

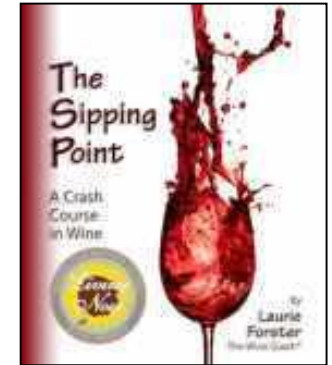
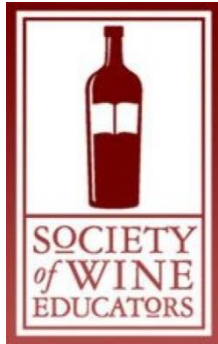
# Perfect Pairings

## *Food & Wine Reactions*

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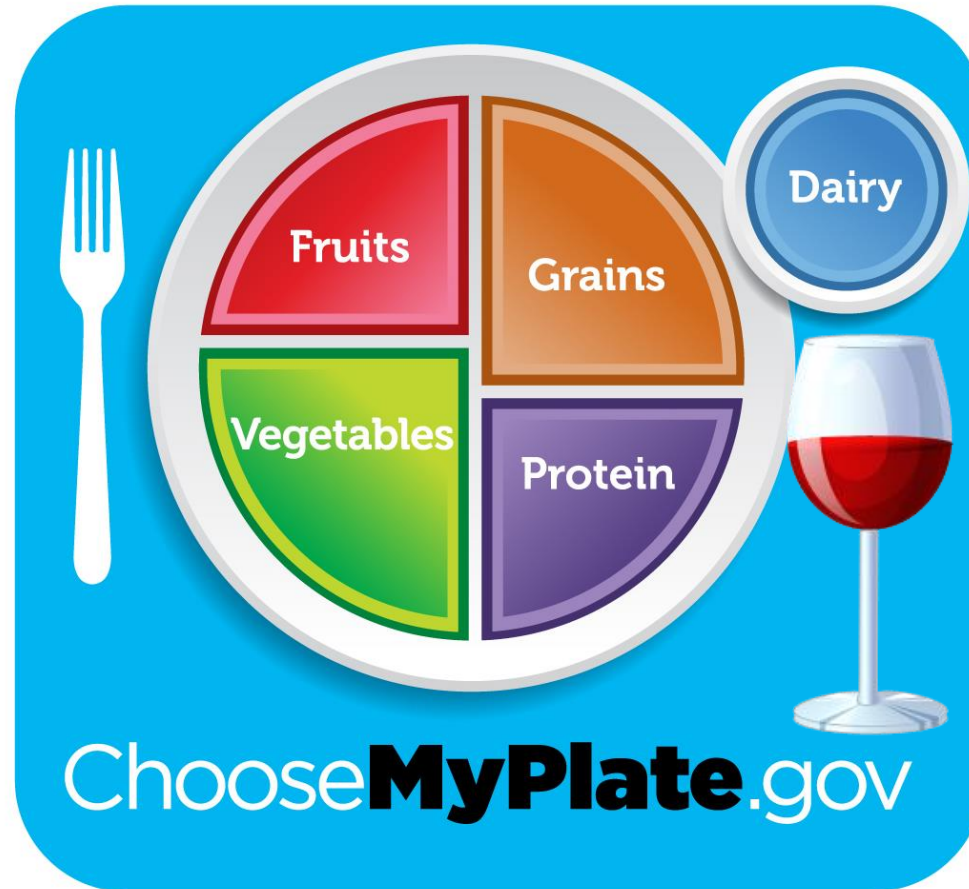


# Laurie Forster



# Where's the WINE?

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# Perfect Pairings

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1. Tasting Skills
2. Food & Wine Pairing
3. Wine Styles
4. Questions

## Something to Sip on...

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“ What is the definition of a good wine?

It should start and end with a smile.

— *William Sokolin* ”

# Tasting Facts

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- Smelling is 80% of Tasting
- Tongue senses:
  - Sweet
  - Salty
  - Bitter
  - Sour
  - Umami
- Jelly Bean Exercise





# Tasting Process

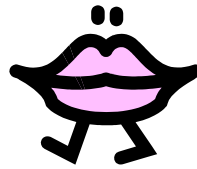
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**Look**



**Smell**



**Taste**



**Describe**



**Decide**



# Tasting Process

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## 1. Look

- Color or shade
- Intensity
- Legs
- Tartrates
- Sediment







# Tasting Process

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## 2. Smell

- Swirl...
  - **Fruit** - stone and tree
  - **Non Fruit** – Herb, Spice, Floral
  - **Earth** – mineral, chalk, mushroom, dust, barnyard
  - **Wood** – vanilla, caramel, toast, cigar box, nutty, smoky





# Varietal Aromas - Whites

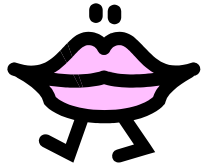
Riesling	Citrus, Apple, Peach, Apricot, Mineral, Honey
Pinot Grigio aka Pinot Gris	Lemon, Apple, Pear, Floral, Almond
Sauvignon Blanc	Grapefruit, Melon, Grassy, Herbal, Mineral
Chardonnay	Apple, Pineapple, Vanilla, Smoky, Lemon, Mineral
Viognier	Honey, Orange Blossom, Mango, Apricot and Anise



# Varietal Aromas- Reds

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Pinot Noir	Strawberry, Raspberry, Cherry, Earth, Mushroom
Sangiovese	Strawberry, Blueberry, Orange Peel, plum, Cinnamon, Clove
Merlot	Currant, Black Cherry, Plum, Violet, Rose, Peppercorn
Zinfandel	Raspberry, Blackberry, Cranberry, Black Cherry
Syrah aka Shiraz	Raspberry, Blackberry, Pepper, Violet, Bacon
Cabernet Sauvignon	Black Currant, Cherry, Mint, Bell Pepper



# Tasting Process

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## 3. Taste

- **Body** - - Light, Medium, Full
  - Think about milk
- **Flavors**
- **Acidity**
  - In all wines
  - Pucker factor
  - Lemon
- **Tannins**
  - From grape skins
  - Dry astringent
  - walnuts
- **Finish** – Length of taste





# Tasting Process

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## 4. Describe

1. Body
2. Aromas
3. Acidity or Tannins



The \_\_\_\_\_ is a \_\_\_\_\_ bodied wine with \_\_\_\_\_ aromas. It has low/medium/high acidity for whites or soft/firm tannins for reds.

# Tasting Process

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5. Decide – Thumbs up or down!
- Try with food too...



## Something to Sip on...

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

— *Myra Waldo* ”



# Make a Wine Sandwich

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**Sip your wine**

***Taste the food***

**Sip the wine**

Notice any difference on the 2<sup>nd</sup> sip



# Food and Wine Pairing

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## 1. Match weights

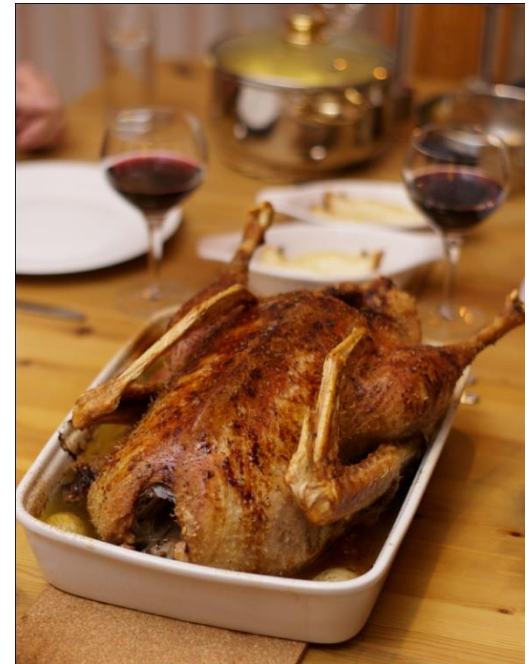
- Light wines with lighter dishes and fuller wines with heavier dishes

## 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!



# Matching Weights - White

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<b>Light</b>	<b>Riesling Pinot Grigio</b>	<b>Salads White/Flaky fish Seafood</b>
<b>Medium</b>	<b>Sauvignon Blanc Pinot Gris Chenin Blanc Chardonnay</b>	<b>Salads White/Flaky fish Seafood Poultry</b>
<b>Full</b>	<b>Chardonnay Viognier</b>	<b>Heavier fish Poultry and Pork</b>

# Matching Weights - Red

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<b>Light</b>	<b>Beaujolais Pinot Noir Cabernet Franc</b>	<b>Poultry and Pork Heavier fish (such as salmon, tuna and sword)</b>
<b>Medium</b>	<b>Pinot Noir Merlot Chianti Shiraz/Syrah</b>	<b>Pasta Poultry and Pork Beef Game</b>
<b>Full</b>	<b>Malbec Cabernet Zinfandel</b>	<b>Lamb Beef Game Stews</b>



# Wine Styles

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## **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.

**La Marca  
Prosecco  
(Italy)**

# Wine Styles

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## CRISP

- Light- to medium-bodied whites with high acidity.
- For example: Sauvignon Blanc, Spanish Albariño 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...



**Martin Codax  
Abarino  
(Spain)**

# Wine Styles

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## **RICH**

- Softer, medium-bodied whites with lower acidity and possibly oak aging.
- For example: Burgundy, Californian Chardonnay or Australian Semillon.
- Great with heartier dishes like white meats, creamy pastas or meaty fish.



**HandCraft  
Chardonnay  
(California)**



# Wine Styles

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## LUSH

- Aromatic, rich and big fruit flavors.
- For example: Viognier, Alsatian Gewurztraminer, Oregon Pinot Gris or Riesling.
- These intense and sometimes exotic flavors lend themselves to fuller flavored or spicy dishes.



**Chateau Ste Michelle  
Riesling  
(Washington)**

# Wine Styles

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## 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.



**A to Z Pinot  
Noir  
(Oregon)**

# Wine Styles

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## SMOOTH

- Medium- to full-bodied reds with soft or velvety tannins.
- For example: Australian Shiraz, softer styles of Merlot, Cotes du Rhone, Tempranillo or California Zinfandel.
- Pair with heartier fare like burgers, red meats and barbeque ribs.



**D'Arenberg  
Footbolt Shiraz  
(Australia)**

# Wine Styles

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## **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.



**Alamos Malbec  
(Argentina)**

# Wine Styles

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## **SWEET**

- Wines can range from off dry or semi to dessert.
- For example: off dry Riesling, sweet reds, Port, Sauternes, Ice Wine and Moscato d'Asti.
- These wines match with sweeter foods, some pungent cheese and spicy fare. When matching desserts make sure to match sweetness levels.



**Icardi  
Moscato d'Asti  
(Italy)**

# Flavors and Wine...

## An interactive lesson

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1. Salt lowers the perception of acid.
2. Fat softens the tannin in reds.
3. Spicy heat is toned down with sweetness and high alcohol wines turn up the heat!



# Flavors and Wine...

## An interactive lesson

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4. Sweet + Sweet makes both taste less sweet.

5. Sour + Sour makes both taste less sour.

6. Smoky/Toasty foods with oaky wines





# Questions?

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# My Gifts to You...

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1. The Wine Coach APP (iPhone/Android)
  - [www.TheWineCoach.com/App](http://www.TheWineCoach.com/App)
2. Free Video Series
  - [www.thewinecoachsecrets.com](http://www.thewinecoachsecrets.com)



# Let's Connect!

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- Linked In: Laurie Forster
- [YouTube.com/thewinecoach](https://www.youtube.com/thewinecoach)



# Thanks!

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