
Pairing with Sauces and Spices

- Refresher: What is wine? How is it made?
- Grapes, Climate and Terroir: How do grapes and where they're grown influence a wine's taste and structure? How does that relate to food and wine pairings?
- General guidelines for Food and Wine Pairings
- Common sauces and spices

How wine is made

Sugar + Yeast = Alcohol

- When grape juice is left in an environment with yeast, the yeast eat the sugar
- → CO₂ and alcohol

Cool Climate v. Warm Climate

- Warmer weather → riper grapes → more sugar → higher potential alcohol

“Old World” v. “New World”

- Temperature, humidity or rainfall, sun exposure, grape and soil type
- Winemaking techniques

Components of Wine that Affect Pairings

- Intensity
- Fruit
- Non-fruit
- Wood
- Sweetness
- Acidity
- Body
- Alcohol
- Finish
- Complexity



Guidelines for Pairing Wine with Food

- What grows together goes together
- Consider sauces and spices
- Pair “like” components
 - Fruit/Earth
 - Body/Texture
 - Intensity
 - Complexity
- Trust your palate, learn what you like, and enjoy it
- Tannins
 - Cut fat and bitterness
- Acidity
 - Cuts fat/richness
 - Contrasts with salt and sweetness
 - Complements acidic foods
- Sweetness
 - Contrasts with salt and spice
 - Complements sweet foods
- Oak
 - Complements richness

Sauces, Spices and Wines

Butter	Sweet	Acid
Cream	Salty	Tannin
Egg	Tangy	Sugar
Fish or Meat Stock	Herbal	Body
Tomato	Pungent	Oak
Oil/Vinegar		Alcohol
Spicy		

Acid, Sugar, Tannin

How do they alter wine and perceived taste?

- Acidity decreases the perception of saltiness
- Sweetness decreases the perception of acidity
- Tannins give wine structure, help cut through fat



Sample Tasting Components

(subject to change)

Scallop with butter and herbs;

Scallop with brown butter and capers

- Pairings to try:
- *Rudi Pichler Grüner Veltliner Federspiel '10 – Wachau, Austria*
- *Trimbach Riesling Reserve '09 – Alsace, France*

Cheese biscuit with honey mustard;

Cheese biscuit with spring pea cream

Pairings to try:

- *Château de Pierreclos St. Veran '09 – Burgundy, France*
- *Au Bon Climat Pinot Noir '09 – Santa Barbara, California*

Flank steak with chimichurri;

Flank steak with sauce au poivre

Pairings to try:

- *Don David Tannat Reserve '10 – Cafayate, Argentina*
- *Dead Letter Office Shiraz '08 – McLaren Vale, Australia*

