

# FOOD & WINE MATCHING

DESCRIPTION	EXAMPLES	SALADS & VEGETABLES	FISH & SEAFOOD
<b>BONE DRY, DELICATE, NEUTRAL WINES</b>	Frascati, Muscadet, Pinot Grigio, Soave	Light undressed salad e.g. Green Salad, Feta Salad	Clam Chowder, Halibut, Herring, Mussels, Oysters, Prawns, Trout
<b>DRY &amp; AROMATIC</b>	Sauvignon Blanc, Dry Chenin Blanc, Dry Riesling	Fish based salad, Shellfish & delicate white fish e.g. Plaice, Skate, Sole, Clam Chowder, Smoked Fish	Fish based sauces e.g. Olive oil or light cream sauce
<b>JUICY FRUIT DRIVEN WINES, RIPE WINES</b>	Chenin Blanc, Semillon, Viognier	Caesar Salad, Egg, Fish and Carrots	Salmon, Scallops
<b>FULL FLAVOURED NUTTY WHITES</b>	Burgundy, Australian, Californian	Caesar Salad, Chicken, Grilled Peppers, Onion Tart, Cooked Tomato based foods	Crab, Lobster, Monkfish, Swordfish, Tuna, Salmon, Smoked Fish
<b>LIGHT REDS</b>	Beaujolais, Light VDP Reds, Light Chianti and Valpolicella	Grilled & Roasted Vegetables, Olives, Prosciutto, Ratatouille, Smoked Meats	Cod, Seared Salmon, Sea Trout, Tuna
<b>JUICY REDS</b>	Pinot Noir, Merlot, Chianti, Grenache, Rioja	Roasted Vegetables, Smoked Meats, Wild Mushroom	Tuna or Salmon
<b>SPICY REDS</b>	Shiraz, Rhone Reds	Red Meat Salads	Usually too heavy for fish & seafood
<b>INTENSE OAKED REDS</b>	Bordeaux, New World Cabernet Sauvignon, Top Riojas	Red Meat Salads	Usually too heavy for fish & seafood
<b>LIGHT, DRY, SUBTLE ROSÉ WINES</b>	Provence Rosé, Pinot Grigio Blush, Spanish Rosé	Most Fish Salads and Vegetable tarts	White Fish, Prawns, Scallops, Mussels
<b>FRUITY, JUICY, MEDIUM ROSÉ WINES</b>	White Zinfandel(Blush), White Grenache, Shiraz Rosé	Roasted Vegetables, Pasta Salad, Chicken Salad	Salmon & Tuna
<b>FIZZ</b>	Champagne, Prosecco, Cava, Sparkling Wine	Asparagus & Prosciutto Salad, Strawberries	Poached Salmon, Sole, Lobster, Shrimps



PASTA & OTHER SAUCES	MEATS	HERBS & SPICES	SPICY	CHEESE
Light Olive Oil or Fish based sauces e.g. Marinara	Generally too light for most meats	Delicate seasoning of Chives, Dill, Coriander, Fennel, Parsley, Tarragon	Generally spice overwhelms these wines	Very mild flavoured Cheese e.g. Cream Cheese, Feta, Mozzarella, Ricotta
Fish based sauces	Simple sauces on Chicken, Pork & Veal	Chives, Coriander, Dill, Ginger, Lemongrass, Lime, Tarragon	Good with Thai dishes & some lighter & milder Indian dishes, Tandoori Fish	High acidity Cheese e.g. Goats Cheese
Fish based sauces, Light creamy sauces, Hollandaise, Pesto	Grilled, BBQ, Baked, Casseroled White Meats-Chicken, Pork, Turkey, Veal	Basil, Coriander, Fennel, Light Garlic, Ginger, Parsley, Tarragon	Thai & light Indian dishes e.g. Tandoori, Korma	Semi-soft Cheese e.g. Brie, Chaume, Camembert, Mozzarella, some mature Cheddars
Butter and cream based sauces e.g. Carbonara, Pesto	Roast Chicken, Duck, Ham, Pork, Turkey	Basil, Chives, Cloves, Cinnamon, Fennel, Coriander, Garlic, Ginger, Nutmeg, Parsley, Spring Onions, Tarragon	Coconut flavoured dishes, Indonesian and some lighter Indian dishes	Mozzarella, Smoked Cheeses
Tomato based sauces e.g. Arrabiata, Lasagne, Napolitano	Light Pork dishes, Roast Chicken & Turkey	Basil, Coriander, Garlic, Nutmeg,	Italian & Spanish dishes with spicy sauces e.g. Chorizo, Arrabiata	Cheddar, Mozzarella, Pamesan, Port-Salut
Bolognese, Carbonara, Cooked Tomato sauce, Lasagne	Chicken, Duck, Turkey, light Beef or Pheasant dishes, Smoked Meats and Sausages	Basil, Chives, Coriander, Garlic, Mint, Nutmeg, Thyme	Moderately hot Indian dishes, Black Bean sauces, Italian & Spanish dishes with spicy sauces	Cambozola, other Creamy Blue Cheeses, Goats Cheese, Mature Cheddar
Cream based sauces e.g. Carbonara, Lasagne, Bolognese, BBQ & Pepper sauce	BBQ, Grilled, Roasted, Casseroled Game – Goose, Pheasant, Venison, Sausages Duck, Beef & Lamb	Black Pepper, Chives, Cloves, Coriander, Garlic, Nutmeg	Rich, creamy based Indian Curries e.g. Korma & Balti, Black Pepper Steak sauce	Cambozola, other Creamy Blue Cheeses e.g. Stilton
Cream and cheese based sauces e.g. Carbonara, Parmesan, Gorgonzola	Robust meat e.g. Grilled, Roasted, BBQ, Casseroled Game – Boar, Duck, Pheasant, Venison, Beef & Lamb	Black Pepper, Chives, Garlic, Mint, Nutmeg, Rosemary, Thyme	Need to be careful when pairing these wines with spicy foods	Brie, Camembert, Chaume, Cheshire, Edam, Parmesan, Pont L'Eveque, Red Leicester
Light sauces and Tomato based sauces	Meats, Antipasti meats, Chorizo, Pork, Chicken & Sausages	Basil, Chives, Lemongrass, Thyme, Dill, Parsley	Spicy Arrabiata, Thai & Indonesian dishes	Feta, Goats Cheese
Tomato based sauces	BBQ Meats, Burgers & Chops	Basil, Nutmeg, Garlic, Pepper	Chinese food e.g. Plum sauce, Lemon Chicken	Creamy Italian Cheese e.g. Ricotta, Goats Cheese
Light Fish based sauces	Antipasti	Saffron, Ginger, Coriander, Garlic	Thai, Indian, Highly Spiced foods	Brie