

~~Food and Wine Pairing~~

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Food and Wine

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Wine & Spirit Education Trust



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Food and Wine.... It's not pairing.... Its symbiosis... the joining together two things which were meant to go together...

Basic principles for Food and Wine Pairing

Applying basic principles make it possible to greatly improve satisfaction in wine and food parings... pairings where interaction of the wine and food does not diminish the pleasure of either partner, but instead enhances each one...

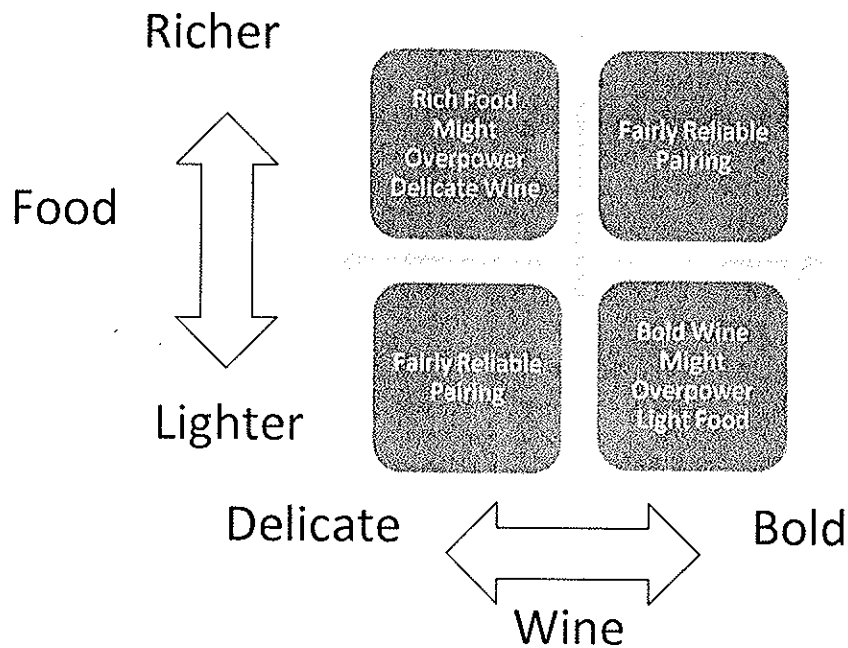
1 Weight... Mirror the body and weight of the wine and the food to ensure neither overwhelms the other

2 Volume... Over all intensity of flavor... light poached scallops, or over the top barbeque beef?

3 Balance... Once you've established weight and volume, you are free to play... contrast or compare? It's up to you... each taste component affects how the wine is perceived on the palate... it's all in the tongue.

1. Weight

We must mirror the weight of the dish with the weight of the wine. Otherwise we will taste only the food or we will taste only the wine... one will overcome the other.... Pairing is about synergy... not dominance...



Light-Bodied Food Items: Vegetables, grains, pasta, chicken, turkey, mollusks, lean light fish.

Medium-Bodied Food Items: Veal, pork, crustacean, fatty fish, duck, goose, game birds.

Full-Bodied Food Items: Sausages, game, lamb, beef

2 Volume:

Add to this, cooking method:

Moist heat Cooking Methods

Light, Delicate – Steaming - Poaching

Robust, Intense – Stewing - Braising

Dry heat Cooking Methods

Light, Delicate – Sautéing – Deep Frying

Robust, Intense – Grilling – Smoking

Then consider sauces:

Espanole, Béchamel, Veloute, Tomato, Hollandaise...

Demi... Emulsions, etc...

Base sauces, secondary sauces....

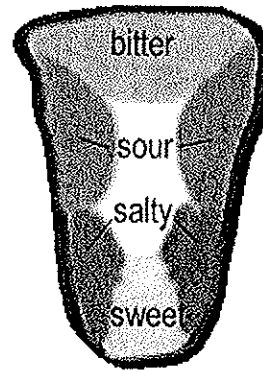
3 Balance:

Each taste component affects how a wine is perceived on the palate – the slighted variation of intensity of these components can drastically alter the interaction....

This is where the fun starts.... Comparing or Contrasting?

Balance Continued:

Look at the tongue....



Sweet:

Pair Sweets with wine that is as sweet

or sweeter...

Contrast Sweet Wine with salty foods, Spicy foods, Acidic foods, Tannic Foods

Sour / Acid:

Pair Acidic Wines with food that is acidic

Contrast Acidic Wines with fatty, oily, rich foods

Contrast Acidic Wines with Salty Food

Bitter / Tannin:

Pair Tannic Wines with high protein, fatty dishes

Contrast Tannic Wines with Bitter dishes

Salt/Smokey/Spicy/Highly Seasoned Foods

Counter the seasoning with youthful Acidic wines, Sweet wines, Carbonation (Sparkling wine), Fruit forward wine.

Got it? This is only the beginning.... Look for these resources if you are interested in food and wine pairing....

The Renaissance Guide to Wine and Food Pairing, Tony DiDio

Perfect pairings; A Master Sommelier's Practical Guide, Evan Goldstein

What to Drink with What You Eat, Andrew Dornenburg

Or you could simply call write or call us:

Ken Lipsmeyer or Lorri Hambuchen

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WSET® LEVEL 1 FOUNDATION CERTIFICATE FOOD AND WINE MATCHING ACTIVITY

Candidate Name:

Approved Programme Provider: The Wine Center

Date: June 11, 2010

Menu	Main Food Consideration	Main Wine Style Characteristic	Colour			Sweetness			Body			Character			Other				
			Red	Rosé	White	Dry	Medium	Sweet	Light	Medium	Full	Fruity	Floral	Spicy	Vegetal	Oak	Acidity	Tannin	
1 Vin d'Alsace, Cuvee Anne-Laure, Gewurztraminer, 2008, Alsace, France																			
2 Starmount, Merryvale, Chardonnay, 2008, Napa Valley, USA																			
3 Cotes du Rhone, Guigal, 2006, Rhone Valley, France																			
4 Rioja, Reserva, Marques de Riscal, 2004, Rioja, Spain																			

Feedback:

Assessor/Tutor Name: Ken Lipsmeyer

Assessor/Tutor Number:

Date of Activity

