

# Fabulous Food & Wine

## Entertaining Made Simple: Food And Wine Pairing ABCs

(NAPSA)—Every season has fabulous flavors to pair with wine for easy entertaining.

Master Chef and restaurateur Joachim Splichal, co-founder of The Patina Group, shares this culinary vision emphasizing fresh seasonal ingredients. The Patina Group provides all food services for the world-renowned Hollywood Bowl which features the wines of Frei Brothers Reserve. Recently named the preferred wine of the Bowl, these award-winning wines are noted for their “food friendly” appeal and complement the best any season has to offer.

To pair a well-balanced meal with the right wines, start with wines you enjoy. Let your palate be your guide.

### Harmony of fine wine and food

Start with fresh ingredients and vibrant flavors, says Hollywood Bowl's Executive Chef Manfred Bachtrog. “Cooking should only enhance the essence and aroma of the food.”

The same can be said for wine-making. “As long as our winemaking techniques enhance rather than take away from the natural qualities of the fruit, we can't help but make magnificent wines,” said Frei Brothers Reserve Winemaker Marcello Monticelli.

For a main course to impress, try Grilled Beef Tenderloin with a red wine sauce. Prepare the sauce a day in advance. Let guests share in the fun by grilling their own steaks while sipping on Frei Brothers Reserve 2001 Russian River Valley Pinot Noir and 2000 Alexander Valley Cabernet Sauvignon.

The wines are available in fine wine stores and restaurants. To learn more, visit [www.freibrothers.com](http://www.freibrothers.com).



**Fine wine is not only a complement to exquisite food, but it can also be an ingredient.**

### Grilled Beef Tenderloin with Grilled Asparagus and Roasted Fingerling Potatoes

- 8 oz. beef tenderloin steak
- 8 spears baby green asparagus
- 6 fingerling potatoes
- 2 shallots, diced
- ½ cup sliced parsley
- 1 Tbsp. thyme
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. butter

### Red Wine Sauce:

- 8 oz. beef trimmings
- 2 cups Frei Brothers Reserve red wine
- 3 shallots, sliced
- 1 oz. carrots, diced
- 1 oz. celery, diced
- 1 oz. peppercorns
- Thyme
- Bay leaf
- 1 qt. veal stock
- Peppercorns
- Butter

### Preparing Red Wine Sauce:

Roast the beef trimmings in a small pot, with butter, very slowly. After browning the trimmings, add carrots, celery and shallots until nice and caramelized. Deglaze the pan by adding the red wine and reduce slowly by half.

Add herbs and peppercorns, to taste, and then add the veal stock. Repeat sauce reduction again by half and then strain through a fine strainer. Add cold butter to thicken the sauce.

In a separate pan, sauté one shallot, sliced in julienne. Once caramelized, add the red wine sauce. This will give you a nice shallot red wine sauce. Adjust with salt, fresh pepper and a little chopped thyme, to taste.

### Asparagus:

Wash the green asparagus and blanch in salted water for 3 minutes. Remove from hot water and place into an ice bath to chill. Marinate the asparagus, and place on the grill for a lightly smoky flavor. Salt and pepper to taste.

### Potatoes:

Cut the fingerling potatoes in half, and marinate them in olive oil, salt, pepper and thyme. Place ingredients into a skillet and roast in the oven for 20 minutes, or until tender.

### Tenderloin:

Season the tenderloin with salt and pepper. Grill each side for about 4 to 5 minutes for medium. Adjust time according to desired temperature.

### To plate:

Arrange the steak, asparagus and potatoes on the plate. Top with the Red Wine Sauce. Serve extra sauce on the side.