

## SWIRLING SENSATIONS

ASIANS ARE GENERALLY NOT BIG WINE-DRINKERS, SO **NYX MARTINEZ** CHATS UP SOMMELIERS TO LEARN HOW—AND WHY—THAT CAN CHANGE.

DO YOU AUTOMATICALLY THINK OF PAIRING ASIAN FOOD with a tall glass of ice-cold beer? Think again. The layers of flavors in our cuisine are often better enhanced with a chilled white wine, according to Etienne Hugel of Hugel and Fils, one of the oldest and most famous wine-makers in France.

Multi-awarded Filipino wine-maker Manny Osmeña could not agree more. The man behind the hugely successful Manny O. Wines says *lechon* (roasted pig), *crispy pata* (deep-fried pork leg), *rellenong bangus* (stuffed milkfish), and grilled seafood go well with white wine. But is it really wrong to serve red wine with white meat?

“No, it’s not just all about the meat—it depends on the sauce of the dish. For example, chicken curry goes very well with a syrah/shiraz, which is a red wine with ripe fruity flavors,” Manny says.

In 2010, Manny O. Wines garnered nine international awards, a testament to the brand’s success in producing wines that suit the culture and taste, adaptability and impression of the Asian and the new global palate.

Hugel and Fils Wines, a product of 12 generations of wine-growing in Alsace, France, are now available at Wine Story Fine and Rare Wines Merchant, in Serendra, Bonifacio High Street, Taguig City, Philippines. Tel.: (+632) 846 6310 ●

Got a wine query? Send it to [info@eastgatepublishing.com](mailto:info@eastgatepublishing.com) and Manny O will answer it. Visit [www.mannyowines.com](http://www.mannyowines.com) for more information.

**fast fact**

Researchers at the Tufts University in Boston found that drinking two glasses of wine or beer everyday helps keep the bones strong, as the effect of such amount of alcohol on bone mineral density is more prominent than any single nutrient, even calcium.

### HOW TO CHOOSE THE RIGHT WINE GLASS

The many varieties of wine glasses and proper usage for each one can be confusing, but did you know that the shape of a wine glass actually serves a purpose? It’s all about functionality and better taste. To properly appreciate a good wine, select a colorless, transparent glass with no decorations.



**WIDE-BOWL WINE GLASSES FOR REDS:** Red wines come with big flavors. The size of the bowl helps spread these flavors out and lets air in, boldly releasing those gorgeous aromas.



**NARROW-BOWL WINE GLASSES FOR WHITES:** White wines, often served at a lower temperature, will keep cooler longer in a narrow glass.

### HOW TO HOLD A WINE GLASS

The proper way to hold a wine glass is **at the bottom of the stem closest to the base**. If you’ve seen connoisseurs holding the stem daintily, swirling the wine and then dipping their long noses into the mouth of the glass before taking a sip, it’s not snobbery—holding wine glasses by their stems really prevents the transfer of heat from the hand to the glass.