matching it works just fine to focus on the big-picture acidity variables—grape variety and growing zone (cool or warm). The taste effect of acidity is mouthwatering: crisp, zingy, tart, tangy, sharp, refreshing, bracing, and even "bright" (read: prominent) are all words to describe the taste impact of acidity in wine. You may see these words in the back-label description on a wine bottle. Now you will be able to read between the lines as to their practical meaning: *a flavor booster for food.*

Body Style

While acidity assures the flirtation between nearly any wine and food duo, after years of serving thousands of restaurant guests, I've concluded it is body style that clinches the best marriages. That is because there are so many facets to body—including grape variety, flavor concentration, alcohol level, tannin (in reds), and oakiness—for which every taster has different and often strong preferences. Consequently, the more extreme the body—very light or very heavy for example—the less food-versatile the wine (*and* the less people-versatile it is, too). That might seem complicated, but it's not. As I'll show you, it's actually easy to find the cues to all these body attributes on the wine label. And if you don't already know your preferences in grapes, tannin, oakiness, and so on, the tastings that follow will let you explore them.

Grape Variety

With apologies to Mr. Shakespeare, "the grape's the thing." In all my years of selling, serving, and teaching, I've learned that grape variety is the easiest and most powerful concept in wine. In the same way that appetizers/entrées/desserts form a standard restaurant menu template that all of us can understand—even if we don't know the particular dishes thereon—the major quality wine grape varieties can be your template for sorting out, comparing, and remembering wines.

The Big Six Wine Grapes: Benchmarks for Body and Flavor

What I call the Big Six grapes—three whites and three reds that dominate quality wine production worldwide—form the foundation of every wine list I write and every class I teach. You're probably already familiar with one or more of them, because they're on wine lists and wine labels everywhere. Consequently, I ask my waiters to memorize their comparative body styles and flavor profiles, and I recommend you do the same. They are an ideal reference point for how the body style of different grapes ranges from light to full, in the same way that different types of poultry (chicken versus duck), fish (sole versus salmon), and meat (veal versus lamb) can range from light to full. And, just as salmon, chicken, and steak are menu standards in the food world, the different fruit flavor profiles of these grapes are the benchmarks for all quality wines produced worldwide. The payoff in wine-buying and -pairing savvy is well worth the five minutes it will take you to memorize this:

Body Style	White Grapes	Red Grapes
Light	Riesling	Pinot Noir
Medium	Sauvignon Blanc	Merlot
Full	Chardonnay	Cabernet Sauvignon

The tasting below will reveal their signature fruit flavors, but in general they range, as all wines do depending on the amount of sunshine and warmth where they're grown, across a spectrum from lean to lush, as follows:

	Lean							Lush
White wine fruit flavors:	Apple	pear	kiwi	citrus	peach	melon	mango	pineapple
Red wine fruit flavors:	Cranberry	cherry	raspberry	plum	blueberry	blackberry	fig	
Growing region:	Less sunny/cooler							Very sunny/warmer

In the same way you might classify your first taste of pheasant or duck in comparison to chicken, as you add new grape varieties to your tasting

Vindulge

Wine & Food Pairing Guide

General wine descriptors & food pairing suggestions.

Sparkling/Champagne

Toast, yeast, nuts,
Green apple, cherry, strawberry
Salty foods like potato chips, hors d'oeuvres, caviar, smoked salmon, shrimp, & Chinese food. Egg dishes. Intensely flavored and rich food like the foie gras.

Chardonnay

(can be oaked or unoaked)
Green apple, pear, peach, melon. Citrus (lemon, lime, orange). Tropical fruits (pineapple, passion fruit, guava).
Toast, baked bread, butter, vanilla, hazelnut, oak
Fatty fish dishes or dishes in rich sauces.
Gently flavored pasta dishes and risotto.
Chicken and shellfish recipes with cream based sauces.
Pork. Eastern and Indian dishes
with creamy coconut sauces.

Sauvignon Blanc

Citrus: grapefruit, lemon, lime
Melon, pear, fig, pineapple, passion fruit, quince, grassy, lemongrass, gooseberry
Goes well with tart sauces & dressings.
Goat cheese, asparagus, shellfish, chicken and fish dishes with a squeeze of lemon
Japanese dishes like *shashimi*. White fish and seafood salad, chicken salad and garden salad.
Vegetable and vegetable soups.

Pinot Gris (Pinot Grigio)

Peach, pear, lime, lemon, apple, apricot, nuts (nuttiness), minerals, lemongrass
Especially well with light fish dishes and foods high in acid. Chicken salad. Mildly spicy chicken.
Oysters, smoked salmon. Fresh vegetables.
Pasta with garlic pesto.

Riesling

Apples, pear, peach, apricot, lychee
Floral (jasmine, rose, orchid)
Honey, petroleum, minerals, stones, chalk
Pair with sweet and spicy dishes.
Pecan pie, sweet fruit pies and tarts and fruit custards.
Chinese and Thai foods. Japanese dishes like sushi, sashimi, wasabi, tempura and teriyaki.
Pork and duck with fruit sauces. Smoked fish pates.

Cabernet Sauvignon, Merlot and Red Bordeaux & Meritage (blends)

Blackberry, boysenberry, raspberry, blueberry, plum, cherry, black currant, cassis, tea, cocoa, tobacco, green olive, vanilla, oak, smoky, mint, eucalyptus, chocolate
Lamb and beef dishes like stews. Steak with rich sauces.
Duck, pheasants and other games.
Beef and chicken fajitas. Chocolate desserts. Smoked gouda cheese, cheddar cheese, and Camembert cheese.

Zinfandel

Blackberry, boysenberry, raspberry, jam, plum, raisin, prune, rhubarb, pomegranate, vanilla.
Spice (cinnamon, clove, black pepper)
Stews, pot roast. Dishes with tomato and tomato sauces.
Pizza with red sauce. Grilled or smoked meats.
Spicy meat dishes and curries.
Thanksgiving dinner.

Pinot Noir

Cherry (red, black, dried), blueberries, blackberries, raspberry, strawberry, rhubarb, pomegranate, mushrooms, earth (barnyard), smoke, vanilla, oak, cola, coffee, rose, tea
Great for dishes with earthy flavors.
Games like pheasants, wild boar, rabbit, quail, pigeon, and venison. Casseroles of beef and chicken.
Salmon, lamb, pork, and mushroom dishes.

Syrah

Blackberry, boysenberry, blueberry, jam, plum, prune, cherry, currant.
Smoke, black pepper, white pepper, leather, vanilla, chocolate. Spices (clove, cinnamon). Roasted meat, game
Spicy or heavily seasoned meats or hearty dishes.
Rich beef casseroles and games.
Barbecued meats (beef, ribs, lamb, pork).
Rich Vegetarian dishes.
Dark Chocolate.

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restaurants, my professional culinary training, and throughout a life of committed cooking and eating.

Real-World Food, Wine-Loving Food: A Practical Approach to Wine Pairing

It is this last group of pairing ideas that I think is most exciting, because it spotlights the two "food groups" that will bolster your food and wine-pairing savvy and confidence faster than you might have ever thought possible: real-world food and wine-loving food. While they are the very essence of this book, there's nothing "official" about these categories. I made them up—because as I'll explain, they precisely describe the most practical and delicious launchpad from which to explore the flavor dynamics of wine and food as a duo, which is what you'll be doing.

Is Just "Looking It Up" a Cop-Out?

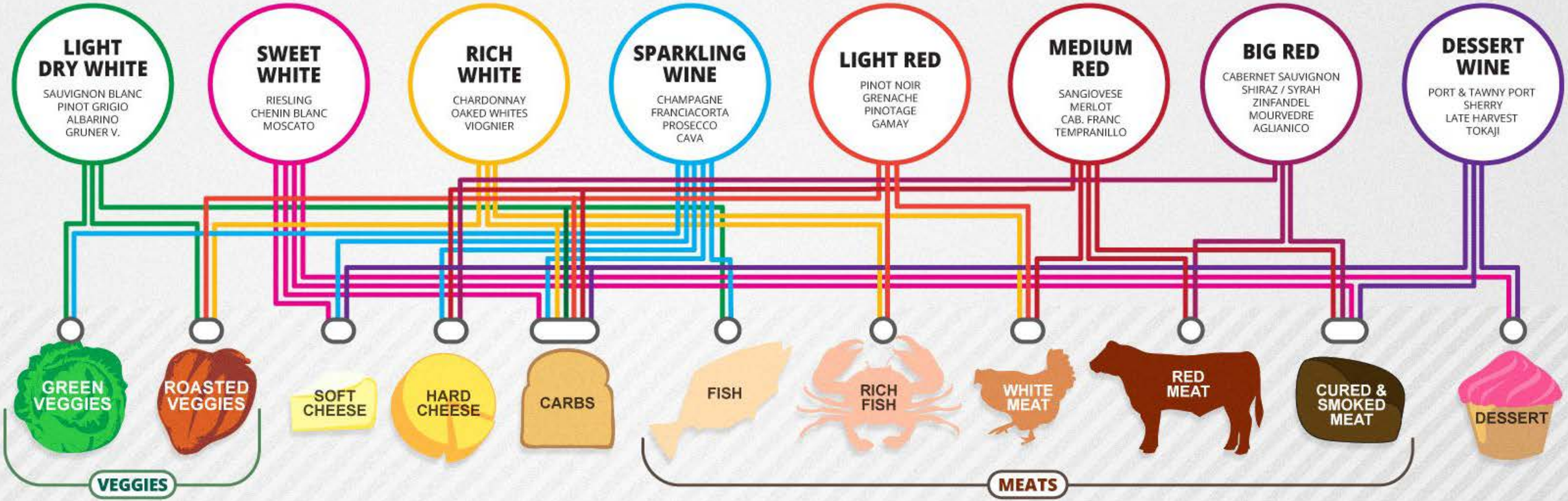
Sometimes experts in the wine trade disparage the idea of listing "what goes with what," because tastes are individual, foods are complex, and wines have their "stages" of development. All of that's true, but I also believe that books and movies can be "classics" (whether you personally like them or not), the little black dress is always in good taste, and so too can foods, flavors, wine styles, and matches be categorized to give useful reference points. Most of us don't grow up with wine and food regularly joined on the family table. So without those reference points to "look up," at least as a starting point, we're left feeling wishful, but helpless, in wine and food-matching territory.

Real-World Food: Tuning In to Everyday Tastes, with Wine

Think about what you cook, order, serve, and eat most days. Take-out sushi, sandwiches, the extra chili you froze two weekends ago? This isn't the fancy fare conjured up by wine-and-food-matching rules. These kinds of meals, reflecting the real-world tastes, time constraints, and budgets of the everyday table, are the "reality show" of wine and food, whose episodes play out everywhere, every day. For example, one of my friends, a Wall Street titan who lives at one of Manhattan's most luxurious addresses (and dines out in any five-star palace he cares to), is also a single dad whose

WineFolly
Learn by drinking.

THE BASICS TO WINE & FOOD PAIRING



FOODS THAT ARE DIFFICULT TO PAIR WITH WINE

asparagus · green bean · artichoke · brussel sprouts · chocolate

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WINE FOLLY

▶ CALAMARES A LA ROMANA
squid cut into rings, battered and deep-fried.
Good with a chilled fino sherry or light white wine such as a new-style white Rioja

▶ CALAMARES RELLENOS
a Spanish dish of baby squid stuffed with breadcrumbs, cured ham, garlic and herbs.
Needs a robust wine, so try a hearty red from Spain's Ribera del Duero or Valdepeñas

▶ CALAMARI RIPIENI
Italian. Squid stuffed with breadcrumbs, anchovies, chilli and tuna.
Goes well with a Frascati, or Tuscany's Galestro

▶ CALDO VERDE
a green soup based on shredded cabbage, potatoes and olive oil, famous throughout Portugal.
Choose a Vinho Verde or a white Dão

▶ CANNELLONI
tubes of pasta filled with minced veal in a tomato sauce and topped with a creamy cheese sauce.
Goes well with a young Chianti

▶ CARPACCIO
from Italy, raw fillet of beef, thinly sliced and marinated.
Try a Chianti Classico Riserva

▶ CASSATA
an Italian ice cream bombe.
Delicately flavoured, this is well accompanied by Asti Spumante or a glass of Vin Santo from Tuscany

▶ CASSOULET
from the south of France, a rich stew of beans, duck or goose, and pork.
Calls for a red wine from the region, like Languedoc-Roussillon, Fitou or Corbières

▶ CAULIFLOWER CHEESE
Good with a crisp Vinho Verde from northern Portugal

▶ CAVIAR
the exclusive and very expensive roes of the sturgeon, served with toast.
Champagne or chilled Russian vodka is best with this treat

▶ CEVICHE
a Latin American dish of raw fish marinated in lime juice, Tabasco and olive oil.
The flavours do not lend themselves to wines, so keep to lager

▶ CHAMP
potatoes and onions cooked in milk, with chives.
Have a glass of stout with this Irish dish

▶ CHARCUTERIE
a selection of cold continental meats.
Choose a young claret or a Chilean Cabernet Sauvignon

▶ CHATCHOUKA
a Tunisian dish of sweet peppers and tomatoes gently stewed together, with eggs broken into the mix and cooked whole just before serving.
Good with a Gewürztraminer from Alsace or New Zealand

▶ CHATEAUBRIAND
double fillet steak always cooked for two, named after the eighteenth-century French writer and traditionally served with sauce Béarnaise.
Calls for a good, mature claret, or a Cabernet Sauvignon from California or Australia

An Armagnac is a fine digestive dessert after a cassoulet.

— LINDSEY SHERE, long-time pastry chef, Chez Panisse (Berkeley, California)

CATFISH (SEE ALSO OTHER MILD FISH, E.G., FLOUNDER, SEA BASS, SOLE)

Beaujolais
beer
Chablis
Chardonnay, esp. French with fried or sautéed catfish
Gewürztraminer, esp. with blackened catfish
iced tea ("The house wine of the South"!)
Lambrusco
Muscadet
Pinot Blanc, Alsatian
Pinot Gris
Pouilly-Fumé
Riesling, esp. dry
Sancerre
sparkling wine

CAULIFLOWER

Cabernet Sauvignon, young
Gewürztraminer, esp. Alsatian
Italian white wine
lemon-based drinks (e.g., lemonade, sparkling water with lemon, etc.)
Pinot Gris, esp. Oregon
Riesling, esp. German and/or off-dry
Sauvignon Blanc
sparkling wine

CAVIAR

aquavit
beer, esp. light-bodied e.g., (dry pilsner or Tecate with lemon)
***CHAMPAGNE, DRY, ESP. BLANC DE BLANCS**
Chardonnay, California
cocktails, esp. made with vodka
gin martini, esp. with a softer gin (e.g., Bombay Sapphire or Hendricks)
lemon-based drinks (e.g., sparkling water with lemon, etc.)
Pinot Gris, esp. Alsatian
sake
sparkling wine, dry
Tokay, esp. Alsatian
Txakoli
vermouth
***VODKA,** ESP. WITH STRONG CAVIAR AND/OR WITH BLINI AND SOUR CREAM

Caviar and Champagne? Forget about it! Champagne is too sweet with caviar. I once did a huge tasting and 99 percent of the Champagnes I tried were unsatisfying because they clashed with the caviar. I prefer vodka: it is dry, without a lot of taste, so you can concentrate on the flavor of the caviar.

— JEAN-LUC LE DU, Le Dû's Wines (NYC)

I think Champagne and caviar can be a great match. I just think you have to be careful what Champagne you serve. The Champagne should be really vibrant and crisp, and Blanc de Blancs is a great Champagne with it. Whereas if you're going to serve a barrel-fermented or wood-aged Champagne with body, I think caviar can really destroy the flavors. Also, regarding the age of the Champagne: I think it should be young and crisp and fresh.

— DANIEL JOHNNES, beverage director, Daniel (NYC)

CELERY

Sauvignon Blanc

CELERY ROOT

Riesling, dry
Sancerre

CEVICHE

Albarino
beer, esp. lighter lagers
Chablis
Champagne
Chenin Blanc
Gewürztraminer
Grüner Veltliner
Muscadet (no oak)
Pinot Gris
Riesling, esp. Alsatian and German
sake
SANCERRE
***SAUVIGNON BLANC, ESP. NEW ZEALAND**
sherry, manzanilla
sparkling wine
Verdicchio
VINHO VERDE, ESP. YOUNG AND DRY

A Riesling Trocken from Germany is one of my favorite matches for ceviche. Our ceviche can be made with lime or sour orange and they have so much acid [ceviche is raw fish marinated in the juice to cook it]. These wines are outstanding because they have tangerine,

As wines gain weight, Chronicle to print alcohol levels

San Francisco Chronicle

Jon Bonné

Sunday, April 24, 2011

Time for a small industry secret: Most of the nation's top winemakers spend their days making dessert wine.

In the eyes of the federal government, that is. As far as the federal Alcohol and Tobacco Trade and Tax Bureau is concerned, any wine with more than 14 percent alcohol must be classified type 88: dessert/port/sherry/(cooking) wine.

Marcassin Pinot? Dessert wine. The Cabernets of To Kalon? You got it.

Silly, perhaps, but wine's alcohol level is plenty serious. Why else would it be the one piece of technical data required by law to be on every bottle?

The easy answer - that taxes are higher on wines with more alcohol - ignores the fact that a lot of wine lovers pay keen attention to the big number in the tiny type.

And not just out of curiosity. It's a matter of debate whether high-alcohol wines go with food or show ample nuance. But what's beyond question is that the same-size glass of wine with even a bit more alcohol gets you drunk faster. That's giving pause to more wine drinkers for reasons that have nothing to do with taste.

So, starting next week, The Chronicle will print the listed alcohol levels of each wine we recommend in the Food & Wine section.

A handful of mostly niche publications have taken similar steps. And Britain's Decanter magazine will publish alcohol levels beginning in May. But few newspapers or magazines have routinely published this information.

High-alcohol debate

Including us. Occasionally we've noted alcohol levels where germane. But we resisted printing them regularly because the act of bringing alcohol into the discussion of a wine is inherently political.

Our decision comes at a time when it is harder than ever to understand the implications of alcohol in wine. Regulations reflect a world of decades past, when "table wine" was meant to hover around 12 percent alcohol and anything that dared surpass 14 percent was assumed to be fortified. Early examples that defied the trend, like the 1968 Mayacamas Late Harvest Zinfandel, left regulators stumped.

Yet, the origin of the 14 percent rule is a mystery, even to many in the wine industry. Wine attorney and historian Richard Mendelson suspects it may predate Prohibition.

Or it may stem from a hodgepodge of past practices. After all, the quaint remnant of the "table wine" designation - once meant for wines between 11 and 14 percent alcohol - lives on. Most European wines were shipped with labels that indicated them simply as "table wine," enough that Josh Jensen of Calera chose to emulate language from his favorite Burgundies in his inaugural 1975 vintage. Even then, the term was losing its meaning.

"Initially we didn't want to put the number on," Jensen recalls, "and then after about 10 years of doing that, people would say, 'Oh, this is just a table wine,' and I'd say, 'This is our best wine!' And so we started putting alcohol numbers on."

If 14 percent seems arbitrary as a dividing line, its financial implications are not. Currently the TTB assesses a tax of $1.07 per gallon, or 21 cents per bottle, for wines 14 percent alcohol or less; wines above 14 percent are taxed at $1.57 per gallon, or 31 cents per bottle.

For a large winery producing 100,000 cases of wine, nudging above 14 percent costs an extra $120,000. To the largest producers, there are good reasons to keep alcohols low. And for all the kvetching about high alcohols, most wine taxed in the United States remains in that "table wine" bracket: 440.6 million gallons of bottled wine were at 14 percent or less last year, compared with 50.2 million above 14 percent.

Hot topic in wine world

But for higher-end wines? Life above 14 percent is routine, and for the past two decades it was often a required path to critical success.

All this presumes truth in labeling for alcohol levels, which often isn't the case - enough so that we tested 19 wines to check their accuracy.

No other topic prompts so many flareups in the wine world. In 2008, Sacramento retailer and wine authority Darrell Corti, a longtime critic of higher-alcohol wines, drew flak when it was revealed that he would no longer consider wines that exceeded 14.5 percent. In the aftermath, Corti began publishing alcohol levels in his popular newsletter. His business survived what came to be called Zingate.

"I have never had a customer who has read any of this stuff say anything like, 'You're a fascist' or 'you're stupid' or 'you have your head up your ass,' " Corti says. "They all say, 'bravo.' "

In part, Corti was frustrated because he saw how higher alcohols have come to largely define California's reputation. While most alcohol regulations in Europe mandate a minimum alcohol content - premier cru Volnay must clock at least 11 percent - "in California, it should be the other way around," Corti suggests.

Corti's dustup would feel familiar to Michael Mina corporate wine director Rajat Parr, who was caught in a flurry of attention when, during a tasting at the World of Pinot Noir in March, he endorsed what he thought was a lower-alcohol Pinot made by Siduri owner Adam Lee. Lee had switched labels on two wines, and revealed that Parr had praised a 15 percent wine. (See sfg.ly/hyac9X)

The intentional switch stemmed, no doubt, from Parr's vocal role in the lower-alcohol movement - including a policy that limits New World Pinot Noir and Chardonnay at his San Francisco restaurant, RN74, to 14.5 percent. (The limit doesn't extend to other wines or other Mina restaurants.) And it prompted a long round of bickering about alcohol, including an online finger-wagging from critic Robert Parker, who suggested that "arbitrary cutoffs make no sense, and are nothing more than a form of wine fascism."

The use of alcohol as a barometer leaves many winemakers uneasy - especially since they acknowledge they often take advantage of the built-in leeway provided for wine labels.

"The emphasis on alcohol for me is a distraction from the larger picture," Lee says.

Parker and others often complain that alcohol rules are unfairly weighted against American producers - that often inaccurate labels on imported wines mask a boozier reality.

The trick of balance

Sommeliers swap tales of white Burgundies (to say nothing of ripe-vintage Bordeaux or Barolo) marked 13.5 percent but exceeding 15.

In winemaking, vintners must consider alcohol along with pH level, acidity and so on. This leads us to the tricky notion of balance in wine. A Parr-organized Pinot event, "In Pursuit of Balance," was further skewered for the word "balance" serving as code for less alcohol.

But that's not always the case.

Napa winemaker John Kongsgaard, whose powerful (but balanced) Chardonnays routinely exceed 15 percent, hasn't made a wine below 14 percent in a decade. Yet his concentrated flavors retain balance.

"We never hear complaints about the alcohol, ever," Kongsgaard says. "We hear about it as an intellectual idea from sommeliers, but I think the sommelier class are the people who are the most interested. I think that's fine. They're serving lots of wine to lots of people and they need to be careful about it."

Wine and dine

And that's where alcohol - regardless of balance - remains a defining element of a wine's style. For all the knocks against alcohol-watchers as ignoring the fundamental pleasure of wine, a balanced high-alcohol wine still won't please palates looking for a lighter touch.

Alcohol takes on a new dimension when you sit down to dine.

So sommeliers particularly have become champions of more - and more accurate - alcohol disclosure. Perhaps that's because diners have only their own assumptions to rely on when browsing a wine list. Perhaps it's because wine directors have to pair wines with food - there's a reason one Australian winemaker dubbed high-octane specimens "cocktail wines" - or because they want their customers to walk out the door, not stagger.

For his part, Parr - who makes wine in Santa Barbara - finds more customers, especially under 35, asking about alcohol content.

"I want to have a glass, two glasses, three glasses, and not feel that I'm going to be intoxicated," he says. "It's the wine I drink, it's the wine I make, it's the wine I serve in my restaurant. I never said the other style is wrong."

Increasingly, winemakers agree.

"I think every by-the-glass list should have alcohol listed on it," says winemaker Gavin Chanin, who apprenticed with Au Bon Climat's Jim Clendenen, an early scourge of California's higher-alcohol trend, before founding his Chanin label. "Not because it's the be-all end-all, but for those of us who know what kind of style we want, it's such a great indicator."

Which might explain why at least one restaurant in Wine Country is serving up hard numbers.

At Oenotri in Napa, wine director Sur Lucero lists alcohol levels for every wine he sells on a list that ranges from steely Italian whites to California Cabernet (and the occasional heavy-lifting Chardonnay) that top 15 percent. In part, this was a practical consideration - "there's no way I can keep alcohol levels for 650 wines in my head," he says - but Lucero also considers it a useful guide both for his patrons and himself in pairing wines to food with similar weight.

While those numbers might seem to target the muscle of California, Lucero notes that they can be equally helpful with Europe's high-alcohol offerings, including Barolo, southern Rhone wines or even Alsatian whites that can push 15 percent.

"Here in Napa we have a lot of educated wine drinkers," Lucero says, "enough that it doesn't take anything away from those who think that number is inconsequential, but it adds for those who find something in that number."

The end of 14 percent?

Whether you believe alcohol levels should come down or that the law should acknowledge a higher-alcohol reality, what's evident is that the arbitrary 14 percent barrier needs reform.

"Everybody starts to draw the line at the same place," says Wendell Lee, general counsel for the Wine Institute, the industry's main trade group. "But does it make any sense? Today it probably doesn't."

That could mean raising table-wine limits to 15 percent or enacting a sliding tax scale. Clearly the alcohols printed on labels could be far more precise.

For those who don't care? It's easy to tune out this particular bit of information. But for a lot of wine lovers, alcohol levels will remain a flash point.

So we're adding this one data point to our coverage. We believe that helps everyone make more informed decisions. And rare is the wine lover who doesn't want to be informed.

Wine Pairings with Vegetarian Food

Shava Chai

January 26, 2011

Vegetarian cooking has gotten more sophisticated and varied, and there are many wines that make excellent pairings with vegetarian dishes. Many kinds of red and white wines work well with vegetarian meals, even those based on Asian, Indian, Mexican, and Thai cuisines.

A lot of advice about wine pairing assumes that the main dish will be a meat or fish—the classic "red wine with red meat, white wine with chicken or fish" guidelines, for instance. But what is the best wine to serve when potato gratin or cauliflower couscous is the starring dish? What are the best wines to pair with vegetarian cooking?

Choosing the right wine to go with vegetarian food is not that different from picking wines to pair with meals featuring meat or fish. Since there is such a range of flavors, cooking techniques, and cultural influences in vegetarian cooking, you should consider the entire gamut of varietals (sic) and how each might enhance particular recipes.

Vegetarian Wine Pairing Guidelines

There are no laws about serving a particular wine with a certain kind of food. Ultimately, you must decide for yourself which wines you like best with different tasting food—and of course, each varietal has many nuances. One company's Syrah may have been heavenly with the shitake mushroom risotto you made last month, but a different Syrah may not be as memorable.

That said, there are some helpful basics for deciding which white and red wines to pair with vegetarian food:

- A wine should not overwhelm the flavors of food, and vice versa. Therefore, a hearty vegetarian stew with lots of herbs might benefit from a full-bodied wine that had herbal accents, while a lemony rice and vegetable pilaf would do better with a light white wine with citrus accents.

- Acidic foods like tomato sauces are often paired with high-acid wines like Sangiovese. Hot and spicy dishes such as those found in Thai, Indian, or Chinese traditions, are often complemented by a "spicy" wine such as Gerwurtztraminer that has enough complexity to stand up to the heat in the food. If you are serving a dish with lots of heat it is also best to go with a wine that has a lower alcohol content that will not accentuate the heat.

Suggested Vegetarian Food and Wine Pairings

Asparagus and artichokes: These vegetables contain compounds that can make wines taste bitter or metallic. However, the right Viognier or Sauvignon Blanc can work.

Salads and lightly seasoned vegetables: A light, crisp, herbal white wine is a good choice. Try a Pinot Gris, Pinot Grigio, light Riesling, or Sauvignon Blanc.

Tomatoes, eggplant, citrus: Wines with more acidity can be a good balance. Try a Sauvignon Blanc, Pinot Grigio, Sangiovese, Zinfandel, or Grenache.

Mushrooms: The rich, earthy flavor of mushrooms can stand up to a robust red wine like Pinot Noir, Burgundy, and Shiraz.

Roasted root vegetables: Tempranillo's earthy, smoky, herbal character makes it a candidate for roasted potatos, turnips, parsnips, and beets; some Pinot Noirs or Syrahs might work, too.

Bean chili: Choose a robust, spicy Syrah or zesty Zinfandel.

Lentil-based dishes: Good pairings include Cabernet Sauvignon, Pinot Noir, and Syrah.

Italian pasta and pizza: Vegetarian versions of the Italian classics pair well with Pinot Noir, Gamay, Zinfandel, Barbera, Sangiovese, and Cabernet Sauvignon.

Pesto: With basil pesto, try a Sauvignon Blanc, Merlot, or Zinfandel.

Omelettes, quiche, and frittatas: Egg dishes are great with sparkling wines, including Champagne, Cava, and Prosecco. Depending on what vegetables, cheeses, and herbs are in the recipe, also consider a Rose, Sauvignon Blanc, Chardonnay, or white Burgundy.

Butter- or cream-based sauces; dishes featuring nuts: Chardonnay, Sauvignon Blanc, Pinot Noir.

Spicy stews, curries, and Asian cuisine: Gerwurtztraminer, Riesling, Viognier.

Mexican cuisine: Depending on the dish, consider medium-bodied reds with some spice like Tempranillo, Zinfandel or Malbec, or for dishes with mouth-searing chili heat, a low-alcohol wine with some sweetness.

FOOD & WINE

OCTOBER 2007

wine made simple

7 easy rules for pairing

plus 67 wine-friendly recipes

Spicy pork & tomatillo stew—delicious with a Syrah blend

PAGE 148

11 superstar wines

(and their bargain twins)

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CREAMY ANCHOÏADE WITH CRUDITÉS
recipe, p. 128

7 RULES *for perfect* PAIRING

F&W's Ray Isle simplifies the task of pairing food and wine into seven mantras; Test Kitchen Supervisor Marcia Kiesel creates enlightened recipes for each.

photographs by kana okada

PAIRING *rule #1*

SERVE A DRY ROSÉ WITH HORS D'OEUVRES

Good rosé combines the fresh acidity and light body of white wines with the fruity character of reds. This makes it the go-to wine when serving a wide range of hors d'oeuvres, from crudités to gougères.

for hors d'oeuvres recipes, go to p. 128»

PAIRING *rule* #2

SERVE AN UNOAKED WHITE WITH ANYTHING YOU CAN SQUEEZE A LEMON OR LIME ON

White wines such as Sauvignon Blanc, Albariño and Vermentino (typically made in stainless steel tanks rather than oak barrels) have a bright, citrusy acidity that acts like a zap of lemon or lime juice to heighten flavors in everything from smoked sablefish to grilled salmon.

PAN-GLAZED SALMON WITH OYSTER SAUCE AND BASIL

ALBARIÑO *with* Pan-Glazed Salmon with Oyster Sauce and Basil

TOTAL: 30 MIN
4 SERVINGS

One of Marcia Kiesel's favorite condiments, oyster sauce, gets its rich, briny flavor and glossy deep-brown hue from reduced oyster broth. Here she uses it as a sweet-spicy glaze for seared salmon.

1½ pounds skinless salmon fillet, cut into 1½-inch cubes
2 tablespoons oyster sauce
Salt and freshly ground pepper
1 tablespoon vegetable oil
1 fresh long red chile, thinly sliced on the bias
4 scallions, cut into 1-inch lengths
1 tablespoon dry white wine
2 tablespoons water
3 tablespoons chopped basil
Steamed rice and lime or lemon wedges, for serving

1. In a large bowl, toss the salmon cubes with the oyster sauce and season them lightly with salt and pepper.

2. In a large nonstick skillet, heat the oil. Add the salmon and cook over moderately high heat, turning once, until browned but barely cooked through, about 6 minutes. Reduce the heat to moderate; add the chile and scallions. Cook until the scallions soften, about 2 minutes. Stir in the wine and water and simmer until the salmon is just cooked through, 1 minute. Stir in the basil. Transfer the salmon to plates and serve with rice and lime wedges.

WINE 2006 Albariño de Fefiñanes.

for smoked sablefish salad, go to p. 128»

PAIRING *rule* #3 | **TRY LOW-ALCOHOL WINES WITH SPICY FOODS**

Alcohol accentuates the oils that make spicy food hot. So when confronted with dishes like a fiery curried chicken or Thai stir-fry, look for wines that are low in alcohol, such as off-dry German Rieslings (especially since a touch of sweetness helps counter spiciness, too).

PAN-SEARED CHICKEN BREASTS WITH JAMAICAN CURRY

RIESLING *with*

Pan-Seared Chicken Breasts with Jamaican Curry

TOTAL: 45 MIN PLUS OVERNIGHT MARINATING

4 SERVINGS

This Jamaican curry gets its heat from Scotch bonnet chiles; Marcia's stripped-down version relies on a Scotch bonnet hot sauce and curry powder.

CHICKEN MARINADE

- **2 teaspoons vegetable oil**
- **1 scallion, minced**
- **2 teaspoons curry powder**
- **2 teaspoons minced fresh ginger**
- **½ teaspoon ground allspice**
- **½ teaspoon Scotch bonnet hot sauce (see Note)**
- **Four 6-ounce boneless chicken breast halves, with skin**

CURRY

- **Salt and freshly ground pepper**
- **2 tablespoons vegetable oil**
- **1 medium onion, thinly sliced**
- **1 scallion, thinly sliced**
- **1 teaspoon curry powder**
- **2 teaspoons minced fresh ginger**
- **¼ teaspoon ground allspice**
- **½ teaspoon Scotch bonnet hot sauce**
- **1½ cups water**
- **1 tablespoon unsalted butter**
- **Sliced Salad, for serving (recipe follows)**

1. MARINATE THE CHICKEN: In a shallow dish, combine the oil with the scallion, curry powder, ginger, allspice and hot sauce. Add the chicken breasts and turn to coat. Cover and refrigerate overnight.

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PAIRING *rules*

2. MAKE THE CURRY: Remove the chicken from the marinade and season with salt and pepper. In a large skillet, heat the oil. Add the chicken, skin side down. Cook over moderately high heat until the skin browns, 2 minutes. Reduce the heat to moderate and cook until the skin is crisp, about 4 minutes longer. Reduce the heat to low, turn the chicken and cook until white throughout, 7 minutes. Transfer the chicken to a platter.

3. Add the onion to the skillet and cook over moderate heat, stirring occasionally, until softened, 6 minutes. Stir in the scallion, curry, ginger, allspice and hot sauce and cook, stirring, until fragrant, 5 minutes. Add the water and bring to a boil over high heat, scraping up the browned bits on the bottom of the pan. Cook until the sauce has reduced to about ½ cup, 5 minutes.

4. Return the chicken to the skillet, skin side up, and simmer until heated through, about 2 minutes. Transfer the chicken to plates. Stir the butter into the curry sauce and season with salt and pepper. Pour the sauce over the breasts and serve with the Sliced Salad on the side.

NOTE Scotch bonnet hot sauce is available online at hotsauce.com.

WINE 2006 Seven Hills Columbia Valley.

Caribbean-Style Sliced Salad

TOTAL: 15 MIN
4 SERVINGS

- **1 teaspoon whole-grain mustard**
- **1 tablespoon white wine vinegar**
- **3 tablespoons extra-virgin olive oil**
- **Salt and freshly ground pepper**
- **½ small cabbage, thinly sliced**
- **1 carrot, sliced lengthwise ⅛ inch thick on a mandoline**
- **1 yellow bell pepper, thinly sliced**
- **1 yellow tomato, thinly sliced**
- **1 ripe green tomato, thinly sliced**

1. In a small bowl, whisk the mustard with the white wine vinegar and olive oil. Season with salt and pepper.

2. Arrange the vegetables on plates. Season with salt and pepper; drizzle with the vinaigrette and serve.

RIESLING *with*

Shrimp with Green Beans and Toasted Coconut

TOTAL: 40 MIN
4 SERVINGS

Marcia seasons shrimp, crunchy green beans and smooth coconut milk with a garam masala spice mixture blending cloves, coriander and cumin seeds.

- **½ pound slender green beans**
- **½ cup shredded unsweetened coconut**
- **2 tablespoons vegetable oil**
- **1 small onion, thinly sliced**
- **1 teaspoon garam masala**
- **1 Thai chile, minced**
- **1 pound medium shrimp—shelled, deveined and halved lengthwise**
- **Salt and freshly ground pepper**
- **2 tablespoons unsweetened coconut milk**
- **1 tablespoon soy sauce**
- **¼ cup cilantro leaves**
- **Steamed rice, for serving**

1. Preheat the oven to 350°. Bring a medium saucepan of salted water to a boil. Add the green beans and cook until just tender, about 2 minutes. Drain and spread out on a large plate to cool to room temperature.

2. Spread the coconut on a baking sheet and bake until golden, about 3 minutes. Transfer to a plate and let cool.

3. In a large skillet, heat the vegetable oil. Add the onion and cook over moderate heat, stirring occasionally, until softened, about 7 minutes. Add the garam masala and chile and cook until fragrant, about 2 minutes. Add the shrimp, season with salt and pepper and cook, stirring, until the shrimp are just white throughout, about 3 minutes. Stir in the green beans and cook to heat through, about 1 minute. Stir in the coconut milk and soy sauce, then fold in the toasted coconut. Transfer to plates, garnish with the cilantro and serve with steamed rice.

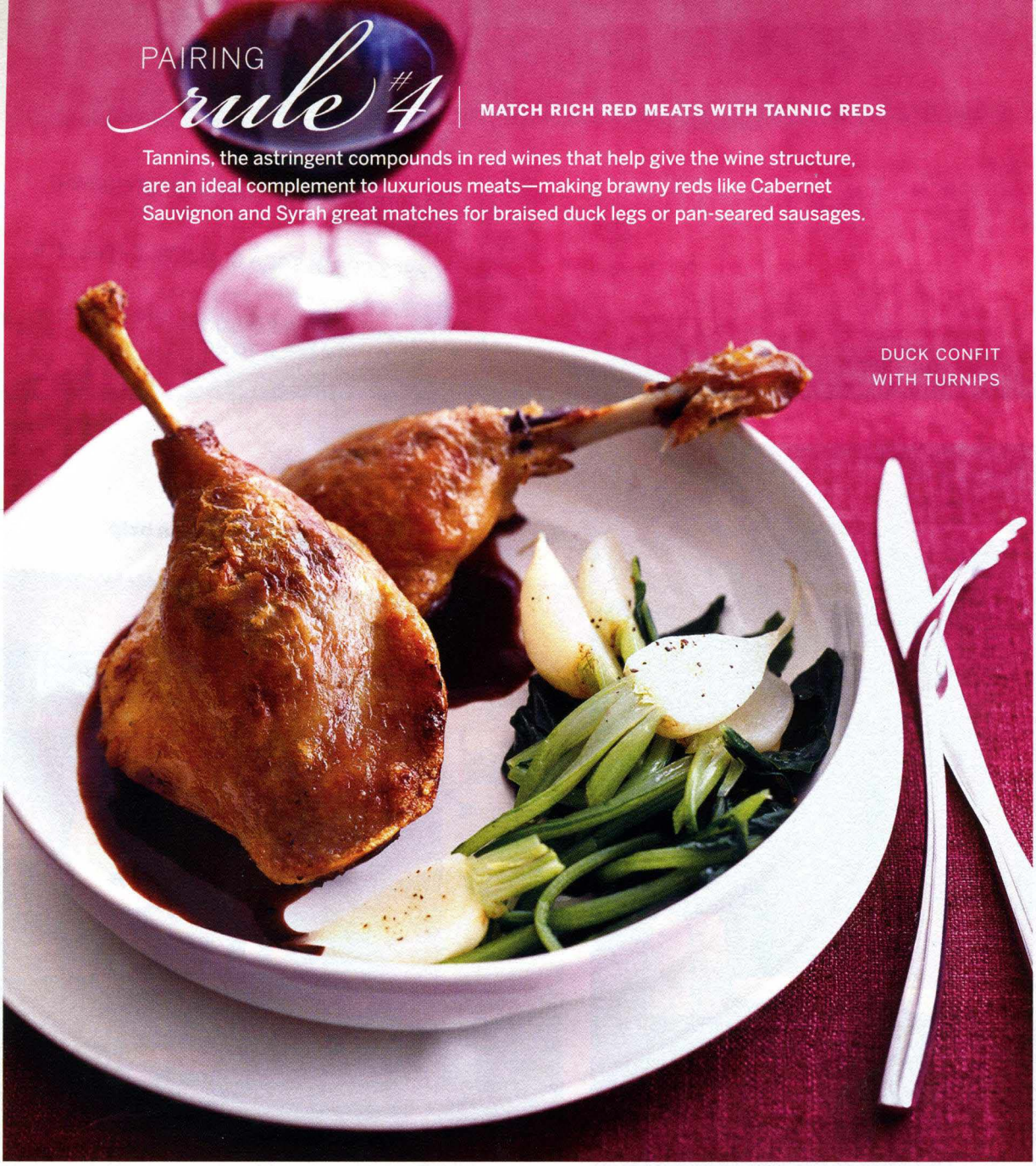
MAKE AHEAD The toasted coconut can be stored in an airtight container at room temperature for up to 2 days.

WINE 2006 Dr. Konstantin Frank Semi Dry.

PAIRING *rule* #4

MATCH RICH RED MEATS WITH TANNIC REDS

Tannins, the astringent compounds in red wines that help give the wine structure, are an ideal complement to luxurious meats—making brawny reds like Cabernet Sauvignon and Syrah great matches for braised duck legs or pan-seared sausages.



DUCK CONFIT WITH TURNIPS

CABERNET *with* Duck Confit with Turnips

ACTIVE: 30 MIN; TOTAL: 1 HR 15 MIN

4 SERVINGS

- **1 quart chicken stock**
- **1 cup dry red wine**
- **10 large garlic cloves, halved**
- **Four 3-inch-long strips of orange zest**
- **2 bay leaves**
- **Eight 6-ounce confited duck legs, with skin (see Note)**
- **1 teaspoon unsalted butter**
- **2 teaspoons all-purpose flour**
- **Salt and freshly ground pepper**
- **Steamed baby turnips and their greens, for serving**

1. Preheat the oven to 375°. In a saucepan, combine the stock, wine, garlic, orange zest and bay leaves and bring to a boil. Reduce to 2 cups over high heat, 30 minutes.

2. Add the reduction to a large roasting pan. Arrange the duck in the pan skin side up. Cover and braise until hot, 30 minutes.

3. Preheat the broiler. Transfer the duck to a large rimmed baking sheet. Strain the braising liquid into a saucepan, pressing on the garlic to mash it into the sauce. Bring the sauce to a simmer. In a bowl, blend the butter with the flour; whisk the paste into the sauce. Simmer, whisking, until thickened, 3 minutes. Season with salt and pepper and keep warm, whisking occasionally.

4. Broil the duck, rotating the pan, until the skin is crisp, 4 minutes. Transfer to plates, top with the sauce and serve with turnips.

NOTE Confited duck legs are available online at D'Artagnan, dartagnan.com.

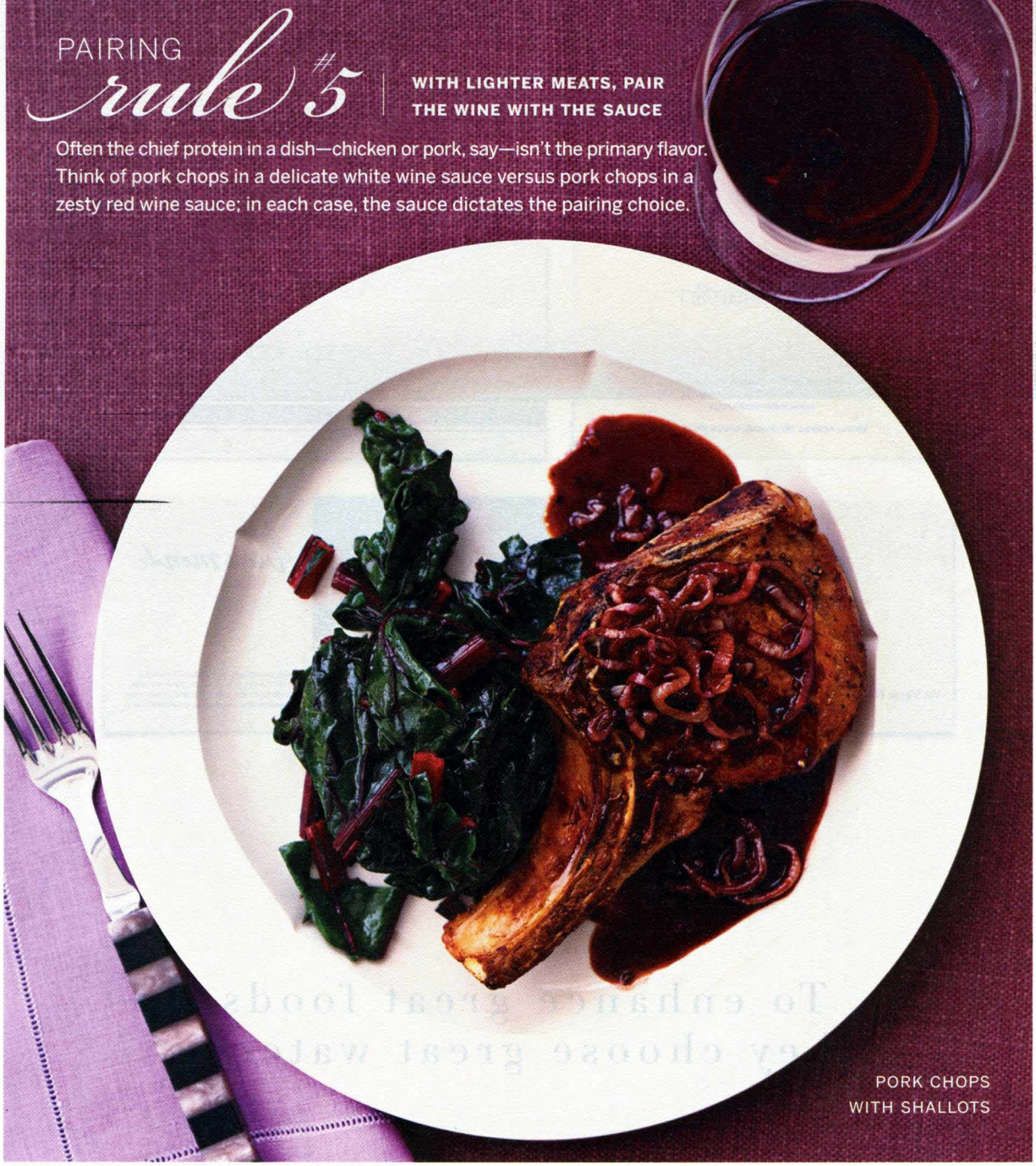
WINE 2004 Geyser Peak Walking Tree.

for sausages with grapes, go to p. 128»

PAIRING *rule* #5

WITH LIGHTER MEATS, PAIR THE WINE WITH THE SAUCE

Often the chief protein in a dish—chicken or pork, say—isn't the primary flavor. Think of pork chops in a delicate white wine sauce versus pork chops in a zesty red wine sauce; in each case, the sauce dictates the pairing choice.



PORK CHOPS WITH SHALLOTS

PORTUGUESE RED *with* Pork Chops with Shallots

TOTAL: 35 MIN

4 SERVINGS

Four 8-ounce bone-in pork rib chops
Salt and freshly ground pepper
All-purpose flour, for dusting
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon unsalted butter**
- **4 large shallots, sliced (1½ cups)**
- **¼ teaspoon anise seeds**
- **½ cup dry red wine**
- **1 cup chicken stock**
- **1 teaspoon minced garlic**
- **2 teaspoons tomato paste**

1. Preheat the oven to 400°. Season the pork chops with salt and pepper and dust with flour. In a skillet, heat the oil until shimmering. Add the pork and cook over high heat for 1 minute. Add the butter, reduce the heat to moderately high and cook, turning once, until the chops are browned on both sides, 8 minutes. Transfer the chops to a baking sheet and bake in the oven until an instant-read thermometer inserted at the thickest point registers 145°, about 7 minutes.

2. Meanwhile, add the shallots and anise to the skillet and cook over low heat, stirring, until softened, about 8 minutes. Add the wine and reduce over moderately high heat to ¼ cup, about 2 minutes. Add the stock and reduce by half, about 5 minutes. Stir in the garlic and tomato paste and cook for 1 minute longer. Season with salt and pepper. Transfer the chops to plates and top with the sauce.

SERVE WITH Sautéed red chard.

WINE 2004 Ramos-Pinto Adriano.

for chicken with leeks, go to p. 130»

PAIRING *rule #6*

CHOOSE EARTHY WINES WITH EARTHY FOODS

Many great pairing combinations happen when wines and foods echo one another. Earthiness is often found in reds such as Pinot Noir (particularly from Burgundy) and Nebbiolo, making them great partners for equally earthy ingredients, like bison steaks or wild mushrooms.

BISON RIB EYE STEAKS WITH ROASTED GARLIC

PINOT NOIR *with* Bison Rib Eye Steaks with Roasted Garlic

ACTIVE: 30 MIN; TOTAL: 1 HR 15 MIN

4 SERVINGS

- **4 large heads of garlic, halved**
- **Salt and freshly ground pepper**
- **4 tablespoons unsalted butter**
- **1 cup chicken stock**
- **2 tablespoons vegetable oil**
- **Four 9-ounce boneless bison rib eyes**
- **½ cup dry red wine**
- **1 cup water**

1. Preheat the oven to 350°. Season the garlic with salt and pepper. In an ovenproof skillet, melt 2 tablespoons of the butter. Add the garlic cut side down. Add the stock and bring to a simmer. Cover and roast until tender, about 30 minutes.

2. Set the skillet over moderate heat. Simmer to evaporate the stock. Add 1 tablespoon of the butter; cook until the garlic is browned. Transfer the garlic to a plate.

3. In each of 2 large skillets, heat 1 tablespoon of oil. Season the steaks, add them to the skillets and sear over high heat for 2 minutes. Cook over moderately high heat, turning once, until the steaks are medium-rare, about 6 minutes; transfer to plates.

4. Pour half of the wine into each skillet and boil. Scrape the juices from 1 skillet into the other; boil until reduced by half. Add the water and boil until reduced by half, 5 minutes. Off the heat, swirl in the remaining butter. Season with salt and pour over the steaks. Garnish with the garlic and serve.

WINE 2004 Domaine Tollot-Beaut Beaune Clos-du-Roi Premier Cru.

for mushroom ragout, go to p. 130»

PAIRING *rule #7* | **FOR DESSERTS, GO WITH A LIGHTER WINE**

When pairing desserts and dessert wines, it's easy to overwhelm the taste buds with sweetness. Instead, choose a wine that's a touch lighter and less sweet than the dessert—for instance, an effervescent Moscato d'Asti with roasted pears.

MOSCATO-ROASTED PEARS AND CIDER-POACHED APPLES

MOSCATO *with*

Moscato-Roasted Pears and Cider-Poached Apples

ACTIVE: 40 MIN; TOTAL: 1 HR

4 SERVINGS

- **4 semiripe Bartlett pears**
- **Confectioners' sugar, for dusting**
- **2 tablespoons unsalted butter**
- **¾ cup Moscato d'Asti**
- **½ cup Poire Williams**
- **½ cup fresh apple cider**
- **1 large Fuji apple, cored and sliced ⅛ inch thick**
- **Cinnamon, for dusting**
- **Sweetened whipped cream, for serving**

1. Preheat the oven to 400°. Quarter and core the pears; dust generously with confectioners' sugar. In a large, ovenproof nonstick skillet, melt the butter. Add the pears, cut sides down, and cook over high heat until richly browned, 10 minutes.

2. Turn the pears skin sides down. Pour in the Moscato. Roast the pears in the oven until the pears are tender and the wine has reduced to a syrup, about 18 minutes. Transfer the pears to a platter.

3. Meanwhile, add the Poire Williams to the skillet and boil for about 3 minutes, scraping up any browned bits from the bottom. Add the cider and bring to a boil. Add the apple slices, cover and simmer over low heat, turning once, until the apple slices are translucent, about 5 minutes. Uncover and simmer until the cider has reduced to a syrup. Spoon the apples into shallow bowls and top them with the pear wedges. Dust with cinnamon and serve with whipped cream.

WINE Michele Chiarlo Nivole.

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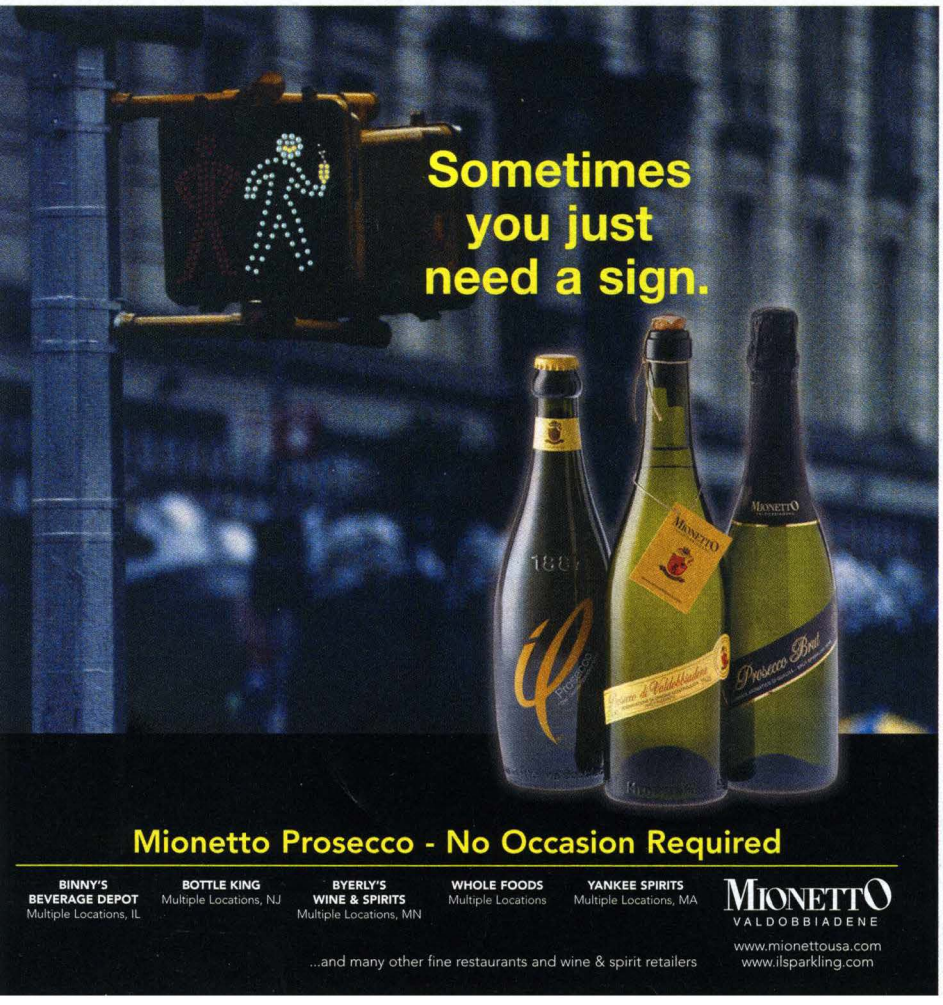

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PAIRING *rules*

MADEIRA *with* Dulce de Leche Crispies

ACTIVE: 20 MIN; TOTAL: 50 MIN

MAKES 2 DOZEN CRISPIES

For a grown-up twist on the classic Rice Krispies Treats, Marcia ingeniously swaps out marshmallows for the Latin American dessert sauce dulce de leche, then adds even more crunch with toasted, sliced almonds. This dessert is caramelly, nutty and amazingly crispy.

- **¾ cup crispy rice cereal**
- **1½ teaspoons vegetable oil, plus more for coating**
- **3½ ounces blanched sliced almonds (1¼ cups)**
- **5 tablespoons dulce de leche at room temperature, plus more for topping**
- **Salt**

1. Preheat the oven to 350°. In a small bowl, toss the rice with 1 teaspoon of the vegetable oil. Spread the oiled rice in an even layer on a large nonstick rimmed baking sheet. Bake until the rice is very crisp, about 10 minutes. Transfer to a plate and let cool to room temperature.

2. In a large bowl, mix the sliced almonds with the toasted rice. Using a rubber spatula, blend in the 5 tablespoons of dulce de leche and the remaining ½ teaspoon of oil, stirring well to coat the rice and almonds thoroughly.

3. Lightly oil 2 large nonstick rimmed baking sheets. Scoop rounded tablespoons of the rice-almond mixture onto the pan and gently flatten them into 2½-inch-wide disks. Lightly sprinkle the crispies with salt. Bake them until they are lightly browned, about 15 minutes.

4. Let the dulce de leche crispies cool on the baking sheets for 1 minute. Using a spatula, carefully transfer them to a platter to cool completely. Dollop each one with ¼ teaspoon of the remaining dulce de leche and serve.

MAKE AHEAD The crispies can be stored in an airtight container overnight.

WINE Cossart Gordon Bual five-year-old.

ROSÉ with Creamy Anchoïade with Crudités

TOTAL: 15 MIN
4 TO 6 SERVINGS

Anchoïade, a Provençal puree of anchovies, garlic and olive oil, is often slathered on grilled bread or served as a dip. Use any combination of crudités—from thin shavings of spicy black radish to florets of *broccoli romanesco,* a relative of broccoli and cauliflower.

One 3-ounce jar anchovies packed in olive oil, drained and chopped
3 large garlic cloves, chopped
½ cup extra-virgin olive oil
Assorted vegetables for dipping, such as thinly sliced black radishes, fennel wedges, treviso leaves and florets of *broccoli romanesco*

In a mini food processor or blender, puree the anchovies with the garlic. With the machine on, pour in the olive oil until blended. Transfer the *anchoïade* to a serving bowl; serve with the vegetables.

MAKE AHEAD The *anchoïade* can be refrigerated, covered, for up to 4 hours. Process again before serving.

WINE 2006 Langlois-Chateau La Bretonniere Rosé.

ROSÉ with Roquefort Gougères

ACTIVE: 35 MIN; TOTAL: 1 HR 40 MIN
MAKES ABOUT 4½ DOZEN

Savory cheese puffs native to Burgundy, gougères are traditionally made with that region's mild, nutty Comté cheese. Marcia prepares her ethereal, crispy rounds with Roquefort, a robust blue cheese from southwestern France. The cheese mellows out when baked in pastry, providing a deliciously pungent and mildly salty bite.

1 cup water
3 tablespoons unsalted butter
½ teaspoon salt
1 cup all-purpose flour
4 large eggs
2 ounces Roquefort cheese, crumbled (½ cup)

1. Preheat the oven to 425°. Line 2 large rimmed baking sheets with parchment paper. In a small saucepan, combine the water, butter and salt and bring to a boil. Remove from the heat, add the flour all at once and beat vigorously with a wooden spoon until the flour is thoroughly incorporated. Return the pan to moderate heat and cook the dough, stirring constantly, until it pulls away from the side of the pan to form a ball, about 2 minutes. Remove the pan from the heat and let stand at room temperature, stirring a few times, until the dough cools slightly, about 3 minutes.
2. Add the eggs one at a time, stirring briskly between additions to thoroughly incorporate each egg. Stir in the cheese.
3. Transfer the dough to a pastry bag fitted with a ½-inch round tip. Pipe 1-inch mounds of dough about 1 inch apart.
4. Bake the gougères until golden brown, about 25 minutes. Turn the oven off and prop the door ajar to dry out the gougères completely, about 20 minutes longer. Transfer the gougères to a large platter. Serve warm or at room temperature.

MAKE AHEAD The gougères can be frozen for up to 1 month. Reheat in a 350° oven.

WINE 2006 SoloRosa Syrah.

SAUVIGNON BLANC with Smoked Sablefish and Potato Salad with Capers and Onions

ACTIVE: 25 MIN; TOTAL: 55 MIN
4 SERVINGS

This salad gets its lovely piquancy from salty capers and crunchy red onions—a peppery quality enhanced by an unoaked white wine. Sablefish, a buttery fish also known as black cod, is firmer and slightly smokier than smoked salmon, but the latter can also be substituted.

¼ cup salt-packed capers, rinsed
1½ pounds medium Yukon Gold potatoes
Salt
¼ cup extra-virgin olive oil
1 tablespoon freshly squeezed lemon juice
Freshly ground pepper
½ small red onion, thinly sliced
¾ pound smoked sablefish or salmon, thinly sliced
2 tablespoons parsley leaves, for garnish
Lemon wedges, for serving

1. In a small bowl, cover the rinsed capers with warm water. Let stand at room temperature for 30 minutes. Drain.
2. Meanwhile, in a large saucepan, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer until tender, about 30 minutes; drain. While the potatoes are still warm, peel and slice them ¼ inch thick. Transfer the potatoes to a large bowl.
3. In a small bowl, combine the olive oil, lemon juice and capers and season with salt and pepper. Pour two-thirds of the dressing over the potatoes and toss.
4. Arrange the potatoes, onion and sablefish on a platter. Drizzle with the remaining dressing, garnish with the parsley and lemon wedges and serve.

WINE 2006 Santa Rita Floresta Leyda Sauvignon Blanc.

SYRAH with Sausages with Grapes

ACTIVE: 20 MIN; TOTAL: 40 MIN
4 SERVINGS

After sampling several varieties of red wine in this recipe, Marcia discovered that a tannic red like a young Syrah tasted best with these plump sausages, cooked with tangy balsamic vinegar and tart grapes. Just don't use lean sausages; you want a little fat to help soften the tannins in both the wine and the grapes.

2 tablespoons extra-virgin olive oil
1¼ pounds breakfast sausages or sweet Italian pork sausages
3 tablespoons water
2 garlic cloves, thinly sliced
1 teaspoon chopped rosemary
1 tablespoon balsamic vinegar
½ pound red and green seedless grapes
Salt and freshly ground pepper
Crusty bread, for serving

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PAIRING *rules*

1. In a large, deep skillet, heat the olive oil until shimmering. Add the sausages and cook them over moderately high heat until they are browned on 2 sides, about 4 minutes. Cover and cook over moderate heat, turning once, until the sausages are no longer pink, about 10 minutes.

2. Add the water, garlic and rosemary and cook over low heat, scraping up any browned bits on the bottom, until the garlic softens, about 5 minutes. Add the vinegar and the grapes and cook over moderate heat, stirring until the grape skins start to split, 2 minutes. Season with salt and pepper, transfer to plates and serve with crusty bread.

WINE 2005 Domaine Yann Chave Crozes Hermitage.

CHARDONNAY *with* Chicken Breasts with Leeks and Pine Nuts

ACTIVE: 25 MIN; TOTAL: 45 MIN
4 SERVINGS

Cooked in butter until soft, leeks have a savory edge that's delicious with a buttery white wine. Pork chops or a pork tenderloin would also be nice here.

- **3 tablespoons pine nuts**
- **2 tablespoons extra-virgin olive oil**
- **Four 6-ounce chicken breast halves, with skin**
- **Salt and freshly ground pepper**
- **2 medium leeks, white and tender green parts only, halved lengthwise and sliced crosswise ½ inch thick**
- **2 medium shallots, thinly sliced**
- **1 cup dry white wine**
- **1½ cups chicken stock**
- **4 tablespoons cold unsalted butter, cut into tablespoons**

1. Preheat the oven to 300°. In a skillet, toast the pine nuts over moderately high heat, stirring, until golden brown, 2 minutes. Transfer to a small plate.

2. In the same skillet, heat the oil. Season the chicken breasts with salt and pepper and add them to the skillet skin side down. Cook, turning once and pressing with a spatula, until browned on both sides, about 6 minutes. Transfer the chicken breasts to a large rimmed baking sheet and bake in the oven until just white throughout, about 20 minutes.

3. Meanwhile, add the leeks and shallots to the skillet and cook over moderately low heat, stirring, until softened, 7 minutes. Add the wine, increase the heat to high and boil until reduced by half, about 3 minutes. Add the stock and boil until reduced to ½ cup, about 10 minutes. Off the heat, swirl in the butter 1 tablespoon at a time. Season the sauce with salt and pepper. Transfer the chicken to plates. Pour the sauce over, garnish with the pine nuts and serve.

WINE 2004 Hamacher Cuvée Forêts Diverses Chardonnay.

NEBBIOLO *with* Mushroom-Shallot Ragout

ACTIVE: 45 MIN; TOTAL: 1 HR 15 MIN
4 SERVINGS

Marcia sautés a meaty mixture of white mushrooms, chanterelles and dried porcini with plenty of shallots, thyme and lemon juice, then enriches it with *beurre manié*, a knob of butter kneaded with flour. Here she serves the delectable stew with polenta for a satisfying vegetarian main course.

- **½ ounce dried porcini mushrooms (½ cup)**
- **½ cup boiling water**
- **½ pound large white mushrooms, stemmed and tops cut into eighths**
- **1 tablespoon fresh lemon juice**
- **3½ tablespoons unsalted butter, ½ tablespoon softened**
- **2 tablespoons extra-virgin olive oil**
- **Salt and freshly ground pepper**
- **1 pound chanterelle mushrooms, sliced ½ inch thick**
- **2 large shallots, thinly sliced**
- **1½ cups mushroom broth or water**
- **1 tablespoon all-purpose flour**
- **1 garlic clove, minced**
- **1 teaspoon chopped thyme**
- **Soft polenta, for serving**

1. In a small heatproof bowl, cover the dried porcini mushrooms with the boiling water. Let stand until the mushrooms have softened, about 15 minutes.

2. Meanwhile, in a medium bowl, toss the white mushrooms with 2 teaspoons of the lemon juice. In a large skillet, melt 1 tablespoon of butter in 1 tablespoon of the olive oil until sizzling. Add the white mushrooms and season with salt and pepper. Cover and cook over moderate heat until the liquid released from the mushrooms has evaporated, about 6 minutes. Uncover and cook, stirring occasionally, until the mushrooms are browned, about 4 minutes. Transfer to a plate.

3. In the same skillet, melt 2 tablespoons of the butter in the remaining 1 tablespoon of oil. Add the chanterelles and season with salt and pepper. Cover and cook over moderate heat until the mushrooms are swimming in liquid, about 5 minutes. Uncover and cook over moderately high heat until the liquid has evaporated, about 3 minutes. Continue to cook, stirring occasionally, until the chanterelles are browned, about 8 minutes. Add the shallots and cook over moderate heat, stirring a few times, until softened, about 4 minutes.

4. Using a slotted spoon, transfer the porcini to a work surface. Coarsely chop the porcini and add them to the chanterelles along with their soaking liquid, stopping before you reach the grit. Stir in the mushroom broth and the white mushrooms and simmer over moderate heat until the porcini are soft, about 4 minutes.

5. In a small bowl, blend the ½ tablespoon of softened butter with the flour to make a smooth paste. Stir in ⅓ cup of the ragout liquid to dissolve the paste, then whisk the mixture into the ragout. Add the minced garlic, chopped thyme and the remaining 1 teaspoon of lemon juice and simmer over low heat, stirring occasionally, until the ragout is thickened and glossy, about 4 minutes. Season the mushroom ragout with salt and pepper and serve with soft polenta.

WINE 2004 Poderi Colla Nebbiolo d'Alba. ●

Jeff Meier, Winemaker

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Exploring The Pairing of Wine and Food

Algonquin College
School of Hospitality & Tourism
HOS 5158 Wine & Food Pairing

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Summer 2013

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Executive Summary

We have chosen to pair *Lemon Pasta with Chicken* with a *Chateau Fort-Lignac Haut-Medoc*.

We felt that these would pair well for the following reasons:

(i) the earthy aromas and flavours of the wine should match well with the herbal tones in the dish
(ii) the moderately acidic sauce and salty cheese should temper the astringency of the wine, allowing the fruit in the wine to come forward
(iii) the dryness of the wine and the slight sweetness in the dish should provide a nice contrast on the palate
(iv) the chewy tannins in the wine should compliment the texture of the grilled chicken

Purpose

There were a number of purposes identified as worthy to explore in the preparation and execution of our project.

First, we were looking to explore which wines might compliment a high-acid dish with simple flavours and varied textures.

Second, after our experience with the Caesar salad (especially the Parmesan cheese) paired with the Haut-Medoc in class, we decided that we would like to further explore the changes in a pairing when Parmesan cheese is added to top off a dish.

And finally, we were curious to explore how people choose a "good pairing" – if they have already rated wines and knew which they preferred, did this effect their choice of pairing with a food dish? (For example, do people who prefer a Riesling naturally gravitate towards it in their selection of best match?)

Methodology

1) **Choosing the Food:** We chose a lemon-based pasta dish for our project (see *Appendix A*). The reasoning behind this choice was that it is a very fresh dish with lots of tart, crisp lemon flavor and extra acidity from the grape tomatoes. We thought it would be interesting to find a wine that would tone down the tartness and acidity of the lemon, and enable some of the other flavours to be more noticeable (for example black pepper and garlic).

   Additionally, we chose this particular dish because the sauce contains Parmesan cheese. We felt that it would be interesting to examine if adding more cheese to the dish would effect the choice of wine pairing.

2) **A First Trial with Pairings:** We prepared the dish, and sampled it with a diversity of red and white wines to get a feel for what might go best with our food. Our initial trials included a Chilean Chardonnay, an off-dry German Riesling Spatlese, a red Burgundy, a shouthern Côtes du Rhône, a Barbera d'Alba, and an Australian Shiraz.

   Based on this, we came to the following decisions:

   (i) We would substitute linguini noodles for the spaghetti and grill the chicken, in order to enhance the flavour of the dish and bring a fuller texture to it overall.
   (ii) Our wine selections for the tasting panel would include mostly high-acid wines to stand up against the high acidity in our dish.
   (iii) As the German Riesling Spatlese was fairly sweet, the high acidity of the dish made this wine seem even sweeter. We felt that the wine became too sweet, and did not complement the dish. A decision was made to include a Riesling in our tasting panel, as it would provide the high acidity we were looking for, but to select a drier version so that the sweetness of the wine would not overpower the dish.
   (iv) We also felt that it might be interesting to experiment with a more tannic red for our tasting panel.

3) **Choosing the Wines for Our Tasting Panel:** We chose six wines to explore, three white wines and three red wines, as outlined in **Table 1**.

   WINE #1: The first choice was an off-dry and fruity Moscato D'Asti. We hoped that the sweetness of the wine might provide an interesting contrast with the sourness of the dish, and that the bubbles might provide further texture to the

pairing. Also, bubbles will always bring some fun to the exercise!

WINE #2: Our second choice was a light and crisp Spanish Albarino. In accordance with Ray Isle's "*7 Rules for Perfect Pairing"* (from Food and Wine Magazine - October 2007), one should "serve an unoaked white with anything you can squeeze a lemon or lime on. White wines such as Sauvignon Blanc, Albarino, and Vermentino have a bright, citrusy acidity that acts like a zap of lemon or lime juice." Upon further research (*www.lcbo.com* and notes from *HOS 5027 Grape Varieties* course), we discovered that an Albarino could be expected to show lemon aromas and flavours. This sounded like a good complement to our pasta dish, and we suspected that it might even prove to be the perfect match.

WINE #3: For our third choice we selected a light and crisp German Riesling Kabinett. Knowing that we could rely on a German Riesling to provide the high acidity we were looking for, we set out to find a wine that would not be too sweet for our dish, and a dry Kabinett seemed ideal.

WINE #4: Our first selection for a red wine was an Oregon Pinot Noir. Again, we expected to find a decent amount of acidity in this wine, and hoped that the lighter body of the Pinot would pair well with the lighter textures of our pasta dish.

WINE #5: Our next selection was a Chianti Classico, which we hoped would provide sufficient acidity, moderate tannins, and a medium body to contrast with the lighter textures in the sauce as well as to compliment the texture of the grilled chicken.

WINE #6: Our final selection of the wines for our tasting panel included an Haut-Medoc from the region of Bordeaux. Our primary reason for this choice was to experiment with the effect of the astringency of the tannins in a left-bank Bordeaux, especially in combination with the Parmesan cheese in the dish.

TABLE 1

Wines Used for Tasting Panel

1. *Batasiolo Moscato d'Asti DOCG*	Vintage: 2010 Region: Piedmonte, Italy Style: Off-dry and fruity Alcohol: 5.5% abv. Sugar Content: 116g/L
2. *Alvinte Albarino DO*	Vintage: 2010 Region: Rias Baixas, Spain Style: Light and crisp Alcohol: 12.5% abv. Sugar Content: 2g/L
3. *Pfeffingen Riesling Kabinett Trocken*	Vintage: 2011 Region: Pfalz, Germany Style: Light and crisp Alcohol: 12.0% abv. Sugar Content: 9g/L
4. *Wine by Joe Pinot Noir*	Vintage: 2010 Region: Oregon, USA Style: Medium-bodied and fruity Alcohol: 13.5% abv. Sugar Content: 4g/L
5. *Rocca della Macie Chianti Classico*	Vintage: 2009 Region: Tuscany, Italy Alcohol: 13.5% abv. Sugar Content: 4g/L
6. *Chateau Fort-Lignac Haut-Medoc*	Vintage: 2009 Region: Bordeaux, France Alcohol: 13.0% abv Sugar Content: 4g/L

Note: Information obtained from *www.lcbo.com*.

4) **Choosing the Tasting Panel Members:** It was agreed that the members of our tasting panel should all have a strong appreciation of wine, but that we should select family and friends with whom we most enjoy spending time. Six members seemed like the ideal number for our panel. We chose to meet in the early afternoon, in order to provide an optimal time to evaluate, when the senses are more acute.

5) **Creating the Tasting Panel Analysis Form:** We set up our tasting sheets (see *Appendix B*) with a view to collect as much information as possible for analysis, while trying to keep our guests from feeling overwhelmed, as most panel members were unfamiliar with a structured approach to tasting. We included areas on the forms which would allow panel members to first evaluate each wine on its own merits, an area to evaluate the food alone, and finally a section to evaluate the pairing of each wine with the food. Additionally, three questions would be asked of panel members on the evaluation form:

(i) Which wine was the best match with the pasta dish?
(ii) Which wine was the worst match?
(iii) Did adding extra Parmesan cheese change ratings or choices?

6) **Assembling the Tasting Panel:** The group met in the early afternoon of July 31st. Our first task was to explain the purpose of the exercise - to explore the pairing of our six chosen wines with this particular dish. In order to limit the effect of others' opinions, we requested that discussion of tasting opinions not be entered into until all members of the panel had finished their evaluations. We then instructed the panel members in the use of the Tasting Panel Analysis Forms (see *Appendix B*) as follows:

STEP #1: Panel members were asked to evaluate each of the six wines, primarily for aromas and flavours, and also to evaluate levels of sweetness, acidity, tannin, and alcohol. Each wine was also to be rated on a scale of 1-5 (1 indicating "unenjoyable", and 5 indicating "superb"). As each wine was evaluated, we paused to share our experiences and comments.

STEP #2: Panel members were then asked to evaluate the pasta dish, to assess and rate the five primary tastes in the dish (i.e. sweet, sour, salty, bitter, umami), and to make notes on any particular flavours and/or textures in the dish.

STEP #3: Panel members could then move on to the pairing activity, where each wine was tasted with the pasta dish, noting any comments on the matching, and evaluated on a scale of 1-10 with the following guidelines:
"1" would indicate "no match" - where both the wine and the food were less enjoyable together

"3" or "4" would be used to indicate a "neutral" pairing - where neither had an effect on the other
"6" or "7" would indicate a "good match" - where either the wine or the food improved with the pairing
"10" would indicate a "synergistic match" where both the wine and the food were better together

STEP #4: In an initial conclusion, members were asked to indicate which wine they felt worked best with the pasta dish, and which was the worst choice for pairing.

STEP #5: Finally, the pasta dish was topped off with some additional Parmesan cheese, and the pairing activity was reiterated. Panel members were then also queried as to whether they felt that adding the extra Parmesan changed any of their ratings or choices.

Analysis

1) Wine Ratings and Tasting Notes:

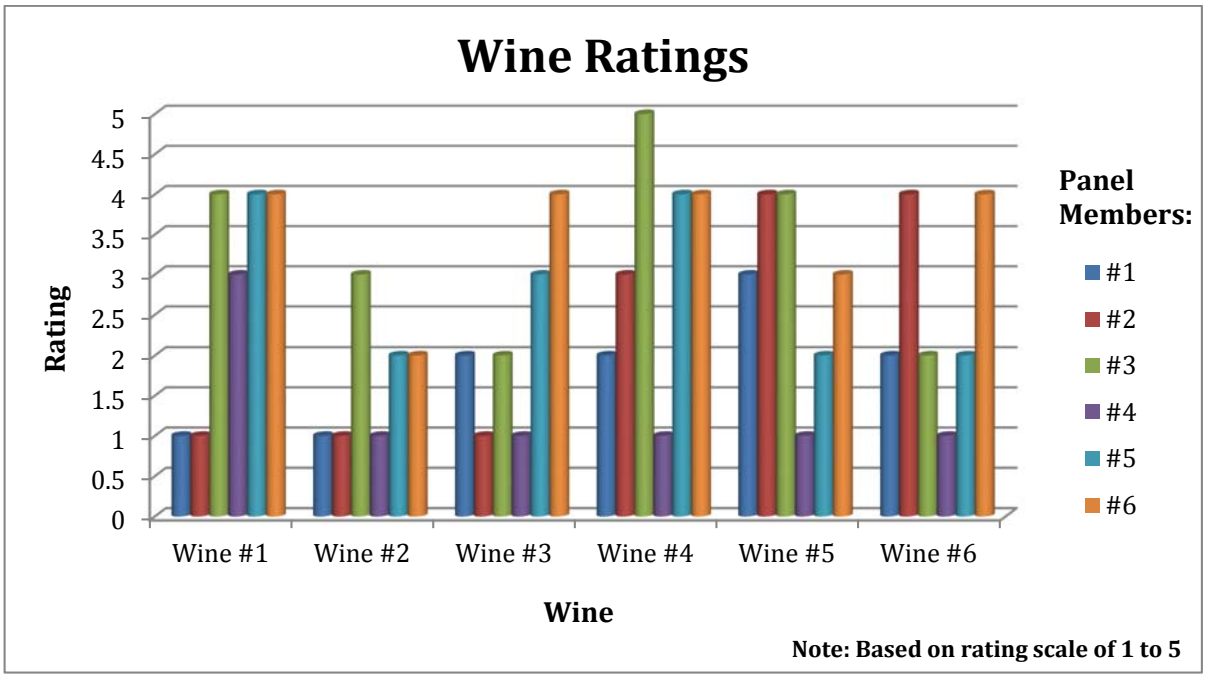

Chart 1: Wine Ratings

WINE #1: Batasiolo Moscato d'Asti DOCG, 2010

Pale straw yellow in colour with some effervescence, this Moscato presented bright and clear. On the nose, aromas of fresh peach, nectarine, pear, and citrus, as well as honey and orange blossoms were quite enticing. These aromas continued on the palate, where the wine was found to be of medium sweetness and acidity, and low alcohol. With a medium-light body and a fairly short finish, the Moscato was found by some to be delightful, while other members of the tasting panel found it to be far too sweet. Two members of the panel rated this wine 1 out of 5 overall, while the other four panel members rated it as 3 or 4.

WINE #2: Alvinte Albarino DO, 2010

Bright and clear with a very pale straw yellow colour, our Albarino had aromas of fresh cut grass, citrus, and pineapple. The fruit followed through in the flavours, while other vegetal notes were noticed on the palate as well. A dry white, with a medium level of alcohol and lots of tart acidity, the Albarino was found to be of

light body with a pithy citrus peel finish (most found it quite bitter). None of the panel members enjoyed this wine on its own, with five members rating it only 1 or 2 out of 5, and the final panel member giving it a rating of only 3. Overall, we were quite disappointed with this wine. While it had the acidity we were hoping for, the bitter finish was unexpected and quite unpleasant.

WINE #3: Pfeffingen Riesling Kabinett Trocken, 2011

Bright and clear with a pale straw yellow colour, the Riesling had aromas of apple, lemon, pineapple, grass, and noticeable petrol/rubber. On the palate, the apple, lemon, and tropical fruits were most noticeable, while the petrol was no longer as evident. Another dry white, this Riesling had a medium level of alcohol, a medium-light body, and lots of lip-smacking acidity. The tart citrus flavour continued into a long, lingering, slightly bitter finish. The panel members were divided on their opinions of this wine. Four members rated it only a 1 or 2 out of 5, while the other two panel members rated it as 3 or 4.

WINE #4: Wine by Joe Pinot Noir, 2010

Bright and clear, with a medium ruby red hue, this Oregon Pinot Noir presented an interesting and diverse nose. Cherries, black currants, and cranberries, as well as floral, cedar, earthy, and new leather aromas were followed by similar flavours, along with a fairly noticeable black pepper taste. This dry, medium-alcohol Pinot had a medium body with medium-plus acidity and fairly low tannins. One of the more popular choices in the wines, our Pinot had a fairly long, tart cherry finish, with some panel members finding the finish slightly warm. Only two of our panel found this wine unpleasant on its own, rating it 1 or 2 out of 5, while the other four members rated it at 3 or above.

WINE #5: Rocca della Macie Chianti Classico, 2009

This bright, deep ruby Chianti Classico provided a myriad of aromas and flavours. Aromas included blackberries, cherries, and blueberries, with smoky, earthy, leather, black pepper, dark chocolate, and a hint of barnyard. These flavours continued through on the palate, while the fruit and chocolate were the most noticeable elements of a long, full-flavoured finish. This dry Chianti had much more noticeable (medium-high) tannins with a medium-plus level of acidity. While the majority of the panel rated this Chianti a level 3 or 4 out of 5, two of the panel members found this wine unpleasant, rating it at 1 or 2.

WINE #6: Chateau Fort-Lignac Haut-Medoc, 2009

Our Bordeaux had a deep ruby red hue, with aromas of black currant, prune, dark cherry, ripe raspberry, dark chocolate, black pepper, cigar box, leather, earthy,

and a hint of green pepper. Unexpectedly, most of the fruit flavours did not follow through to the palate, where the high level of tannins seemed to mute them. The Haut-Medoc and a long chewy finish, and one panel member noted a metallic taste as well. This full-bodied dry wine was found to have a medium-high level of acidity and a medium level of alcohol. Most panel members did not enjoy this wine, with four rating it at a level of only 1 or 2 out of 5, and two members rating it at 4 out of 5.

2) Food Analysis and Tasting Notes:

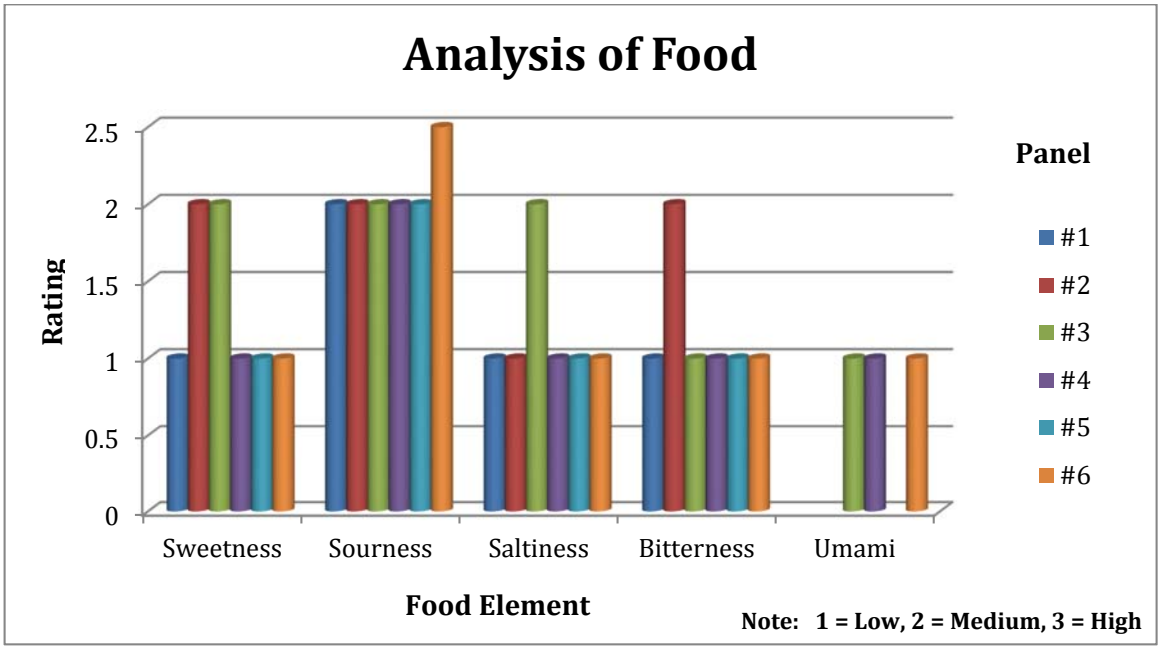

Chart 2: Analysis of Food

FOOD: Lemon Pasta with Chicken

This colourful, eye-appealing pasta dish had a light, fresh lemony flavour with lovely herbaceous undertones provided by the fresh parsley, garlic, and broccoli. While the dish was expected to be quite high in acidity levels due to the lemon zest and juice in the sauce, the sweet cherry tomatoes and salty Parmesan cheese undercut some of this acidity quite nicely. Panel members found that the medium level of acidity in the dish married well with lower levels of sweetness, saltiness, bitterness, and umami. And finally, the smooth texture of the pasta and the chewy texture of the grilled chicken added complexity to an otherwise light dish.

3) Pairing Analysis and Tasting Notes:

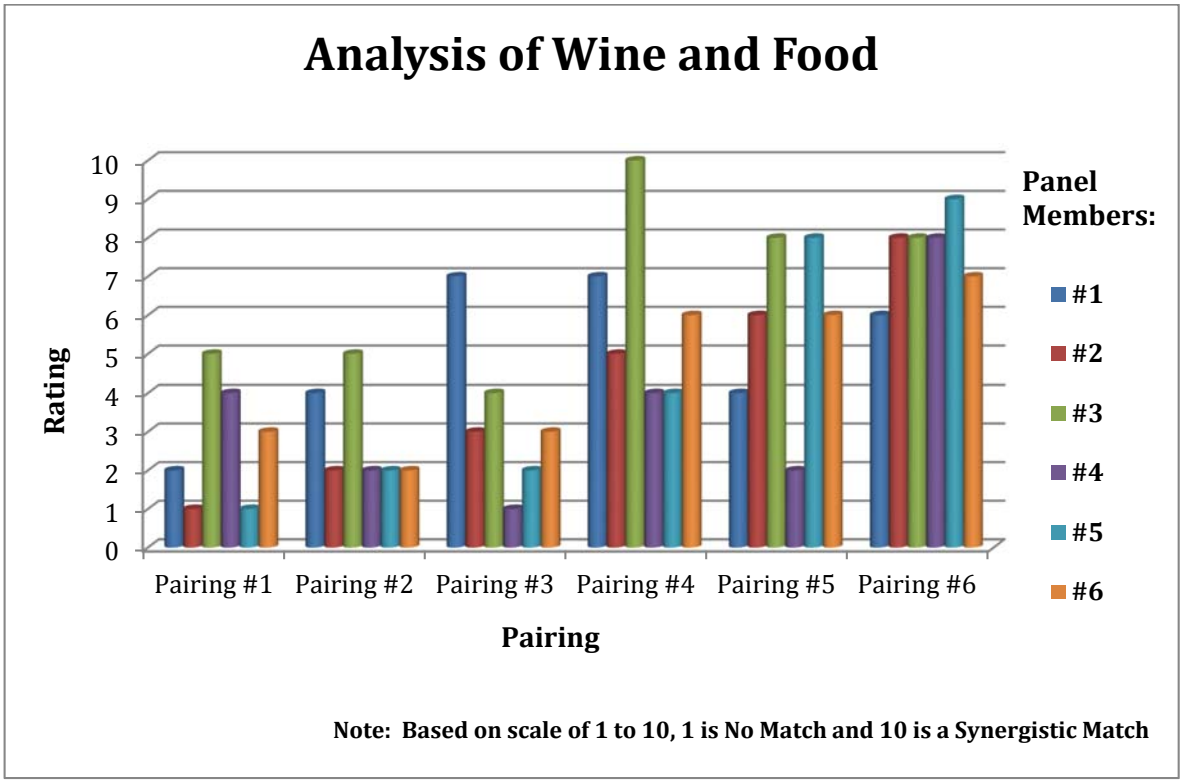

Chart 3: Analysis of Wine and Food

PAIRING #1: Moscato d'Asti with Pasta Dish

We were disappointed to find that the sweetness of the wine and the bold floral aromas overpowered the lighter flavours of the food, causing them to be lost almost entirely. Also, the acidity in the pasta dish made the wine seem even sweeter - too sweet for many panel members. Of all pairings, this was found to be the worst match, with half of the panel members rating this as No Match, while the other half rated it as a Neutral Match, at best. Both the dish and the wine suffered from this pairing.

PAIRING #2: Albarino with Pasta Dish

We expected that the similar citrus flavours and acidity levels in this wine and the pasta dish could be a nice pairing. However, we were disappointed to find that the bitterness in the wine brought forward the bitterness in the food, and thus made for a very unpleasant match. Most panel members rated it as No Match, with two rating it as a Neutral Match.

PAIRING #3: Riesling with Pasta Dish

We were pleased to find that the high acidity of the Riesling matched well with the sourness of the dish. However, even though the food lowered the acidity of the wine quite nicely, panel members felt that the wine seemed more bitter with this pairing. Our suspicion is that a slightly sweeter Riesling (perhaps with 20-25g/L of residual sugar) would have paired better with our choice of food. Needless to say, five of our panel members found this to be a Neutral Match at best.

PAIRING #4: Pinot Noir with Pasta Dish

Again, the high acidity of this wine was found to match well with the sourness in our dish. Most panel members felt that the lighter body of the Pinot paired well with the lighter textures of our pasta dish. Also, it was noted that the black pepper flavours in the wine were more noticeable, and complimented the pepper flavours in the dish, when paired together. The general consensus was that the wine and food were not competing with each other, and that this was a pretty solid match. Five panel members rated it as a Neutral to Good Match, and one member rated it as a Synergistic Match.

PAIRING #5: Chianti Classico with Pasta Dish

While some aspects of the Chianti (especially the high acidity) were a good match for the pasta dish, the texture of this wine proved to be a bit too big for the lighter textures in the pasta dish. It was noted, however, that more of the fruit in the wine was evident when paired with the food, as the tannins seemed to be tempered by the acidity from the sauce, and the slight saltiness from the Parmesan cheese. Overall, this was considered a Good Match, as the food made the wine much more pleasant. Four panel members considered this a Good Match, while the other two members rated it at Neutral Match, and No Match.

PAIRING #6: Haut-Medoc with Pasta Dish:

While our Bordeaux was not favoured by most panel members when tasted on its own, we found it quite interesting that this proved to be the panel's top choice for the pairing. The earthy aromas and flavours of the wine matched nicely with the herbal tones in the dish, and once again the tart sauce and salty cheese toned down the astringency of the wine, allowing the fruit in the wine to come forward. A Good Match was awarded by five panel members, and a Synergistic Match was found by the final member of our group.

4) Best and Worst Matches:

In the final portion of our tasting exercise, panel members were asked to identify which wine they felt was the best match, and which was the worst, with the pasta dish. Of our six panel members, four chose the Haut-Medoc, one chose the Pinot Noir, and one chose the Riesling as the best match with the food. For the worst match, four members chose the Moscato d'Asti, while the remaining two members selected the Albarino as the worst pairing.

5) Addition of Extra Cheese:

When creating our Tasting Panel Analysis Form (see *Appendix B*), we decided to include an area for re-evaluating the pairings with the addition of extra Parmesan cheese. Panel member comments were quite varied. Three members found that there was no noticeable change with any of the pairings. However, other panel members noted that the cheese softened the astringency in the higher-tannic red wines, and that it also seemed to moderate the acid in some of the more acidic wines.

All panel members were in agreement on one point – the fact that the addition of more cheese did not effect their final selection of which wine worked best with our pasta dish. It was agreed that the Bordeaux was the most popular choice with, or without, the extra cheese.

6) Examining Causality:

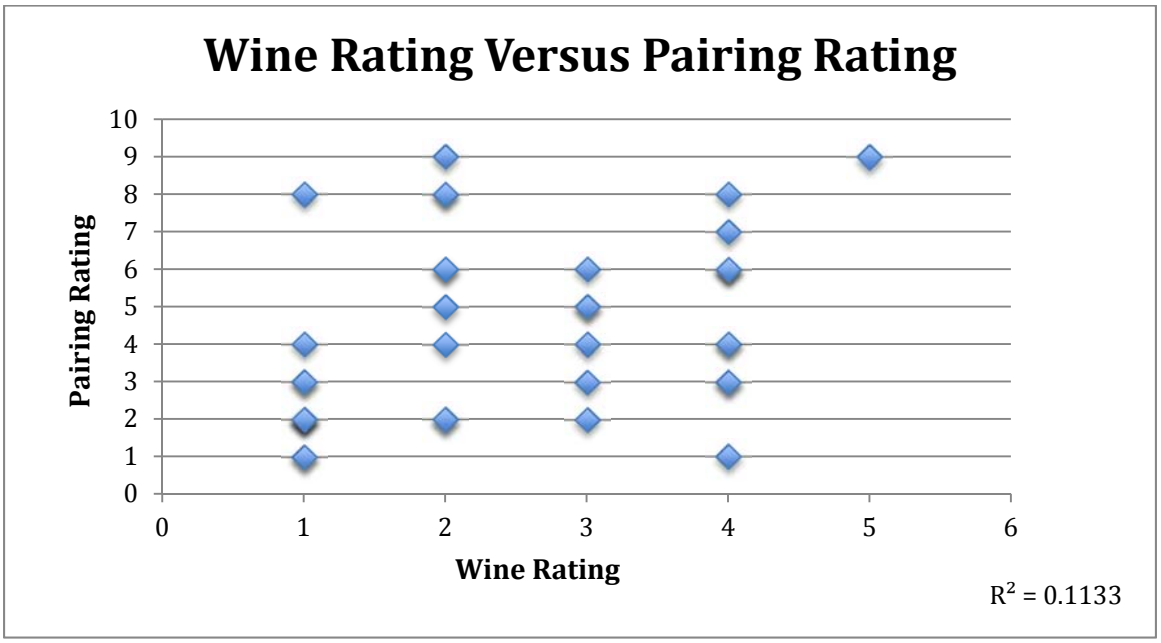

Chart 4: Wine Rating Versus Pairing Rating

One of the purposes identified for our project was to explore whether personal preferences in wine effected the selection of the best wine to pair with the food.

A linear regression analysis of the data (see **Chart 4**) shows a coefficient of determination, or R^2 value, of only 11%. This would indicate that the relationship between personal preferences (Wine Rating) and pairing choices (Pairing Rating) is minimal, at best.

Thus, having a predisposition to prefer one wine style over another does not seem to have much effect on the panel members' choices of which wine worked best with our pasta dish.

Conclusions and Summary

At the end of our experiment and analysis, we have come to six general conclusions…

(i) While high-acid wines seemed to pair well with a high-acid dish, any bitterness in the wine had a strongly negative effect on the pairing. Also, we suspected that the lighter bodied white wines would compliment our lighter-textured sauce. However, this was not as evident as we had suspected. The higher tannins in the red wines could stand up against the texture of the grilled chicken, the saltiness of the Parmesan cheese, and the acidity of the sauce. From this, we learned that we should not always assume that lighter-bodied wines will be the best match with a lighter sauce and that more aspects of the dish should be considered when choosing an appropriate wine.

(ii) Even though some panel members did not notice a change with the addition of extra cheese, we were pleased to note that the more experienced tasters on our panel did notice a positive softening effect on the wines with the cheese.

(iii) While we suspected that having a preference for one wine style or variety over another would effect pairing evaluations, we learned that this was not the case. Having a predisposition to prefer one wine style over another does not seem to have much effect on the panel members' choices of which wine worked best with our pasta dish. This was shocking!

(iv) Pairings done later in the panel's tasting may have been effected by the amount and variety of the wines consumed over the course of the exercise.

(v) We were pleased that not only did the Bordeaux match well with the extra Parmesan cheese, but also that it was the top selection of the panel.

(vi) And finally, we concluded that selecting a wine to compliment a specific dish can prove to be more complex than one might think!

APPENDIX A

Recipe: Lemon Pasta with Chicken

¼ cup freshly squeezed lemon juice
1 tbsp. lemon zest
12 oz. uncooked spaghetti noodles
3 ½ cups reduced-sodium chicken broth
1 cup grape tomatoes, halved
3 garlic cloves, finely chopped
1 oz. fresh Parmesan cheese, grated
½ cup chopped parsley
3 tbsp. olive oil
½ tsp. ground black pepper
2 cups cooked, diced, chicken breasts (approx. 3 boneless, skinless breasts)
1 cup small broccoli florets

Method:

1. Break noodles in half. Combine noodles, broth and lemon juice in microwaveable baker.
2. Microwave, covered, on HIGH for 11-13 minutes, or until most of liquid is absorbed, stirring halfway through cooking.
3. Mix garlic, Parmesan, parsley, lemon zest, oil and pepper and add to baker. Mix well.
4. Stir in chicken, tomatoes and broccoli.
5. Microwave, covered, on HIGH for 2-3 minutes or until broccoli is tender-crisp.

Note: Changes to the recipe included grilling the chicken on the BBQ, and substituting linguini for the spaghetti, to add texture and weight and to heighten flavours in the dish.

APPENDIX B WINE AND FOOD PAIRING COURSE – HOS5158

TASTING PANEL ANALYSIS FORM

DATE: *July 31, 2013* PANEL MEMBER:_____

Wines	**Pairings**
1. Moscato d'Asti 2010 (Piedmonte, Italy) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*
2. Alvinte Albarino 2010 (Rias Baixas, Spain) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*
3. Riesling Trocken 2011 (Pfalz, Germany) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*
4. Pinot Noir 2010 (Oregon, USA) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*

5. Chianti Classico 2009 (Tuscany, Italy) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*
6. Haut Medoc 2009 (Bordeaux, France) Sweetness: L M H Acidity: L M H Tannin: L M H Alcohol: L M H Aromas & Flavours: *Rating: 1 2 3 4 5*	*Comments:* *Degree of Wine & Food Match* *1 2 3 4 5 6 7 8 9 10* *No Match Neutral Good Match Synergistic Match*

Food Sweetness: L M H Sourness: L M H Saltiness: L M H Bitterness: L M H Umami: L M H	*Comments:*

Conclusions:

Which wine did you feel worked best with the Pasta Dish? #_____

Which wine was worst? #_____

Did the addition of extra Parmesan cheese change any of your ratings or choices? Yes____ No____
(If so, please describe)

July 2013