

The Essence: Bread and Wine

When one stops to think, something that is so difficult nowadays due to hectic business schedules and one's chosen family lifestyle, food pairing has been around for centuries. As Ferran Centelles says in his book *¿Qué Vino con este Pato?*, the first and therefore oldest food matching is bread and wine. The Spanish, French, Portuguese and Italians always have bread and wine at the table with any meal because it is something cultural, innate and even expected.

You may be asking yourselves why I start with something so obvious as this, but if we again try to stop and think, all those Cavas referred to as Reserva, Gran Reserva and Parage are the essence of this initial, primary food matching experience that we have known for thousands of years: Bread & Wine. What is this due to? I invite you to read on.

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