

MPINCC
FOOD AND WINE HARMONY
WITH MASTER SOMMELIER EMILY WINES
MARCH 17, 2011

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
- Dairy
- 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

	1	2	3	4	5	6
Wine:						
Raw						
Citrus/ Vinegar						
Creamy						
Savory Sweet						
Spicy						
Artichoke						
Chocolate						