
Vegetarian Wine Pairings

Vegetables:

- Sweet and earthy flavors often complemented with salt and acid dressings/preparations
- Often a strong “green” aspect with pungent bitterness or pepperiness
- Served in wide variety of styles from raw, fresh and crunchy to cooked in rich sauces

General Pairing Guidelines:

- Match complex foods with complex wines; simpler foods with simpler wines
- Match heavier foods with heavier wines; lighter foods with lighter wines
- Acidity cuts fat/richness and contrasts with salt
- Acidic wines complement acidic foods
- Sweetness contrasts with salt and spice; sweetness complements sweet foods
- Sparkling wines’ bubbles cut oil/fat

Tasting components:

- Artichoke bruschetta
 - Artichokes contain chlorogenic acid and cynarin molecules, which affect palate by making things you eat (or drink!) afterwards taste sweeter and more umami
 - Acid in a dish thought to help reduce effects of chlorogenic acid and cynarin
- Asparagus and arugula with shallot vinaigrette
 - Asparagus contains sulfur compounds, which affect palate by leaving a metallic and vegetal aftertaste
 - Bolder and/or richer asparagus preparations thought to reduce effects of sulfur compounds
 - Wines with bold, grassy or peppery notes can complement strong vegetal foods
- Broccoli rabe tempura with saffron aioli
 - Broccoli also contains sulfur compounds
 - Adding fat and richness to the dish can mitigate metallic/vegetal aftertastes
- Curried eggplant caviar with pita
 - Eggplant flesh has a creamy texture and earthy flavors; eggplant skin has slightly bitter and tannic quality
 - Earthy wines with some tannins can complement earthy/tannic flavors in a dish



Wines:

1) Tripoz Crémant de Bourgogne '11 – Burgundy, France

- Crémant is traditional method sparkling wine made in France but outside of Champagne
- This is 100% biodynamic Chardonnay, hand-harvested and hand-riddled
- Husband and wife Laurent and Celine Tripoz have owned their domaine since 1986 but used to sell grapes to local co-op; since 1990 they've made their own wine

2) Valter Sirk "Ribula" Ribolla Gialla '11 – Brda, Slovenia

- Ribolla Gialla grape is grown on border between Friuli (Italy) and Brda (Slovenia)
- *Gialla* means “yellow” and suitably notes grape’s yellow fruit flavors; it’s also known for its slightly bitter flavors and high acidity
- Valter Sirk’s father grew grapes for a Yugoslavian co-op; under Slovenian independence Valter formed the family estate in 1991

3) Karl Steininger Kamptal Reserve Grüner Veltliner '11 – Kamptal, Austria

- Grüner Veltliner is an Austrian grape known for its peppery and “green” flavors
- Steininger estate owned by Karl and Birgitta Steininger, who are currently training their daughters Eva and Anna to soon take over production

4) Txomin Etxaniz Txakolina Rosé '11 – Basque Country, Spain

- Txakoli wine region in northern Spain known for light, slightly spritzy wines from local grapes Hondarribi Zuri and Hondarribi Beltza
- Etxaniz family has been making wine here for centuries; the house helped lead the region toward modernization and establishment of DO in 1989

5) Red Hook Winery Vipolze SK Reserve '10 – North Fork of Long Island, New York

- This is a blend of mostly Sauvignon Blanc with Chardonnay made by letting the white grapes sit on their skins for a short period of time, drawing out color, tannins and more savory flavors
- Winemaker Abe Schoener runs the Scholium Project label in California but also works with Long Island fruit at the Red Hook Winery in Brooklyn; both labels experiment with “unconventional” grapes and techniques

6) Cave de Vendome Grille d'Aunis '10 – Loire Valley, France

- Made from the Loire’s rare Pineau d’Aunis grape, known for its “green” streak
- Cave de Vendome is a local co-op teaming together under winemaker Nicolas Parmentier to bring more recognition to the Côteaux du Vendômois appellation

