Gather *to* Grow

Pairing Wine With Food

WINE WITH FOOD

Food consumed with wine has an effect on the way wine tastes and wine can have an effect on the way the food tastes.

What is the purpose of food and wine pairing?
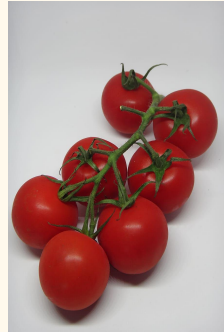
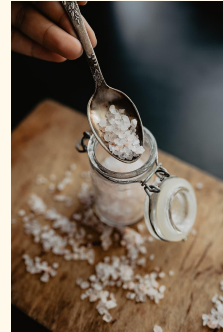# Primary Food and Wine Taste Interactions
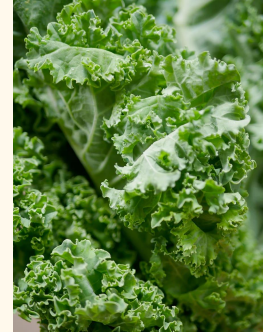
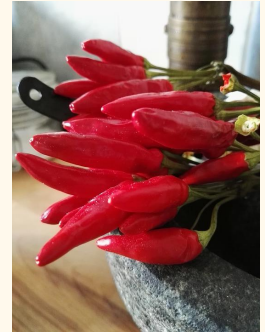Sweetness   Umami   Acidity   Salt   Bitterness   Chili Heat

Sweetness

General rule is to pair with a wine that has a higher or equal level of sweetness. Not necessarily a sweet wine, just not a dry red or dry white wine.

Prosecco pairs well with lemon flavored cakes

Red dessert wine pairs well with dark chocolate cake.

Umami

General rule is to pair with a wine that is low in tannins as well as alcohol and medium to high in acidity.

Sparkling wine with a pronounced yeasty flavor pairs well with oysters or smoked salmon.

Sauvignon Blanc pairs well with Japanese dashi flavored dishes.

Acidity

General rule is to pair with a wine that has medium to high acidity. Acidity is considered to be a wine-friendly component of food.

Pinot Grigio pairs well with chicken/fish dishes that have a yogurt or lemon sauce

Pinot noir pairs well with any dish that has a focus of tomatoes such as pasta and pizza.

Acidity in wine also pairs well with fatty and sweet foods. For example Pinot noir pairs well with a fatty fish like Salmon.

Salt

General rule is to pair salty dishes with a crispy wine high in acidity, some sweetness and low tannins. Along with Acidity it is considered a wine-friendly component of food.

Sparkling wine pairs well with popcorn, potato chips and fried chicken

Pinot noir pairs well with cured meats

Bitterness

General rule is to pair bitter foods with red wines that are low in tannins as well as rosé or white wines.

Chardonnay pairs well with roasted radicchio

Pinot noir pairs well with roasted artichokes

Chili Heat

General rule is to pair a wine lower in alcohol, fruity with some level of sweetness. The spicier the food, the sweeter the wine should be.

Prosecco pairs well with medium-spice south & east Asian dishes like Pad Thai or Thai Green Curry

Moscato pairs well with very spicy Thai or Korean dishes

Other considerations when pairing wine with food

Fatty/oily food pair well with wines that have a high level of acidity. The acidity of the wine cuts through the richness of the fat/oil.

Flavor intensity of the food can overwhelm the flavor of wine. Pair with a wine that has a similar intensity of flavors.

MOST IMPORTANTLY - DRINK WHAT YOU LIKE