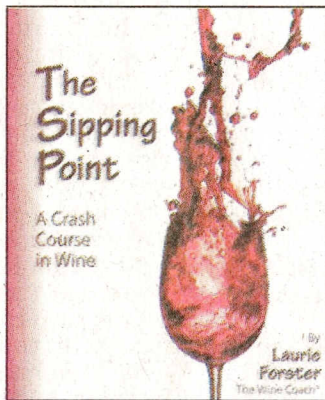


# 'Coach' will discuss 'Weird Science' of food, wine

## 'The Sipping Point: A Crash Course in Wine'

**Author:** Laurie Forster  
**Publisher:** TWC Press,  
\$16.99, paperback, 125  
pages



BY SANDRA FISCHIONE DONOVAN  
FOR THE TRIBUNE-REVIEW

When Laurie Forster started studying wine, she realized one of her favorite classes covered ways food and wine act together.

"I thought, that is the single best thing I have studied," says Forster, who, after a career in software sales, began a new career in wines in 2002. She has a certificate from the American Sommelier Association in viticulture and vinification, trained at the Culinary Institute of America in Napa Valley, Calif., and passed

at the top of her class in studying for Master Sommelier title in New York.

Now she gives seminars and conducts other events as The Wine Coach and recently published "The Sipping Point: A Crash Course in Wine."

Forster immediately thought of her favorite wine subject when she discussed ideas for a seminar with the folks from Palate Partners and Dreadnought Wines, both in the Strip District. As a result, area oenophiles will be able to learn from Forster's expertise in an April 2 class,

"Weird Science: Food and Wine Reactions" at Carnegie Science Center in the North Side.

"In America, we think of wine as a cocktail," Forster says from her home in Easton, Md. But after she and her husband, Michael, visited Italy, she discovered "Italians get that food and wine are linked together ... It's the two together that you love."

In the interactive seminar, Forster, who has toured vineyards around the world, will show how various foods,

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## MORNING BRIEFING

### Hathaway will 'Get Happy'

Anne Hathaway, 26, is heading somewhere over the rainbow. The Oscar-nominated actress is set to play Judy Garland in both film and stage adaptations of Gerald Clarke's 2000 biography. It's titled "Get Happy: The Life of Judy Garland." The announcement was made Monday by Weinstein Co. boss Harvey Weinstein.



- **This Just In:** David Letterman marries his longtime girlfriend — D2
- **Eat For Life:** Cassoulet gets a vegetarian spin — D2
- **Seriously Simple:** Pancakes become special when served with sauteed spiced pears — D4
- In "Monsters vs. Aliens," Reese Witherspoon is turned into a giant — D5

### Coming Thursday

Britney Spears is bringing her "Circus" to town.

# 'Weird Science' of food, wine is topic

'WEIRD' • FROM DI

including those that are acidic, salty or spicy, can affect the enjoyment of various wines.

"People think white wines go with chicken; red wines go with beef. But the sauce could affect the whole taste," Forster says, especially if the sauce is a rich tomato or a fruity chutney.

Forster plans a discussion of how to taste wine, rather than just drink it, including the process that professionals use to taste wines

and exercises to help participants understand tasting. She will employ what she calls "the wine sandwich: sip, bite, sip. At the second sip, you pay (closer) attention" to the wine's flavor, she says.

"It's about how we're going to look at food and wine pairings differently," says Deb Mortillaro, partner in Palate Partners

## Weird Science: Food & Wine Reactions Class

**Who:** Palate Partners, Dreadnought Wines and "The Wine Coach" Laurie Forster

**When:** 6:30 p.m., April 2

**Admission:** \$35, pre-paid reservations required

**Where:** Carnegie Science Center, One Allegheny Avenue, North Shore

**Details:** 412-391-8502 or [www.palatepartners.com](http://www.palatepartners.com)

and Dreadnought Wines with Mike Gonze. Mortillaro says attendees will "taste their way to understanding how to create great food and wine pairings every time."

"Weird Science is by no means a stretch for us," says Ann Metzger, co-director of Carnegie Science Center. "We thought it was a natural partnership."

Adult-theme programming is not unusual for the Science Center. It has hosted a wine-and-chocolate event for adults and now is the regular meeting place for Café Scientifique, a group of science-interested adults that meets the first Monday of each month to dine together and hear a scientist speak. And on Grownups on Tuesdays, folks 62 and older pay just \$5 admission.

"When adults come in, they realize the Science Center is for everybody," Metzger says.

"You can learn a lot about life by comparing it to wine," says Forster, who is a trained life coach with Coach U, a leading provider of coach-training programs. "I'm so humbled by wine as a topic."



PALATE PARTNERS/DREADNOUGHT WINES

Laurie Forster gives seminars as The Wine Coach.

## Wine-pairing tips

Here are a few ideas Laurie Forster, "The Wine Coach," has on how to pair flavors of foods with certain wines to balance the flavors of the two.

These and more tips can be found in her book "The Sipping Point: A Crash Course in Wine." These interactions will be demonstrated during her April 2 program, "Weird Science: Food and Wine Reactions" at Carnegie Science Center.

■ Foods with acidity, such as those with vinegar or tomato as ingredients: Match the acidity with a wine with zing, such as a sauvignon blanc, which goes well with a goat cheese; or chianti, which pairs well

with a red tomato sauce.

■ Spicy foods, such as Thai or Indian cuisines: Pair with a fruity and/or slightly sweet wine, such as a reisling or a gewurztraminer. "If you use a dry wine with spicy food, such as a chardonnay and a Thai dish, it will taste even hotter," Forster says.

■ Foods with a high animal fat and protein content, such as steak or a Parmesan-Reggiano cheese: Pair with a wine with a high tannin content, such as a barolo from Italy's Piedmont region. "The tannins bind with the animal proteins," Forster says.

— Sandra Fischione Donovan

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