

# @ THE WINERY

## MATCHING WINE & FOOD - PART 3

Following on from the last column, here are some good wine and food-pairing tips:

1. If you are taking wine to a dinner party, don't worry about matching the wine to the food, unless you have been asked to. Hint: If you are bringing a really special wine, ensure that it can't be left un-tasted by opening it when you arrive!
2. When you're serving more than one wine at a meal, generally serve lighter wines before full-bodied ones. Dry wines should be served before sweet wines unless a sweet flavoured dish is served early in the meal - in that case match the sweet dish with a similarly sweet wine. Lower alcohol wines should be served before higher alcohol wines.
3. Balance flavour intensity. Pair light-bodied wines with lighter food and heavier wines with heartier, more flavourful, richer or fattier dishes.
4. Consider how the food is prepared. Delicately flavoured foods - poached or steamed - pair best with delicate wines. It's easier to pair wines with bigger flavoured food - roasted, grilled or sautéed. Pair the wine with the sauce, seasoning or dominant flavour of the dish.
5. Match flavours. An earthy Pinot Noir goes well with mushroom soup and the grapefruit/citrus taste of, for example, Sauvignon Blanc and Semillon go with

fish for the same reasons that lemon does.

6. Balance sweetness. Beware of pairing a wine with food that is sweeter than the wine.
7. Consider pairing opposites. Hot or spicy foods - some Thai dishes or curries - often work best with rosé or sweet wines. Opposing flavours can play off each other, creating new flavour sensations and cleansing the palate.
8. Match by region. Regional foods and wines, having developed together over centuries, often have a natural affinity for each other. For example lamb and Cabernet-Merlot; pasta and Chianti.
9. Be aware of the impact of food flavours. Sweetness in a dish will increase the awareness of bitterness and tannins in wine, making it appear drier, stronger and less fruity. Conversely high acidity (tarty) food will decrease the dryness/sourness of a wine, making it taste richer and mellower (and sweet wine will taste sweeter). Salt in food can tone down bitterness and astringency of wine and may also make sweet wines taste sweeter.
10. There are no rules! You are the final judge of what you like with what.

*Warwick Adams*  
Winemaker

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