



MICHAEL PERSICO

A Provence-style rosé has the body to stand up to a meatier piece of fish.

## Grilled Branzino With Chickpea Stew

This recipe from Israel-born chef Michael Solomonov—known for his Philadelphia restaurants Zahav and Dizengoff, and his *Zahav* cookbook—summon the fresh, coastal flavors of the Mediterranean. "This recipe is a simple-to-prepare dish that marries that smoky and bright branzino with the slow-cooked flavors of a Persian stew," Solomonov explains. Paired with a high acid, dry rosé, the dish is both light and fresh for spring and kosher for Passover. [Get the recipe!](#)



## Ask Wine Spectator...

**Q:** I love going to wine tastings and have really started to learn what I like, which is exciting, but I'm a lightweight when it comes to alcohol, and I always ask for a glass of water to go with the tasting. Sometimes the wine staff seems perfectly OK with it, like it's not a big deal, and sometimes they look at me as though I've grown another head. Am I crossing some sort of etiquette boundary? —Anne H., Independence, Mo.

**A:** Hydration is essential when drinking alcohol. If a server is giving you a side-eye for requesting it, they're the crazy one.

Alcohol is a diuretic, which means that it increases the amount of water and sodium being flushed from your body as urine. There's a reason the line for the bathroom was always so long at those frat parties! Because of alcohol's diuretic properties, the average person loses more fluid drinking one glass of wine than the amount of fluid contained in that glass. In a 1999 study from the *European Journal of Epidemiology*, researchers determined that individuals lose 10 milliliters of fluid per one gram of alcohol. As a rule of thumb, for every glass of wine, you should drink at least one glass of water. But it's also a good idea to check with your doctor for more information.

Most walk-around wine tastings have plenty of water available near the entrances, but if you're bashful about asking for water at a wine tasting, just carry your own.

If it's more of a sit-down wine-tasting scenario, or you're at a restaurant, I often tell my server up front that I'm a water drinker. When they ask what I want to drink, I might joke for them to bring me their largest glass of water along with my wine, or mention that I'm very thirsty, or even quip that they can leave the water pitcher on the table. If you don't mind spending a little extra money, you can ask for bottled water, and no waiter has ever made a face at padding the check. —Douglas De Jesus and MaryAnn Worobiec

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## Organic vs. Conventional: Which Wine Would You Buy?

Within the wine industry, the movement to farm in more environmentally and socially responsible ways has continued to pick up steam over the past decade. Some believe these methods improve wine quality or enhance its health benefits; others simply feel that green practices are better for the health of the land and their workers. Some wineries choose to stay low-key about their farming; others hope it will provide a marketing advantage. As Earth Day approaches, do you give special consideration to organic, biodynamic and sustainable wines? [Take our poll!](#)



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