

# WINE AND DINE

NapervilleSun

The BeaconNews

The CourierNews

The HeraldNews

## Lighten Up To Beat the Heat

As published online in The Naperville Sun, The Beacon News, The Courier News and The Herald News  
July 16, 2010

By **BILL GARLOUGH** For Sun Times Media

Summer sure has arrived. It's hot and humid here and other parts of the country are suffering from 100-plus degree temperatures. This time of year we need to slow down and be careful. We should monitor the amount of sun exposure, stay hydrated and eat lighter.

This column explores favorite summer wines and pairs them with light meals. Whether the menu is for a family meal or entertaining, lighter food and beverage is sure to please during these hot summer days.

### **Lighter style wines**

White wines are generally enjoyed in the warmer months, as they are a light, refreshing beverage. Wines that are lower in alcohol and have good acidity are ideal. The acidity helps cleanse your palate and provides a mouth-watering experience that stimulates your thirst and appetite. The challenge is to find summer wines that are satisfying with ripe fruit.

The global market has introduced many new wines to try, which is both fun and a goal of this column. When thinking of white wines that are light summer sippers and also pair well with food, a number come to mind, including: Pacific Northwest Rieslings and Pinot Blancs, Italian Pinot Grigio and Soaves, Argentinean Torrontes, Chilean Sauvignon Blancs, South African Chenin Blancs and French Muscadet and Sancerre. While some summer sippers are popular, they are not food friendly. An example of this would be some New Zealand Sauvignon Blancs, as they tend to be overly citrusy and make pairing with food difficult.

### **Lighter fare**

At the beginning of each summer, we clean up our grills and get ready for some serious backyard barbecue. Memorial Day, Father's Day and July 4th weekends are all holidays where we grill steaks, bratwurst and ribs. These bold, spicy meals are often paired with big red wines, like Cabernet Sauvignon and Zinfandels.

Now that the summer heat is on, many folks turn to grilling lighter fare like fish and chicken. The wines that pair best are the lighter styles, like Pinot Noir (red) and Pinot Gris (white) with salmon or Pinot Grigio and Torrontes with chicken. The French love to pair Muscadet with shellfish.

Something my wife and I like to do during the hot summer months is to add meat to a side salad and transform the dish into our entrée. An easy example is to add grilled chicken or shrimp to a leafy green salad.

A favorite green salad base can include red and green leaf lettuce and add any number of ingredients such as strawberry slices, mandarin orange sections, toasted slivered almonds, blue cheese crumbles and shaved shallots. Fresh orange and white balsamic vinaigrette enhances this salad and its toppings.



*Bill Garlough  
is an expert at  
wine and food pairings*



*(Bill Garlough/For Sun-Times Media)*

### **Summer Citrus Vinaigrette**

¼ cup Chopped Onions  
2 Cloves Garlic  
¼ Cup Extra Virgin Olive Oil  
¼ Cup Vegetable Oil  
4 Each Juice from Four Freshly Squeezed Whole Oranges  
¼ Cup Sugar  
2 tsp Dijon Mustard  
¼ Cup White Balsamic Vinegar  
Salt & Pepper to taste

In your blender, add the onion, garlic, orange juice, sugar, Dijon mustard, Balsamic vinegar and blend. Slowly add both oils. Once emulsified, salt and pepper to taste.

To create a simple pasta salad entrée, take a pasta side salad with a creamy base dressing and add some grilled salmon, gently flaked with a fork. This is a wonderful way to use leftover grilled salmon. A favorite pasta salad includes lemon, dill, onions, cherry tomatoes and peas.

Here's a quick and easy recipe.

### **Dilled Pasta Salad with Grilled Salmon or Shrimp (optional)**

Serves Four  
6 Cups Cooked Pasta  
2 Tbsp Fresh Dill  
2 Tbsp Fresh Lemon Juice  
¼ Cup Green Peas, cooked  
¼ Cup Chopped Red Onions  
10 Ea Cherry Tomatoes, quartered  
½ Cup Mayonnaise, light or regular  
½ Cup Sour Cream, light or regular  
Salt & Pepper to taste  
8 Oz Flaked Grilled Salmon or Shrimp (optional)

Add all ingredients except salmon or shrimp in a bowl and toss. Gently fold in salmon or shrimp. Salt and pepper to taste. Refrigerate for 1 hour before serving.

Bill's Summer White Wine Picks  
(with suggested retail prices)

#### **Green lettuce salad with chicken**

- Argentinean Crios Torrontes: floral, tropical aromas (90 pts. R. Parker) \$11
- Italian Tiefenbrunner Pinot Grigio: light, straightforward (87 pts. R. Parker) \$12
- Chilean Casa Lapostolle Sauvignon Blanc: appealing, uncomplicated (NR) \$10

#### **Pasta salad with salmon or shrimp**

- French Pepiere Muscadet: dry, acidic, great value (89 pts. R. Parker) \$11
- Oregon A to Z Pinot Gris: Pinot Noir influences, always good (87 pts. R. Parker) \$12
- Italian Tamellini Soave: terrific wine, great balance & finish (89 pts. R. Parker) \$13

#### **Wine of the Month**

2008 Domaine de la Pepiere Muscadet  
Suggested retail price: \$11

In honor of Bastille Day, I have selected a French wine to feature. French Muscadets offer a terrific value and are a perfect light summer wine. This dry and acidic wine is popular in Europe with shellfish, particularly oysters. Robert Parker gives the 2008 vintage 89 pts. and says it is irresistibly refreshing, and has a fresh lime aroma with green apples and raw almond notes.

Bill Garlough is an owner and founder of My Chef Catering in Naperville, the 2007 U.S. Chamber's national Small Business of the Year and a Level 1 Master Sommelier. Bill pairs food and wine for My Chef's customers and can be contacted at [www.mychef.com](http://www.mychef.com).