

WARM UP

1 Decide if these sentences are true (T) or false (F).

- 1  Wine is low in fat and high in flavour.
- 2  It works well in marinades as it is not too acidic.
- 3  It helps tenderise ingredients and keep them moist during cooking.
- 4  It works well in most forms of cooking.
- 5  You cannot bake with wine.

## Recipes for cooking with wine

Wine is a great ingredient in recipes as it is relatively low in fat and high in flavour. It can add taste to fish simmering in a pan, or be drizzled over fish and baked in a foil package. Wine is a great ingredient in marinades too because it is basically an acid ingredient, which helps tenderise the outside of meat, fish or vegetables, enhance their flavour and keep them moist while cooking. Adding wine to dishes you're cooking on the stove, in a slow cooker, or in the oven, bring flavour and maintain moisture in most dishes.

Wine can even be used in baking! For certain types of cakes, using wine or sherry in place of some of the fat, lightens the cake and adds complimentary flavours. You need to choose a good quality wine, good enough to drink. You can play off the subtle flavours in wine, by adding it to dishes that already contain them, or go well with them. White wine can contain: melon, apple, pineapple, pear, citrus, vanilla, caramel, olive and mushroom aromas; while red wine can have berry, peach, currant, plums, cherry, orange, chocolate and coffee aromas.

Cooking with a dry or sweet wine depends on the other ingredients and the effect you want to create. A very dry wine has very few natural sugars remaining and is usually higher in alcohol. In contrast, the sweeter wines still contain a larger amount of natural sugar from the grapes. Acid, the sharp bite in both red and white wines,

can help bring out the natural taste of a mild food, such as fish, as a lemon would. Tannin, the bitter element in red wine, pairs well with strongly flavoured dishes such as steak. Wine should complement the food you are preparing, so generally light-flavoured wines go best with delicately flavoured foods and full-bodied wines with strong tasting dishes. It follows also that light-coloured meats like chicken, turkey and fish, but also ham and veal, are paired with white wines. Whereas dark-coloured meats, like beef and game, as well as pasta dishes go well with red wines. The way meat is prepared is also important. For example, a spicy dish usually needs a full-bodied wine, but a light or creamy sauce calls for a drier, lighter wine. Experiment to find which wines work best, be creative and trust your palate and your nose!



ACTIVITIES

READING COMPREHENSION

2 Read the text about cooking with wine and answer these questions.

- 1 How can you play off the flavours in wine with those in food?
- 2 What should you consider when choosing a sweet or dry wine?
- 3 Why might you use an acid wine?
- 4 When would you use a tannic wine?
- 5 How should you compliment food with wine?
- 6 What is the relationship between wine and food colour?
- 7 What other consideration should you make when cooking with food?
- 8 What advice does the writer give about cooking with wine?

LISTENING

**3** **16** Sort these sentences into two recipes: a starter (S) and a dessert (D) both cooked using wine. Then listen and check.

- a D Add 50 ml wine and 1 tbsp clear honey and boil, until the liquid has reduced in volume by half.
- b     Brush 5 scallops per person with olive oil and fry the scallops for one minute on each side. Season with salt and pepper.
- c     Heat 2 tbsp brown sugar in a frying pan over a high heat, until melted.
- d     Place 1 nectarine per person, cut in half stone removed, cut-side down into the sugar and cook for one minute.
- e     Place 2 finely chopped shallots, 60 ml vinegar, 60 ml dry white wine and 60 ml water into a saucepan.
- f     Remove the nectarines and keep warm, then add 1 tbsp double cream to the sauce, bring to the boil and stir until thickened.
- g     Set over a moderate heat until almost no liquid remains.
- h     Spoon the sauce over the scallops and garnish with chives.
- i     To serve, place the nectarines cut side down onto a plate and drizzle over the sauce.
- j     Turn the heat down to a low setting and whisk in 125 g cold unsalted butter, one piece at a time. Keep warm.

**4** **16** Listen again and order the instructions for each recipe.

STARTER: Scallops beurre blanc	DESSERT: Nectarines poached in honey and wine
1 <u>E</u> Place 2 shallots, vinegar, wine and water into a saucepan.	1 <input type="checkbox"/> _____
2 <input type="checkbox"/> _____	2 <input type="checkbox"/> _____
3 <input type="checkbox"/> _____	3 <input type="checkbox"/> _____
4 <input type="checkbox"/> _____	4 <input type="checkbox"/> _____
5 <input type="checkbox"/> _____	5 <input type="checkbox"/> _____
6 <input type="checkbox"/> _____	6 <input type="checkbox"/> _____

**5** **17** Now listen to a main course recipe for beef Wellington with red wine sauce and complete the missing information.

**BEEF WELLINGTON WITH RED WINE SAUCE**

Preheat the oven to (1) \_\_\_\_\_ °C.  
 Rub (2) \_\_\_\_\_ g beef fillet with olive oil and season well. Heat a frying pan and cook the beef until golden-brown on both sides but not cooked through. Set aside and leave to rest for (3) \_\_\_\_\_ minutes.  
 Place (4) \_\_\_\_\_ g ready-rolled puff pastry on a work surface, top with the beef and a layer of cheese. Wrap the pastry over the beef to make a parcel. Brush all over with beaten egg.  
 Transfer to the oven and bake for (5) \_\_\_\_\_ minutes.  
 Heat some olive oil in a saucepan, add (6) \_\_\_\_\_ onion finely sliced and cook gently until softened. Add some sugar to (7) \_\_\_\_\_ ml red wine and bring to the boil.  
 Boil until the liquid has reduced by half. Add (8) \_\_\_\_\_ ml beef stock and simmer for (9) \_\_\_\_\_ minutes. Mix (10) \_\_\_\_\_ tsp arrowroot with a little water to make a paste, then whisk into the sauce and cook for (11) \_\_\_\_\_ minutes, or until slightly thickened.  
 Cut the beef Wellington into slices, serve with steamed asparagus and pour over the red wine sauce.

WRITING

**6** Write three recipes using wine: a starter, a main course and a dessert. When you finish, display them for the rest of the class to see and decide which you like best.