

WINE
MATCHING

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WHAT TO
DRINK WITH

Pulses

Pulses are nutrient-dense and increasingly taking centre stage in main and side dishes. Here, Peter Bourne selects wine matches for his favourites.

Pulses are often used as a protein substitute by my health conscious wife and teenage daughter. Out go eggs, fish and meat and in go chickpeas, lentils and beans in all colours. Luckily, the lacklustre pulse recipes of the past have given way to the clean, fresh dishes of Yotam Ottolenghi and our new favourite cook, Julia Busuttill Nishimura from her book, *Ostro*. Sometimes the pulses are centre stage, others a scrumptious replacement to the usual carbohydrates: potatoes, pasta, rice.

LENTILS, RADICCHIO & WALNUTS WITH MANUKA HONEY SERVED WITH HUMMUS & FLATBREAD + 2016 Mirabeau Etoile Rosé, Côtes de Provence, France, A\$26

Yotam Ottolenghi is responsible for this fabulous picnic salad. Aside from the protein-rich lentils, you get an extra dose of pulse from the chickpeas in the hummus. The bitter radicchio is a nice counterpoint to the Manuka honey, which Ottolenghi praises. Homemade flatbread adds authenticity. The wine must be rosé, try this shimmering Provence example.

FALAFEL + 2015 Suvla Kinali Yapincak, Gallipoli Peninsula, Turkey, A\$26

Falafels have been a favourite since my university days when Emads in Surry Hills was a student hangout. I didn't know I was eating chickpeas at the time; I just loved them and the garlic-laden tahini sauce. My enthusiasm for falafel was rekindled in Paris at L'As du Fallafel in the Jewish Marais quarter. The takeaway falafel sandwich with hummus and eggplant was a treat. I've recently been introduced to Turkish wine and found this crisp, yet opulent white perfect with homemade falafel. Kinali Yapincak is an ancient indigenous variety.

LAMB MEATBALLS WITH BROAD BEANS + 2013 Paringa Estate Shiraz, Mornington Peninsula, A\$50

I fell for the charms of broad beans while living in North Bondi and eating at Sean's Panaroma.

The broad beans a featured ingredient on Sean's springtime menus. However, broad beans are highly seasonal and their fiddly double pod makes preparation painful. Seeking inspiration for this column, I flicked through *Ostro* and found Busuttill Nishimura's lamb meatballs recipe. I cheated and used frozen broad beans, which were good, but I'll make the effort to shell my own fresh broad beans next spring.

KIDNEY BEAN LASAGNE + 2015 Pizzini Forza di Ferro Sangiovese, King Valley, A\$55

Pulses often replace meat in our house with kidney beans in my wife's take on lasagne. A compote of onions, (lots of) garlic, tomatoes and kidney beans (from a can) with the sheets of lasagne layered with silverbeet, zucchini and mushrooms. The ultra-cheesy béchamel sauce undoes all the healthy stuff, but it's a delicious take on a traditional lasagne. A Tuscan-inspired sangiovese is an obvious choice.

MICHAEL MANNERS' CASSOULET + 2016 Tamburlaine Reserve Malbec, Orange, A\$44

Cannelloni beans are the hero pulse in chef and Orange habitué, Michael Manners' take on cassoulet. Manners is a confit master – his duck legs are superb – he uses excellent Lyonnaise-style sausages and is generous with the speck. We both agree an inky, robust malbec from Cahors is the 'go to' wine but, in support of local wines, this trophy-winning organic malbec makes a worthy alternative.

SPLIT PEA AND HAM SOUP + Lustau Escudrilla Rare Amontillado, Jerez, Spain, A\$28/375ml

The bones from our Christmas ham go into the freezer but, come winter, they'll form the base for my favourite Sunday night supper – split pea and ham soup by the open fire. I use green split peas, loads of garlic and some celery to give a lift. Sherry is the mandatory tipple, a rich, dry amontillado is my preferred style with Lustau's Escudrilla one of the best. **I**

CAN TOO

Pulses are edible seeds that grow in pods. They are readily available in cans, but it is worth making the effort to soak and cook them yourself if time is on your side, especially for hummus. Otherwise drain and rinse them well if using the canned options.

