


Week 2






❖ **Part 1**

- Wine and Salad
- Wine and Sweet


❖ **Part 2**

- Wine and Fish








Week 1 Review




- ❖ Acidity in food lowers perception of acidity in wine
- ❖ Acidity in food decreases perception of bitterness in wine
- ❖ Bitterness in food increases perception of bitterness in wine







Week 1 Review



- ❖ Salt in food decreases perception of acidity and lowers sweetness
- ❖ Salt in food decreases perception of astringency in wine
- ❖ Umami compounds in food increase perception of astringency in wine



Week 1 Review

- ❖ Sweetness in food decreases perception of sweetness in wine – wine **MUST** be sweeter than dessert
- ❖ Sweetness in food increases perception of astringency in wine



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Week 1 Review

- ❖ Tannins in wine increase perception of heat/spice in food
- ❖ Sweetness in wine reduces perception of heat/spice in food



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Week 2 Theory - Intensity

- ❖ **"Intensity is the ONLY consideration when pairing wine and food"**
 - Tom Stevenson
- ❖ **"...the commonsense matching strategy is to balance body style using the like-with-like principle: lighter wines with lighter foods and heavier wines with heavier foods"**
 - Andrea Immer




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Week 2 Theory - Intensity



- ❖ **The great difficulty with intensity is it's inherently subjective nature**
- ❖ **What constitutes an "intense" wine?**
- ❖ **The regular Barossa shiraz drinker may find a riserva Chianti to be of moderate intensity...white wine drinkers may find the same wine to be strongly flavoured**



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Wine & Salad





❖ **Notoriously difficult matching exercise**

- Acid from vinegars and citrus fruit
- Bitterness from some salad greens
- Sweetness from balsamic style dressings
- Sometimes strong flavors from raw vegetables, especially onion
- Possible high umami content, especially Caesar salad








Wine & Salad



❖ **Perception of acidity strength**



- Highest
 - Acetic Acid (Vinegar)
 - Malic acid (apples, esp. green)
 - Tartaric
 - Citric (citrus fruits)
 - Lactic (yogurt, cheeses)
- Lowest



Wine & Sweetness

- ❖ Rule #1 – Food sweetness level should be less than or equal to wine sweetness level *or* Wine must be sweeter than food



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Wine & Sweetness

- ❖ Perception of sweetness in wine is also a function of temperature
- ❖ Colder wines taste less sweet than warmer wines
- ❖ Perception of astringency is also affected by temperature
- ❖ Wines taste more tannic at low temperatures



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Wine & Sweetness

- ❖ When wine is slightly sweeter than food, the slightly higher sweetness creates a pleasant contrast with the savory, salty and bitter characteristics of most foods



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Wine and Sweetness

❖ Examples

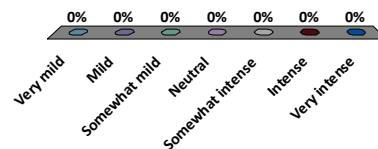
- Duck with orange sauce and medium sweet riesling
- Game with fruit/sweet sauce and low-acid new world Zinfandel or Shiraz
- Oaky whites generally not recommended



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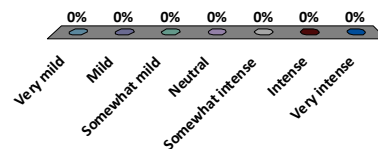
How intense is wine 1?

- A. Very mild
- B. Mild
- C. Somewhat mild
- D. Neutral
- E. Somewhat intense
- F. Intense
- G. Very intense



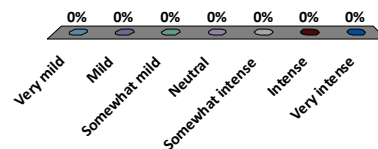
How intense is wine 2?

- A. Very mild
- B. Mild
- C. Somewhat mild
- D. Neutral
- E. Somewhat intense
- F. Intense
- G. Very intense



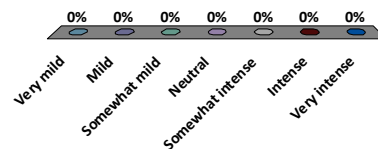
How intense is wine 3?

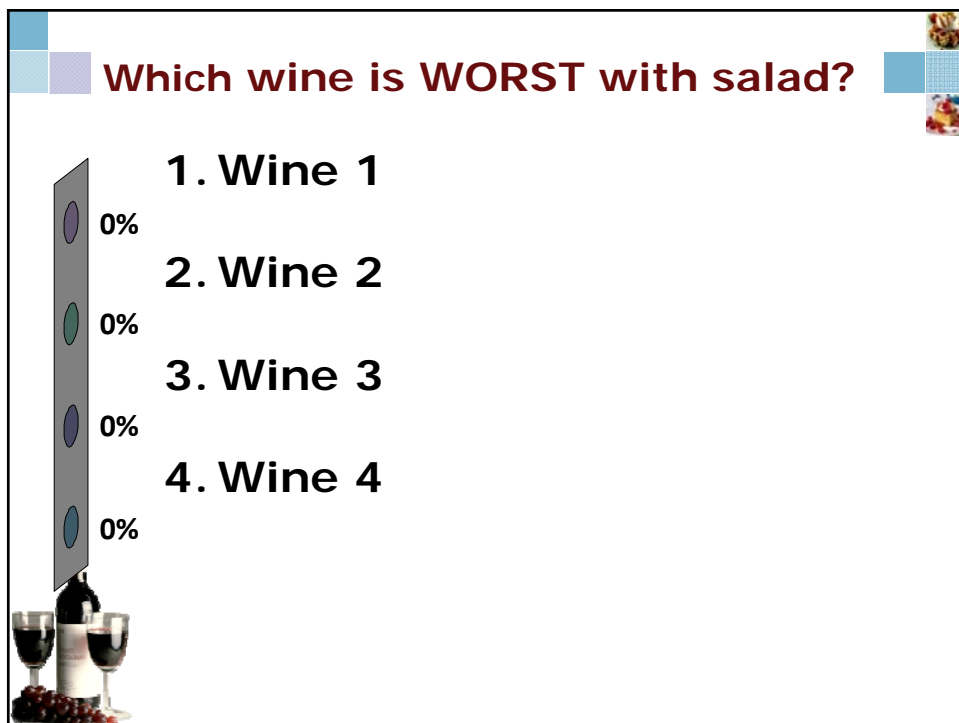
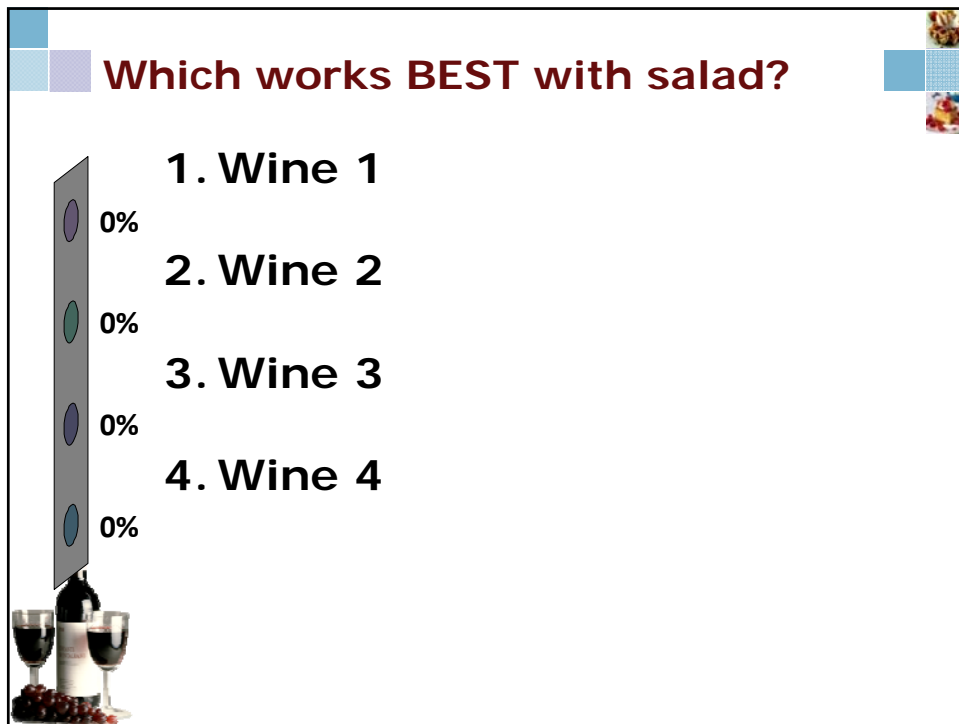
- A. Very mild
- B. Mild
- C. Somewhat mild
- D. Neutral
- E. Somewhat intense
- F. Intense
- G. Very intense

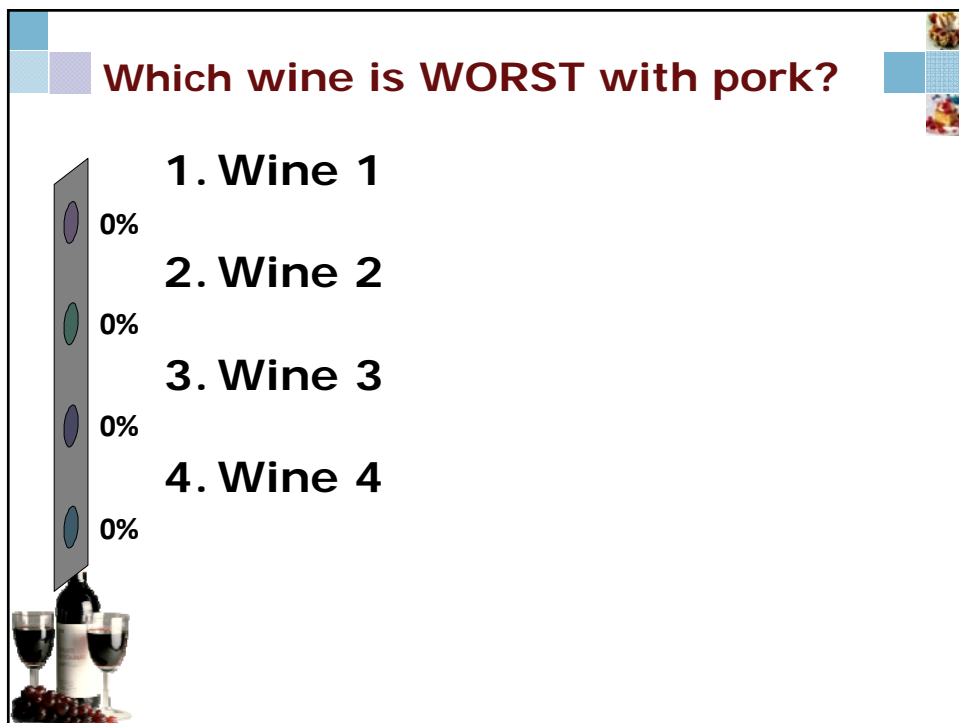
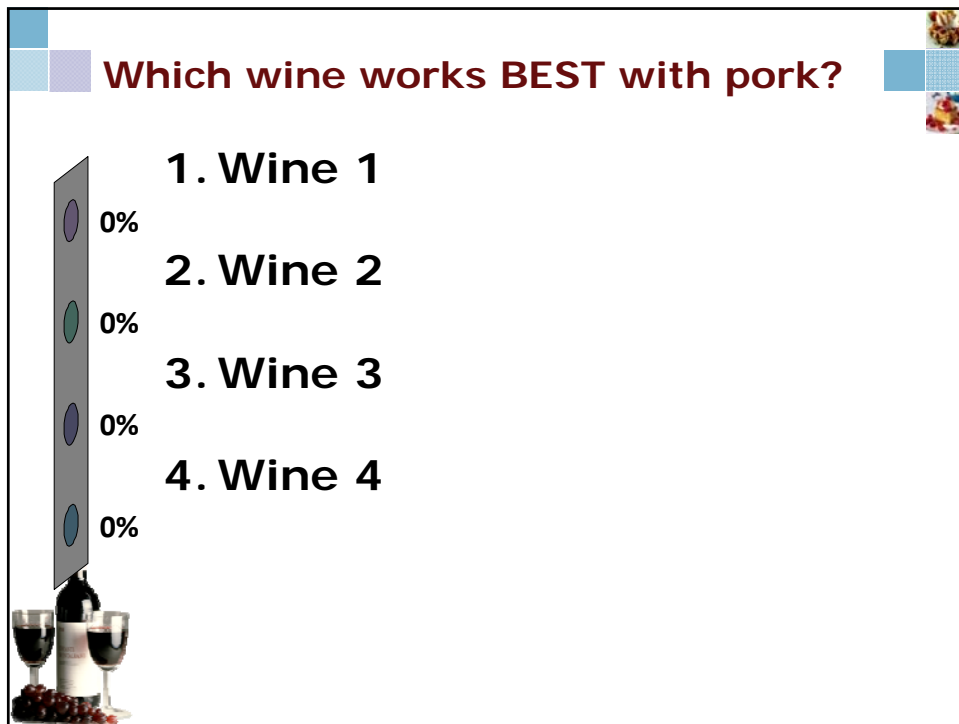


How intense is wine 4?

- A. Very mild
- B. Mild
- C. Somewhat mild
- D. Neutral
- E. Somewhat intense
- F. Intense
- G. Very intense







BREAK



Wine & Fish

- ❖ In general, fish and seafood are very wine friendly
- ❖ White wine with fish can be a very good idea, historically from white wines "lighter" character
- ❖ Fish and seafood are usually non-reactive with wine, and the strongest flavor in seafood dishes is usually a sauce or spice



Wine & Fish

- ❖ Some seafood can be high in umami compounds, and present a challenge when in combination with some red wines
- ❖ When pairing wine and fish consider
 - Sauce or spice
 - Cooking method (Poach? Grill? Fry?)
 - Fish texture (oily? dry?)



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Which works BEST with pickerel?

1. Wine 1

0%

2. Wine 2

0%

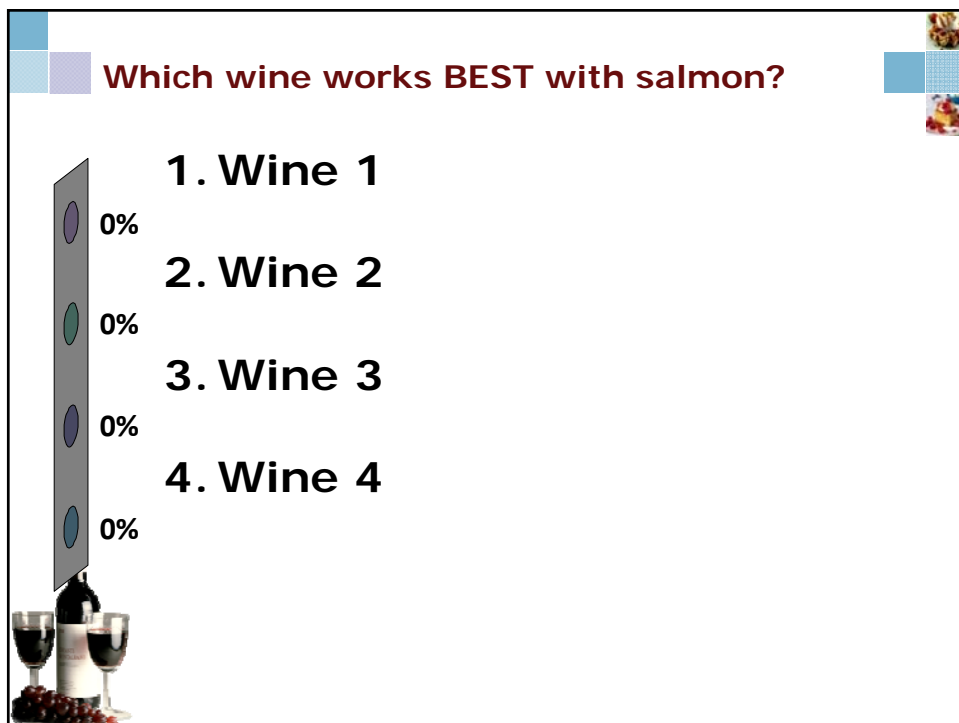
3. Wine 3

0%

4. Wine 4

0%





Which wine is **WORST** with salmon?

1. Wine 1

0%

2. Wine 2

0%

3. Wine 3

0%

4. Wine 4

0%

A collage of images in the second slide. On the left is a large image of a bottle of Chianti Montalbano wine and two glasses of red wine with grapes. In the center is a person drinking from a glass. On the right are two images of food: a waffle with ice cream and a small cake with raspberries. The Algonquin College logo is in the top right corner.

Thank You!

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