The Rules:

- There are no rules. Only guidelines
- Match the body of the wine with the body of the food
- Weight vs. Volume
  - Heavy/Loud
  - Heavy/ Quiet
  - Light/ Loud
  - Light/ Quiet
- Flavors should harmonize
- Regionalism- if it grows together it goes together
- No oak with raw food
- Avoid tannic or alcoholic wines with spicy food
- Tannin is softened by fat
- Acidic wines are good with acidic foods
- Sweet wines are good with salty foods
- Match sweetness of foods with equivalent sweetness in wines
- Don’t forget about other things to drink when pairing
Five components of Wine

- Acidity
- Sugar
- Alcohol
- Oak
- Tannin

Four components of a dish

- What is the protein?
- How is it cooked?
- What is it served with?
- What is the sauce?

You can make food match wine too!

- White Wine
  Magic Ingredients
  - Fresh produce
  - Chilies
  - Citrus
  - Green olives
  - Fresh mushrooms
  - Diary
  - White wine sauce
  - Poach, fry

- Red Wine
  Magic Ingredients
  - Black olives
  - Dried mushrooms
  - Stewed tomatoes
  - Beans, lentils
  - Add meat!
  - Meat based sauces
  - Red wine sauce
  - Grill, smoke, blacken, braise
The Wines

1. Crisp, high acid white

2. Fruity, low alcohol white

3. Rich, oaked white

4. Light bodied red

5. Earthy, firm red

6. Big, fruity bold red
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<th>Wine</th>
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