we talk about appetizers, dim sum, desserts, and main course dishes, but rarely do we focus on pairing wine with vegetables. But as more of us include a wider variety of healthy vegetables in our diets, it's increasingly important to know some simple guidelines for serving the right wines with most vegetables. Of course, farm fresh always tastes best.

When you are trying to pair wine with vegetables, always think about the flavors in the vegetables as well as the flavors in the wines. Often the best wine with any particular vegetable has a great deal to do with how the vegetable is prepared and served, such as with herbs or spices; or if it is caramelized over a grill or in a hearty casserole; any dressings or sauces with the vegetable; or if it is simply to be enjoyed uncooked as crudité with a variety of tasty dips.

There are some wines, however, like Cabernet Sauvignons, that by their very nature are just not ideal with most vegetables, unless of course the grilling and sauce almost reminds you of a beef stew, in which case, what the hell, go right ahead and add plenty of onion, garlic, some serious brown sauce and either sirloin tips or ground sirloin and now you're in Cowboy Cabernet Heaven. But the point is that robust, full-bodied reds, such as Cabernet Sauvignon simply overwhelm most vegetables, because of their tannins, which marry well with foods with plenty of proteins, but not well with the likes of vegetables, which are protein-free. The result of Cabernet and most vegetables is one bitter affair that is certain to end up in a Tijuana divorce court.

很多时候当谈及葡萄酒与食物的搭配时，我们会说到开胃菜、点心、甜点和主餐，很少考虑葡萄酒与蔬菜的搭配。但是，随着我们将越来越多的健康蔬菜收入到食谱中去，了解葡萄酒与蔬菜的一些基本搭配是很有必要的。这其中，产自农场的鲜蔬，味道最佳。

当你试着用葡萄酒去搭配蔬菜时，重点要考虑的是蔬菜和葡萄酒的风味。无论蔬菜如何制作，或是与香草和香料搭配、或是炖烧、或是配以沙司酱、或是简单作为生菜沙拉，只要与最好的葡萄酒一起，总是不错的选择。

有一些葡萄酒，比如卡本尼苏维翁，从其本身的特性来看就不适合搭配大部分的蔬菜。除非用于烧烤和调味汁，这会让你想起炖牛肉，在这种情况下，你可以试用卡本尼，记住加入足够的洋葱、大蒜以及一些褐色的调味汁或者牛里脊尖、牛腩，现在你已经身处“牛仔卡本尼天堂”了。但是这些充满活力、饱满的红葡萄酒，如卡本尼，会盖掉大部分蔬菜的味道，因为他们的单宁，适合搭配蛋白质丰富的食物，而蔬菜蛋白质含量不多，有些几乎为零。因此，卡本尼与蔬菜的搭配实在不是一桩“好婚事”，迟早分道扬镳。

Wine and Vegetable Pairings & Why

Tomatoes & Sauvignon Blanc or Chianti Classico

Tomatoes are high in acid, so the crisp acidity of Sauvignon Blanc is often a good bet, but don't forget a nice, supple Chianti Classico made from with the Sangiovese grape if the tomatoes are in a pasta sauce or naturally on a pizza

Corn or Sugar Snap Peas & Chenin Blanc

The sweetness of corn and sugar snap peas works well with the dry fruit of most Chenin Blancs

Mushrooms & Pinot Noir

The earthiness of fresh mushrooms marries very nicely with Pinot Noir

Green Beans, Broccoli or Bell Peppers & Sancerre

These vegetables, best sautéed go well with a dry Sancerre, just because they do

Asparagus or artichokes & Chablis or Chenin Blanc

Both of these vegetables contain the organic acid cynarin, making everything taste sweeter, so bone-dry whites such as Chablis and Chenin Blanc work best

Onions, leeks or scallions & Pinot Grigio, Pinot Blanc or Muscadet

Strong-flavored vegetables work best with bone-dry whites with vibrant acidity

Onion Confit of caramelized onion and root vegetables & Unoaked Chardonnay or Pinot Noir

Keep the spice on the rack baby; because this is comfort food all-the-way

Sweet root vegetables like sweet potato or pumpkin & Riesling

Sweet with sweet, so be sure that Riesling has lots of fruit

Grilled eggplant or summer squash & Merlot, Syrah, Red Zinfandel, Tempranillo or Brunello di Montalcino

Grilling adds a savory flavor that goes very nicely with these easy, but often sophisticated reds

Vegetables served with an herb sauce of basil, chives, cilantro or dill & Sauvignon Blanc

Sauvignon Blanc is a versatile wine with many vegetables: Just be sure it's got lots of body

Vegetables served with fruity sauces & Gewurztraminer

Sweet with sweet: An off-dry Riesling would also do the trick, but a good Alsatian "Gewurz" has my vote

Grilled or sautéed vegetables with butter & Chardonnay

If lots of butter is your thing, a serious California Chardonnay with oak age is just the ticket

Spicy Asian or Mexican vegetables & Riesling or Torrontes

Lots of fruit in the Riesling or Torrontes will make this combination sing

Vegetarian casserole, eggplant parmigiana or spinach lasagna & Chardonnay or Merlot

Full-flavored Chardonnays or medium-bodied Merlots go great with these dishes

Well, that's all folks. I'm plum tuckered-out after thinking so hard about wines and vegetables. I sure hope this makes you happy, because after this assignment, I'm not writing about vegetables for the next two years. And that's a promise. *Red Fred*, over & out.

浅析葡萄酒与蔬菜搭配

西红柿&苏维翁白葡萄酒或者基安蒂红葡萄酒

西红柿酸度高，因此与白苏维翁的微量酸度搭配正好，但是如果西红柿是用于制作意大利面酱汁或是用于披萨，别忘记试用上好的基安蒂红葡萄酒，它酒体柔软，采用苏维翁葡萄酿制。

谷类或者冷冻甜豌豆&白诗南白葡萄酒

谷类和豌豆的甜份与白诗南葡萄酒的干果香味搭配正好。

蘑菇&黑皮诺葡萄酒

新鲜蘑菇的大地气息与黑皮诺葡萄酒完美融合。

绿豆、花椰菜、或灯笼椒&圣桑尔白葡萄酒

煎炒的蔬菜与圣桑尔干白搭配最为适宜。

芦笋或洋葱&沙碧葡萄酒或者白诗南白葡萄酒

两种蔬菜中都含有有机洋蓟酸，使得品尝起来味甜，因此适合与沙碧、白诗南这样的干白葡萄酒搭配。

洋葱、韭菜或大葱&灰皮诺白葡萄酒、白皮诺白葡萄酒或慕斯卡德干白葡萄酒

味道重的蔬菜适合与有着活跃酸度的白葡萄酒搭配。

焦糖洋葱与蔬菜根&清纯雪当利或者黑皮诺葡萄酒

将香料放在烤架上，这道菜口感舒爽。

甜味蔬菜根如甜土豆或南瓜&雷司令白葡萄酒

甜味与甜味的搭配，雷司令富含果味，搭配刚好。

烤茄子或西葫芦&梅洛、西拉、红仙粉黛、天帕尼洛或碧洛德芭内洛干红葡萄酒

烧烤时加入葡萄酒调味，这些简单而又复杂的红葡萄酒最为适合。

蔬菜配罗勒、香葱、香菜汁&苏维翁白葡萄酒

苏维翁白葡萄酒是一种多样化的葡萄酒，适合与多种蔬菜搭配。

蔬菜配水果汁&格乌兹莱妮葡萄酒

甜味与甜味的搭配：干白雷司令是不错的选择，上好的阿尔萨斯是我的最爱。

黄油煎烤蔬菜&雪当利

如果你喜欢黄油，加利福尼亚雪当利刚好搭配。

亚洲辣味或墨西哥蔬菜&雷司令或多伦特葡萄酒

雷司令或多伦特丰富的果香让这个组合锦上添花。

炖煮蔬菜、巴马干酪焗茄子或菠菜卤汁面条&雪当利或梅洛

口味丰富的雪当利或者中度浓郁的梅洛是搭配这些菜的好选择。

好了，这就是所有的习惯搭配，在总结完这些的蔬菜和葡萄酒的搭配后，我几乎筋疲力尽。但是我确信这些能让你愉悦，因为在这个任务完成后，接下来的两年我不会再写任何跟蔬菜有关的事情了。我起誓。

我是**田博华**。