



## How to Pair Wine with Food

### Step 1 – Wine Pairing by Dish Types

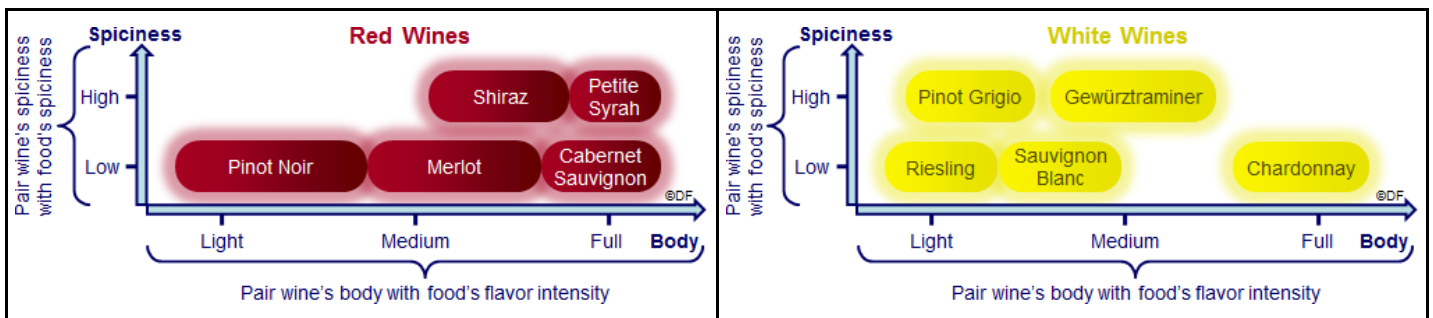
Identify the practical pairing selections of wine varietals for the dish type:

Dish Types <small>© Yekev Yoam - Yoam Cellar</small>		Red Wines					White Wines				
		Cabernet Sauvignon	Merlot	Shiraz	Petite Syrah	Pinot Noir	Chardonnay	Riesling	Gewürztraminer	Sauvignon Blanc	Pinot Grigio
Beef	Barbecued, grilled	•	•	•	•		•	•			
	Cooked	•	•	•	•	•	•				
	Roast	•	•	•	•	•					
	Spicy			•	•		•	•	•		
Lamb		•	•	•	•	•					
Poultry			•	•	•	•	•	•		•	•
Fish	Sole						•	•	•	•	•
	Cod, mackerel, salmon		•			•	•	•	•	•	•
	Tuna		•			•	•	•			
	Trout, smoked, sushi					•	•	•	•		•
Vegetable	Cooked, soup		•	•	•	•	•	•	•	•	
	Salad					•	•	•	•	•	•
Asian				•	•		•	•	•	•	
Italian	Pasta	•	•			•	•	•	•	•	•
	Pizza	•	•			•	•			•	
Cheese	Hard	•	•	•	•	•	•	•	•		
	Soft, creamy		•	•	•	•	•	•	•		
	Feta, goat, sheep			•	•		•		•	•	
	Blue	•		•	•	•		•	•		

### Step 2 – Wine Pairing by Taste

Refine for the particular dish with the specific taste by matching<sup>1</sup>:

- **Body with intensity:** Matching the body of the wine to the intensity of flavors (smell and taste) of the food.
  - **Spiciness with spiciness:** Matching a spicy wine with spiced or fragrant (not to be confused with flavorful) food.
- Consider the main component(s) together with any side dish, sauce, or seasoning prepared or served with it.



A complementary aspect to consider is matching the acidity of the wine by personal preference:































- **Acidity with acidity:** Matching the level of acidity of the wine to the level of acidity of the food. Pairing acidic wine with acidic food matches the overall taste.
- **Acidity with fatness:** Matching the level of acidity of the wine to the level of vegetal and animal fat content in the food. Pairing acidic wine neutralizes the fat in the food, and thus balances the overall taste.
- **Acidity with saltiness:** Matching the level of acidity of the wine to the level of salt content in the food. Pairing acidic wine neutralizes the salt in the food, and thus balances the overall taste.

In general, white wines have relatively higher acidity. Typically expected relative levels of acidity:

Acidity	Red Wines	White Wines
<b>Higher</b> —		Riesling
—		Chardonnay
—		Gewürztraminer
—		Sauvignon Blanc
—		Pinot Grigio
<b>Lower</b> —	Merlot	

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Summary of typically expected relative taste properties:

Wine Pairing <small>© Yekev Yoam - Yoam Cellar</small>	Red Wines					White Wines				
	Cabernet Sauvignon	Merlot	Shiraz	Petite Syrah	Pinot Noir	Chardonnay	Riesling	Gewürztraminer	Sauvignon Blanc	Pinot Grigio
Body with intensity										
Spiciness with spiciness										
Acidity with { acidity fatness saltiness										

## Wine and Dessert Pairing

A general guideline for pairing wine with dessert suggests matching two characteristics by personal preference:

- **Sweetness levels:** Matching the sweetness level of the wine to the overall sweetness level of the dessert. Pairing wine slightly sweeter than the dessert avoids dull and acidic wine taste. However, some prefer an acidic wine taste to contrast the sweetness of the dessert.
- **Flavors and aromas:** Matching the flavors and aromas of the wine to the flavors and aromas of the dessert. Using common wine tasting sensory descriptors provides a general indication for pairing (see the following table).
- **Acidity with fatness:** Matching the level of acidity of the wine to the level of fat content in the dessert. Pairing acidic wine neutralizes the fat in the dessert, and thus balances the overall taste.

Consider the main component(s) together with any sauce or garnish that are prepared or served with it.

## Comparison of Wine Tasting

General indication of typical wine tasting expectations<sup>2</sup>:

Red Wines	Common Sensory Descriptors
<b>Cabernet Sauvignon</b>	blackcurrants, eucalyptus, chocolate, tobacco.
<b>Merlot</b>	black cherry, plums, tomato.
<b>Shiraz</b>	tobacco, black/white pepper, blackberry, smoke.
<b>Petite Syrah</b>	earthy, black pepper, dark fruits.
<b>Pinot Noir</b>	raspberry, cherry, violets, "farmyard" (with age), truffles.
<b>Zinfandel</b>	black cherry, pepper, mixed spices, mint.
<b>Grenache</b>	smoky, pepper, raspberry.

White Wines	Common Sensory Descriptors
<b>Chardonnay</b>	butter, melon, apple, pineapple, vanilla (if oaked).
<b>Riesling</b> <sup>2,3,4</sup>	citrus fruits, peach, honey, flowers, tropical fruits, mineral (slate or quartz), petrol (with age).
<b>Gewürztraminer</b>	rose petals, lychee, spice.
<b>Sauvignon Blanc</b>	gooseberry, lime, asparagus, cut grass, bell pepper (capsicum), grapefruit, passion fruit, guava.
<b>Pinot Grigio</b>	white peach, pear, apricot.
<b>Muscat</b>	honey, grapes, lime.
<b>Sémillon</b>	honey, orange, lime.

## References

1. "Wine and food matching," *Wikipedia, The Free Encyclopedia*, 2008, Wikimedia Foundation, Inc., <en.wikipedia.org/wiki/Wine\_and\_food\_matching>.
2. "Wine tasting," *Wikipedia, The Free Encyclopedia*, 2008, Wikimedia Foundation, Inc., <en.wikipedia.org/wiki/Wine\_tasting>.
3. "Riesling," *Wikipedia, The Free Encyclopedia*, 2008, Wikimedia Foundation, Inc., <en.wikipedia.org/wiki/Riesling>.
4. Bird, Owen. "Rheingold – The German Wine Renaissance," pp 90-97, Arima Publishing, 2005, ISBN 1-8459-079-7.

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