

If you've experienced that perfect pairing of wine and food, you know how magical it can be. In this course, you'll learn the strategies used by sommeliers and other experts to maximize the chances of making good or even great pairings. A component tasting will help you learn to identify wine and food interactions as well as your favorite combinations.

Please note that this course requires an understanding of wine evaluation. Before taking it, you should have completed the ABCs of Wine Tasting or Understanding Wine (or another solid introductory course).

Module 1: Weight

- What is Body?
- Wine Weight Clues
- How to Determine Weight in Food
- It's All About Balance

Module 2: Components and Interactions

- The Five Tastes
- Interactions
- Hard and Soft Components
- More on Balance
- How Food Affects Wine

Module 3: A World of Pairing Strategies

- Aromas and Flavors
- Pairing Power
- Herbs and Spices
- Pair by Region
- Fusion
- Texture
- Occasion, Effort and Price
- Season
- The Cheese Plate

Module 4: Food-Friendly Wines and Wine-Friendly Foods

- Wines and Foods that Play Nice—and a Few that Don't
- Food-Friendly Wines
- Making Foods Wine-Friendly
- Pairing Perils
- The Cheese Plate

Module 5: Tasting: Wine and Food Components

- Learn how components interact and identify your favorite combinations as you taste five wines with seven types of food.

Review and Resources

Quiz with 10 Multiple-Choice Questions

Final Exam with 20 Multiple-Choice Questions

Printable Downloads

- Worksheet and Answers
- Study Guide Step-by-Step Tasting Guide
- Pairing Principles
- Tasting Grid
- Tasting Mat