

# EATDRINK

## A GUIDE TO THE GOOD LIFE

### ANTHONY GISMONDI IN THE CELLAR

Mixed bag of regional choices fits in with the changeable weather



**KVV CHENIN BLANC 2006, WESTERN CAPE, SOUTH AFRICA**

**Price:** \$10.99

**UPC:** 748294420219

**Score:** 86/100

**Remarks:** Simple, easy-sipping white wine. Good value.



**SIMONSIG CHENIN BLANC 2005, STELLENBOSCH, COASTAL REGION, SOUTH AFRICA**

**Price:** \$13.99

**UPC:** 6002123103006

**Score:** 86/100

**Remarks:** Great fruit for sipping, or serve with Indian food.



**LAURENZ V. FRIENDLY GRÜNER VELTLINER 2005, NIEDERÖSTERREICH, AUSTRIA**

**Price:** \$19.99 (Private wine shops)

**UPC:** 9009500010619

**Score:** 87/100

**Remarks:** Elegant, fresh and ready to drink. Well made.



**BORSÃO SELECCIÓN TINTO JOVEN 2005, CAMPO DE BORJA, ARAGON, SPAIN**

**Price:** \$14.99

**UPC:** 8412423120470

**Score:** 87/100

**Remarks:** A solid mid-week red for grilled meats and fowl.



**THE BLACK CHOOK SHIRAZ VIOGNIER 2005, SOUTH AUSTRALIA, AUSTRALIA**

**Price:** \$19.95

**UPC:** 9326215001849

**Score:** 88/100

**Remarks:** Fresh, vibrant young fruit under screwcap.



**DOW'S VINTAGE PORT 2003, DOURO VALLEY, NORTHERN PORTUGAL**

**Price:** \$85

**UPC:** 5010867205246

**Score:** 94/100

**Remarks:** Will require 12 to 15 years to fully mature. One for the cellar.



COOK AT HOME

Paella is not difficult to make — most of the work is preparatory — and it's great for setting a celebratory mood.

## Red and rustic will do it

### MATCH MAKER



Red and rustic should do it for paella. The family-style dish comes with a breadth of flavours and should easily meld with any simple, but well-constructed red wine.

**Nieto Senetiner Cabernet Shiraz Reserva 2004, Luján de Cuyo, Mendoza, Argentina, \$16**

A huge, spicy, black-cherry-flavoured red with smoky, tobacco, leather and mocha flavours that should easily hold its own with the dish. Excellent value.

**Ruffino Forte Al Sole Sangiovese di Toscana 2003, Tuscany, Italy, \$15**

The style is open and expressive for simple Chianti, but that's the power of the early, warm 2003 vintage. Lovely, ripe fruit and mushroom flavours will play to the dish.

— Anthony Gismondi

#### Seafood and Sausage Paella

Don't let the number of ingredients fool you — paella is not a terribly complicated dish to make, yet it's got a celebratory mood about it. Most of the work is in prepping everything to throw in the pan. The recipe is from *Cook at Home* by Anna and Michael Olson.

— Mia Stainsby

- |   |   |
|---|---|
| 3 tablespoons extra virgin olive oil    | Spanish paprika                         |
| 1 cup diced onion                       | 2 chorizo sausages, diced               |
| 1½ cups arborio rice                    | 2 tomatoes, diced                       |
| 6 cups chicken stock or water           | 1 pound clams, washed                   |
| ½ cup diced celery                      | 1 pound mussels, cleaned                |
| 1 diced red bell pepper                 | 1 pound white, firm fleshed fish, diced |
| 1 tablespoon fresh thyme, chopped       | 1 pound bay or sea scallops             |
| 2 cloves garlic, chopped                | 1 pound shrimp, peeled and deveined     |
| Pinch, saffron threads                  | 1 cup frozen peas                       |
| 1 teaspoon smoked paprika or 2 teaspoon | Coarse salt and ground black pepper     |

In a large pan, heat oil over medium heat and saute onion until translucent, about 5 minutes. Add rice and saute for 4 minutes, to coat with oil but not brown. Add one-third of the chicken stock and simmer for 5 minutes, stirring often. Add celery, pepper, thyme, garlic, saffron, paprika and another third of the stock, stirring often.

Stir in sausage and tomatoes and let simmer another few minutes. Add clams and cook, covered for 3 minutes. Stir in mussels and fish. Cover and cook 3 minutes, adding as much of the remaining stock as needed to cook rice to tender consistency. Add scallops, shrimp and peas and cook until shrimp are pink. Season to taste and serve immediately.