

Wine and food: Making a perfect match



If you've ever stood before an aisle of wine completely baffled by what to serve at your next dinner party, you aren't alone. Whether red or white, dry or sweet, the options can be overwhelming.

Two wine experts from The Art Institutes system of schools have teamed up to help you navigate the wine aisle like a pro.

"It's no longer necessary for wine to be just for special occasions," says Chef T. Stella Bernard, certified wine professional and an instructor for The Art Institute of Tucson. For her, the first step is demystifying wine, and she says there is something for everyone's taste. She encourages experimentation, which will help evolve your palate, but cautions against being dissuaded or oversold by the package. "Don't be turned off if it comes in a box or has a screw top. Don't worry if it doesn't have a cork."

According to Chef Bernard and Chef Bradley Owen, a certified sommelier and instructor at The Art Institute of California - Orange County, a campus of Argosy University, you need to match the acidity, flavors and body of the wine to the dish with which it will be served. "The old adage of white wine with fish and red wine with meat is true and false," he says. This will be true 80-90 percent of the time, but depending on how the dish is prepared, there are always ways to break this rule. He adds that chicken and pork are crossover proteins, which could work with whites or reds depending on preparation.

Acidity is very important, and Owen explains that you want to match the acidity of the wine with the acidity of the dish. Fish prepared in a traditional way works well with white wine, but when prepared with something like mushrooms or with red wine influences, you can move to a lighter red. Filet mignon, typically served with a red wine, can be paired with a white when served with a salad with high-acid vinaigrette.

When matching flavors,

Bernard recommends reading the back of the bottle. She says the same words that describe the wine should describe the food. For example, wines containing cherry flavors would go with something juicy such as a barbecue, since cherries are sweet and juicy. Strawberries are softer and would go with a more subtle dish, while black currants are more intense and would pair well with foods like venison, sausage or pepper steak. A simple way to remember this is the brighter the fruit on the label the lighter the food that goes with that wine, and the heavier or darker the fruits on the label the heavier the food.

The body of the wine is the weight of the wine or the way it feels in your mouth. Owen says this body should also match the body of the food. Grapes have different body and richness based on the growing climate and decisions made by the wine makers. When looking to pair wine with meat, Owen recommends asking what you are pairing it with and what cut of meat is it. He says a rib eye with lots of fat, richness and flavor will need a wine with a rich body, such as cabernet sauvignon. A filet, which is less flavorful, could pair with a less full-bodied wine, such as a pinot noir.

With red wines, tannins are a consideration when looking at food pairings. Tannins come from the grape skins and provide the natural astringency found in red wines. Bernard says heavy tannin wines go well with heavy proteins such as red meats.

Regionality can also help you find the perfect complement, by pairing wine from the same area as the dish you are eating. For instance, if you are eating a French dish, consider a French wine. "Don't be intimidated about going into the wine shop," Bernard says. She encourages you to start with what you like, and don't be afraid to ask for help from the people in your local wine store. "The wine you like is the best wine."

After Hours in Malibu

The following listings are for the dates of March 27 - April 2

CAFÉ HABANA
3939 Cross Creek Rd. 310.317.0300
Tues.: Taco Tuesday. \$3 Tacos and \$3 Tecate. 5 p.m. - close.
Wed.: Karaoke in Habana Nights with DJ Gold Dust. 9 p.m. - 1 a.m.

CANYON BISTRO
120 North Topanga Blvd. 310.455.7800
Wed.: Free Corkage Wednesdays. Enjoy the jazz and pop stylings of Sam Ortolano on acoustic guitar. 7 p.m. - 9 p.m. Call for details.

CANYON CLUB
28912 Roadside Drive, Agoura Hills 818.879.5016

Fri.: Bryan Lazar presents "Concert For Sam," a tribute concert for the late Sam Levine of Oak Park who tragically passed away last March. Hosted by Bryan Lazar with some of the area's most prominent musicians along with special guest to perform. Tickets are \$10. All proceeds will be donated to a charitable fund in Sam's name. Doors open at 6 p.m. Show starts at 7:00 p.m. Call for details. The Spazmatics. Doors open at 10 p.m. Show starts at 10:30 p.m. Tickets are \$10. 21 and over. Call for details.

Sat.: Boogie Knights. Opening set by Roses For Margaret. Tickets are \$10. Doors open at 6 p.m. Show starts at 10:00 p.m. 21 and over. Call for details.

CASA ESCOBAR
22969 Pacific Coast Hwy. 310.456.1160

Fri.: Live music by guitarist Carlos Naranjo. 7 p.m. - 10 p.m. Call for details
Sat.: DJ Jacques. 9 p.m. - 12 a.m. Call for details.

DUKE'S MALIBU RESTAURANT
21150 Pacific Coast Hwy. 310.317.0777

Fri.: Aloha Fridays with Hula Dancers. \$4 mai tais all night. Happy Hour, 4 p.m. - 6 p.m.
Tues.: Taco Tuesday. \$3.00 tacos. Piped-in surf music. 4 p.m. - 9:30 p.m.

HILLBILLY HIP
127a Topanga Canyon Blvd. 310.455.2266

Tues.: Unusual Tuesdays. Open Mic Nights. Sign up by 7:30 p.m. Call for details.

THE LAB BREWING COMPANY
30105 Agoura Road, Agoura Hills

Sun.: Live music featuring singer/son-



Dance along with DJ Jacques at Casa Escobar's Malibu Inn this Saturday.

818.735.0091
Thurs.: Experimental Thursdays featuring Live music by The Hills of Malibu and special guest artists, 8 p.m. - 11 p.m. Call for details.

Sat.: Get Live Saturday featuring live music by Trash Honey and Brethren of the Coast, 10 p.m. - 1 a.m. Call for details.

Tues.: Pint night featuring jammin Jazz music by The Geyer Drummond Trio. \$3 House Pints, \$5 Guest Pints. Weekly burger R&D. 8 p.m. - 11 p.m. Call for details.

Wed.: Solo acoustic music by singer/songwriter/guitarist Sonny Mone, a former member of Crazy Horse. 6 p.m. - 9 p.m. Call for details.

MALIBU AND VINE
901 Encinal Canyon Road. 818.889.6680

Sat.: Acoustic music by Brady Harris Band. 2 p.m. - 4 p.m. No children, infants, pets or outside alcohol. Call for details.

MALIBU WINES TASTING ROOM
31740 Mulholland Hwy. 818.865.0605

Sat.: Live Spanish guitar music featuring Victor Torres. 12 p.m. - 2 p.m. Call for details. Live Latin music featuring Caliente Band 805. 3 p.m. - 5 p.m. 21 and over. No children, infants, pets or outside alcohol. Call for details.
Sun.: Live music featuring singer/son-

grwriter Delfina. 12 p.m. - 2 p.m. 21 and over. No children, infants, pets or outside alcohol. Call for details.

MALIBU CIGAR LOUNGE
22525 Pacific Coast Hwy. 310.456.8324

Fri. - Sat.: Open Late. Cigar Box Specials, Flat Screen TVs, 2 Lounges, Chess, Backgammon, Private Lockers. Come enjoy a smoke after dinner. 11 a.m. - 10 p.m.

MOONSHADOWS
20356 Pacific Coast Hwy. 310.456.3010

Fri.: Live DJ, starts at sunset. Call for details.

Sat.: Warming up the evening for sunset, Resident DJs gather early with their special guests and top tunes. Load the ship and take off on a musical journey with a colorful night of music, dinner and cocktails. 6 p.m. - 1 a.m.

PARADISE COVE
28128 Pacific Coast Hwy. 310.457.2503

Thurs.: Fine Arts Jazz Group, Malibu's favorite jazz trio. They play beach-friendly bossa novas, '60s modern and smooth jazz, now over five years as "house band." 5 p.m. - 9 p.m.
Tues.: Various blues and jazz groups. 5 p.m. - 10 p.m.

ROSENTHAL - THE MALIBU ESTATE
18741 Pacific Coast Hwy. 310.456.1391

Fri.: Live jazz music featuring Rich

Cohen. 5:30 p.m. - 7:30 p.m.
Sat.: Live music featuring Rich Cohen, 1 p.m. - 3 p.m. Sugar Mountain, 4 p.m. - 6 p.m. La Frite Food Truck, 12 p.m. - 7 p.m.

Sun.: Live music featuring Cazz, 1 p.m. - 3 p.m. Live music featuring Aaron White, 4 p.m. - 6 p.m. Rolln Lobster Food Truck, 12 p.m. - 6 p.m.

SPRUZZO'S
29575 Pacific Coast Hwy. 310.457.8282

Fri-Sat.: After Dark Piano Bar, 7:30 p.m. - 11 p.m. Call for details.

THE SUNSET
6800 Westward Beach Rd. 310.589.1007

Mon. - Fri.: Happy Hour. \$5 at Five. 3:00 p.m. - 8 p.m.
Thurs.: Malibu Unplugged hosted by Terence Davis featuring original singers/songwriters from all over Los Angeles, 5 p.m. - 10 p.m.

Fri.: DJ Gold Dust presents Funky Fresh Friday Karaoke. 8 p.m. No cover. 21 and over.

Wed.: Casper Jazz Trio. Call for details.

TAVERNA TONY
23410 Civic Center Wy. 310.317.9667

Sun. - Thurs.: Live Greek music. 6:30 p.m. - close.
Fri. - Sat.: Live Greek music featuring belly dancing. 6:30 p.m. - close.

—Jennifer Kantor

Don't know what to do tonight? Don't want to drive a half hour to listen to music, enjoy happy hour or simply have a place to meet friends? The Malibu Times has the solution to your entertainment quest. The After Hours Calendar is published weekly in the Life & Arts section. To update/add your listing: contact Jeff Kantor at 310.266.7896 or fax your press release Attn: Jennifer to 310.456.8986 or phone 310.456.5507 ext. 106 or e-mail at golddustentertainment@adelphia.net.

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MARCH 29
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THE DAN BAND
SPAZMATICS (10:30)

APRIL 6
DARK STAR ORCHESTRA

APRIL 10
Comedian JIM BREUER

APRIL 11
LED ZEPAGAIN
SPAZMATICS (10:30)

APRIL 18
KENNY CETERA'S CHICAGO
EXPERIENCE
SPAZMATICS (10:30)

APRIL 19
JOEY MOLLAND'S BADFINGER

APRIL 25
LISA LAMPANELLI
SPAZMATICS (10:30)

APRIL 26
MARC COHN

MAY 1
MIKE PETERS OF THE ALARM

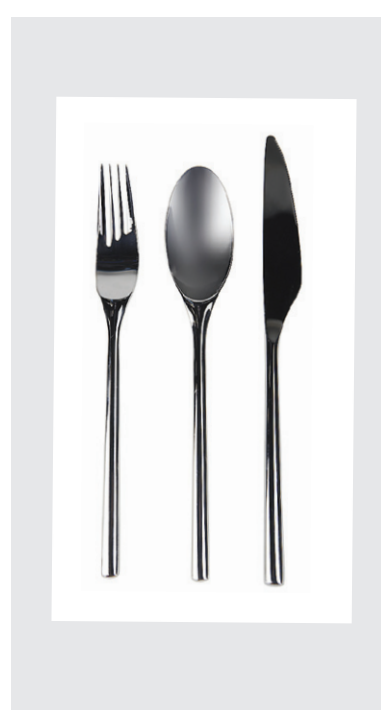
MAY 2
BEATLES - VS - STONES

MAY 3
QUEEN NATION & AC/DC TRIBUTE

MAY 8
Y&T

MAY 9
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