

Wine, Water And Food 101

(NAPSA)—While many people know to look for the right wine and food pairings, a dinner party can be made especially memorable by adding another factor into the mix: water. Try these simple, fun tips for your next soiree:

- Serve a platter of cheese as an appetizer, along with champagne or a Riesling and silky, low-mineral spring water.

- With red sauces and meat such as beef or lamb, serve Cabernet Sauvignon or Merlot, or for light red meat such as veal, a Pinot Noir. Serve with sparkling natural mineral water to continually cleanse the palate.

The subtle bubbles and minerals stand up to the robust flavors, bringing out the subtleties in the wine and the food.

- Serve white wine such as Chardonnay or Sauvignon Blanc with natural spring water with fish, chicken or pasta. The smooth texture and low-mineral taste of a natural spring water such as Acqua Panna® Natural Spring Water will not overpower the lighter fare, but will cleanse the palate.

- Serve petits fours with fruit for dessert with Port wine and a sparkling mineral water such as S.Pellegrino® Sparkling Natural Mineral Water. The Port wine will enhance the sweet flavors of the dessert while the water will stand up to the acidic, full-bodied Port.

Try this gourmet recipe next time you have guests to impress:

Baked Risotto Primavera

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 medium onions, chopped (about 1½ cups)
- 1 cup short- or medium-grain brown rice
- 3 cloves garlic, minced
- ½ cup dry white wine
- 2 14½-ounce cans reduced-sodium chicken broth or



The right wine, water and food mix can make a meal memorable.

- 3½ cups vegetable broth
- 8 ounces asparagus, ends trimmed, cut into 1-inch pieces (2 cups)
- 1 cup sugar snap peas or snow peas, trimmed, cut into 1-inch pieces
- 1 cup diced red bell pepper (1 medium)
- 1½ cups freshly grated Parmesan cheese (3½ ounces)
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh chives
- 1-2 teaspoons freshly grated lemon zest, preferably organic
- Freshly ground pepper to taste

Preheat oven to 425 degrees F. Heat olive oil in a Dutch oven or ovenproof deep saute pan over medium heat. Add onions and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in brown rice and garlic. Cook, stirring, 1 to 2 minutes. Stir in wine and simmer until it has mostly evaporated. Add broth and bring to a boil. Cover the pan and transfer to the oven.

Bake until the rice is just tender, 50 minutes to 1 hour. Shortly before the risotto is done, steam asparagus, peas and bell pepper until crisp-tender, about 4 minutes. Fold the steamed vegetables, Parmesan, parsley, chives, lemon zest and pepper into the risotto.

Makes 6 servings.