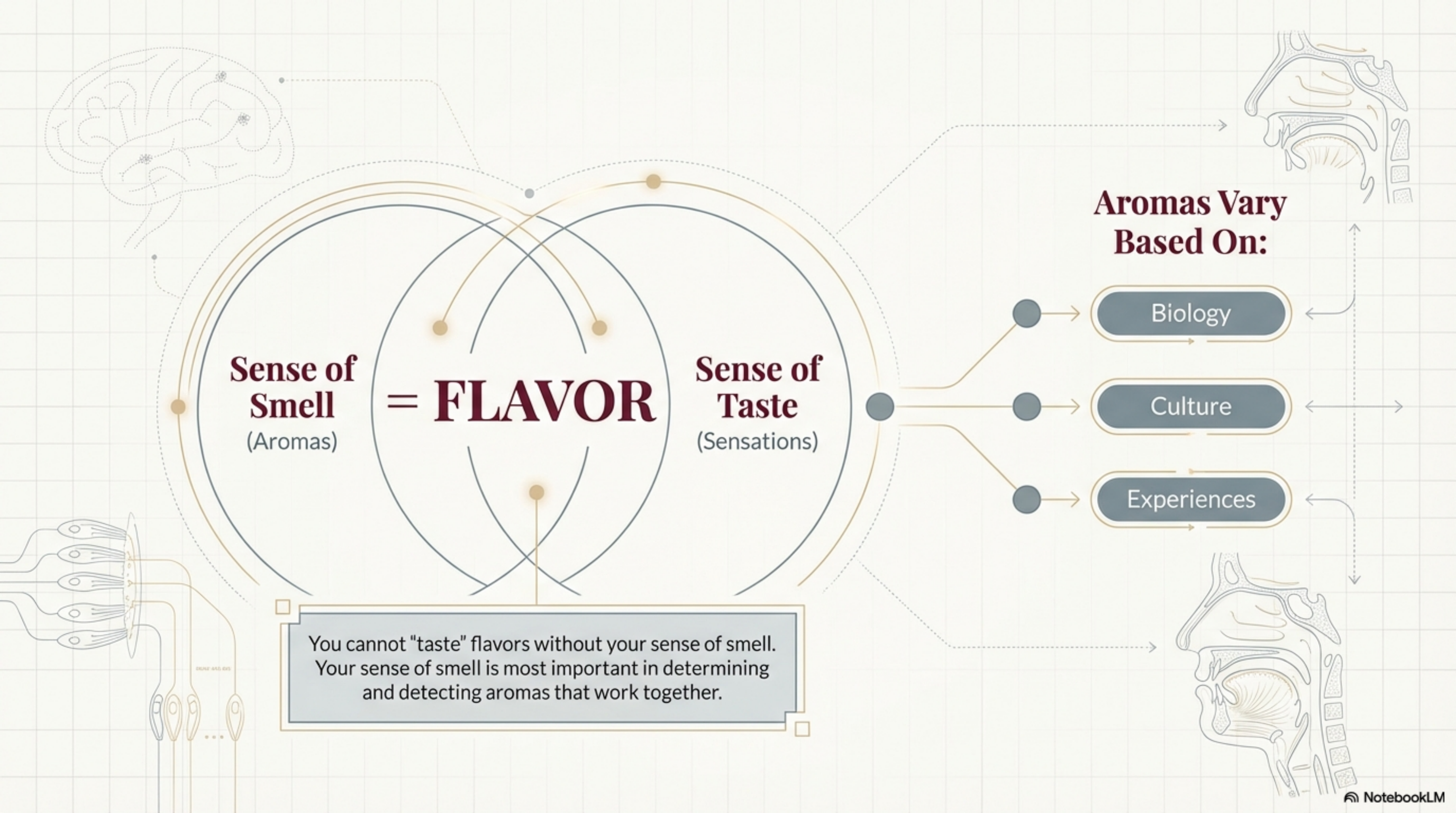




# The Art of Pairing: Elevating Food & Wine

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A Scientific and  
Sensory Approach  
to Culinary Harmony



**Sense of Smell**  
(Aromas)

**= FLAVOR**

**Sense of Taste**  
(Sensations)

**Aromas Vary Based On:**

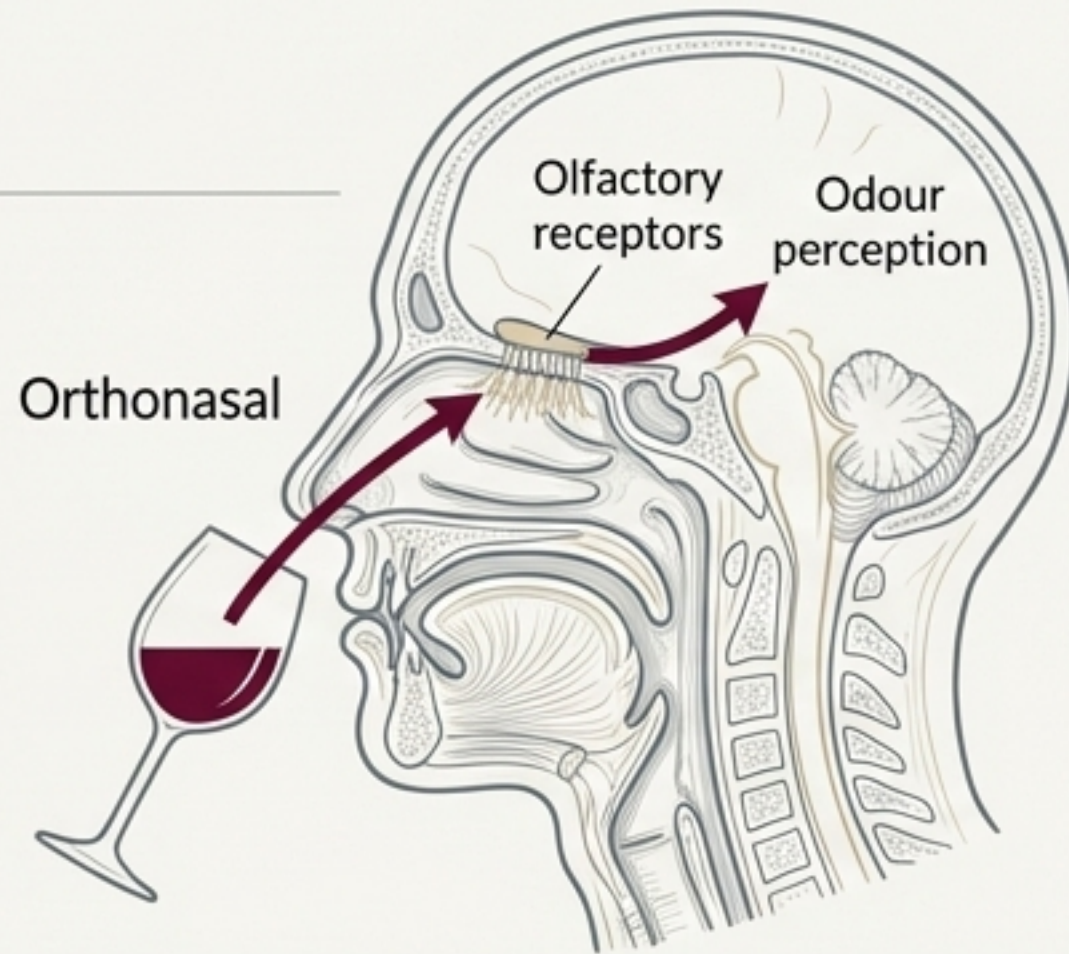
Biology

Culture

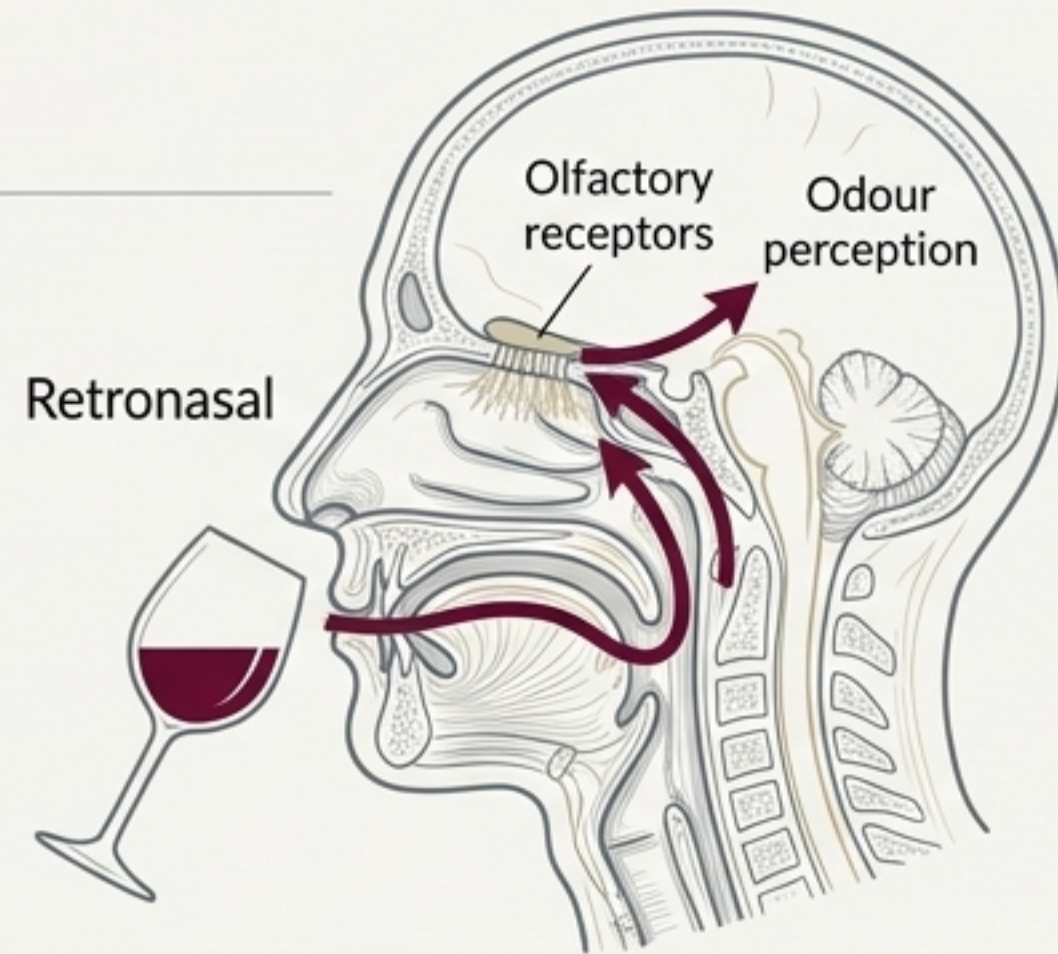
Experiences

You cannot "taste" flavors without your sense of smell. Your sense of smell is most important in determining and detecting aromas that work together.

# The Dynamics of Smell: Dual Pathways



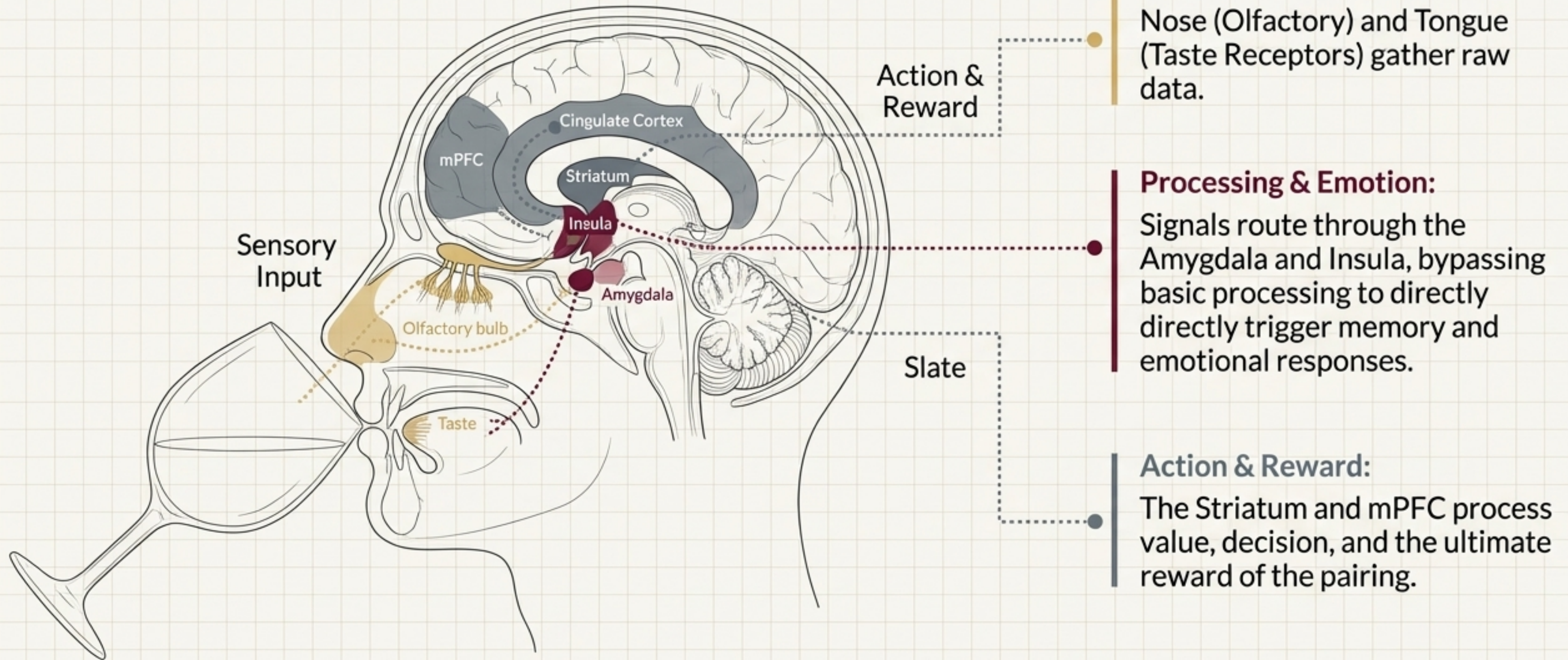
**Path 1: Orthonasal ('Out There')**  
Inhaling directly from the glass through the nose.



**Path 2: Retronasal ('In-the-Mouth')**  
Occurs after swallowing and breathing out. Aromas rise from the back of the throat behind the nasal cavity.

**Key Biological Note:**  
Retronasal perception is strongly impacted by your specific gut bacteria and saliva composition.

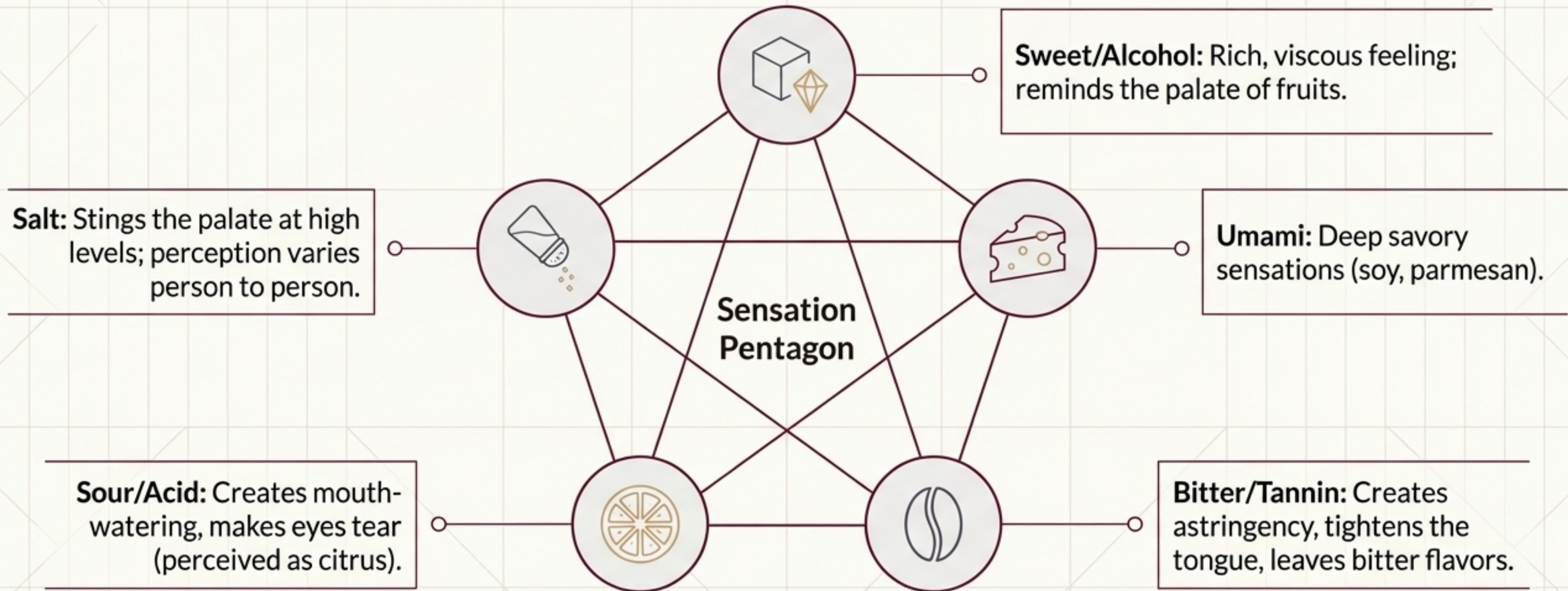
# The Brain on Wine: Systems Engaged by a Sip





# Analyzing Taste: Sensations on the Palate

Taste buds do not detect aromas; they perceive physical sensations.



# The Tasting Ritual: A Sequential Methodology



## 1. Static Smell

Deep breath without swirling the glass first.



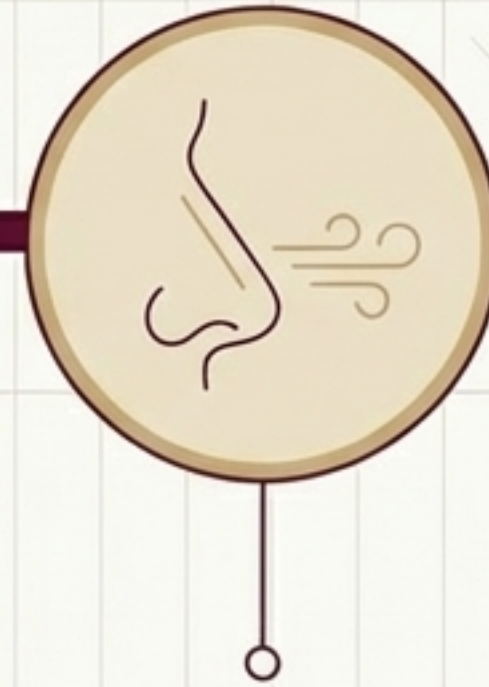
## 2. Dynamic Smell

Swirl the wine. Intake air through the nose with mouth slightly open. Smell with both nostrils deep in the glass, then each individual nostril.



## 3. Palate Wash

Take a small amount (easier to discover aromas). Wash the wine everywhere to coat the entire palate.



## 4. The Retronasal Finish

Swallow and deliberately breathe out to catch the rising bouquet behind the nasal cavity.

# The Food-Wine Interaction Matrix

Food Profile	Impact: Bitterness/Astringency	Impact: Acidity	Impact: Sweetness/Fruitiness
Sweet Food	↑ <b>UP</b> (More Drying/Bitter)	↑ <b>UP</b> (More Acidic)	↓ <b>DOWN</b> (Less Sweet/Fruity)
Umami Food	↑ <b>UP</b> (More Drying/Bitter)	↑ <b>UP</b> (More Acidic)	↓ <b>DOWN</b> (Less Sweet/Fruity)
Salty Food	↓ <b>DOWN</b> (Less Drying/Bitter)	↓ <b>DOWN</b> (Less Acidic)	↑ <b>UP</b> (More Fruity & Body)
Acidic Food	↓ <b>DOWN</b> (Less Drying/Bitter)	↓ <b>DOWN</b> (Less Acidic)	↑ <b>UP</b> (More Sweet/Fruity)
Fatty Food	↓ <b>DOWN</b> (Less Drying/Bitter)	↓ <b>DOWN</b> (Less Acidic)	(Neutral)

# The Golden Rules of Pairing



## 1. Match Acid

Acid in wine needs to meet or exceed the acid in the food.



## 2. Match Sweetness

Sweetness in wine needs to meet or exceed the sweetness in the food.



## 3. Pair to the Sauce

The sauce often dictates the pairing more than the base protein.



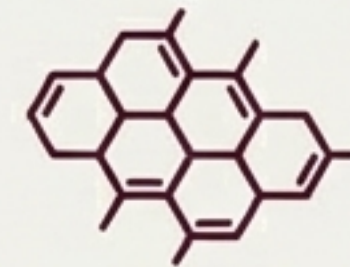
## 4. Consider the Cook

Cooking methods and fat intensity drastically change the required wine.



## 5. Weight & Texture

The physical weight of the protein must align with the body of the wine.



## 6. Molecular Harmony

Consider molecular pairing alignments.

# Profile Deep-Dive: Heat & Sweetness



## Managing Spice-Heat

Spice is notoriously difficult to pair with high-alcohol wines, as the alcohol aggressively amplifies the burn. To achieve balance, the pairing requires residual sweetness in the wine to actively cool and coat the palate.



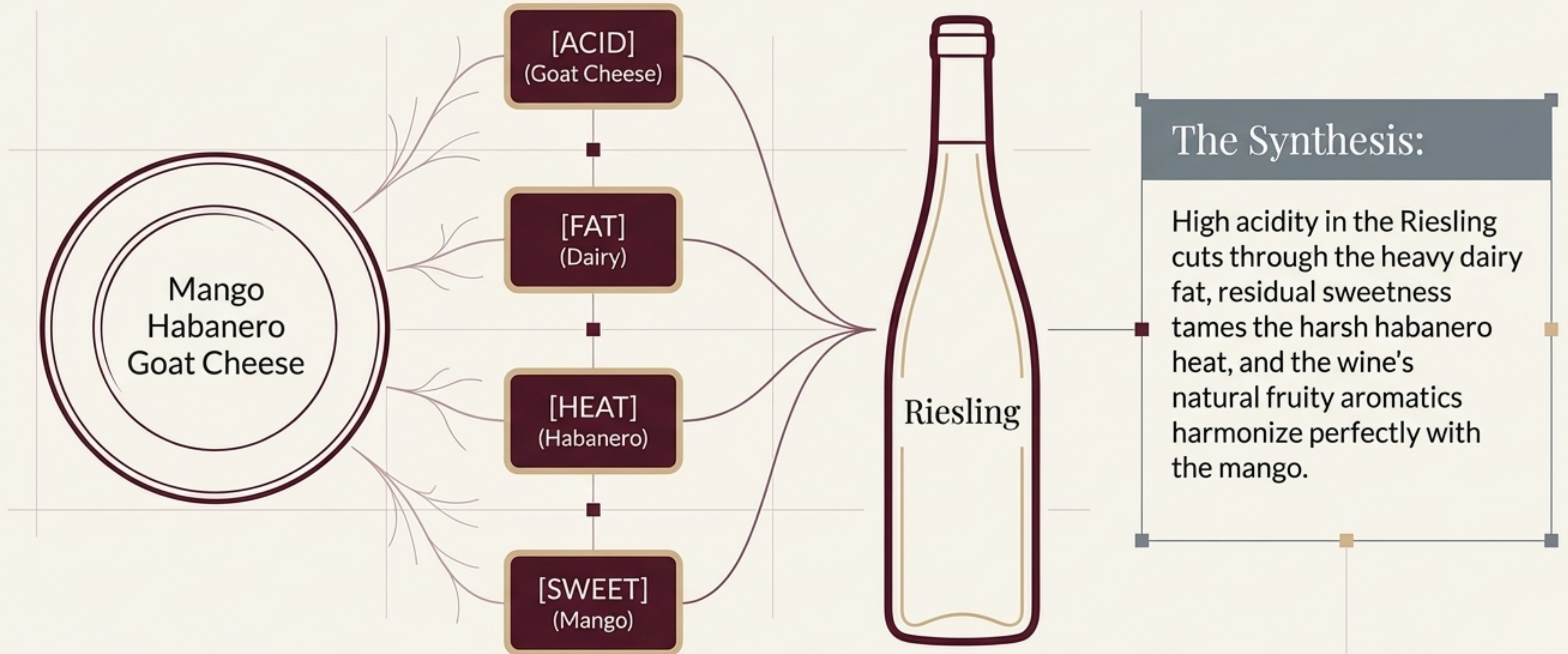
## Managing Sweetness

Sweet food is the natural enemy of dry wine. It crushes the wine's fruit character, stripping its body and making it seem overly acidic and bitter. To survive the pairing, the wine must **mathematically** exceed the dessert's sugar level.

# Applied Case Studies: Putting Rules into Practice

The Dish	Taste Profile	Ideal Wine Style
Smoked Salmon	[SALT] [FAT] →	Sparkling Wine / Rosé
Chicken Souvlaki	[SALT] [UMAMI] [FAT] →	Chardonnay / Viognier
Butcher Sausage	[FAT] [UMAMI] →	Grenache / Syrah / Cabernet Sauvignon
Seasonal Beet Salad	[SWEET] [ACID] →	Sparkling Wine / Sauvignon Blanc
Dates with Blue Cheese & Honey	[SWEET] [UMAMI] →	Sweet or Late Harvest Wines

# Complex Profiles: The Anatomy of a Dish



# Terroir & Tradition: “What Grows Together...”

What grows together generally goes together. Centuries of regional agriculture have naturally optimized these pairings.



# The Sommelier's Synthesis

## BIOLOGY

### Understand the Palate

Distinguish between retronasal aromas and physical tongue sensations (acid, tannin, fat).

## CHEMISTRY

### Predict the Interaction

Use the matrix. Recognize that food fundamentally alters the perception of wine, usually suppressing fruit and amplifying bitterness.

## ART

### Balance the Scales

Match acid to acid, sweetness to sweetness, and weight to weight to achieve ultimate culinary harmony.

# Continue Your Education

You can find a PDF of this slide presentation at [www.reggiewine.com](http://www.reggiewine.com)



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## Curriculum & Facilitation

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