

THE ART OF FOOD AND WINE PAIRING

FOOD & WINE PAIRING IS SUBJECTIVE

EVERYONE HAS A DIFFERENT PALATE

WE ALL PERCEIVE 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 PERCEIVE 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

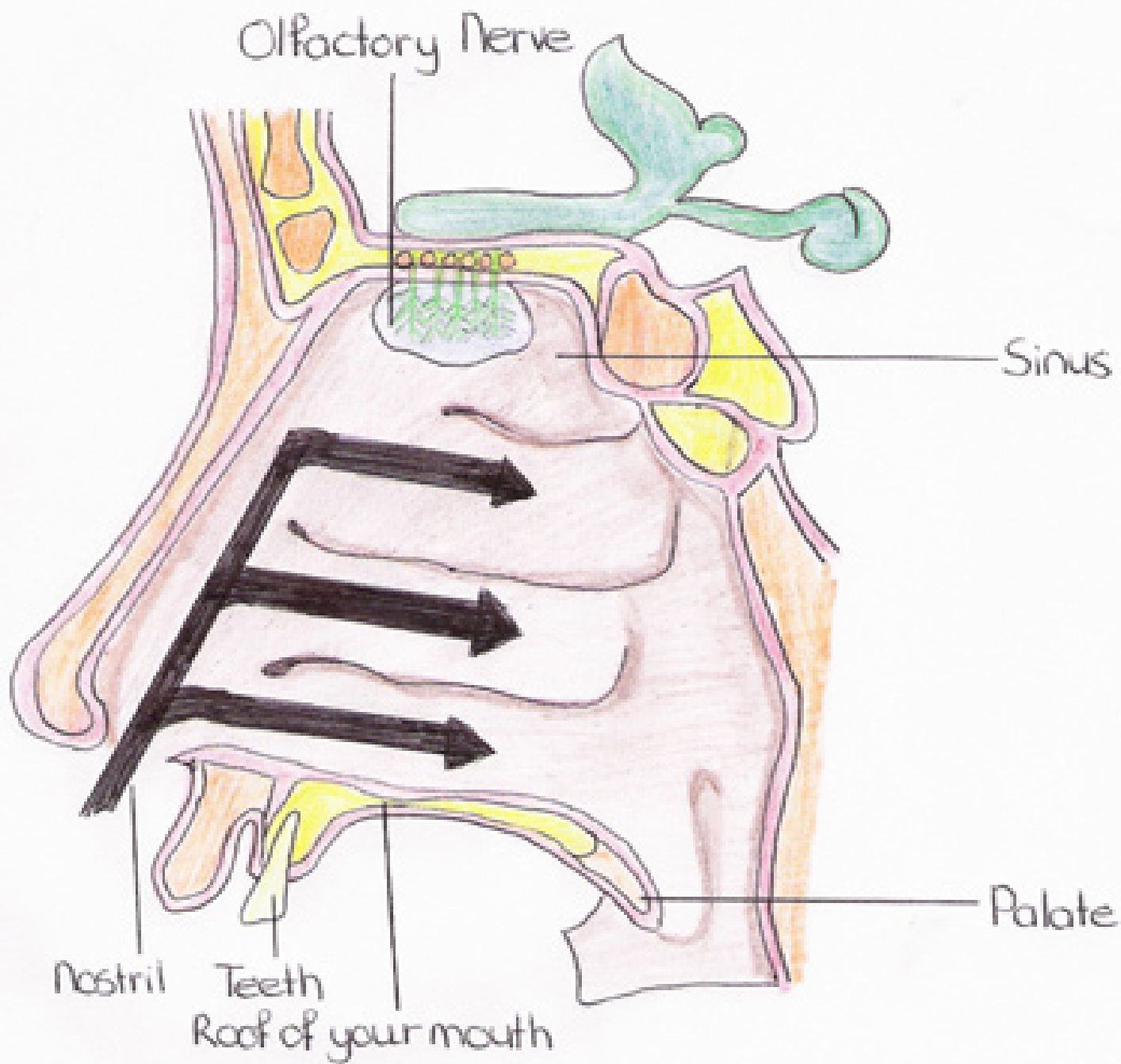
MATCH BY WEIGHT

MATCH BY VOLUME

MATCH BY SENSES

COMPARE & CONTRAST

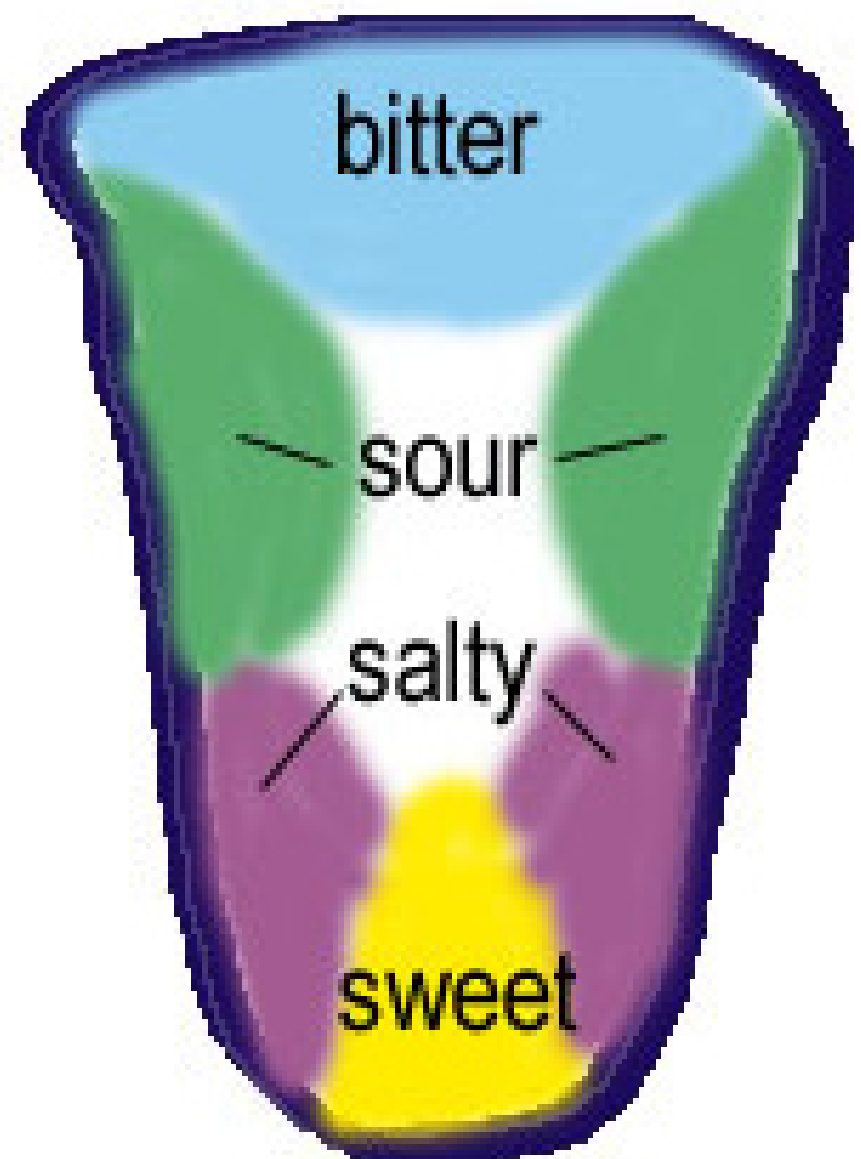
THE NOSE



**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

REGIONAL

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 (VIOGNIER, 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

VOLUME

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 BLUECHEESE

A FISH CAN BE POACHED AND SERVED WITH LEMON = LOW

THE SAME FISH CAN BE CHILI RUBBED AND GRILLED = HIGH

LIGHT/QUIET

FISH
SHELLFISH
VEGETABLES

BOILING
POACHING
STEAMING

CITRUS/LEMON
VINAIGRETTE

PINOT GRIS
REISLING
SAUVIGNON BLANC
BELOW 12% ALC

MEDIUM/MEDIUM

PORK
POULTRY
VEAL

BAKING
SAUTEING
ROASTING

BUTTER/CREAM
OLIVE OIL

CHARDONNAY
MERLOT
PINOT NOIR
12-13% ALC

HEAVY/LOUD

BEEF
GAME
LAMB

BRAISING
GRILLING
STEWING

DEMI-GLACE
MEAT STOCK

CABERNET SAUVIGNON
SYRAH
ZINFANDEL
13-15% ALC

WINES OF THE WORLD

WHITE

LIGHT BODY

CHABLIS
MUSCADET
ORVIETO
PINOT BLANC
PINOT GRIGIO
PROSSECO
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 VELLTLINER
PINOT BIANCO
ALSATIAN PINOT BLANC
PINOT GRIS
DRY RIESLING
WHITE RIOJA
SANCERRE
SEMILLON
SAVENNIERE
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
CABERNET FRANC
CABERNET SAUVIGNON
CAHORS
CHIANTI CLASSICO
CHINON
COTE ROTIE

MEDIUM BODY

COTES DU RHONE
GRAVES
MALBEC
MERLOT
MONTEPULICIANO
MOURVEDRE
PINOT NOIR
POMMEROL
PORTUGUESE REDS
RIOJA RESERVA
SANGIOVESE
SHIRAZ/SYRAH
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 SIMILIAR 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, CLEANSSES 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, LOOSE 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, CBAS, MERLOT

RED WINE SAUCE

USE THE WINE

STEW WITH BEEF

MERLOT, BEAUJOLAISE, RED BURGUNDIES