THE ART OF FOOD AND WINE PAIRING

FOOD & WINE PAIRING IS SUBJECTIVE

EVERYONE HAS A DIFFERENT PALATE

WE ALL PERCIEVE AROMAS AND FLAVORS BASED ON OUR PREVIOUS EXPERIENCES

CULTURAL: GERMANS MIGHT SAY IT IS DRY; AMERICAN’S WILL SAY IT IS SWEET

PEOPLE WHO EAT SPICY FOOD WILL PERCIEVE WINE DIFFERENTLY FROM THOSE WHO EAT PASTA AND POTATOES

OUR DAILY DIETS WILL DETERMINE HOW WE SENSE FOOD AND WINE

HISTORY

WINE AND FOOD HAS ALWAYS BEEN IMPORTANT

MANY REGIONS MADE WINES BASED ON THE FOODS THEY ATE

OTHER REGIONS CREATED DISHES ACCORDING TO THE WINES THEY PRODUCED

COQUE AU VIN & RED BURGUNDY

GOAT CHEESE AND LOIRE WHITES

THERE WASN’T TOO MUCH THOUGHT PUT INTO IT, WAS JUST THE NATURAL THING TO DO

1920’S FOOD WRITERS STARTED TO MAKE RULES

E.G. RED MEAT WITH RED WINE

CHAMPAGNE WITH ENTREMETS

1931 THE MICHELIN GUIDE STARTED TO MAKE FOOD AND WINE RECOMMENDATIONS

1939 THE “SYSTEMATIC APPROACH” WAS CREATED BY PIERRE ANDRIEU
APPROACHES TO FOOD & WINE PAIRING

**SYSTEMATIC APPROACH**

RED WINE WITH RED MEAT  
WHITE WINE WITH WHITE MEAT

COURSE THE WINE

DRY BEFORE SWEET  
WHITE BEFORE RED  
YOUNG BEFORE OLD  
SIMPLE BEFORE COMPLEX  
LIGHT BEFORE HEAVY

**LATERAL APPROACH**

MORE MODERN, A WINE-DISH COMBINATION REGARDLESS OF SEQUENCE  
NEW CUISINES  
SERVING INTERMEZZO  
PALATE CLEANSERS

**MATCH BY REGION**  
**MATCH BY WEIGHT**  
**MATCH BY VOLUME**  
**MATCH BY SENSES**  
**COMPARE & CONTRAST**
THE NOSE

THE NOSE SENSES AROMAS THROUGH THE PALATE WHICH IS AT THE ROOF OF YOUR MOUTH.

AROMAS ARE BASED ON SPECIFIC MEMORIES.

THE TONGUE

THE TONGUE SENSE SPECIFIC FLAVORS:

BITTER
SOUR
SALTY
SWEET
TONGUE SHU-DO

WINE

**SWEET** = FRUIT = TIP OF TONGUE

**BITTER** = TANNINS = CHEEKS AND UNDER FRONT LIP

**SOUR** = ACID = UNDER SIDES OF TONGUE, JOWELS

**WEIGHT/HEAT** = ALCOHOL = TIP OF TONGUE

**PUNGENT** = OAK, BOTTLE AGE = AROMAS, MIDDLE OF TONGUE

**UMAMI** = ALL OVER BALANCE, PLEASING SENSATION

TANNINS ARE PROTIEN; SENSED IN BACK OF TONGUE
AS WINE AGES THESE PROTIENS BECOME SEDIMENT AND WINE BECOMES SOFTER. TANNIN IS STILL THERE JUST IN A DIFFERENT FORM

FOOD

**BITTER** = ARUGULA, UNSWEETENED CHOCOLATE, COFFEE, BRAZIL NUTS

**SOUR** = LEMON, VINEGAR, PICKLED VEGGIES, YOGURT

**SALTY** = SALT, FRIES/CHIPS, FETA & ROQUEFORT CHEESE,

**SWEET** = SUGAR, FRUIT, JAM

**PUNGENT** = SPICY CHILIS, GARLIC, ROSEMARY

**UMAMI** = PROTIEN, MUSHROOMS, STEAK, SOY
REGIONS:

WINES OF A CERTAIN REGION GO WITH FOODS OF THAT REGION
SHARE THE SAME SOILS

CHIANTI AND SPAGHETTI W/ TOMATO SAUCE
RIOJA AND LEG OF LAMB

FRANCE
BURGUNDY (CHARDONNAY & PINOT NOIR)
LOIRE VALLEY (SAUVIGNON BLANC, CHENIN BLANC, CABERNET FRANC)
CHEVRE CHEESE, GAME, PORK, TROUT, WILD MUSHROOMS
BORDEAUX (CABERNET SAUVIGNON, MERLOT, CABERNET FRANC, PETIT VERDOT,
SAUVIGNON BLANC, SEMILLON, MALBEC)
CREPES, LAMB, OYSTERS, FOIE GRAS, SAUSAGE, TRUFFLES

ITALY
PIEDMONT (ARNEIS, BARBARESCO, BARBERA, BAROLO, DOLCETTO,
MOSCATO, NEBBIOLO)
ANTIPASTO, PASTA, POLENTA
TUSCANY (SANGIOVESE, TREBBIANO, VernaAccia)
RISOTTO, TRUFFLES

SPAIN
GALICIA (AlBARINO)
SEAFOOD
MEDITERRANEAN (VOIGNIER, GARNACHA, TEMPRANILLO)
PAELLA
BALANCING FOOD AND WINE

WEIGHT

FIND THE WEIGHT OF THE DISH AND MATCH WITH THE WEIGHT OF THE WINE.

WEIGHT IN WINE

WEIGHT IN WINE CAN BE DESCRIBED AS THE BODY
THINK OF HOW THE WINE FEELS IN COMPARISON TO MILK:
NON-FAT MILK, LOWFAT MILK, WHOLE MILK

ALCOHOL, TANNIN & SWEETNESS LEVELS CAN ADD TO BODY
ALC % BELOW 12% = LIGHTER BODIED
13%-14% = MEDIUM BODIED
14%- UPWARDS = FULL BODIED

LIGHT BODIED WINES = RIESLING & PINOT NOIR
MEDIUM BODIED WINES = SAUVIGNON BLANC & MERLOT
FULL BODIED WINES = CHARDONNAY & CABERNET SAUVIGNON

WEIGHT IN WINE

IN FOOD, COOKING TECHNIQUES CAN CREATE THE WEIGHT OF THE DISH
LIGHT = POACHED, SOUVEED,
MEDIUM = GRILLED, BAKED, SEARED
HEAVY = BRAISED, SLOW ROASTED, STEW

LIGHT FOODS = SEAFOOD, SHELLFISH
MEDIUM FOODS = WHITE MEATS, SALMON, HALIBUT
HEAVY FOODS = STEAK, LAMB, MUSHROOMS

LIGHT RED WINES CAN WORK WITH FISH
MEDIUM BODIED WINES CAN GO WITH WHITE MEATS AND FISH
HEAVY REDS WITH STEAK AND MEATS
## HOW LOUD IS THE WINE OR FOOD?

It is best to match the volume of the wine with the volume of the food.

### Low Volume Food
- Salad with vinaigrette

### High Volume
- Ribeye with blue cheese

A fish can be poached and served with lemon = low

The same fish can be chili rubbed and grilled = high

<table>
<thead>
<tr>
<th>Light/quiet</th>
<th>Medium/Medium</th>
<th>Heavy/Loud</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Pork</td>
<td>Beef</td>
</tr>
<tr>
<td>Shellfish</td>
<td>Poultry</td>
<td>Game</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Veal</td>
<td>Lamb</td>
</tr>
<tr>
<td>Boiling</td>
<td>Baking</td>
<td>Braising</td>
</tr>
<tr>
<td>Poaching</td>
<td>Sautéing</td>
<td>Grilling</td>
</tr>
<tr>
<td>Steaming</td>
<td>Roasting</td>
<td>Stewing</td>
</tr>
<tr>
<td>Citrus/lemon</td>
<td>Butter/cream</td>
<td>Demi-glace</td>
</tr>
<tr>
<td>Vinaigrette</td>
<td>Olive oil</td>
<td>Meat stock</td>
</tr>
<tr>
<td>Pinot gris</td>
<td>Chardonnay</td>
<td>Cabernet sauvignon</td>
</tr>
<tr>
<td>Reisling</td>
<td>Merlot</td>
<td>Syrah</td>
</tr>
<tr>
<td>Sauvignon blanc</td>
<td>Pinot noir</td>
<td>Zinfandel</td>
</tr>
<tr>
<td>Below 12% alc</td>
<td>12-13% alc</td>
<td>13-15% alc</td>
</tr>
</tbody>
</table>
## Wines of the World

### White

**Light Body**
- Chablis
- Muscadet
- Orvieto
- Pinot Blanc
- Pinot Grigio
- Prosecco
- Riesling
- Sauvignon Blanc
- Soave
- Vinho Verde
- Italina Whites
- Muller-Thurgau
- White Bordeaux
- Verdicchio

**Medium Body**
- Albarino
- White Burgundy
- Champagne
- Non-Oaked Chardonnay
- Chenin Blanc
- Gewurztraminer
- Gruner Veltliner
- Pinot Bianco
- Alsatian Pinot Blanc
- Pinot Gris
- Dry Riesling
- White Rioja
- Sancerre
- Semillon
- Savennieres
- Soave Classico
- Sylvaner
- Tocai Friulano
- Vouvray

**Full Body**
- Grand Cru Burgundy
- Grand Cru Chablis
- Oaked Chardonnay
- Condrieu
- Alsatian Pinot Gris
- White Rhone
- Viognier

### Red Wines

**Light Body**
- Barbera
- Beaujolaise
- Red Burgundy
- Cabernet Franc
- Chianti
- Chinon
- Cotes du Rhone
- Dolcetto
- Gamay
- Lambrusco
- Pinot Noir
- Rioja Crianza
- Rose
- Sangiovese
- Tampranillo
- Valpolicella

**Medium Body**
- Bordeaux
- Brunello
- Burgundy
- Cahors
- Chateauneuf-du-Pape
- Cote Rotie
- Hermitage
- Argentinian Malbec
- Merlot
- Navarra
- Petite Sirah
- Rhone Blends
- Ribera Del Duero
- Rioja Grand Reserva
- Syrah/Shiraz
- Zinfandel

**Full Body**
- Amarone
- Bandol
- Barbaresco
- Barolo
- Bordeaux
- Brunello
- Grand Cru Burgundy
- Cabernet Sauvignon
- Cahors
- Chateauneuf-du-Pape
- Cote Rotie
- Hermitage
- Argentinian Malbec
- Merlot
- Navarra
- Petite Sirah
- Rhone Blends
- Ribera Del Duero
- Rioja Grand Reserva
- Syrah/Shiraz
- Zinfandel
THE ART OF COMPARE AND CONTRAST

SWEET FOODS
COMPARE SAVORY OR DESSERTS WITH WINES THAT ARE SWEETER THAN THE FOOD

BITTER FOODS
COMPARE BITTER FOODS WITH TANNIC (BITTER) WINES SUCH AS NUTS AND REDS
CONTRAST BITTER FOODS WITH FRUITY REDS

SOUR FOODS
COMPARE ACIDIC FOODS WITH WINES OF SIMILAR OR MORE ACID
COMPARE WITH DRY WINES
CONTRAST WITH WINES OF SLIGHT SWEETNESS, DIFFICULT TO DO

SALTY FOODS
CONTRAST WITH ACIDIC WINES
CONTRAST WITH BUBBLY WINES
CONTRAST WITH SWEET WINES
MAKES TANNIC WINE MORE TANNIC
MAKES ALCOHOLIC WINES MORE ALCOHOLIC

SPICY FOODS
CONTRAST WITH WINES WHICH HAVE A HINT OF SWEETNESS

RICH FOODS
COMPARE WITH RICHER WINES, USUALLY WARMER REGION
CONTRAST HIGH FAT AND OILS WITH HIGH ACIDIC WINES

FRUITY & EARTHY FOODS
COMPARE FRUITY DISHES WITH FRUITY WINES (NEW WORLD)
COMPARE EARTHY DISHES WITH EARTHY WINES (OLD WORLD)
GET TO KNOW YOUR WINE

ACIDITY IS THE MOST IMPORTANT ELEMENT
KEEPS YOUR MOUTH WATERING, CLEANSES PALATE
ACIDITY ALLOWS THE WINES TO STAND UP TO FOOD

ACIDIC WINES
CHAMPAGNE, SAUVIGNON BLANC, CHABLIS, PINOT NOIR, SANGIOVESE
COMPARE WITH DISHES OF HIGH ACID, SALAD AND VINAIGRETTE, PASTA AND TOMATO SAUCE
CONTRAST HIGH ACID WITH FATTY, OILY OR RICH FOODS; SUCH AS CHARCUTERIE, PATE, BUTTER SAUCES
CONTRAST HIGH ACID WINES WITH SALTY FOODS; FRIES, CAVIAR

TANNIC WINES
CABERNET SAUVIGNON, NEBBIOLO
CONTRAST WITH FATTY DISHES; MARBLED STEAK, PRIME RIB
COMPARE WITH BITTER FOODS; NUTS, EGGPLANT, CRUSTED DISHES

OAKY WINES
AMERICAN CHARDONNAY, SPANISH REDS
COMPARE WITH GRILLED DISHES; CHICKEN, STRIP STEAK, CHARRED FOODS
COMPARE OAKY BUTTERY CHARDS WITH RICH DISHES, LOBSTER

SWEET WINES/OFF DRY
RIESLING, DESSERT WINES
COMPARE WITH DESSERTS, FRUITY SALSAS, SWEET SAUCES; WINEMOST BE SWEETER
CONTRAST SWEET WINES WITH SPICY; THAI, SZCECHUAN
CONTRAST WITH SALTY DISHES; BLUECHEESE, CHIPS
**TIPS**

**WHITE WINE WITH MEAT?**
Typically doesn’t work, lose the wine.
However, oakier full body Chardonnay can work.

**RED WINE WITH FISH?**
Lighter reds work with steakier fish such as Ahi.
There is a reaction in white fish, tannins and iodine make fish taste metallic.
However, fruitier less tannic wines can work.

**FOIE GRAS AND DESSERT WINE**
A classic pairing is Sauternes and Foie Gras.
Not a good idea at the beginning of a meal, wine is too rich and sweet and destroys palate.
Alternative is a demi-sec Vouvray, or off dry Gewurztraminer.

**PAIRING GAMEY DISHES**
Gamey dishes have a different flavor that spicy wines work well.
Classic pairings are Rhones, Grenache and Syrah.

**HOW TO START TO COURSE OUT A MEAL**
A good tip is start from the north to south.
Pick a region and start with wines from cooler region to hotter.
In Southern Hemisphere, south to north.

**WHAT WORKS WITH CHEESE?**
White wines work best; red wines with lower tannins and fruitiness, Syrah.
Ports and dessert wines are also great at end of meal.
Sauv Blancs and off.

**MATCHING DIFFICULT FOODS, ASPARAGUS & ARTICHOKE**
Sherries are excellent matches, acid is composed differently.

**SYNERGY: BASE INGREDIENT, BRIDGE INGREDIENT & COOKING TECHNIQUES**
Base is the protein, bridge is the sauce or extras on plate and cooking method should all be considered.
PAIRING COOKING METHODS

POACHING OR STEAMING
LIGHT WHITE WINES: CHENIN BLANCS, PINOT GRIGIO
LIGHT FRUITY RED: BEAUJOLAISE OR GRENACHE

FRYING
CHARDONNAY, RIESLING OR PIINOT NOIR

GRILLING
CHARDONNAYS WITH OAK, FULL BODIED WHITE RHONES;
REDS: PINOT, ZIN, MERLOT, CABS, BAROLOS, SYRAHS

BBQ
ROSES, ZINFANDELS, MERLOTS, NEW WORLD TEMPRANILLOS

MARINADES
NEW ZEALAND SAUV BLANC, CHABLIS, FRUITY GRENACHES OR TEMPRANILLOS

ROASTING
OAKY CHARDS, RHONE BLENDS, GERWUZTRAMINER
REDS: MOURVEDRE, SYRAH, GRENACHE, NEBBIOLOS

REDUCTION SAUCES
USE THE WINE USED IN THE REDUCTION SAUCE
RIESLINGS, CHARDONNAYS; CABS OR SYRAHS

BRAISING AND STEWS
PINOT NOIR, CABS, MERLOT

RED WINE SAUCE
USE THE WINE

STEWS WITH BEEF
MERLOT, BEAUJOLAISE, RED BURGUNDIES