

# New Western Cuisine.



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产品设计

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Gastronomic Communion

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# Combinations that Delight the Palate and Inspire The Soul

## 美酒美食的搭配艺术

*The Art of Pairing Wine & Food from the* 



As good food tastes better with good wine and good wine tastes better with good food, it's important to know which foods that you like pair best with the wines that you like. As everyone's "palate" or the way a wine tastes in one's mouth is unique to every individual, while one should consider widely-respected wine-food pairing generalizations as good knowledge, there really is no one answer for everyone, as to which wines pair best with which foods. Wine and food are personal experiences, especially when consumed together. And if they well complement one another, the result is always a far more

enjoyable experience.

So, what to do? I have read an endless number of articles over the years on how to pair wine and food; mostly using traditional suggestions that are based on traditional advice. But the two aspects all of these recommendations share in common is their dependence on the generic "palate"; which is all about the mouth, while the other component most widely recognized as affecting one's preferences for wine and food pairings, not



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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。还参访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。

about the mouth or palate is the "nose" or smell. Your sense of smell is equally as unique to each individual; no two senses of smell are alike. It helps if you practice smelling and tasting foods and beverages to sharpen your skills in identifying flavours, ingredients, spices and aromas, but your given-at-birth personal chemistry has far more to do with your personal taste and smell than all the theory in all the text books known to man. And that being the case, how can we approach the task of successfully pairing wine and food from a new perspective? Now that is the question.

But there is an answer if you are open to simply closing your eyes and connecting with the Energy of the Universe. If you learn to trust your instincts, rather than simply reading books and articles by experts, I have a new approach for you. So, let's take a look at how it might be to try a new way to pair your favorite wines with your favorite foods. What have you got to lose? And you just might have some fun in the process. Ready? Okay, here we go.

Start by bringing home a bottle of maybe four or five of your favorite wines; so, red, white, sparkling, dessert, whatever. If you want to pair a white wine with food, certainly think in terms of white fish, chicken, white sauce pasta, vegetable dim sum, etc.; but just relax with a glass of your white wine. Take in the nose, taste the wine, reflect on all that you sense and close your eyes...visit that place and imagine the foods you would like to enjoy with this wine. There can be no rush to judgment here: Take your time. Meditate on the harmony of your white wine and all of your favorite foods; then focus on the foods that seem to be telling you they best appreciate white wines; on the foods you sense would be a great match. When you have arrived at your conclusions, make careful notes.

Now, taste the red wines that you wish to pair with your favorite foods. Again, certainly think in terms of red meats, tomato sauce pasta, beef, duck, lamb and pork dim sum, etc., but as before, close your eyes and visit that place and imagine the foods you would like to enjoy with these wines. Meditate on the harmony of your red wines and your favorite foods; then focus on the foods that seem to be telling you they most appreciate red wines; on the foods you sense would be great with each of these red wines. By all means, take your time. Do not rush this process. Relax. Connect with your intuitive self and listen to your own wisdom: Your intuitive self knows all the answers, be it social, personal, business or the best pairings of your favorite wines with your favorite foods. As before, when your pairing meditation is done, take careful notes. Repeat the process for any other types of wines you may have selected.

Once you have all your notes in hand, it's time to put them to the test. Prepare the foods you have selected and pour the wines you have paired with them. Start with foods that you would normally have to begin your meal; then the foods that would follow and last, any sweet foods and sweet or dessert wines. Now, take a taste of the first dish, followed by a sip of the wine you have chosen. Roll the food and wine across your palate, savour the flavours, slowly swallow and focus on the after taste (If you experience it). Repeat this process with each food and each wine combination your intuition over your mini-meditations has decreed. You will find some of your envisioned pairings are "Made in Heaven"; while others are not as tasty as you would have hoped.

But know that this process is really ideal for personalizing the pairing process of your favorite wines and foods, so do not despair if you are not 100% on target the first time. Learn from the meditative choices you imagined would be best that were excellent equally as from the choices you made that were less than excellent. The key is to practice, practice, and practice this method. Over time you will find your batting average steadily improving until the point at which you become your own expert and you can write your own book on how to pair wine and food. Just remember who told you how to do it.

I am *Red Owl*, over & out.

美酒与美食素来都相辅相成，所以了解你最喜欢的酒和食物也是很重要的。虽然每个人的口味以及对葡萄酒的喜好都各不相同，但是对于酒食的普遍搭配有一些基本的了解比较好。对于每一个个体来说，这个问题是没有答案的。葡萄酒和美食的搭配就像是一种个人体验，特别是在一起品尝的时候。如果两者真的能够相辅相成，那么1+1的力量肯定大于2。

那么我们要做什么呢？这么多年，我读过关于葡萄酒和美食搭配的文章数不胜数，基本的思想都来自于传统观念，共同之处是这些搭配都取决于“味觉”，取决于嘴。而另一个被广泛认可可能影响对酒食搭配偏好的因素是“嗅觉”，即气味。对气味的感觉每个人也各有不同，对气味的感觉，没有两种是完全一样的。如果有意识锻炼“味觉”和“嗅觉”方面的技能，这肯定有助于你在口味、原料、香料、香气上的辨识能力，但是那些与生俱来的能力比后天培养起到的作用更大。既然是这样，那么我们如何才能从一个全新的角度来实现美食美酒的搭配呢？

如果你闭上眼睛，试着与宇宙间的能量相连，就能找到答案。与其阅读专家学者的作品，不如相信自己的本能。我为你准备了一条新的途径，让我们一起拭目以待，看看这个方法会有什么作用。相信整个过程中，你会觉得妙趣横生。

首先，买几瓶你最喜欢的葡萄酒，红、白、起泡、甜酒，任何一种都可以。如果要为白葡萄酒搭配食物，鱼肉、鸡肉、白汁意大利面、蔬菜点心是必然之选，如果只是单纯为了放松，不妨闭上眼睛，用你的全部感官去感受杯里的酒，不需要着急下结论，慢慢来，感受白葡萄酒与美食的完美搭配，将注意力集中到那些最能体现葡萄酒完美品质的美食上，当水到渠成之时，可记录下来。

现在，开始红酒与食物的搭配，红肉、西红柿沙司意大利面、牛肉、羊肉、猪肉点心当然不可缺少。让我们重复之前的步骤，闭上眼睛、感受美食美酒，沉醉其中。跟随你的直觉，相信你的判断，它们会带你找到所有的答案。当你关于酒食搭配的冥想完成之时，便可记录在册。然后再进行另一款红酒的测试。

完成所有的记录之后，便可开始实际测试。准备好你选择的食物和搭配的葡萄酒，从你一般最开始吃的食材开始，然后依次进行，直到甜点和甜酒。现在，从头盘开始，品尝一点你自己挑选的葡萄酒。在口腔中，将酒和食物混合起来，品尝其中滋味，慢慢咀嚼，注意“后味”（如果你能体会到）。在接下来每一道菜也是如此，根据你冥想的内容重复这一过程。你会发现你想象中的搭配有些“来自天堂”，有些却不如自己的期望。

这个过程对于选择个性化的餐酒搭配是很理想的，所以即便第一次的结果不是100%的符合心意，也不要失望。关键在于不断的实践，实践即解决方法。经过一段时间后，你会发现基本感知会不断提高，直到你对自己了如指掌，能为自己的餐酒搭配写本书。只要到时候记得是谁告诉你怎么做的就好了。

我是红色猫头鹰。