

# Food & Wine Pairing CONCEPTS

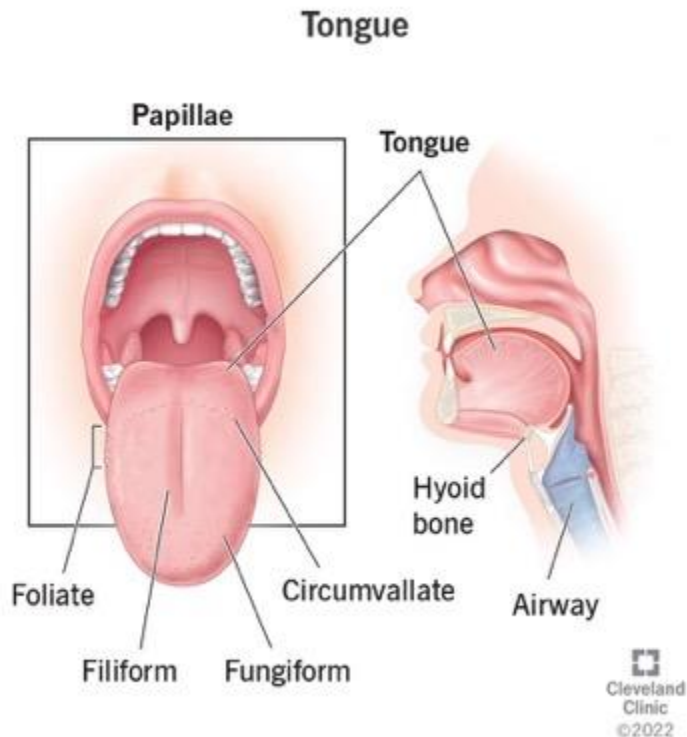


**CAIRDEAS**  
WINERY

**REGGIE**  
W I N E

# Tasting

- Four primary tastes:
  - ACID (SOUR)
  - SWEET (Residual Sugar/Alcohol)
  - BITTER (Astringency feel)
  - SALT (Salinity-Minerality)
  - UMAMI (Savory)



- Acid – experienced as mouth watering, sides of the tongue
- Sweet – noticed mostly on the tip of the tongue, but can also be along the center
- Bitter/Tannins flavors can be towards the back and down the center
- Salty – mostly noticed up front or along the sides of the tongue
- Umami - a savory sensation that comes from fermented foods or foods or certain cooked foods - mushrooms, aged cheeses, kimchi

Everyone is different in what and how they experience flavors:

- Cultural
- Biological
- Age and experiences in life

<b>If the Food is...</b>	<b>Wine seems...</b>
<b>SWEET</b>	more drying and bitter, more acidic less sweet and fruity
<b>UMAMI</b>	more drying and bitter, more acidic less sweet and fruity
<b>SALTY</b>	less drying and bitter, less acidic more fruity, more body
<b>ACIDIC</b>	less drying and bitter, less acidic more sweet and fruity
<b>FAT</b>	less drying and less bitter, less acidic more smooth tannins and neutralizes bitterness

# The Foundation Elements of Food & Wine Pairing

## Sweetness and Acidity

Foundational elements of any food and wine pairing

- The **Sweetness** in the **Wine** needs to **MATCH** or be **SWEETER** than the food
- The **ACID** in the **Wine** needs to **MEET** or be **HIGHER** than the **ACID** in the food

**UNLESS** you have a **BRIDGE** ingredient

## **Bridges**

- Fat
- Spice
- Herbs
- Molecular flavors that harmonize with flavors in the wine

<b>HOLIDAY FOODS</b>	<b>Cairdeas Wines</b>
Smoked Trout Spread <b>SALT/FAT</b>	<b>Nellie Mae</b>  <b>Marsanne</b>
Mini Bell Peppers <b>ACID/FAT/HERBAL</b>	<b>Nellie Mae</b>  <b>Marsanne</b>
Stuffed Mushrooms <b>UMAMI/FAT</b>	<b>Marsanne</b>  <b>Counoise</b>
Turkey/Potato/Gravy <b>FAT/EARTHY/SWEET</b>	<b>Counoise/Caisléan an Pápa/ Tri (Rhone Blends)</b>
Ham/Squash <b>SALT/EARTHY/FAT</b>	<b>Counoise/Caisléan an Pápa (Rhone Blend)</b>
Sausage/Veggies <b>FAT/EARTHY/SWEET</b>	<b>Tri (Rhone Blend)</b> <b>Stone Ridge Syrah</b>
Gingerbread Loaf <b>SPICE/FAT</b>	<b>Stone Ridge Syrah</b>



**2023 NELLIE MAE SPRITZER**  
**ACID** and **FRUITY** flavors match  
against

**SMOKED TROUT SPREAD:**

Smoky, salty and creamy, meets fruity flavors  
and higher acid - perfect pairing

**GINGER & ROSEMARY HERBS  
MATCH WELL WITH THE  
CREAMY FLAVORS**



Try this with your **TURKEY** too, the  
flavors are great with the fat in the gravy  
and the turkey meat is lean enough to  
handle the light body

**WHY THIS WORK:**

1. The trout is salty – the wine has fruity and spicey from ginger and rosemary
2. The trout is smoky – the wine is lightly fruity to match the smoke
3. The trout has acidity– the wine matches acid



Try this with your **TURKEY** too, the acid is great with the fat in the gravy and the turkey is lean enough to handle the light body, the cranberry can mirror flavors from the wine



### **2023 MARSANNE:**

Fermented and aged in a concrete egg; aged Sur Lie in a concrete egg and French oak barrels.

**MARSANNE:** HIGH ACID,  
AROMATIC WHITE WINE  
LOW ALCOHOL

**Bell Pepper:** Pyrazines from the Bell pepper match the molecules In the wine!

### **RICOTTA CHEESE:**

High in acid  
Savory (no sweetness)  
Creamy

## WHY THIS WORKS:

1. The cheese is creamy – the wine is mouth watering
2. The cheese is high in acid – the wine is high in acid
3. The bell pepper is herbal – the wine has fruity notes!



### **TURKEY/POTATO/GRAVY:**

Lean meat with minimal fat.  
Prepared with similar flavors that  
match oak and softer tannins

**CHICKEN CAN ALSO WORK!**

### **HAM/DELICATA SQUASH:**

The smokey ham works with  
flavors that match oak and fruity  
flavors in the wine. Squash has  
creamy texture to match the  
tannins



### **2021 COUNOISE:**

100% Counoise – Meek Vineyard -  
Yakima Valley

Light tannins can work with a lot of  
foods, especially lean or lower fat  
meats like poultry, ham and pork.



### **WHY THIS WORK:**

1. The Turkey is lean and tender – the wine has texture that matches with soft tannins
2. The Turkey is herbal – the wine is lightly spiced from oak matching flavors
3. The Turkey has a BRIDGE – the wine has cherry-plum flavors that match!





## TURKEY DINNER

Works with most foods during your turkey dinner, and can also match up against Beef, Pork and Lamb

### **BRIDGE**

**Tart cranberry sauce!**



## CAISLÉAN AN PÁPA (Cush-len)

26% Grenache Noir, 25% Mourvedre, 23 Syrah, 13% Counoise, 13 % Cinsault.

Medium tannins and weight to this wine with elegance and loads of red fruit!



## ROASTED HAM

Smokey and sweet flavors match well with the red fruits in the Caisléan an Pápa!  
Tannins are soft enough to work

## WHY THIS WORK:

1. The Turkey meal is diverse – the wine has medium weight to match workdith everything!
2. The gravy has fat – the wine has tannins and acid to meet the "fat"
3. The veggies on BRIDGE – earthy veggies meets fruity in the wine



CAIRDEAS



## SAUSAGE/EARTHY VEGGIES

TURKEY DINNER

HAM/SQUASH

This older vintage can handle a lot of earthy foods and work with leaner meats too - the tannin molecules link together and drop out over time!



## 2021 Tri:

74% Syrah, 22% Mourvedre,  
4% Grenache Noir

Bolder and richer style, can  
work with the **DARK turkey**  
meat or **Higher Fat Meats:**  
**Lamb, Beef, Duck.**



## WHY THIS WORK:

1. The food is diverse – the wine has tannins and body that work with many foods with fat
2. The flavors are earthy – the wine has peppery notes (earthy flavors)



## **SAUSAGE:**

Dense meat with fat  
Prepared with similar flavors that  
match oak and fruit in the wine

## **BRIDGE**

**BRUSSELS SPROUTS, PARSNIPS**



## **2022 STONE RIDGE SYRAH:**

98% Syrah, 2% Viognier

The classic blend that works  
with a lot of meats, earthy  
vegetables and fat!

French Oak matches spices

## **WHY THIS WORK:**

1. The sausage is rich – the wine has texture that matches with body
2. The sausage has fat – the wine has tannins to meet the "fat"
3. The veggies can BRIDGE – earthy veggies meets fruity in the wine

# EVERYBODY LOVES DESSERT!

## GINGERBREAD CAKE

With spiced plum sauce and mascarpone cream - spiced to match the wines



## WHY THESE WORK:

The trick here is to make the dessert LESS sweet and combine spices that match the wine for molecular pairing. It's not perfect but can make for delicious desserts with your red wines!

# Bridges

Bridge your wine to your food with some of these accompanying items:

- Sauces
- Chutneys
- Jams and jellies
- Fruit
- Salsa
- Cream
- Mushrooms
- Nuts
- Fats



Cooking methods are also  
BRIDGE ingredients:

Grilling

Roasting

Poaching

Smoking

Baking

Charring

Steaming

Plank roasting

## Rules:

- Taste the wine first
- Choose the wine first before the food
- Use Bridge ingredients

**WHAT GROWS  
TOGETHER GOES  
TOGETHER**

Choose wines and foods that are in Season

- Create seasonal pairings
  - Beaujolais & Thanksgiving
  - Pinot Gris & Summer Salads
- Usually the seasonal items go together well!

**WINE  
EDUCATION**

**Thank you!**

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