

## HOW TO PAIR WINE

# Poached fish with butter and nuts

BY MICHAEL AUSTIN  
Tribune Newspapers

Poaching is the perfect method for cooking tender fish fillets. Here the liquid is stocked with vermouth, for a delicate flavor. Butter, toasted nuts and lemon finish the dish, all accents to look for in a wine pairing, such as the three suggestions here.

**THE WINES** *Pairings by sommelier Belinda Chang of Maple & Ash in Chicago, as told to Michael Austin:*

**2014 Vietti Roero Arneis, Piedmont, Italy:** Butter, almonds and lemon, the components of the sauce in this dish, are also some of the notes you'll find in a top-flight Roero arneis. Though best known for world-class reds, Piedmont is also planted with arneis, a white grape that produces lovely, plush, full-bodied wines. This arneis is redolent of roasted nuts and citrus. I

**2013 Palmina Dolcetto, Santa Barbara County, California:** A fish dish can be challenging to pair with a red, but this dolcetto delivers. Meaning "little sweet one" in Italian, dolcetto is a super utility player. It is medium-bodied, juicy and peppery. It will marry nicely with the toasted almond and butter in the dish.

**Szigeti Sekt, Burgenland, Austria:** The brightness of a chilled, well-balanced bubbly like this sparkling rosé will echo the zip of the lemon in the dish. A blend, this bottling includes the lesser-known zweigelt grape, which is pinot noir-esque. Also, the wine's nuttiness, achieved by aging it on the lees (the spent yeast cells that give a traditional-method wine its typical brioche and roasted nut character), will vibe well with the almonds.





TRIBUNE NEWSPAPERS PHOTO; RECIPE BY RENEE ENNA

## THE FOOD

**Vermouth-poached fish fillets:** Heat a large, dry skillet over medium heat; add  $\frac{1}{2}$  cup sliced almonds. Toast, stirring, until golden brown, about 2 minutes. Transfer almonds to a bowl. Heat 1 cup water, 1 cup dry white vermouth and 2 teaspoons salt in the skillet to a simmer. Add 2 boneless whitefish fillets; simmer until fish just turns opaque and flakes easily, about 5 minutes. Remove fillets; season with salt and pepper. Top with 2 tablespoons melted butter, the almonds and  $\frac{1}{4}$  cup finely chopped parsley. Serve with lemon wedges on the side for squeezing. **Makes:** 2 servings