

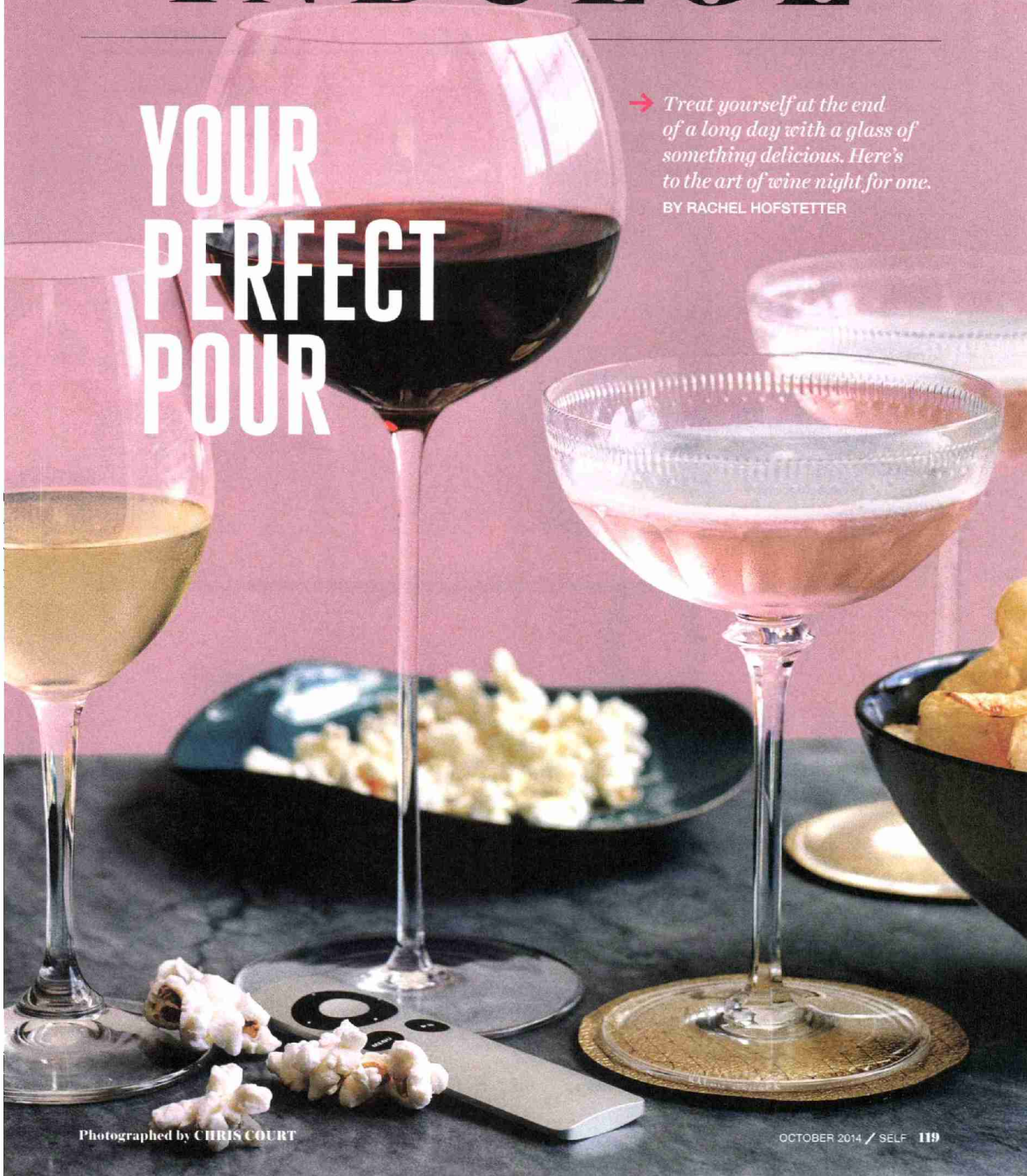
(SELF)

# INDULGE

## YOUR PERFECT POUR

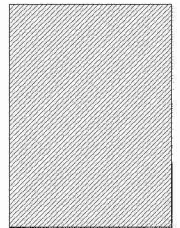
→ *Treat yourself at the end of a long day with a glass of something delicious. Here's to the art of wine night for one.*

BY RACHEL HOFSTETTER



Photographed by CHRIS COURT

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**(SELF) INDULGE**

You're home. You've dropped your bag. Your shoes are off. It's time to relax, unwind and pour a glass of wine—one that's just for you. From the ting of the glass when you set it on the counter to the hit of the first sip, you're marking the end of a hard day's work and the beginning of a night that's all yours. And whether that means chasing a gym session with a refreshing glass of Riesling and a delicious dip

**YOU'RE MARKING THE BEGINNING OF A NIGHT THAT'S ALL YOURS.**

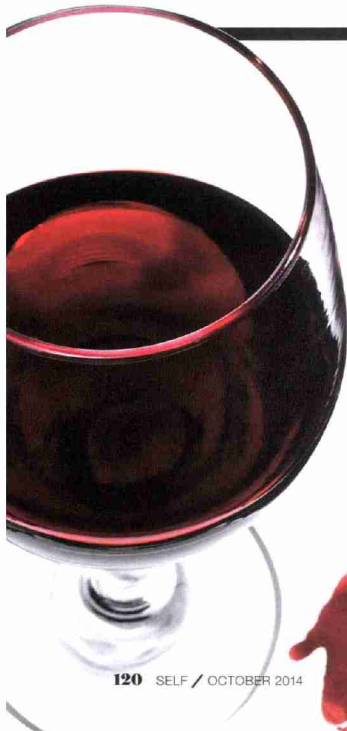
or getting cozy on the couch with some popcorn, a juicy Cabernet and the latest episode of *Scandal*, know that you're rewarding yourself in the smartest of ways: New research shows that wine lovers may be healthier than other drinkers. So enjoy—wine can do a body good.



**THE PAIRINGS**

*Organic wines we love and the snacks to go with them*

	DRINK THIS	EAT THIS	DO THIS
<b>WHITE</b>	<p><b>A TO Z WINEWORKS RIESLING, \$15</b>                      This fruit-forward white comes from an Oregon winery that has organic and biodynamic certifications.</p>	<p><b>PEA HUMMUS</b>                      Blend 1 cup peas, 2 tbsp olive oil, ¼ cup ricotta, 1 tsp lemon juice and salt to taste in a food processor. Pair with endive spears for dipping.</p>	<p><b>RELAX</b>                      Unwind after work or the gym with a refreshing white and a no-fuss snack that's as tasty as it is good for you. (Hot bath optional.)</p>
<b>RED</b>	<p><b>BONTERRA CABERNET SAUVIGNON, \$16</b>                      A medium-bodied smooth red made from organic grapes, it's perfect on its own or with a light bite.</p>	<p><b>TRUFFLE POPCORN</b>                      Drizzle popcorn with truffle oil and grated Parmesan (or try 479° White Cheddar and Black Truffle Popcorn, \$3).</p>	<p><b>WATCH</b> Treat yourself to this duo—inspired by Olivia Pope's pairing of choice—while catching up on <i>Scandal</i>, <i>Orange Is the New Black</i>, et al.</p>
<b>SPARKLING</b>	<p><b>RAVENTOS I BLANC DE NIT, \$20</b> This Spanish rosé is known for its pleasing minerality and elegant finish. (Its grapes are hand-harvested.)</p>	<p><b>POTATO CHIPS</b>                      Really! The salt balances the wine's acidity and effervescence. We love the hand-cut ones from The Billy Goat Chip Company, \$3.</p>	<p><b>CELEBRATE</b>                      A vacation finally booked, a project completed, a phone call with a good friend—all moments that can be savored with this high-low combo</p>



**Q/A THE EXPERT LAURA MANIEC**  
*The master sommelier and cofounder of Corkbuzz Winestudio in NYC talks vino.*

**What's the scoop on organic and biodynamic wines?**

**A/** Organic wine is made using grapes that are grown without chemicals. Biodynamics takes organic farming to the next level by following the lunar cycle, which proponents believe can result in more intense flavors. Both are great for you and the environment, but I like a good bottle of wine regardless.

**How long can you stretch an open bottle of wine?**

**A/** Reds tend to last two to three days, but lighter styles can lose their freshness faster. I actually store both reds and whites in the fridge!

**Which wines are you drinking right now?**

**A/** I'm excited about Greek wines. I like the clean, fresh and briny flavors of Assyrtiko, a white grape cultivated on Santorini. And I always drink rosé, even though people think it's only for summer.





# THE EXTRAS

*Stylish and functional, these serving pieces will elevate your next night in.*

**BOTTLE STOPPER**  
 It can help an open bottle last up to six days.  
 Vintage Vacuum Stopper, \$40; MoMAStore.org

**COASTERS** These printed leather protectors are backed with merino wool.  
 Tron coasters, \$50 for four; ABCHome.com

**BOTTLE OPENER**  
 A two-step waiter's corkscrew is compact and gets the job done.  
 Black Tie Corkscrew, \$18; BottleStockShop.com

**SERVING TRAY**  
 The design is elegant and dishwasher-safe.  
 Scape Platter, \$39; WestElm.com

**BRASS BOWLS**  
 This hand-sculpted set makes any snack feel more special.  
 Form Bowls, \$90 for five; TomDixon.net

**DECANTER** Use it to aerate wines younger than 10 years and bring out their flavors.  
 Classic Wine Decanter, \$70; Williams-Sonoma.com

## TO YOUR HEALTH

*The virtues of having a glass or two*

- 1 A compound called piceatannol, found in red wine, may inhibit the development of fat cells.
- 2 Enjoying a small daily glass of wine (up to 5 ounces) is correlated with lower levels of depression.
- 3 Moderate wine consumption may lower your risk of developing chronic kidney disease.
- 4 A diet high in resveratrol, a compound found in red wine, can lead to improved cardiovascular function.
- 5 Moderate alcohol drinkers, including wine drinkers, performed better on cognitive tests than nondrinkers.

SOURCES: 1. THE JOURNAL OF BIOLOGICAL CHEMISTRY (STUDY ON MOUSE CELLS); 2. BMC MEDICINE 3. FINDINGS FROM THE UNIVERSITY OF COLORADO-DENVER; 4. CELL METABOLISM (STUDY ON MICE); 5. NEUROEPIDEMIOLOGY.

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**PAGE 119** White wine glass, Riedel, \$40 for four; Target .com. Red wine glass, \$15 each; CrateAndBarrel.com. Champagne saucer, \$150; RalphLauren.com.