

# **Making Food Healthy** **with** **Wine!**

**Adding Flavor with Less Fat, Salt, and Sugar**



**Renee Pottle**

**Hestia's Hearth LLC/Wine Barrel Gourmet**  
**[www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)**

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Hestia’s Hearth LLC  
PO Box 7059  
Kennewick WA 99336  
Email: [info@winebarrelgourmet.com](mailto:info@winebarrelgourmet.com)  
[www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)

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## About the Author

Renee Pottle is the author of several cookbooks, a health educator, wellness coach, nutrition consultant and the owner of **Wine Barrel Gourmet**, a gourmet foods company specializing in convenient, heart-healthy soup, bread and pasta mixes. Previously, she was a regular contributor to Pillsbury Fast and Healthy Magazine, developing vegetarian and two-serving dishes and for several years taught cooking, food science, nutrition, and health courses at a small school in Maine.

A cooking enthusiast from a young age, Renee has been creating new recipes since she was ten years old, although those early dishes were mostly rice and frankfurter concoctions. Luckily her cooking repertoire expanded as she pursued her loves of cooking and science. These interests led her to earn degrees in both Medical Laboratory Science and Home Economics/Business. A family history of heart disease sent her on a quest to outwit her genes and develop healthy recipes that taste good too.

Renee and her husband make their home in Kennewick Washington where their two sons, daughters-in-law and grandchildren visit often to try out what's cooking!

# Making Food Healthy with Wine!

Have you reduced or eliminated fat, salt, and sugar from your food? If so, good for you! You have taken an important step towards improving your health and quality of life. Fats found in food can raise your cholesterol levels and contribute to weight gain. Salt is prevalent in all processed foods, and is even added to our lean beef and chicken. Simple sugars show up in everything from soda to cereals (even the “healthy” ones) to spaghetti sauce. But fats, salt and sugar also add flavor to food. Once you reduce them, you may find that your food tastes bland. Don't despair. Wine is the perfect way to add healthy flavor to the meals you love. The simple tips shared here will soon have you enjoying flavorful food once again.

You don't have to be a wine expert to effectively use wine when cooking. All you need is a few general tips to follow. This booklet is a great place to start. However, if you then want to know more about specific wine types visit your local bookstore or library. There are many good books that explain how wine is grown, why an Australian shiraz tastes different from a California syrah, the particular characteristics of wines made in a certain year, and many more interesting details.

But first, let's explore the general personality of both red and white wines, and start improving your health by cooking with wine!



## Red Wine Personality

Red wines, while less acidic than white wines, have a more complex, full-bodied flavor. Red wines work well with hearty foods. Beef, lamb, sausages, and heavy bean dishes are all enhanced by the flavor of red wine.

Wines draw their flavor from the ground in which they are grown. The same grape grown in different areas can result in a different wine taste. However, our purpose is not to analyze the specifics of each wine, but to understand the general flavors that red wine imparts. **Always** use a good quality wine when cooking. Grocery store cooking wines are poor quality wines, supplemented with salt.

**Light and medium bodied red wines:** Includes Beaujolais, Shiraz/Syrah, many red blends, Grenache, Chianti, and some Merlots and Pinot Noirs. Light and medium reds work especially well with salmon and other fatty fishes, pork, some chicken dishes, burgers and sausages, seafood, and spicy or barbecued foods.

**Full bodied red wines:** Includes Cabernet Sauvignon, Burgundy, Zinfandel, most Pinot Noirs, Tempranillos and Merlots. Full bodied reds work well with fatty and hearty foods that can stand up to their full flavor. Lamb, beef steaks and roasts, game meats, hearty bean dishes and rich tomato sauces are all enhanced by the added flavor and dryness of these red wines.

## Red Wine Tips

- ◆ Cut up parsnips, carrots, fennel, squash and potatoes. Roast in the oven with any red wine instead of fat. Add a pinch of rosemary.
- ◆ Add up to a cup of a dry, full bodied red wine to any beef stew recipe. Using a purchased beef stew? Add 1/2 cup red wine when heating.
- ◆ Make your own BBQ sauce by combining tomato sauce, molasses, garlic powder, onion powder, hot pepper sauce and red wine. Use a Cabernet Sauvignon for steak or burgers, or a Syrah or Chianti for chicken. No need to add oil to the sauce.
- ◆ Add up to a cup of any red wine to red sauce for pasta. Reduce or eliminate all fat in the pasta sauce.
- ◆ Instead of frying pork chops, quickly brown them in a skillet sprayed with cooking spray. Add 1/4 cup of a light red wine to the pan and simmer until cooked through.
- ◆ Making a chocolate cake? Replace 1/4 of the liquid fat with a full bodied red wine or a Port. OR reduce the solid fat by 1/4 and replace 1/4 of the liquid with the wine.
- ◆ For a rich, red, flavorful salmon steak, poach it in a Beaujolais or another light red wine.
- ◆ Place a beef or lamb roast in a roasting bag. Add garlic cloves, sliced onions, freshly ground black pepper, crushed thyme, and 3/4 cup Merlot or Pinot Noir. Roast, following bag directions.
- ◆ Instead of making a fatty fruit cobbler, serve fresh strawberries, peaches or cherries macerated in a fruity red wine like Beaujolais, a light Syrah or a Rosé. Drizzle with non-fat sour cream mixed with a little honey just before serving.

- ◆ Making homemade tacos? Purchase the leanest ground beef you can find, or a soy substitute. After browning add 1/4 cup light red wine along with low-sodium taco seasonings. The wine adds flavor normally associated with both the fat in the meat and the salt in the seasoning.
- ◆ Make your own stir-fry sauce with low sodium beef or vegetable broth, minced onion, red pepper flakes, cornstarch, and red wine. Stir-fry beef strips and broccoli and carrots. Add sauce to pan and stir until thickened. The red wine adds flavor and eliminates the sugars and salt found in purchased stir-fry sauces.
- ◆ Make a healthy wine marinade! Combine a dry red wine, like Cabernet Sauvignon, pineapple juice, onion, thyme, garlic and a little brown sugar. OR combine a dry red wine, garlic, rosemary, and 1 Tbsp. olive oil. Marinate beef or lamb for at least one hour. Baste while cooking.



# White Wine Personality

White wines are usually light, fruity, and higher in acid than red wines. Different varieties might include a herbaceous quality and some have a rich, velvety feel on the tongue. White wines go well with lighter meats like chicken and pork, and with fish and seafood. White wines are also the perfect accompaniment to fresh fruits, mild cheeses and most vegetables. Although white wines can be very complex, and a Reisling grown in Germany is different from a Reisling grown in Washington state, for our purposes we are grouping white wines into two general categories. White wines keep the primary food flavors from disappearing when cooked. **Always** use a good quality wine when cooking, **not** cooking wine.

**Light Bodied White Wines:** Includes the dry whites like Sauvignon Blanc, Fume Blanc, Chablis, and Pinot Gris/Grigio. Also includes the fruitier white wines like Reislings, Chenin Blanc, and Gewurztraminer. Especially good with citrus, seafood, chicken, veal, and eggs.

**Full Bodied White Wines:** Includes buttery Viognier and Chardonnay. These whites can hold up to fattier, spicier, foods than their light bodied counterparts. Especially good with fattier fish, like salmon, seafood, poultry dishes, including turkey and capon, and even pork.

## White Wine Tips

- ◆ Brown zucchini, sliced leeks, and chopped bell pepper in a skillet sprayed with cooking spray. Add frozen pea pods, dried basil, red pepper flakes and any white wine. Sauté until done. Serve over pasta, rice or barley pilaf.
- ◆ Make a delicious Chardonnay cake. Follow a yellow or pound cake recipe. Replace 1/4 of the liquid fat with Chardonnay. OR reduce the solid fat by 1/4 and replace 1/4 of the liquid with the wine. Especially good with a lemon or orange pound cake.
- ◆ Poach a light, white fish in a light bodied white wine like Sauvignon Blanc, instead of water and butter.
- ◆ Add a sweeter wine like Chenin Blanc to scrambled eggs instead of milk.
- ◆ Macerate light summer fruits like melon, pear and apples in a sweet white wine. Serve spooned over angel food cake for a light, fat-free dessert!
- ◆ Make a white wine citrus stir-fry sauce. Combine any white wine, orange juice, honey, ground ginger, and cornstarch. Add stir-fried chicken, asparagus, and red bell peppers. Stir until thickened. The wine intensifies the orange flavoring.
- ◆ Combine a light bodied wine with lime juice, orange peel, and honey for the perfect chicken or vegetable marinade.
- ◆ Make a simple wine sauce for pasta or chicken. Simmer garlic in white wine until the wine is reduced by half. Add 1 tsp. butter and stir.
- ◆ Add 1/2 cup of a full bodied white wine to a purchased fish or seafood chowder. OR make your own chowder. Reduce the butter by 3/4, use evaporated milk and 1/2 cup white wine.

- ◆ Make an elegant chicken dish. Combine lemon juice, lemon peel, garlic powder, and a full bodied white wine. Pour over skinless chicken breasts and bake until done, basting often.
- ◆ Replace 1/2 cup of the broth in lemon-asparagus risotto with a rich Chardonnay or Viognier. Sprinkle with Parmesan cheese.
- ◆ Hate fat but love creamy soups? Make your own using 1/3 white wine and 2/3 evaporated milk. Creamy flavor without the fat.
- ◆ When making a spicy curry, forego the fatty coconut milk. Add coconut flavoring (found in the baking aisle) and a fresh Reisling instead. If you still want the curry to have a creamy texture, stir in a little low-fat plain yogurt before serving.
- ◆ Dress your cole slaw with a very grown up dressing. Mix together any white wine, celery seed, fresh ground black pepper, crushed garlic or garlic powder, sugar, and paprika. Combine with a little non-fat sour cream.



Looking for more easy ways to improve your health while enjoying great food? Hestia's Hearth LLC offers everything you need to start getting healthy today!

### **Cookbooks**

You can never have too many cookbooks! We believe that cookbooks should be easy to follow and full of recipes that appeal to the whole family. So forget those glossy, "coffee table" cookbooks. All of our books are tested by busy cooks and picky children, making sure you get the very best.

### **Gourmet Soup, Bread and Pasta Mixes**

All ingredients found in our gourmet foods are naturally wholesome, additive free, vegetarian or vegan (you can always add meat if you like) low fat and reduced sodium. We purchase our lentils from the farmers in Eastern Washington and Northern Idaho, our pasta is made here in the state of Washington, and the flour in our bread mixes is grown locally in the Palouse region. For you that means, fresher ingredients, grown by small family farmers, prepared locally, leading to great tasting healthy soups, pastas, and breads.

### **Wellness/Nutrition Coaching Services**

Get healthy and meet your wellness goals. Renee will help you determine the best foods to eat when dining out, figure out how to include your favorite foods in a healthy diet, show you new ways to use spices, whole grains, healthy fats and much more.