

# WINE LESSON 180

## Are zinfandel and primitivo really the same grape?

Recent DNA profiling has revealed that primitivo and zinfandel are in fact the same grape, but with some clonal variation. While primitivo's history in Apulia, in south-east Italy, can be traced back to the ancient civilisations that settled there, zinfandel arrived in California in the 1880s and is now the state's most planted red grape. Zinfandel arrived in Australia in the 1970s and has become popular here. Both names are legally acceptable and are becoming interchangeable. In an ordered wine world, "primitivo" should denote a lighter, more Italian style, whereas "zinfandel" should be used for more robust, high-alcohol styles that pay homage to the big Californian reds – but this is not necessarily the case. *Sally Gudgeon*

### Italia Primitivo 2006, \$16

This lighter Italian style, with 13.5 per cent alcohol, smells of raspberries, dark cherries and herbs. It has appealing sweet and sour flavours on the palate and a savoury finish. Match it with lamb chops.



### Kangarilla Road Primitivo 2006, \$22

Of Kangarilla Road's two varieties, this is lighter and pays tribute to Italian styles with its aromas of cherries, rhubarb and herbs, and savoury notes on the palate. Try it with pasta with ragout.



### Kangarilla Road Black St. Peters Zinfandel 2006, \$34

This is a classic style with aromas of licorice, brambles, mocha and Cherry Ripe. It has slightly less alcohol (15.5 per cent) than the primitivo (16 per cent). Serve it with hard cheese.



# Whip it up

## 3 QUICK WAYS WITH RICE VERMICELLI

All recipes serve 4

### Spicy pork in lettuce cups

Wash 4 large cup-shaped lettuce leaves and chill until crisp. Soak 25g vermicelli in a bowl with enough hot water to cover for about 5 minutes. Drain and cut into shorter lengths. Heat 2 tbsp peanut oil in a wok over medium heat and stir-fry 2 tsp ginger (grated) and 1 clove garlic (chopped) until aromatic. Add 250g pork mince and stir until half-cooked. Add ½ cup water chestnuts (chopped) and 1-2 red chillies (chopped) and stir. Add 1 tbsp Chinese rice wine, 1 tbsp soy sauce and ½ tsp sugar and stir. Mix 1 tsp cornflour with 3 tbsp water until smooth, add to pork mixture and stir for 1 minute. Add 3 green onions (finely sliced) and 1 cup bean sprouts. Stir for another minute, then fold in vermicelli. Serve in lettuce cups with extra soy sauce.

### Crisp vermicelli with chicken, tofu and broccolini

Heat 1-2 tsp vegetable oil in a wok. Fry 100g vermicelli (broken up) in batches until crisp and puffed, then drain. Pour off all but 1 tbsp oil. Beat one egg with 1 tbsp water. Cook in wok over high heat until egg is set. Remove and chop. Add 1 tbsp oil to wok. Stir-fry 2 chicken breast fillets 1 clove garlic (both chopped) and 2 tsp ginger (grated) until chicken is just cooked. Add 150g firm tofu (cut into 1-2cm pieces), 4 green onions (sliced) and 1 bunch broccolini (cut into 2-3cm lengths) and stir-fry until tender. Add 2 tbsp lime juice, 1½ tbsp fish sauce, 1 tbsp palm sugar, 1 tbsp tomato sauce, 1 tbsp soy sauce and 1 red chilli (chopped) and stir. Serve vermicelli topped with combined chicken mixture and egg. Scatter with coriander leaves.

### Stir-fried vegetables with vermicelli

Heat 1-2cm vegetable oil in a wok and fry 100g vermicelli (broken into pieces) in batches until crisp and puffed. Drain on absorbent paper. Pour off all but 2 tbsp oil from wok and add 1 red capsicum, 1 green capsicum (both cut into chunks), 1 clove garlic (chopped) and 1 carrot (sliced) and stir-fry for 2-3 minutes. Add 100g mushrooms (sliced), 100g snow peas (trimmed), 6 green onions (sliced) and 3 heads bok choy (coarsely chopped). Stir-fry until bok choy is wilted. Add ¾ cup stock and 2 tbsp soy sauce and stir. Mix 3 tsp cornflour with 2 tbsp water until smooth, add to vegies and stir until sauce thickens slightly. Stir through 2 cups bean sprouts and serve vegetables on top of crisp rice vermicelli. *Lynne Mullins*



## FOOD MAFIA

**Dario Forghieri**  
sous chef, Bellissimo  
Cucina & Trattoria

### What I ate last week...

#### 1. Italian for Italians

I'm Italian, so when I go out, I like to eat Italian food and at The Grand, the food is made the traditional way – very simply with good flavour. My girlfriend, Claudia, had just arrived from Italy, so we wanted the warm atmosphere. I had the rabbit fillet with spinach and mash. The rabbit was tender and served with a sweet sauce.

#### 2. Shared dishes at Svago

I enjoy this place because it's small and you order different dishes to share, so you can have a little taste of several things. The food tastes excellent. My favourites are baked squid ink risotto with seafood, bruschetta with different toppings and a selection of olives – I love the olives.

#### 3. Best seafood platter

Fish Seafood Grill is owned by the same company that I work for and I think they serve the best fresh fish. The multi-tiered seafood platter was a great thing to share for Sunday lunch with my girlfriend. The platter has grilled fish and shellfish, such as crab and oysters, accompanied by several sauces – so you can't complain!

The Grand Hotel,  
333 Burnley St,  
Richmond,  
(03) 9429 2530

Svago,  
285 High St,  
Kew,  
(03) 9855 0505

Fish Seafood Grill & Rotisserie,  
G09-12, 439 Docklands Drive,  
Waterfront City, Docklands,  
(03) 9640 0686