

ALSA Wine and Food Pairing Suggestions

There are no hard and fast rules when it comes to wine and food pairing. The correct wine with food is the wine you like. No one can tell you what wine is your favorite with food.

Having said that, there are some matches that are superior and make sense. Red wine generally has perceptible tannins. They are what make your mouth feel dry and fuzzy. Tannins match with protein, so red meat and some cheeses work well. White wine has acidity, which produces saliva in your mouth. Salty foods work well. Fruity wines go with spicy foods like Thai and Indian dishes. Dessert sweet wines go with sweets. Here are some examples.

Beef

BBQ - Every Australian wine producer speaks accolades about our Alberta beef. They recommend Shiraz with a BBQ steak. The sauce and the Shiraz are good complements as well.

Roast Beef - Cabernet Sauvignon has plenty of tannins to hold up to the strength of a roast. Keep it simple. Season the roast as lightly as possible and let the wine complement the meal.

Ham, Chicken, Pork and Turkey

I have joined all these meat dishes together as they all can be very happy with a Californian Pinot Noir or an Australian Semillon. The Pinot Noir from California tends to be more fruit forward and lightly peppered, which makes an easy pairing. Semillon is a white grape and does very well in Australia. The crisp acidity, pears and apple fruit taste are easygoing matches with many dishes.

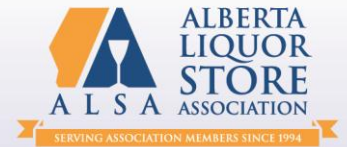
Spicy Dishes

Caution here! I will lead you to specific styles. A region in France, Alsace, makes rich fruit forward white wines. Choose Gewürztraminer or Pinot Gris from here. Yes these grapes are turned into nice white wines elsewhere, but the Alsace style are slightly sweet and stands up to spice better than others.

Sweets

We cannot forget about dessert! Remember – the wine has to be as sweet or sweeter than the dessert. A great value, if you do not want to purchase an ice wine, is to get a Late Harvest style wine. The grapes have been on the vine a long time and have sweetened to the point of being luscious, but not syrupy. The cost is much less. Ontario has nice Late Harvest style wines.

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