

FOOD

Kosher wine is a world away from childhood memories of Palwin Number 10. Rebecca Dunphy advises what will go best with heimishe dishes

Making the perfect match this Shabbat

BY REBECCA DUNPHY

KOSHER WINE has got exciting. Quality has never been so high, with fine kosher wines made at Bordeaux's top châteaux and throughout the world's most famous wine regions.

No need to make kiddush with sickly sweet "boiled" mevushal wines. So where do you start when choosing wine to drink with your Friday night meal, for Yomtov or even for a weeknight supper? Endless choice and little help on the label, however, can make choosing wine for food seem daunting and mistakes can happen.

Pair smoked salmon with a glass of tannic red and you'll end up with an unpleasant metallic taste. But switch that red for a glass of champagne and magic happens, each making the other taste better. The rich oils in the salmon soften champagne's searing acidity, while the bubbles render the fish less rich and allow complex flavours to unfold. Wine is such a natural partner for food. Just like a squirt of lemon juice or a handful of herbs, it can bring a dish to life and enhance the flavours, bringing different dishes and indeed people together.

So next time you are looking for a bottle to serve for Shabbat, here are my top tips:

1. COLOUR

Colour is the oldest rule in the book – "white wine with white meat and fish; red wine with red meat" – and most of the time it works.

I find you can also stretch the rule to rosé, matching pink wines with salmon, duck or lamb cooked rare.

Don't be too hung up on this rule, however, as crisp, lighter reds can be delicious with white meats like roast chicken or richer fish like salmon or mackerel. Pinot Noir or crisp Italian reds like Chianti work best.

2. AROMA

I find that harmonising aromatics can also help point you in the right direction. A classic example is herbal/grassy Sauvignon Blanc which has the same green flavours of green herbs and spring vegetables like asparagus, peas and green beans. Try New Zealand's excellent Goose Bay Sauvignon Blanc with food like classic Roman dish *Carciofi alla Guida* (literally meaning Jewish-style artichokes), cured salmon or pickled herrings with dill, or fish with salsa verde.

Wines can have aromas and tastes, which act like a sauce or condiment. Borrow classic combinations from cooking and use for wine pairings. For example, swap or enhance apple sauce with an apple-fruit Vignier or Chardonnay with roast goose. A foolproof match.



3. ACIDITY

Think of wine as the lemon juice or vinegar in cooking that help cleanse the palate and cut through rich fats in food – like fried fish, latkes, schnitzel or smoked salmon. For wines with fresh acidity look out for cooler northerly climates – champagne, Chablis or higher altitude whites.

Acidity also works well with acidity. So a vinegary salad dressing will love a crisp, lemony white wine.



4. BITTERNESS

Oak ageing and the skins of red grapes add bitter tannins to wine. Rich fatty meats like lamb will soften bitter tannins. Conversely, the tannins will make the meat seem less rich. Spanish reds like Rioja or Cabernet Blends are classic choices.

5. WEIGHT

Try and match the intensity of the wine with the intensity of the dish. So a bold wine tends to go best with a flavoursome dish, whereas a light, crisp white would be overwhelmed by a lamb tagine or juicy brisket.

6. TEMPERATURE

Match the temperature of the food with that of the wine. Chilled wines tend to go better with cold food likes salads or cold meats.

You can even experiment with chilling softer reds (15-30 minutes in the fridge) to make them seem lighter and more suited to summery foods. Don't chill too hard though or you'll kill fruit and fragrance, and, with reds wines, accentuate bitter tannins.

7. AGE

As a general rule, younger wines go best with fresher foods and more mature wines, where the tannins and acids have softened, go with slow cooked foods, like cholent or its Sephardi cousin, adafina or nutty, savoury dishes like kasha and wild mushrooms.

8. SWEETNESS

The golden rule for dessert is to opt for a wine that is sweeter than the dessert, otherwise the wine will taste bitter. Take a chunk of sweet milk chocolate with a dry red wine and you will quickly see what I mean. In contrast, sweet Muscat and flourless chocolate cake make a stunning match. Honey cake or lokshen pudding require more freshness as found in Sauternes. For a match made in heaven, try one of the best – Château Guiraud, 1er Cru Classé, Sauternes.

9. CHILLI

The heat from chilli can often spoil the subtle flavours in wine. However, fruity sweet or off-dry wines like Chenin Blanc or Riesling can help calm the heat brilliantly.

DISCOVER

Victoria Prever's food and wine matching tips at KFWE 2017. Go to kfwelondon.com for ticket information



OUR RECOMMENDATIONS

SALMON OR POULTRY
Baron Herzog Chardonnay, Clarksburg, USA, 2014 (mevushal)

● Such a brilliant wine for the table. A delicious aperitif, that pairs as well with fish as with poultry. You'll love its silky texture, pineapple and ripe pear fruit that lend succulence and balance.



FISH AND CHIPS
Champagne Barons de Rothschild, Brut, NV

● Bubbles cleanse. Clean lemon flavours tie in with those of white fish and biscuit notes from extended ageing bond with crispy batter. Go on, give it a go, and turn the simple into spectacular with this stylish champagne.



RICH MEATS/ CHOLENT
Matar, Petit Verdot, Jerusalem Hills, Israel, 2013

● Prepare to be wowed by bitter-sweet, black cherry fruit, savoury tannins and a whiff of mountain herbs. My star pick at the Kosher Food and Wine Experience 2016 and a head spinning match for roast red meats and rich stews.



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PHOTO: JENNIFER BALCOMBE



FABIENNE VINER-LUZZATO Spiced beef and aubergine rolls

This is a really warming winter supper dish. To give it a sweet and sour taste add the lemon juice to the finished sauce.

Prep: 45 minutes
Cooking time 90 minutes

INGREDIENTS:

5 large aubergines
250 – 300ml olive oil

For the tomato sauce:

60ml olive oil
1 large onion, sliced
450g tin of chopped tomatoes
1 tube concentrated tomato paste
6-8 cloves of garlic
2 tbsp sugar
1 tsp each of sweet paprika, turmeric, coriander
1 tsp dried oregano
Heaped tsp dried rose petals (optional)
Salt and pepper
30g fresh basil
Juice of 2 lemons (optional)

For the meat filling:

500g minced beef
6 – 8 tbsp medium matzo meal
2 medium eggs
Salt, pepper
5 tbsp of the tomato sauce

METHOD:

- Heat oven to 180°C (fan) and line a large baking tray with baking paper.
- Wash the aubergines and slice lengthwise into 1.5cm thick slices.
- Pour the olive oil onto a deep plate or shallow bowl and thoroughly coat both sides of each slice with it. You may need more oil.
- Bake for 30-45 minutes until golden brown. Set aside to cool and reduce oven to 175°C (fan).
- To make the sauce: fry the onions over a medium heat in the oil until golden brown. Add the tomatoes, tomato paste and garlic. Stir well.
- Add the sugar, spices, dried oregano and dried rose – if using – plus salt and pepper



to taste. Add 1.2 litres of water.
● Boil, and then simmer over medium heat for about 30 minutes stirring regularly. Add the basil at the end. Cool and blend the sauce until smooth.
● To assemble: mix all the filling ingredients. Take a slice of aubergine, add about a heaped tablespoon of meat inside and roll up. You may need more for a large slice

The rich tomato sauce makes this a perfect comfort meal

and less for smaller slices. Repeat with the remaining aubergine slices. Lay the rolls in a large oven tray, top with tomato sauce and bake for 45 minutes at 175°C, turning the aubergine rolls after 20 minutes.

www.homecookingbyfabienne.co.uk

LISA ROUKIN'S Chicken baked with rice

► This is a one-pot wonder, infused with Mediterranean flavours. Serve from oven to table. Start cooking with the breast downwards, to keep the breast meat soft and succulent. Don't worry if there seems too much liquid – if you have a large casserole dish the liquid should just cover the chicken – the rice will absorb it while cooking.

Serves 4
Preparation: 30 mins
Cooking: 2 hours

INGREDIENTS

1 whole chicken
2-3 tbsp olive oil
sea salt and white pepper, garlic granules, ground paprika
1 large white onion, finely chopped
4 garlic cloves, crushed
500g brown rice, washed until the water is clear

4 carrots, halved lengthways then sliced into small pieces
12 green olives, pitted and sliced
350ml pasta sauce, classic marinara (tomato)
2 tsp tamari sauce, gluten free
2 tsp honey
550 ml boiling chicken stock

METHOD

- Pre-heat oven to 220°C (200°C fan).
- Place a large non-stick frying pan on the stove, together with 1 tbsp of olive oil. When the pan is hot, place the chicken in the pan and seal for approximately 2 minutes on each side then remove from the heat.
- When the chicken has cooled down, season it inside and out with the sea salt, white pepper, paprika and garlic granules.
- Heat 2tbsp olive oil in a large casserole dish (29cm in diameter) and sauté the finely chopped onion on a medium/high heat until translucent.
- Reduce the heat and add

the garlic and rinsed brown rice, continuously stirring. Add the carrots and olives, tomato sauce, tamari sauce and honey.
● With a wooden spoon, push the rice to the sides of the dish, pushing it about 3cm but keeping a base of rice on the bottom.
● Place the chicken, breast down, in the centre of the casserole dish, cover with the chicken stock and return to the stove on a medium heat for a few minutes to get it warmed through and then place the casserole dish covered, in the oven, turning the chicken over after 1 hour. Then cook for a further 30 minutes then turn the oven temperature down 20 degrees less to 200°C (180°C fan) and cook for a further 30 minutes.

www.myrelationshipwithfood.com



WINE CHOICE

Yatir Viognier, Judean Hills, Israel

● A homely dish, that springs to life with a sip of this full-bodied, spice and apricot fruited Viognier. The cooler, high altitudes of the Judean Hills give this rich wine plenty of freshness, which is key to making it a terrific match.

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