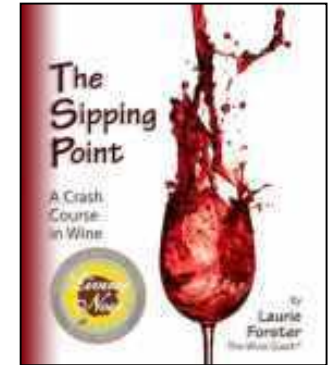
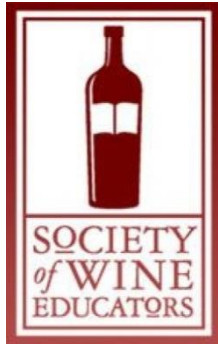


Perfect Pairings

Food & Wine Reactions



Laurie Forster





Something to Sip on...

“ The primary purpose
of wine is to make
food taste better.

— *Myra Waldo* ”

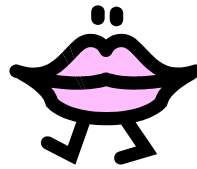
Tasting Process



Look



Smell



Taste



Describe



Decide

Wine Styles

BUBBLY

- Light- to medium-bodied whites with high acidity.
- For example: Champagne, Spanish Cava or Italian Prosecco.
- Great pairings for appetizers, cheese, seafood, salty foods...very food friendly
- Style: Brut, Sec, Demi-Dec is important.



Wine Styles

CRISP

- Light- to medium-bodied whites with high acidity.
- For example: Sauvignon Blanc, Spanish Albariño, dry Riesling and Argentinean Torrontes.
- Great pairings for lighter foods like salads, seafood, salty foods and as an aperitif.
- Anything you squeeze a lemon or lime on...



Wine Styles

JUICY

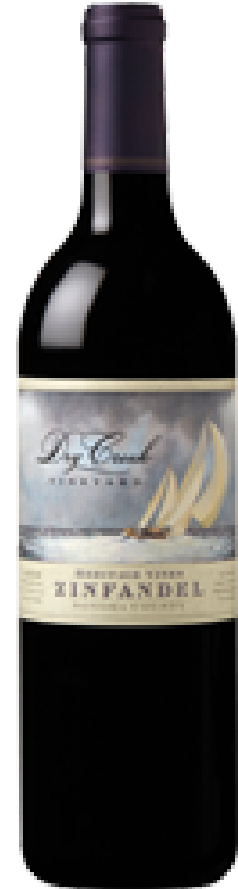
- Lighter reds and Rosé are full of juicy fruit flavors and have low or soft tannin
- For example: Dry Rosé from Provence, Chianti, cool climate Pinot Noir or Beaujolais.
- These can be served chilled—best with lighter meats or heartier seafood.



Wine Styles

BOLD

- Fullest reds with firm tannins and intense flavors.
- For example: California Cabernet Sauvignon, Italian Barolo and Argentine Malbec.
- These bold wines match with the heartiest of red meats, game and stews.



Food and Wine Pairing

1. Match weights

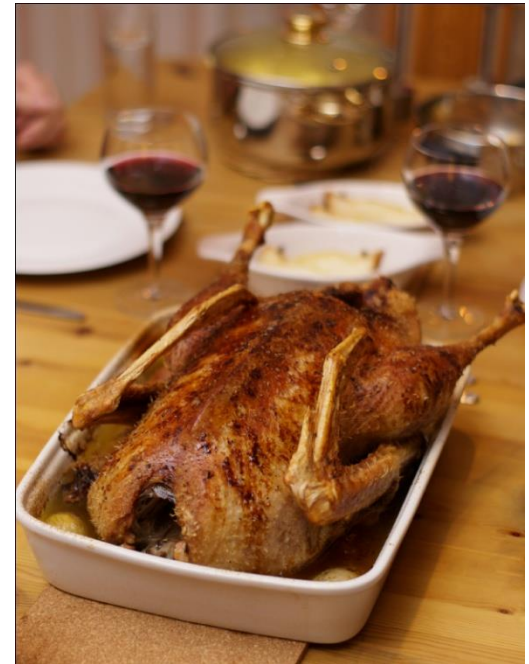
- Light wines with lighter dishes and fuller wines with heavier dishes

2. Weird Science

- Specific Reactions of flavors that effect food and wine pairing...we will explore that today

3. Personal Preference

- In the end it is up to the client...sometimes it is OK to break all the rules!



Make a Wine Sandwich

Sip your wine

Taste the food

Sip the wine

Notice any difference on the 2nd sip



Flavors and Wine...

An interactive lesson



1. Match Weights
2. Salt lowers the perception of acid
2. Fat softens the tannin in reds
3. Spicy heat is toned down by fruit an/or sweetness



Restaurant Ritual

1. Present Bottle
 - Producer & Vintage
2. Uncork
3. Pour taste
 - Temperature?
4. Serve table
 - Order
 - Glass Fill
5. “Flawlessly ordering Wine off Any Wine List” – Free Audio at TheWineCoach.com



Let's Connect!

- YouTube.com/thewinecoach
- Facebook.com/winecoach
- Twitter @thewinecoach



Feel free to call 410-820-4212 or email laurie@thewinecoach.com me if I can help!

Questions?

