



FOUR SEASONS IN MUSIC

Spring: "Honey from Alast"

A Musical Journey for Hope and Resilience

Suggested Dinner Menu for Home Chefs!

Created by Kathryn Lockwood and Nicola Zanghi

Wine Pairings Recommended by Mike Douglass

The following dishes are inspired by the cultures represented in the music program:

"Prelude in C Major" for Solo Viola, BWV 1009 by J.S. Bach

"Danza del Fuego" by John T. La Barbera

Course 1: German, Italian

Salted Nuts, Parmigiana Regiano, Green Olives

Wine Pairing: Dry Prosecco, Cava Brut, California Sparkling Wine

"Birds in Warped Time III" (1983) by Somei Satoh

Course 2: Japanese

Dumplings or Sushi

Wine Pairing: Sauvignon Blanc, Bourgogne Blanc, or Riesling

"Doubtful Sound" for Solo Frame Drum (2018) by Yousif Sheronick

"Capriccio" Op.55 for Solo Viola (1875) by Henri Vieuxtemps

Course 3: New Zealand, Italian

Grilled Baby Lamb Chops or Herb-Marinated Lamb Skewers

Vegetable Risotto or Rice Pilaff

Wine Pairing: New Zealand Pinot Noir or Sonoma Cabernet Sauvignon

"Honey from Alast" by Evan Ziporyn

Course 4: American

Seasonal Greens with Honey Sesame Cider Vinegar Dressing

"Jubb Jannin" by Yousif Sheronick

"a different world" by Enzo Rao Camemi

Course 5: Middle Eastern, Italian

Baklava and Pistachio / Chocolate Hazelnut Ice Cream

Wine Pairing: Dry Prosecco, Cava Brut, California Sparkling Wine