

Wine Wisdom from Feast & Vine

This monthly column of wine and food tips comes to you from Wellington's premier wine event company. Feast & Vine's fun "class by the glass" wine events unveil the secrets of wine appreciation and food-wine pairing as you sip New Zealand's finest vintages.

Feast & Vine founder, Donna McCormack, is delighted to share insights and recipes from her personal wine and food pairing files compiled from around the globe. Donna's resume includes extensive study at the Culinary Institute of America, plus hundreds of food and wine classes in Asia, Europe, and North America. Please visit our website feastandvine.com for more ideas and our program of events.



Grilled Lamb Chops (on the Barbie!)

Marinated with rosemary, garlic & mustard

Approximately 10 – 12 chops, 1" thick

To add moisture to meats, use an oil-based marinade. Marinading meat in resealable plastic bags keeps the meat evenly coated. When you take meats out of the marinade, shake off the excess oil to avoid smoke during the grilling process.

6 Tblsp Extra Virgin Olive Oil
3 tsp lemon juice
Strip a branch or two of fresh rosemary of its leaves, pound lightly
Peel & smash 4 cloves garlic, or to taste
Salt & Pepper to taste
2 Tblsps Dijon mustard (or coarse if you prefer)

- Thoroughly combine all marinade ingredients
- Rub chops with marinade
- Place 6 chops per sealed plastic bag.
- Set bag in bowl in refrigerator and let marinate overnight, turning once.
- Remove chops from refrigerator 2 hours prior to grilling.
- Preheat gas grill to med-high.
- For charcoal grill, coals should be glowing red with a moderate coating of white ash.
- Grill chops 4 to 6 min. each side for medium rare.

Fantastic with your favourite New Zealand Red!

WINE CHAT: FAQ

Q: What's meant by "New World" winemaking?

A: NZ is called a "New World" wine growing region, as opposed to "Old World" Europe which lays claim as the birthplace of winemaking. Upstart "New World" regions such as the United States, Australia, New Zealand, South Africa, Argentina, and Chile have, in fact, revolutionized how wine is made. By utilizing modern grape-growing and winemaking methods and technology, New World wines are admired and sought after for their zesty, fruit-forward flavours.



COOKING WITH WINE

Q: When cooking with wine, is it true that all the alcohol evaporates out?

A: Not entirely but, as a rule of thumb, the longer the cooking time, the less alcohol will remain in your dish. Because wine doesn't have a large amount of alcohol to begin with, only 12 – 15%, any residual alcohol in a single portion is unlikely to be a problem, especially since wine is typically added only in small amounts to lend depth of flavor and nuance. Here are some facts about residual alcohol:

- 85% alcohol remains when wine is added to a sauce and boiled briefly;
- 40% alcohol remains when food is simmered or baked for 15 minutes after adding the wine;
- 25% alcohol remains after one hour, whereas only 5% remains after 2 hours.

THE YUM FACTOR

Q: Why does Cabernet Sauvignon taste so darn good with grilled lamb?

A: The secret is in the balance struck between the fat in the meat and the bitterness in the "Cab." As the fat in the meat coats your palate, it forms a protective barrier against the wine's natural astringency. Cabernet is inherently high in tannins, a bitter compound found in the skins and seeds of grapes. By serving Cabernet Sauvignon with New Zealand lamb or beefsteak, you get the healthy antioxidant benefits of tannins with none of the bitter backlash. The wine and meat balance each other out to perfection.



Experience the taste. Savor the sip. Celebrate.®

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0800 4FEAST (0800-433278)