

# New Western Cuisine



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圣诞缤纷 美食当道

The Culinary Colors of Christmas

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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。

## Celebrate the Holidays with Your Favorite Grapes 葡萄美酒贺佳节



For me no celebration is "official" without a glass or two of one of my favorite grapes. "Grapes" you say? "Don't you mean one of your favorite wines?" says a little voice from within. "Well, of course, but since grapes are mostly what wine is all about...you know what I'm saying", I respond to myself. "Okay, I guess I'm being picky", says the voice. "You sure are!" I insist. "Lighten-up, man" I add.

So, readers, what are your favorite grapes? That is the question. For those who rarely experiment, their favorites may be limited to one or two grape varieties; and forget about blends. For those who are constantly experimenting with new wines, the sky is the limit: They have most likely tried many of the prominent grape varieties the world over and to their great delight discovered that quite often blends are the most satisfying of all, because blends are combinations of grapes that complement one another when mixed in just the right proportions. There are Bordeaux blends, Super Tuscan blends from Italy, Cape blends, GSM (Grenache-Shiraz-Mourvedre) Australian blends and California Meritage, just to name a few of the best known.

Today most wine is consumed with food, so in addition to knowing your favorite grapes, it's equally important to know what wines go well with what foods: For example, if you have a glass of Chardonnay with your filet mignon, at the finish of the meal either a good portion of the Chardonnay or the steak will remain, because white wine and red meat were simply not made for each other. If you don't believe me, try this combination sometime: Just one bite of steak and one sip of Chardonnay will convince you I'm right. It never fails. So, to insure that you always enjoy your wine and your food, always remember your most enjoyable wine and food combinations for future application.

One way to expand your wine and food horizons is to form a wine and food tasting group or club with those of your friends who enjoy trying new wines and finding which foods go best with these wines. You might agree to meet once or twice each month on weekends when most people are off work. Rotate the host home each time you meet among your friends in the group and ask each person or couple to bring a wine that they have learned to appreciate and feel the others might enjoy. In addition, ask everyone to bring "finger foods" (not requiring eating utensils) that they have found go well with their wine that may be served at room temperature (not requiring cooking or re-heating). So, everyone can come together to try a variety of wines and the foods that seem to go well with them. Regardless if you like every wine or not, you will learn more about what you do like and what you don't like and why. And you will better than ever be reminded of the importance of knowing the foods that go best with each wine.

As always the tasting order of everyone's wines is very important, so that your palates can be as helpful as possible tasting so many wines at one time. The rule is simple: dry sparkling (so no sweet sparkling dessert wines) before red and red before white: Then dry before sweet within each of the three categories of wines. Line-up the bottles of wine on a counter or table in this tasting order. Everyone should follow the exact tasting order and taste every wine in small amounts, say about 30ml each, which should allow 20-25 people to share just one bottle. Offer each guest a tall glass or cup to use as a "spittoon" if, like professional tasters, they prefer to taste and spit, rather than consume all the wines. Then start-over and have everyone try each wine in the same order, but with a small taste of each of the foods that has been offered to pair with each wine. It is important not to put-out the foods until the time has come to time to taste them with the wines; otherwise, some of the guests will be tempted to "nibble" as they go from wine to wine on the first round and it will affect their palate's ability to taste the wines without food.

You may serve the wines in wine glasses, but it may be more practical to use disposable styrene cups (clear & rigid); however, whether you use cups or wine glasses, be sure they are large enough for everyone to swirl his wine to aerate it without spilling his wine sample. The host should also place several large buckets near the wine bottles for everyone to use to empty their glasses after tasting each wine, in case any wine remains in their tasting glass after any of the wines. And, of course, the host should give everyone a list of all the wines in the exact tasting order with the complete name of each wine, including the "appellation" or place of origin and the vintage (unless a wine is "non-vintage"), allowing plenty of space after each wine for tasting notes.

As each person moves along the line of bottles of wine and tastes each wine, he should make brief tasting notes for later reference (If everyone's notes are too detailed, it holds-up the line). Also, it is always fun for everyone to rate or score each wine on an overall basis on a scale of 1-10 with 1 being the lowest and 10 being the highest score; both without food and then with food. You will find that each of the wines will be scored differently by every person as they taste the wines without and then with food, because the right foods with the right wines tend to mask or disguise any minor imperfections in the wines and all wines taste better with the right foods. After everyone has tasted all the wines without food and then with food, see how everyone scored and liked or disliked each wine; but be sure to have everyone briefly say why he scored each wine as he did.

Because your palate is constantly changing, be aware that

your palate progresses from sweet to dry and from simple to complex: So, you might begin your wine odyssey liking Rose or maybe White Zinfandel; then possibly moving to Pinot Grigio; to Sauvignon Blanc; to Chardonnay; to Merlot; to Cabernet Sauvignon; to Pinot Noir or wherever your palate may take you: The point is that wine discovery and palate appeal is a journey that is constantly teaching us which wines taste best to us and with which foods at any given time. And since no two palates are alike, just because your friend likes Cabernet Sauvignon with steak, it doesn't mean that your preference for Merlot or Carmenera or Shiraz or Syrah or Malbec or whatever with steak is any less correct, because the definition of a "good bottle of wine" is one that YOU like.

So, celebrate the holidays with your favorite wines, knowing that next year your palate may have progressed to appreciating somewhat drier wines: Instead of mellow Merlots, you may soon be singing the praises of New Zealand Pinot Noir from Central Otago with any combination of aromas and flavors of red fruit, such as cherries, and raspberries; wild blackberries and plums; not to mention the even more exotic flavors, such as leather, spice, earthiness and/or dark chocolate. I am **Red Fred**, over & out.

对于我来说，没有一、两种葡萄助兴的庆祝活动，不算“正式”的活动。是“葡萄”吗？“难道不是你最喜欢的葡萄酒？”我身体里的另一个声音在说。“嗯。当然，既然葡萄通常跟葡萄酒有关……你知道我的意思……”“好的，我可能比较挑剔。”那个声音继续说道。“你绝对是。”我肯定地说，“放松点。”

那么，亲爱的读者们，你们最喜欢什么葡萄？这的确是个问题。对于那些不常喝葡萄酒的，也许接触到的葡萄也就仅限一、两种，更别提那些混合品种了。当然对于那些一直不断品尝新葡萄酒的人而言则另说了，他们可能品尝过世界各地的知名葡萄种类，最能引起他们兴趣的还是混合型的，因为当各种葡萄以正确的比例来搭配时会起到一种相辅相成的作用，如波尔多调配酒、开普调配酒、GSM（歌海娜-色拉子-慕尔伟德）澳大利亚调配酒、加利福尼亚Meritage等等。

今天葡萄酒总是与食物一起搭配，因此除了了解你最喜欢的葡萄酒之外，熟知葡萄酒与食物的搭配也同样重要。例如，如果你有一杯雪当利来配菲力牛排，那么最后一大部分的雪当利或者牛排肯定会剩下来，因为白酒和红酒天生不搭。如果你不相信我，不妨试试这个：吃一块牛排再喝一口雪当利，你就会明白了。因此，要确保你能享受葡萄酒和美食，一定要记住，你最爱的葡萄酒与食品的最佳搭配，以备不时之需。

要拓展你的美食美酒领域，不妨与同道中人一起建立一个葡萄酒与食品的品尝机构或俱乐部，然后大家一起尝试新的葡萄酒，探寻美食和美酒的最佳搭配。每个月与朋友在闲暇时见一、两次，每次由机构或是俱乐部的不同成员举办，并约定每一个人或者一对夫妇带一瓶酒来，大家互相品尝、共同鉴赏。另外可以让每个人带一些小吃（无需器皿盛放），当然这些食品必须是在室温下（不需要烹煮和重新加热）可以与葡萄酒搭配享用。这样参与的每个人都可以享受不同的葡萄酒和食物。是不是每款酒都喜欢并不关键，重点在于你能够了解你的喜好，并知其所以然。经历过这些，你就能明白葡萄酒与食物完美搭配的意义所在。

对于葡萄酒而言，品尝的次序尤为重要，这样你的味蕾能在同一时刻品尝尽可能多的葡萄酒。规则很简单，次序依次为：干起泡酒（不是甜味起泡甜葡萄酒）、红葡萄酒、白葡萄酒，然后在这三种葡萄酒范畴内依次为干、红。将葡萄酒瓶在桌上依序放好，每个人都必须严格遵照顺序来品尝每款酒，每次喝的量很少，大约为30毫升，这样一瓶酒能够提供20-25个人的量。尽可能的话为每个客人准备一个大杯子，这样可以在品尝之后将酒吐出来，专业的品酒师喜欢采用这种方法，而不是喝下去。这样便可以开始了，尽可能让每个人都按照同样的顺序进行，当然在品酒时也可吃一些与各款酒匹配的小点心。记住一定要在合适的时间提供小点，否则有些客人在品完第一轮后会因为点心不够而抱怨，因为没有搭配食物的条件下进行品酒会影响他们的味觉能力。

你常常会以葡萄酒杯来盛放葡萄酒，但是使用一次性苯乙烯杯（干净、结实）更实际，当然无论你用那一种，一定要确保它们有足够的容量，这样在摇晃葡萄酒时不至于溢出。主人还应该准备几个稍微大一点的桶，在品尝完葡萄酒后，可以将剩下的部分倒入其中，否则这将影响对下一款酒的判断。当然，主人应该为每个客人提供一张酒单，上面依次列清所品酒名，包括产区或原产地、年份（除非没有），并留出足够的地方来写品尝评语。

每个人按照桌上依序摆放的葡萄酒进行品鉴，在最后提供一个简要的品尝评语供大家参考。（如果每个人的评注过于细节的话，则会影响整个流程。）为每款酒打分是大家都喜欢做的事情。一般来说分数从1-10分不等，1分为最低分，10分为最高分，可在无食物搭配和有食物搭配两种条件下进行评估。在这两种情况下，你会发现每个人对每一款酒的评分都不同，因为正确的搭配不仅会掩盖掉葡萄酒的微小瑕疵，而且会让葡萄酒更好喝。当两种条件下的品酒都完成后，看看每个人的评分、喜好，别忘记让大家各自阐述理由。

由于你的味觉在不断变化，记得要遵从这个次序——从甜到干、从简单到复杂。所以玫瑰、白仙芬黛将成为此次旅程的起点，随后将“到达”灰皮诺、白苏维翁、雪当利、梅洛，再到卡本尼苏维翁、到黑皮诺或是任何你的味觉到达的地方。葡萄酒的发现过程和味觉需求就像是一个旅程，沿途而行，我们会不断了解哪些葡萄酒好喝，哪些食物在何种时间适合搭配。这个世界上没有完全一样的味觉，如果你的朋友喜欢卡本尼苏维翁配牛排，并不意味着你喜欢将牛排与梅洛或佳美那或色拉子或西拉或苏维翁搭配是错误的，因为你喜欢的那款葡萄酒对你来说就是“最好的葡萄酒”。

综上所述，在假日里不妨来一点你最爱的葡萄酒，下一年你的味觉也许会钟爱干白或者干红，不再是成熟的梅洛，搭配上红色的水果，如樱桃、树莓、野生黑莓、梅子等会让你对新西兰的黑皮诺心生好感，如果搭配上香料和或黑巧克力，则更具异域风味。我是**田博华**，一直在这里。



Photo by Geoff Lung