

# Combine beef and red wine for a healthier diet

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## Session 5e

There has been a world wide perception that the consumption of animal fat in the western diet is a negative to the longevity of the world's population both now and for the future.

This idea has, of course, been refuted by the French Paradox Study where a long term study of the French male population has shown a longer life expectancy than the rest of the European male population even though the French diet is filled with beef, pork, chicken, cheese, pate, creamy sauces and, of course, good Aussie and French red wine on a very regular basis! Hence, the term "The French Paradox". With this study and other studies that have been done around the world; Scotland, America, Australia and Scandinavia supporting the intake of "poly phenols" with the diet there has been a direction by the Australian Medical Fraternity to their patients that 1-2 glasses per day of red wine will aid in the increase of the HDL (good cholesterol) and tri-glycerides and lowering of the LDL (bad cholesterol). Also the other factor in the French diet is the regular consumption of vegetables and leafy green salads, in other words a "balanced diet" throughout the life span of the French male.

With this thought in mind, how can the Australian population, 18 years and older, benefit from this research thereby enjoying a healthy, happy and longer life, the answer is easy. Regular and moderate consumption (with high quality beef and salad or beef and vegetable meals) of high quality Cabernet Sauvignon, Cabernet-Merlot, Shiraz - Cabernet, Merlot, Shiraz, Grenache, Malbec, Cabernet Franc red wines. It is essential that the red wine consumed has had a significant maceration time on the grape skins to ensure maximum extraction of colour and poly phenols (skin tannins). It is these skin tannins that also offer the most flavour to the wine and of course the colour. Over extraction will make the wine both bitter and astringent to both the tongue and the gums in the drinker's mouth. Also, how best



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can the seeker of a longer life enjoy this newfound elixir? Again, a simple answer, by individual appraisal (consumption) of each glass of red wine that is to be savoured.

In wine speak, this drinking (tasting) process

requires a number of tools and a degree of mental aptitude:

- (a) a bottle of the selected red wine based on a personal choice or a friend's referral to being a stunner.
- (b) a corkscrew that does not require a postgraduate degree to use it.
- (c) a clean and large wine glass with a fine rimmed lip.
- (d) enough time to enjoy the experience and even a few well chosen friends of similar disposition.

### Phase One

- Check the temperature of the wine bottle (ideal is 16-20°C) remove the capsule around the neck, place the point of the corkscrew thread into the centre of the cork and spiral into the soft tissue of the cork. When fully inserted, apply the mechanics to remove the cork from the neck of the bottle in a very slow progressive manner.
- Have handy a clean glass jug or decanter, this is then filled with red wine from the freshly opened bottle which enables all of the wine to (breathe) exude any bottle stink that might be resident in the aroma (smell) of the wine.
- Once emptied, wash out any residual sediment (solid matter) in the original bottle using rainwater, drain and then refill the bottle from the jug (decanter) and then allow the newly filled bottle to rest.

- Stand the bottle on the table and start to salivate in anticipation of a longer, healthier life with more bottles to drink in the times ahead.

### Phase Two

- Pour into an appropriate and sizeable wine glass at least 1/3 to 1/2 of the volume of the glass, the decanted red wine, whilst watching the colours that display around the glass of the red (red brick, deep purple, crimson, brown, tawny) wine. The colour indicates the lifespan of the wine and at what age this wine is.
- Whilst holding the stem of the glass, bring the bowl of the glass to the nose and have a huge sniff of the aroma (prolong this for the longest time possible). If it smells of fruit go to the phase three, however, if it smells of wet dog or stinky socks, stop and return to Phase One by selecting another bottle of red wine.

### Phase Three

- Bring the lip of the glass to the lip of your mouth and tilt the red wine into your mouth. Close the mouth around the fluid without

spillage and then stop and reflect over how life is wonderful for the next eight seconds of your life.

- If you wish, you can breathe during this eight-second period via your nasal passage whilst maintaining the closed lip approach.
- Finally, after the eight-second time frame, swallow an amount of the wine in your mouth, and then breathe out through the nose.
- Appraise the flavour, did the wine have fruit in abundance or was something not quite right for you?
- Try a bit of red beef and then repeat Phase Three.

You are now a serious red wine lover (taster) with the potential to enjoy a long, healthy destiny remembering this beverage is only grape juice fermented after all is said and done.

**DRINK GOOD RED WINE IN MODERATION....**

