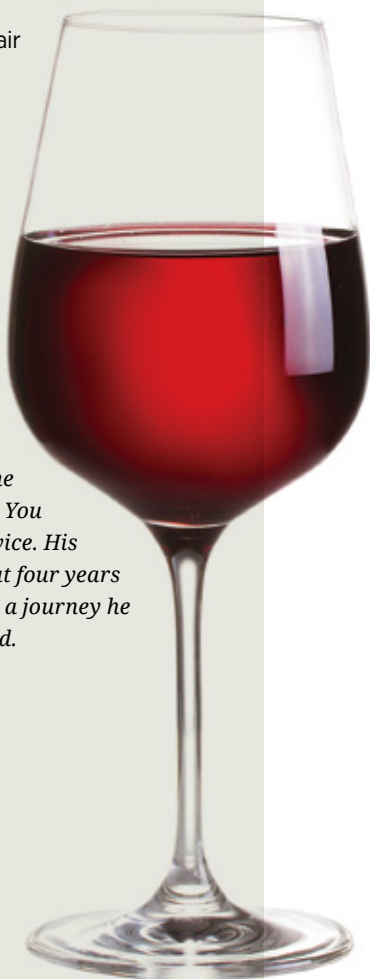


Wine Pairing TIPS & TRICKS

By Dwight A. Phyll '06

1. When in doubt, sparkling wine is extremely food-friendly and will pair well with many dishes.
2. As a rule of thumb, when eating dessert, choose a wine that is as sweet or sweeter than the dessert.
3. Lighter-bodied red wines, like pinot noir and gamay, can absolutely be paired with rich fish like tuna, salmon and swordfish.
4. It is always better to pair a wine with the sauce rather than the meat.

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Ragù

By Luca Trazzi, lecturer in Italian studies and contributing faculty in food studies (based on the recipe filed in 1982 by the Bolognese delegation of the Italian Academy of Cuisine at the Bologna Chamber of Commerce)

Ingredients

- 10.5 ounces ground beef or flank
- 5.25 ounces pancetta/unsmoked bacon, diced
- 1 small yellow carrot
- 1 small stalk of celery
- ½ large onion
- White or red wine, half a glass
- 5 tablespoons tomato sauce
- 1 cup whole milk

Directions

1. Cook the bacon in a ceramic or cast iron cooking pot.
2. Chop the vegetables with a mezzaluna/crescent knife, add them to the pan and cook until soft, stirring with a wooden spoon.
3. Add the ground beef, stirring until it sizzles.
4. Dilute the wine and tomato sauce with a little bit of stock or water, and add the mixture to the pan. Simmer for about 2 hours, adding the milk a little bit at a time.
5. Season with salt and black pepper to taste. (Optional: When the ragù is cooked, you may wish to add skimmed cream from a liter of heated, whole milk.)
6. Toss with your favorite pasta.

Wine Pairing: Chianti Classico (Sangiovese)

An Italian medium-bodied red wine that has vibrant acidity and grippy tannins showcasing bright, fresh cherry fruit flavors and an even more herbal, rustic profile like tomato leaf and mushroom.

"If you have been to Bologna, Italy, you probably had a plate of delicious tagliatelle at Osteria dell'Orsa, just off via Marsala, near the Dickinson Center. You will probably never go back to spaghetti Bolognese. Why? Well, because of that sauce. The ragù alla bolognese, or just ragù, is made of time, patience and forgetfulness."