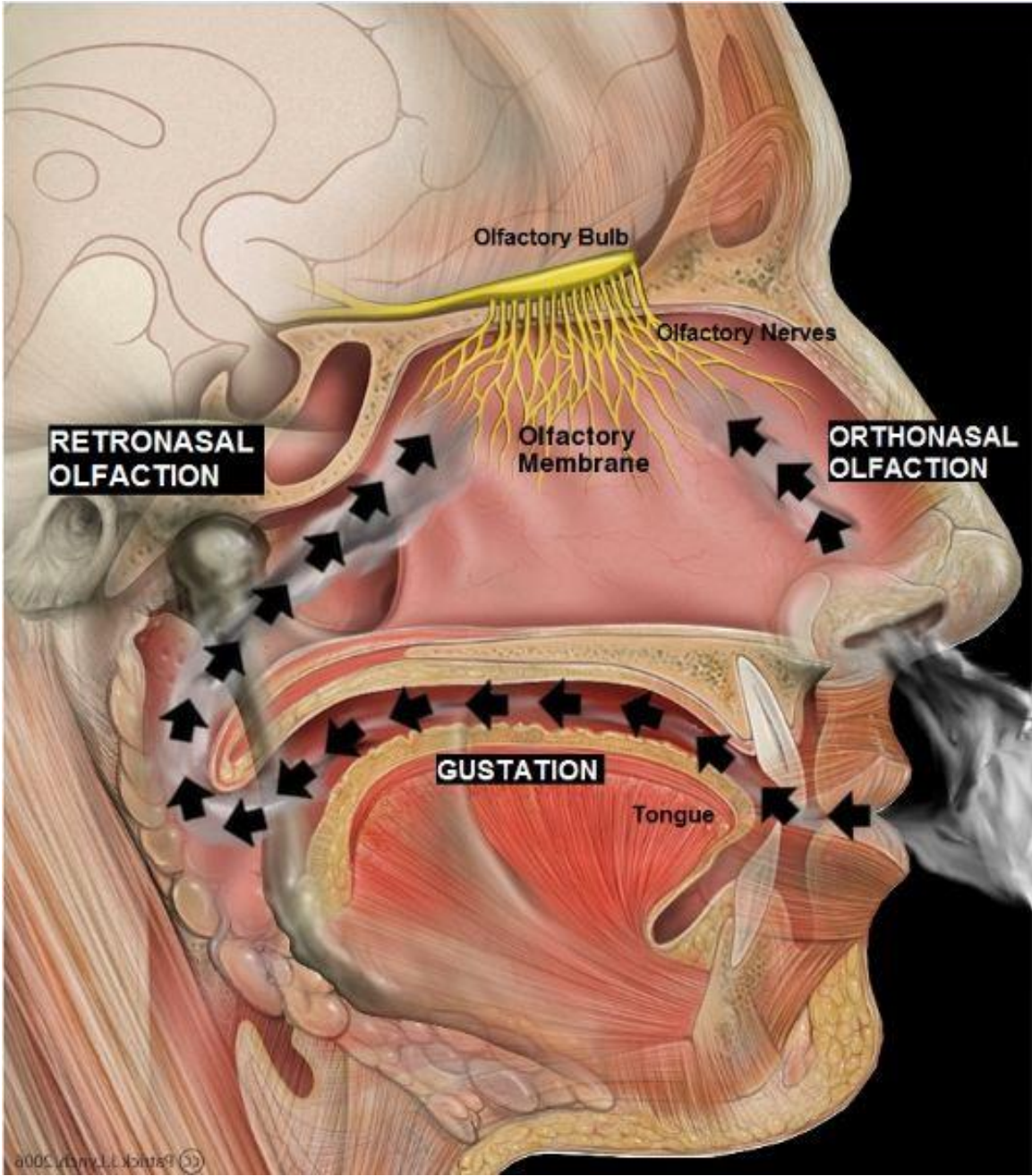


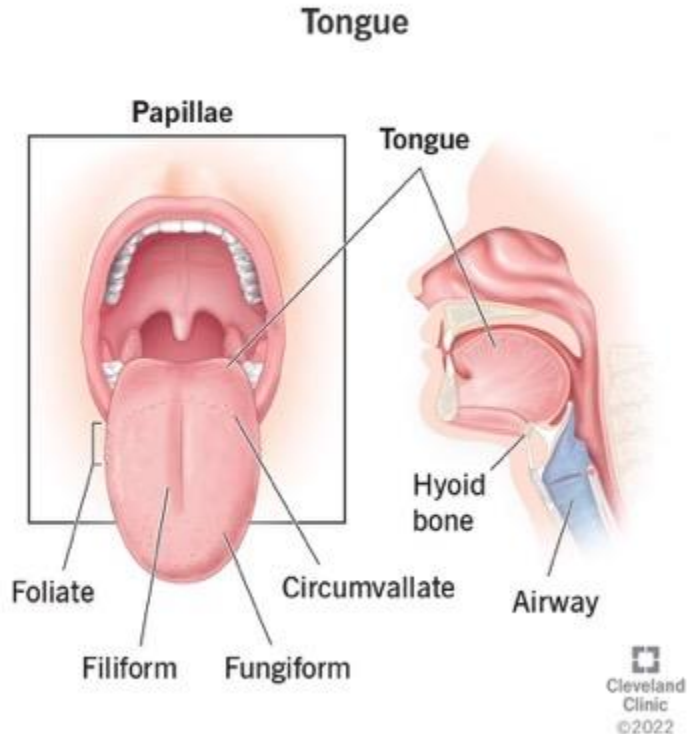
Cheese & Wine Pairing





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

If the Food is...

Wine seems...

SWEET

more drying and bitter, more acidic

less sweet and fruity

UMAMI

more drying and bitter, more acidic

less sweet and fruity

SALTY

less drying and bitter, less acidic

more fruity, more body

ACIDIC

less drying and bitter, less acidic

more sweet and fruity

FAT

less drying and less bitter, less acidic

**more smooth tannins and neutralizes
bitterness**

<p>Fresh mozzarella w/strawberry & fresh basil SALT/FAT</p>	<p>ROSÉ WHY: salt creates fruity flavors in acidic wines, fat greases the palate in wines with CO₂ and high acidity</p>
<p>Lox with cream cheese SALT/FAT</p>	<p>ALBARIÑO WHY: acid needs acid - salt makes the wine fruitier</p>
<p>Brandade/ salt cod and potato UMAMI/FAT</p>	<p>CHARDONNAY WHY: umami needs sweet/sugars in oak caramelize</p>
<p>Aged Gouda bridge w/ cherry chutney compote FAT/SALT/SWEET/UMAMI</p>	<p>GAMAY NOIR WHY: bridge w/chutney to help with umami, tannins need fat and salt.</p>
<p>Aged Pecorino Romano with raspberry FAT/SALT/UMAMI</p>	<p>ZINFANDEL WHY: salty cheese helps bring fruity flavors of the wine</p>
<p>Reggiano parm bridge w/sun dried tomato SALT/EARTHY/FAT</p>	<p>CABERNET SAUVIGNON WHY: salt brings forth the fruity elements of the wine, fat helps the tannins</p>

The Foundation Elements of Food & Wine Pairing

Sweetness and Acidity

Foundational elements of any food and wine pairing

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

UNLESS you have a **BRIDGE** ingredient

Bridges

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

Fresh
Mozzarella
w/Bubbles

Lox w/Albariño

Aged Gouda
w/Cherry chutney

Pecorino Romano
w/Raspberry jam



Strawberry
Compote
w/Bubbles

Brandade
w/Chardonnay

Reggiano Parmigiana
w/Su-dried tomatoes

Tapenade

Salt

Salt enhances foods, too much stings the palate

- High acid white wines tend to show salinity.
- Fruity elements in the wine come alive with salt!

Ask yourself:

Where do I taste salt, and how high is the level

Where is my threshold?

Sweet or fruity wines help counteract salty foods

Salt helps bring fruit forward flavors in high tannin reds

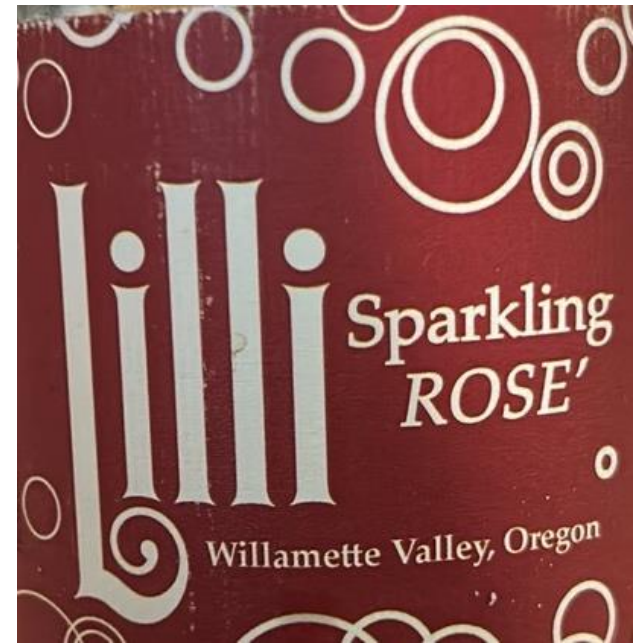
GUIDELINE: High Salty foods work better with wines that have bubbles, HIGH acidity, and some sweetness.

ROSÉ WINES

ROSÉ SPARKLING WINE



Fresh mozzarella w/strawberry-basil compote



ROSÉ WINES:

High acidity from the CO₂ and the wine itself counteracts the fat and salt. Fruity strawberry, cherry, and raspberry flavors in the wine work with the herbal fat and matching flavors of the strawberry

WHY THIS WORKS:

1. The cheese is slightly salty with fat – the acid in the wine is high to wash salt and fat.
2. The flavors of both are well matched with the strawberry bridging the two
3. The wine has fruity flavors that works with fat and salt.

Acid

May make your eyes water and twitch

Usually felt on sides of the tongue

- Creates salivation

Usually detected after sweetness

Aroma booster:

- Uplifts aromas and flavors in wine

Ask yourself:

Is my mouth watering? Where am I salivating?

ACIDITY in wine is needed for food

~ ACID is necessary when pairing

GUIDELINE: Wine *acidity* should be EQUAL to or GREATER than
Food *acidity*

Avinte 2023 Albariño



LOX W/CREAM CHEESE:

Very creamy with fat, salt and herb from the cucumber

ALBARIÑO: High acid, aromatic with grapefruit, lemon, peach and briny notes.

WHY THIS WORKS:

1. The Salmon is salty and the cheese creamy– the wine is mouth watering with high acidity
2. The fat needs acid – the wine HIGH in acid
3. Brined fish HIGH acid wine seem fruitier

Willamette Valley 2022 Chardonnay

Dijon Clone



BRANDADE/ SALT COD AND POTATO w/TRIPLE CREAM CHEESE

Very creamy with fat and body
that needs weight the salt
needs acid and fruity flavors

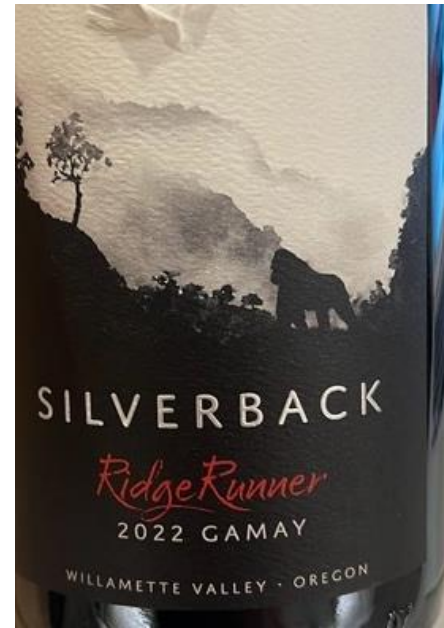


CHARDONNAY: creamy and buttery
with citrus notes of lemon, hints of
wood and spice from oak

WHY THIS WORKS:

1. The dip is creamy and salty- the wine is MEDIUM HIGH acidity
2. The fat needs acid - the acid washes the fat
3. Salt Cod in the dip makes the wine seem fruitier

Silverback Ridge Runner 2022 Gamay



SEMI-FIRM CHEESE:

Smoke gouda has smokey flavors that contrast the fruity cherry flavors in the wine.

BRIDGE:

The cherry compote has molecular harmony with the wine, and contrasts to the cheese creamy flavors.

GAMAY NOIR: medium+ to high acid, fruity red fruit flavors

Light- medium and smooth tannins, medium-bodied with bright

WHY THIS WORKS:

1. The cheese has high acid and acid in the wine matches.
2. The mild fat in the cheese has tannins to counteract it.
3. The sun-dried tomatoes can BRIDGE - earthy umami is offset with sweet fruity flavors

Bitterness/Astringency = Tannin

Usually shows up all over the palate as constricting and mouth drying

- High tannin can *taste* bitter
- Astringency can *feel constricting*
- Most noticeable on the gums and cheeks
- High tannin can tighten the tongue

TANNIC wines will show more fruity flavors with **SALT**
Tannins need FAT

GUIDELINE: Wine tannins should be equal to meat fattiness levels, salt can be added to bring fruity flavors forward.

Sineann 2023 Old Vine Zinfandel



ZINFANDEL:

High acid, medium + to high tannins constricting the palate and creating intense mouth drying. Dried red fruit flavors, herbs, leather, menthol, licorice-fennel-anise, tobacco.

FIRM CHEESE:

Dense and firm cheese, fats are umami with crystals from age

BRIDGE

Raspberry jam – adds spice and fruity elements that match the wine's flavors

TAPENADE

The salty flavors of the olives brings out the fruity flavors in the wine

WHY THIS WORK:

1. The cheese is dense, umami and rich – the wine has medium weight to match
2. The cheese has fat – the wine has tannins and acid to meet the "fat"
3. The jam can BRIDGE: the jammy flavors bring out the fruity flavors in the wine.

Paso D'Oro 2022 Cabernet Sauvignon



parsley



garlic



basil



sun-dried tomatoes



TAPENADE

The salty flavors of the olives brings out the fruity flavors in the wine

FIRM CHEESE:

Dense and firm cheese, fats are umami with crystals from age

BRIDGE

Sundried tomatoes - adds earthy fats, flavors

CABERNET SAUVIGNON: medium+ acid with rich jammy flavors of blackberry, black cherry, black pepper, dense body with smooth but rich mouth coating tannins. Oak shows as caramel, smoke, spice and vanilla.

WHY THIS WORK:

1. The cheese is rich - the wine has texture that matches with body
2. The cheese has fat - the wine has tannins to meet the "fat"
3. The sun-dried tomatoes can BRIDGE - earthy flavors meets fruity in the wine, contrasting

Sweetness

Usually detected at the tip of the tongue

- The first element of taste to be evaluated in the wine or food.
- Needed to offset bitter and acid

Ask yourself:

Do I taste sweetness/sugar or is there none?

SWEETNESS in Wine also needs ACID to balance it.

A result of the presence or absence of sugar in the wine or the food -

GUIDELINE: Wine *sweetness* should be = or greater than food *sweetness*

Bridges

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

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



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 creating the meal
- Use Bridge ingredients

Choose wines and foods that are in Season

- Create seasonal pairings
 - Beaujolais & Thanksgiving
 - Pinot Gris & Summer Salads
- Generally, the seasonal items go together well.

**WHAT GROWS
TOGETHER GOES
TOGETHER**

**WINE
EDUCATION**

Thank you!

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