

New Western Cuisine



ISSUE 70 April 2011



产品设计

定价: RMB 25 / US\$ 5



健康之道 自然成之

Loving Nature Eating Healthy

Premium Red Wine

A Recipe for Good Health and Happiness

顶级葡萄酒

健康和幸福的食谱



Photo by Geoff Lung



Fred Tibbitts, Jr.

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。

So often what is bad for us tastes and feels good; while what is good for us neither tastes nor feels good; however, this is not the case when it comes to premium red wine, because good red wine is both healthful and delicious. So, let's explore why this is so and how to go about safely and securely keeping a personal supply of your favorite red wines at home.

Over the past twenty years more and more research is confirming what many cultures the world over have known for centuries: Red wine when consumed in moderation is good for one's health. And increasingly, more and more of the world's wine producers are making good tasting wines. This being the case, premium red wine should be at the top of your shopping list. Fresh fruits and vegetables, whole grain rice and wheat products, lean protein (more fish, lean pork and chicken than red meat), healthier cooking oils, such as extra virgin olive oil and canola oil, and a reduction in sodium in all prepared foods are the perfect companions to premium wines, red and white, depending on the dish.

Once you decide to begin enjoying a glass or two of premium red (or white) wine with your evening meals during the week and possibly with lunch and dinner over the weekend, the question becomes, do you shop daily for your wine as would you your fresh foods or do you shop once weekly on the weekend at one or more of your favorite wine stores? The choice, of course is yours, but if you plan your meals one week in advance, you will know exactly the types of wines you will need for the coming week and therefore you can save time by stocking-up just once weekly, rather than needing to search for just the right wine daily.

And just as it is important to preserve left-over food at the end of a meal by covering it and placing it in your refrigerator, it is equally important to preserve any opened bottles of wine that are not fully consumed. For the majority of wine consumers the most practical approach is to simply purchase one of the individual bottle hand pumps that remove the oxygen in the bottle. These devices are relatively inexpensive and they can add a day or two additional life to an opened bottle of wine if one then stores the opened wine (resealed with the original closure) in a refrigerator. There are more expensive approaches to wine preservation that allow one to inject nitrogen into the opened wine bottle, displacing the oxygen and/or placing a blanket of nitrogen over the surface of the remaining wine; again, once resealed, the bottle goes right to your refrigerator. And for those with abundant resources, the best wine preservation system in the world is called "Le Verre de Vin" (or the "glass of wine") by Berman International at www.leverredevin.com. These systems range from around \$3,000.00 USD to as much as around \$15,000.00 USD, depending on your requirements; however, they keep wine fresh for up to 21 days; so if you open a First Growth Bordeaux wine, say Chateau Lafite Rothschild for example, a Le Verre de Vin will allow you to enjoy it over several days, rather than having to finish it all at once.

Of course in addition to resealing each opened bottle of wine, you will need a place to store your unopened wine, be your supply humble or substantial, so that your unopened wines are well-preserved and ready for consumption whenever you decide to enjoy them. The options for storing wine range from budget to extravagant and everything in between, but regardless of how much you are willing to spend to store your wine, the common enemies of wine are always the same: Light, temperature, and humidity. So, to properly safeguard your wines from their common

enemies you must keep your wines away from direct sunlight; you must insure that they are resting horizontally, so that the wine is in contact with the cork; however, if the wine closure is a screw cap, the wines do not need to be stored horizontally. Also, you must maintain a constant temperature in your wine cabinet or storage area of around 10-16C degrees with a constant humidity of around 60-75% RH (Relative Humidity). If you are storing your wine in a room or closet, all the wines must be off the floor and away from walls to insure good air circulation. For a good selection of wine storage options, I suggest you visit one or all of these websites: www.winespectator.com, www.wineenthusiast.com, and www.decanter.com.

So, there you have it: A recipe for health and happiness that may be shared with family and friends on any occasion, no matter the weather or the season. I am **Red Owl**, over & out.

我们常说“良药苦口”，更有“良药”既“苦口”亦“难忍”，不过顶级红葡萄酒却能“鱼和熊掌”兼得。那么其原因在哪？如何在家中安全正确存储你最爱的红葡萄酒呢？

在过去的二十多年间，越来越多的研究证实了世界范围内多种文化所达成的一种共识：适当饮用红葡萄酒有益健康，其中首推当属顶级红葡萄酒。新鲜果蔬、全谷主食、全麦食品、高蛋白（多鱼、瘦肉、鸡肉）、健康食用油，如初榨橄榄油、菜籽油、低钠食品，都可以与顶级红葡萄酒、普通红白葡萄酒完美搭配。

不论是平日里搭配晚餐，还是周末时间搭配午餐和早餐，如果你决定喝一、两杯顶级红（或白）葡萄酒时，问题就来了。你是像购买新鲜食物一样每天采购红葡萄酒，还是每周一次在周末统一购买？当然，决定权在你，但是如果你提前一个星期准备就餐计划的话，你便会知道你所需要的各种葡萄酒类型，从而帮你节约时间，只需采购一次，而不用每天都为研究搭配那种葡萄酒合适。

没有喝完的葡萄酒如何保存与正确处理未吃完的饭菜一样重要。对于大多数葡萄酒消费者来说，最实际的办法莫过于用手泵将瓶中的氧气抽出，然后将其保存到冰箱中。这样的设备并不昂贵，能让开瓶后的葡萄酒多保存一到两天的时间。还有更昂贵一点的保存方法，那就是在瓶中注入一点氮以取代氧气，或者在剩下的葡萄酒上以氮气隔绝空气，然后放入冰箱中储存。如果有条件的话，世界上最好的葡萄酒保存方法即Berman国际的“杯中酒”系统（“Le Verre de Vin”或“glass of wine”）。这样的葡萄酒保存系统价格从3000美元到15000美元不等，根据你的需求而定，可以让开瓶后的葡萄酒保存21天。如果你打开一瓶“顶级一等”勃艮第葡萄酒，比如拉菲酒庄，这一系统就能让你不用“一饮而就”，可以在接下来的几天内慢慢享受。

当然，除了对开瓶后的葡萄酒进行再次封装，你也需要一个地方来存放没有开瓶的葡萄酒。只有妥善保存，才能保证你在饮用时保持良好的品质。存储的方法取决于你的预算，但是不论你决定花费多少钱来保存你的葡萄酒，普通酒的“天敌”都是一样的——光线、温度、湿度。因此，你必须尽可能让你葡萄酒远离太阳光的直接照射；你必须确保水平放置，让葡萄酒与瓶塞接触。如果酒瓶盖是螺旋盖，则无需水平存放。你还必须保持存放地的恒定温度，大约在10-16°C，恒定湿度为60-75%的相对湿度。如果你在房间或是壁柜存放葡萄酒，所有的酒必须离开地板、墙壁从而确保良好的空气流通。选择葡萄酒存储方案，我建议查看下列网站：www.winespectator.com、www.wineenthusiast.com、www.decanter.com。

好了，你现在手中就有了一个健康幸福的良方，无论气候季节，你随时都可以与你的亲朋好友分享。我是**红色猫头鹰**，一直在这里。