

# Wine & Food Pairings

## Musings on the Vine

### Wine & Food Pairing Concepts

- Rule 1. Look for compatible weights and bodies
- Rule 2. Look for compatible acid levels
- Rule 3. Look for complementary flavors and complexity
- Rule 3. (Alt.) Look for contradictory, but balancing flavors and complexity
- Rule 4. When a dish has a pronounced sauce, pair to the flavors in the sauce
- Rule 5. When a dish has no pronounced sauce, pair to the main ingredient

### Important Considerations

1. Amplified or diminished traits  
*Example: Dry wine with a sweet dessert*
2. Flavors that overpower  
*Example: Cabernet Sauvignon with chicken*
3. Transferred flavors  
*Example: Highly-complex wine with a cream sauce*
4. New flavors  
*Example: Metallic taste you get when you pair red wine with fish*



### Troublesome Matches

- Vinegar or vinegar-based sauces/brines
- Tomato or other high-acid foods
- Artichokes and asparagus (complex and changeable)
- Egg and egg-based dishes (i.e. Hollandaise)
- Cranberry sauce or other relishes
- Chocolate



### Ideal Matches

- Sauternes with foie gras
- Chablis with oysters
- Claret with grilled steak
- Red Burgundy with hearty stews
- Chateauneuf-du-Pape with roast lamb (rolled in herbs)



### A Last Word of Advice

When all else fails, serve several wines with a meal and allow diners to find their own best matches.



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	Light-bodied whites: Dry	Medium-bodied whites: Dry	Full-bodied whites: Dry	Sweet whites	Light-bodied reds: Dry	Medium-bodied reds: Dry	Full-bodied reds: Dry	Sweet reds
Wine examples	<i>Reisling Chenin Blanc</i>	<i>Gewurztraminer Sauvignon Blanc</i>	<i>Chardonnay</i>	<i>Reisling Sauternes</i>	<i>Beaujolais Pinot Noir</i>	<i>Cabernet Merlot</i>	<i>Zinfandel Syrah</i>	<i>Port</i>
Mild cheeses	OK	OK	Possible	OK	OK	No	No	No
Strong cheeses	OK	OK	OK	No	OK	OK	OK	OK
Oysters	Possible	OK	OK	No	No	No	No	No
Shrimp, crab, lobster	OK	OK	OK	No	No	No	No	No
Shellfish	OK	OK	OK	No	No	No	No	No
Seafood (grilled)	Possible	OK	OK	No	Possible	No	No	No
Seafood (cream sauce)	OK	OK	OK	No	No	No	No	No
Pasta (cream sauce)	OK	OK	OK	No	Possible	No	No	No
Pasta (red sauce)	No	No	No	No	OK	OK	OK	No
Asian	OK	OK	Possible	Possible	Possible	No	No	No
Poultry	OK	OK	OK	No	OK	No	No	No
Pork	OK	OK	OK	No	OK	Possible	No	No
Beef	No	No	No	No	OK	OK	OK	No
Fruit/Dessert	Possible	Possible	No	Possible	No	No	No	Possible
Chocolate	No	No	No	Possible	No	OK	OK	OK