You will need:

- An oven preheated to 375 degrees
- A sheet pan or a shallow baking pan
- Aluminum foil for lining the pans and tenting the food
- Two or more sauté pans
- Baking spray/pan coating
- Tongs
- Spatula
- Slotted spoon
- Two large tablespoons or soup spoons
- A serving spoon
- Plates, shallow bowls, and silverware

When you get everything home, refrigerate the food and wine samples immediately.

Course 1, served with the 2011 R. Lopez de Heredia "Viña Tondonia" Reserva Rioja DOC: Sautéed calamari with chocolate, mint, vanilla and chorizo.

Course 2, served with the 2015 San Fereolo Dogliani Superiore: Pork belly and chickpea soup with leeks, celery, potato and tomato.

Course 3, served with the 2010 Rodáno Chianti Classico DOCG: spiced ribeye cap with Taleggio cheese, wine-braised oyster mushrooms and cinnamon-leaf demiglace.

Course 4, served with the 1998 Château Musar Red: aniseseed and sandalwood rubbed duck breast with pine nut pesto and dehydrated Kalamata olives.

On Sunday:

- 2:45- remove the food from the refrigerator. Preheat the oven to 375°. Leave the wine in the fridge.
- 3:15- remove the wines from the refrigerator.
- 3:25- log into the tasting and put the sauté pans on two burners over low heat. Put the chocolate sauce with the vegetables and chorizo on one burner, and put another pan on the second burner.
- 3:30- put some olive oil in the empty pan and turn up the heat under both pans to medium-high. Put a pinch of salt and pepper in the oiled pan and toss in the the calamari. Sauté the squid quickly for a very short time, until the squid becomes opaque and firm but not rubbery. Add it to the pan with the sauce in it, toss or stir to coat, and plate the dish. Pour yourself a glass of wine number 1 while we talk with Vishaka about the Heredia "Tondonia." From this point on, we'll handle each instruction by where we are in the tasting rather than by a specific time.

Next step- To prepare for the following dish, heat another sauté pan on the stove and t to medium temperature. When the pan is hot, pour in the soup and stir it to heat evenly. When the soup bubbles, remove it from the heat and pour it into a bowl. Pour wine number two and enjoy it with the soup while we talk with John about the San Fereolo.

Next step- Line a sheet pan with aluminum foil and spray with pan coating. Put the slices of ribeye cap on the pan with a slice of Taleggio cheese on top, and the mushrooms alongside the meat and cheese on the foil-lined pan. Meanwhile, heat the demiglace in a small pan over medium heat. When the cheese is melted, remove the sheet pan from the oven, place the meat and cheese on a plate, set the mushrooms on top, and pour the demiglace over the dish. Pour your sample of wine number three while we meet Michael and talk about the Rodano Chianti Classico.

Next step- Warm a new saute pan over medium heat, sprinkle the duck breast with the spice mixture, pour a small amount of olive oil in the pan and sear the duck in it. Remove the duck from the pan immediately, spoon some pine nut pesto on top, and garnish with the dehydrated olives. Pour yourself a glass of wine number four and taste with the duck while we talk with Jo about the Château Musar.