

Recommandations de vins pour accompagner la recette d'Hélène- sauce

végétarienne- APAR 18 novembre à 15h

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## **Wine picks by student (BA 1990) and staff (1988-2011) alumnus:**

### **François Rochon**

Typically, wine pairings begin by identifying the protein being served, but the method of preparation and the seasoning or sauce to accompany the meal must also be considered. So where to start when pairing vegeteraian food? The seasoning or sauce becomes the main element to consider, however the texture and flavour of the vegetables or legumes will also play a role in the match. In today's recipe, Helene is preparing a rich sauce where aubergine and mushrooms are the big texture players adding earthiness to the dish. However, perhaps the most important element to consider for this dish pairing is the tomato. Key to any enjoyable pairing is matching acidity with acidity or sweetness with sweetness.

A common pairing guide is to chose a wine from the same region of country as the dish. The dishes from countries with a long history of wine production (such

as France, Spain or Italy) are more likely to pair perfectly.

For this reason my first wine recommendation from SAQ is Allegrini Corte Giara Valpolicella. A blend of Corvina and Rondinella grapes, this wine stands up to the acidity of the tomatoes in the dish, but is bold enough for the rich mushroom-eggplant flavours. Hints of cherry and pepper on the nose, the first sip may seem slightly acidic. Once you sip it with the dish, that acidity will give way to soft fruit.

**Allegrini Corte Giara Valpolicella**

**Red wine | 750 ml | Italy Veneto**

**\$16.05**

My second pick from the SAQ is a little different. Rosé wines are often considered lighter wines and usually not the first choice in food pairings. The key once more is to find a rosé with enough acidity to stand up to the dish. Le Petit Gascoun will do just that. A wine from the southwest of France made from the grapes Cabernet Franc, Tannat and a touch of Marselan. The nose is strawberry with a little candy. The mouthfeel is velvety, but the acidity is present but balanced. Obviously it will not be as bold as the red wine proposed, but is a nice alternative for those who prefer to drink something other than red and still find a match to

this tomato-based dish.

**Domaine Les Frères Laffitte Le Petit Gascoun 2020**

**Vin rosé | 750 ml | France Sud-Ouest**

**\_14,45 \$**

For those shopping at the LCBO, an equivalent wine to the Aellegrini is the Folonari Valpolicella Classico DOC (LCBO #828; \$15.45).

Forward fruit, approachable structure and a food-friendly finish.

For something a little different consider the **Cave Spring Cabernet Franc (LCBO #523001; \$17.95)**

Cabernet Franc is one of the noble grape varieties found in Bordeaux blends aCanada has made a bit of a name for itself in making wines with this single varietal. It is often recognizable by green pepper aromas on the nose. The Cave Springs has an intriguing mixture of cherry, dark berry, pepper and coffee on the nose. Introduce today's dish and the wine stands up nicely to the acidity of the tomatoes and the richness of the aubergine-mushroom combination.

These recommendations are simply that...recommendations. It is always a matter of taste.

Wine makes every meal an occasion, every table more elegant, every day more civilized." --- André Simon

**Proposé par François Rochon le 14 novembre 2021**