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Fred Tibbitts, Jr.

Fred Tibbitts, Jr. is a global wine consultant and writer based at Bangkok, Thailand and with a U.S. office at New York. He operates a global social entrepreneurship for the benefit of those less fortunate, assisting some of the top hotel and restaurant chains in the U.S. and across Asia Pacific, developing their wine & spirits programmes. He also hosts hospitality industry dinners to recognize excellence, provide scholarships at hospitality and culinary schools and to make charitable donations to the UNICEF, UN-HABITAT and other worthy charities.

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。还参议过许多国家重要的餐饮会展以及项目。大量的著作及评论发表，在业界，一时洛阳纸贵。



Know Your Heart

and You Will Always Eat & Drink with Wisdom

酒由心生

吃出感觉 喝出智慧

Yes, of course there are proven strategies for pairing wine and food: But know your heart and you will always find wines and foods that please both your palate and your Soul. And what is more Heavenly than the best of the season's harvest bounty and just the right wines? Clearly, it's a marriage made in Heaven.

Wine is an experience that reflects the best efforts of the winemaker; given the quality he or she is asked to produce. Knowing your wine is more about knowing your palate than your wine; what you like and which wines you prefer with which foods. Drink with your heart and you will always find the wines that speak to your Soul with loving memories of their journey from vineyard to winery to your table. Wines that meet and exceed your expectations are truly gifts of the gods: They are, in fact, among the most sacred of spiritual refreshments that nourish heart, body and Soul.

Drink with your analytic mind, critiquing each wine as though you were the judge of judges and you will find yourself speaking in clinical terms that may or may not mean anything relative to the tasting experience. Most people taste and enjoy wine in their homes and in bars and restaurants; not in laboratories. And wine has a centuries old tradition of being at the center of our most spiritual of communions, both religious as well as celebratory. Those of us who truly enjoy our wines do so as experiencing sustenance for the heart; not the stomach and small and large intestines.

Good wine nourishes the heart and Soul as no other beverage known to mankind. And what could be more stoic than gazing upon an evening's stars with a glass of velvety red wine, sensing that we are

far from alone in the universe; and knowing that no doubt, the others out there, though far, far away are as well gazing back at us, in equal awe of it all; and wondering, just like ourselves, if we are alike. And while I cannot attest to the look of each of our neighbors in these faraway places, there is not the slightest doubt in my mind but that they are as well relaxing with a glass of premium red wine as they scan the heavens for beings like us.

The expression "warms the heart" applies to all things that celebrate our highest human ideals; that lovingly touch our Souls at very special moments, particularly with loved ones. And I know no other beverage that equals the warmth of premium red wine that better warms the heart: Sip after sip of this crimson gift of the gods takes us closer and closer to that comforting feeling that "all is well" and no matter our daily worries and woes, there will be a way to a better tomorrow.

So, now you know it's fine to let your heart lead the way with respect to matters of romance as well as wine. And in the words of one of China's most trusted observers on matters of heart and wine, "Red is the color of my true love's wine. Red as hearts can be and red as our love, the red wine, it is always red as our love, our very true love." I am **Red Owl**, ever vigilant, over & out.

美食与美酒的搭配哲学一直受到人们的推崇。只要随心而行，你总能找到味蕾和灵魂双重愉悦的美食配美酒。大自然最丰盛的食物馈赠与琼浆佳酿可谓天作之合，还有什么比这更令人心旷神怡的呢？

酿酒师就像是酒的父母，什么样的父母就会教出什么样的孩子，他们把所有心血都凝结在了酒上。挑选喜欢的酒首先要了解自己的味蕾：偏好什么口味，喜欢搭配什么食物，这比了解酒更重要。只要用心品尝，你会听到她的窃窃私语，仿佛在讲述着她从葡萄园、酒窖再到餐桌的奇妙旅程。品质卓越的佳酿是上帝的恩赐，是最神圣的精神食粮，滋养着我们的身心和灵魂。

品酒时要带有批判精神，就算是把自己想象成《土师记》中的法官，大谈与品酒或有关系或无关系的临床术语也无妨。大部分人都会选择在家、酒吧或者餐厅品酒而绝非实验室。葡萄酒用于宗教仪式的历史已达一个世纪，信徒们通过品尝葡萄酒来纪念与回味耶稣基督为人类流血担罪。真正喜欢葡萄酒的人更享受与葡萄酒的精神交流，而不仅仅停留在肉体上。

品质好的葡萄酒比其它任何饮品都能滋养人类的身心和灵魂。静谧的夜晚，欣赏着广阔星空，品尝着天鹅绒般细腻丝滑的美酒，享受着无限遐想：或许在另一个遥远的星球，也有人在这样看着我们，他们也像我们一样，总是会好奇在远处的其它星球是否有和我们一样的生命体。当然，我还没有证据可以证明这些邻居的存在，但有一点我可以肯定，有了优质葡萄酒的陪伴，他们的幸福感不会比我们弱。

每每谈及理想或在触动心灵的瞬间，我们都善用一个表达“温暖心灵”。在我看来，我实在找不出能比红酒更能温暖心灵的饮品了。当红色的酒体一口一口划过齿间，我们仿佛听到了上帝的慰藉：一切都好起来的，烦恼和忧愁都会消散，又是一个美好的明天。

因此，不只是浪漫需要随心而行，红酒亦然。正如那位中国权威的观察员所说：“真爱之酒是红色的，就像红酒那样，一如鲜红的心脏，一如我们的真爱。”我是**红色猫头鹰**，一直在这里。