

# AGING WELL

## ***Aging Well with Wine and Food: The Perfect Pair***

Learning new things is a key ingredient of Aging Well. Combine that with a heart-healthy glass of red wine, and learning to pair wine and food is a win-win!

With a few simple pointers on pairing, and tasting different wines to get to understand your palate, you can start successfully pairing the "right" wine with dinner. The result: more enjoyable meals, less stress when hosting parties, and perhaps less money spent on expensive wines that aren't right for your menu.

Here are those few simple pointers on pairings, direct from a wine expert: "My first advice is to drink what you like," says Joel Ingegno, executive chef at The Mather, an all-inclusive community for adults 62 years and better in Evanston. "It doesn't matter if it costs \$10 a bottle or \$100 a bottle — if you enjoy it, get it."

Ingegno assures us that there are no strict rules for successfully pairing a wine with certain food. "Once you've determined what you like, it's up to your discretion," he says. His basic pairing tip: "The easiest thing to do is think about the balance. If you're preparing a rich meal like duck, then you need a hearty wine to match it; anything light is just going to get lost."

### **What exactly are you balancing your wine choice against?**

"People can get confused over what to pair a wine with — if you're preparing a meal, it's not just the meat — it's the sauce or spices, and the side dishes," says Ingegno. "A good rule of thumb is to focus on the most prominent flavor of the main dish, and pair with that." So, if you're planning on serving a citrus-marinated fish dish with several sides, choose a wine that pairs with your marinade choice.

### **Work Your Wine Vocabulary**

As you taste wine, whether at parties or restaurants, wine tastings, or by purchasing promising bottles, pay attention to the flavors and impressions of the ones you enjoy most. Make note of the descriptions so that you can search for these: do you enjoy hearty reds, lighter whites, perhaps "oaky" Chardonnays, or Pinot Grigios with "citrus notes"?

Good liquor stores and wine departments will help you find wines that suit your palate, either with knowledgeable staff who can recommend vintages, or brief written descriptions.

Follow these basic tips and try different taste combinations to discover more "perfect pairings" as you Age Well.

**Bon appétit!**

### **Taste for Yourself at a Food & Wine Workshop at The Mather**

Pictured here is Mather  
LifeWays signature 10

Wishes Wine. The Mather will host a free Food & Wine Pairing Workshop on Wednesday, November 6 at 3:30 p.m. All are welcome, but please RSVP by October 30 by calling (847) 448.0793, or e-mail [themather@matherlifeways.com](mailto:themather@matherlifeways.com)

