

A Guide to  
selecting the wine  
that *really*  
matches the dish

Created by  
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WINE and FOOD

\$9.95

# WINE *and* FOOD PAIRING A GUIDE

Selecting the Wine  
that *Really* Matches the Dish

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# Criteria for Wine and Food Pairing

FEATURING THREE SEPARATE CHARTS:

- Wine & Food - General
  - Cheese & Wine
  - Spicy Food & Wine



All of us have probably experienced perfect occasions when the wine became one with the dish, but these are individual, or at least not universal, experiences. Perhaps we should be thinking about the relationship of tastes more conceptually, and then selecting one of many wines from a “family” of styles that share fundamental taste characteristics. We may find that attributes such as body, acidity, alcohol content and barrel aging count for more than grape variety in the realm of wine and food pairing.

Before you can pick wines by relying on their style profiles, you need to answer two crucial questions:

- ✂ **What is the overall taste profile of the dish:** light and subtle; sharp and herbal; full flavored and fatty; heavily seasoned or spiced?
- ✂ **What wine options *share* the same overall personality, or which would serve as an attractive *contrast*:** light, dry white; aromatic and intense white; full-bodied, firmly defined red; refreshing rosé or soft, ample red?

Since tastes vary significantly according to our unique personal experience and differing sensitivities, among many other factors, the guiding principle of food and wine pairing is to emphasize tolerance and flexibility. There is only one rule: there are no rules! In the guides that follow, many wine styles are offered as options within each grouping of food preparations.



*Further alternatives can be found by consulting the WINE STYLE GUIDE that is an indispensable companion to this WINE and FOOD PAIRING GUIDE.*

# WINE & FOOD PAIRING CHART

Matching the wine style to the dish

THIS CHART IS DESIGNED TO BE A QUICK YET COMPREHENSIVE REFERENCE TO IDENTIFY THE WINE STYLES THAT ARE COMPATIBLE WITH PARTICULAR FOODS AND PREPARATION STYLES. SINCE PALATES DIFFER AND FLEXIBILITY IS THE GUIDING PRINCIPLE, THERE ARE MANY WINE STYLES THAT ARE SUGGESTED FOR THE SAME FOOD. REMEMBER, THESE ARE GUIDELINES, NOT RULES!

CHARTS FOLLOW FOR SPICY FOOD & WINE AS WELL AS CHEESE & WINE.

BASIC FOOD OR PREPARATION STYLE	PRIMARY EXAMPLES	WINE STYLES Preferred Types
<p><b>APPETIZERS &amp; HORS D'OEUVRES, LIGHT</b></p> <ul style="list-style-type: none"> <li>• Served hot or cold</li> <li>• Deep fried</li> <li>• Salty</li> <li>• Toasted</li> <li>• Fresh dairy</li> </ul>	<p><b>Salted nuts, potato chips, crackers, crusty breads/toast, dips</b> (sour cream, yogurt, others)</p> <p><b>Fried seafood:</b> calamari, oysters</p> <p><b>Mild or salty cheeses, fresh or briefly aged:</b> cream cheese, Parmigiano, young Fontina, young Manchego, Feta, Montrachet, common processed cheeses</p>	<p><b>Sparkling wines (brut):</b> Cava, Crémant, Champagne NV, Blanc de Blancs, Luxury Cuvées &amp; equivalents, Prosecco</p> <p><b>White wines, light to medium bodied:</b> Albariño, Gavi, Petit Chablis, Pinot Grigio, Moschofilero, Vermentino</p> <p><b>White wines, full-bodied:</b> Manzanilla, Fino Sherry</p> <p><b>Rosés (dry), light to medium bodied:</b> Champagne Brut Rosé, Costières de Nîmes, Provence, Tavel</p> 
<p><b>SEAFOOD &amp; MEAT: RAW, SMOKED OR CURED</b></p> <ul style="list-style-type: none"> <li>• Served cold</li> <li>• Plain</li> <li>• Accented with citrus, fresh herbs, olive oil, ginger, other condiments</li> </ul>	<p><b>Seafood:</b> carpaccio, mariné, clams &amp; oysters on the half shell, ceviche, smoked salmon/trout</p> <p><b>Seafood:</b> caviar, other fish eggs (except those common to sushi noted below) <i>Caviar can overwhelm fine sparkling wines. Spirits drinkers, try chilled vodka.</i></p> <p><b>Seafood:</b> sushi/sashimi including roes – salmon (<i>ikura</i>), flying fish (<i>tobiko</i>), smelt (<i>masago</i>). Wine pairing varies by fish &amp; amount of soy sauce, <i>wasabi</i> &amp; pickled ginger <i>Can be tricky for wine! Try chilled ginjo &amp; daiginjo sake.</i></p> <p><b>Meats:</b> tartare, carpaccio, prosciutto, jamon, jambon, saucisson.</p>	<p><b>Sparkling wines (brut):</b> Champagne NV, Blanc de Blancs</p> <p><b>White wines, light to medium bodied:</b> Assyrtiko, Bordeaux (white), Chablis, Muscadet, Sauvignon Blanc, Sancerre</p> <p><b>White wines, full-bodied:</b> Manzanilla</p> <p><b>Rosés (dry), light to medium bodied:</b> Agiorgihitiko</p> <p><b>Sushi:</b> Assyrtiko, Pouilly-Fumé, Riesling QbA, Kabinett &amp; Spätlese, Vouvray</p> 

# WINE & FOOD PAIRING CHART

## Matching the wine style to the dish

### *continued*

BASIC FOOD OR PREPARATION STYLE	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p>SOUPS, SALADS &amp; OTHER LIGHT DISHES: SIMPLE, DELICATELY SEASONED</p> <ul style="list-style-type: none"> <li>• Prepared seafood</li> <li>• Vegetables</li> <li>• Pasta &amp; potatoes</li> <li>• Light white meats</li> </ul> 	<p><b>Cold or hot soups, stews:</b> seafood (cioppino, bouillabaisse, zuppa di pesce), vegetable &amp; fish broths, gazpacho, yogurt-based</p> <p><b>Salads &amp; vegetables:</b> seafood, chicken, tuna, composed &amp; grilled vegetables, bruschetta</p> <p><b>Pasta/risotto/potatoes:</b> seafood, pesto, primavera, buttered, mashed</p> <p><b>Fish:</b> grilled, poached, steamed white fish (flounder, sole), shellfish (mussels, oysters, clams), shrimp, squid</p> <p><b>White meats:</b> pork (centercut), chicken breast</p>	<p><b>White wines, light to medium bodied:</b> Albariño, Bordeaux (white), Chablis, Gavi, Orvieto, Pinot Blanc/Bianco, Riesling, Rueda, Sancerre, Sauvignon Blanc, Vermentino</p> <p><b>White wines, full-bodied:</b> Manzanilla</p> <p><b>Rosés (dry), light to medium bodied:</b> Agiorghitiko, Champagne Brut Rosé &amp; equivalent sparkling rosés, Provence, Tavel</p> 
<p>CREAM SOUPS, PASTA, FATTY FISH &amp; WHITE MEATS: MEDIUM SEASONINGS</p> <ul style="list-style-type: none"> <li>• Mild cheese preparations</li> <li>• Pasta &amp; rice without meat</li> <li>• Richer white meats &amp; fowl</li> </ul> 	<p><b>Soups:</b> mushroom, clam/oyster chowder, vichyssoise, stracciatella</p> <p><b>Pasta/risotto:</b> Fettucine Alfredo, ravioli (cheese, other non-meat fillings).</p> <p><b>Beans:</b> Navy, cannelloni, black-eyed peas</p> <p><b>Fish:</b> roasted, broiled, marinated rich/fatty fish (salmon, Chilean Sea Bass, catfish), lobster, crab, scallops</p> <p><b>White meats:</b> pork, veal chops or medallions, rabbit, chicken, pheasant, guinea fowl</p>	<p><b>White wines, light to medium bodied:</b> Chablis, Mâcon-Lugny, Soave, Viré-Clessé</p> <p><b>White wines, full bodied:</b> Chablis Grand Cru, Chardonnay, Condrieu/Viognier, Falanghina, Pessac-Léognan, Pouilly-Fuissé, Meursault, Puligny-Montrachet, Corton-Charlemagne &amp; other grands crus</p> <p><b>Red wines, light to medium bodied:</b> Barbera d'Asti, Beaujolais-Villages, Beaujolais crus, Bourgogne, Chianti Classico</p> <p><b>Red wines, medium bodied</b> <i>except with lobster, crab, scallops:</i> Bourgueil/Chinon, Pinot Noir</p>

# WINE & FOOD PAIRING CHART

## Matching the wine style to the dish

### *continued*

BASIC FOOD OR PREPARATION STYLE	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p><b>FULL-FLAVORED FOODS</b></p> <ul style="list-style-type: none"> <li>• Rich meat reductions, sauces, stocks</li> <li>• Red meats</li> <li>• Red sauces</li> <li>• Seasoned fare</li> </ul> 	<p><b>Soups:</b> hearty pea, bean, pasta e fagioli, minestrone, beef barley, turtle</p> <p><b>Pasta/pizza/risotto/rice:</b> tomato sauces (marinara, Puttanesca), meat sauces/fillings (ravioli, lasagna), mushroom sauces (morels, porcini, hen of the woods)</p> <p><b>Beans, seasoned:</b> pinto, black, red, kidney</p> <p><b>Fowl:</b> chicken, turkey, pheasant, quail, guinea fowl, squab, duck, ostrich</p> <p><b>Meats:</b> beef (roasts, stews, steaks), lamb (chops, leg), buffalo, sausages (chorizo, pork)</p> <p><b>Other dishes:</b> jambalaya, paella</p>	<p><b>Red wines, light to medium bodied:</b> Chianti, Côtes du Rhône, Grenache/ Garnacha, Merlot, Primitivo, Syrah/Shiraz,</p> <p><b>Red wines, medium bodied:</b> Bandol, Bordeaux crus bourgeois, Bourgueil/Chinon, Cabernet Sauvignon, Chianti Classico, Côte de Beaune, Crozes-Hermitage, Malbec, Nemea, Pinot Noir, Rioja crianza/reserva, St. Emilion</p> <p><b>Concentrated, full bodied red wines:</b> Barbaresco, Barolo, Bordeaux crus classés, Brunello, Cabernet Sauvignon, Châteauneuf-du-Pape, Côte d'Or, «GSM», Pinot Noir, Pomerol, Priorat, Rioja Gran Reserva, St. Emilion grands crus classés, Syrah/Shiraz, others</p>  
<p><b>FATTY, STRONGLY FLAVORED FOODS</b></p> <ul style="list-style-type: none"> <li>• Hearty ragouts &amp; stews</li> <li>• Game</li> </ul>	<p><b>Meat:</b> beef (ragout, short ribs, marrow, barbecue), lamb (shanks, stews)</p> <p><b>Game:</b> venison, any wild game</p>	<p><b>Concentrated, full bodied red wines:</b> Aglanico, Amarone, Barolo, Brunello, Cabernet Sauvignon, Cornas, Hermitage, Priorat, Syrah/Shiraz, Zinfandel</p> 
<p><b>DESSERTS: LIGHT &amp; LIVELY</b></p> <ul style="list-style-type: none"> <li>• Fruit</li> <li>• Honey</li> <li>• Nuts</li> <li>• Butter pastry</li> <li>• May also have cream, eggs</li> <li>• Sorbet</li> </ul> 	<p><b>Soups, salads:</b> cold fruit</p> <p><b>Tarts:</b> apple, peach, apricot, strawberry, etc.</p> <p><b>Pies:</b> apple, peach, key lime, lemon chiffon</p> <p><b>Cookies, cakes:</b> biscotti, macaroons, almond tuiles, Madeleines, shortbread, pound cake, strawberry shortcake, wedding cake</p> <p><b>Other lighter yet sweet desserts:</b> baklava, kataifi, crêpes (apple)</p>	<p><b>Sweet dessert wines:</b> Asti Spumante, Barsac/Sauternes, Bonnezeaux, Moscato d'Asti, Riesling &amp; Pinot Gris SGN, Semillon, Tokaji, Vin Santo</p> <p><b>Fortified sweet wines :</b> Muscat, Moscato, Tawny Port</p> <p><b>Special note: Avoid dry (brut) sparkling wines with desserts!</b></p>

# WINE & FOOD PAIRING CHART

## Matching the wine style to the dish

*continued*

BASIC FOOD OR PREPARATION STYLE	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p><b>DESSERTS: DECADENTLY RICH</b></p> <ul style="list-style-type: none"> <li>• Spices &amp; coffee accents</li> <li>• Mocha, caramel, toffee</li> <li>• Cream, butter, eggs</li> <li>• Chocolate in all forms</li> <li>• Ice cream</li> </ul>	<p><b>Pastries:</b> Napoleon, éclair, baba au rhum, profiteroles</p> <p><b>Cookies, cakes:</b> pralines, cheesecake, dacquoise, gingerbread, carrot cake &amp; others with icing</p> <p><b>Pies:</b> pecan, pumpkin, mincemeat, Linzer, clafoutis</p> <p><b>Custards:</b> flan, crème brûlée, crème caramel, pana cotta</p> <p><b>Other rich desserts:</b> Soufflés, puddings (rice, bread), meringue</p> <p><b>Chocolate:</b> soufflé, mousse, cake, torte, fudge, truffles</p>	<p><b>Sweet dessert wines <i>except with chocolate:</i></b> Bonnezeaux, Sauternes, Semillon, Tokaji, Vin Santo</p> <p><b>Fortified sweet wines :</b> Banyuls/Maury (rancio), Commandaria, Cream Sherry, Liqueur Muscat/Tokay, Madeira (Bual, Malmsey), “PX”/Montilla, Tawny Port/Colheita</p> <p><b>Fortified sweet wines for chocolate:</b> Banyuls/Maury (vintage &amp; rancio), Madeira (Bual &amp; Malmsey), Port (all red styles)</p>





# CHEESE & WINE PAIRING CHART

## Matching the wine style to the cheese

CONTRARY TO CONVENTIONAL WISDOM, CHEESE AND WINE ARE NOT THE MOST PERFECT OF PARTNERS. THE STRONG, SHARP, PUNGENT TASTES OF MANY CHEESES TOGETHER WITH THE FATTY COATING THEY LEAVE ON OUR TONGUES MASK AND COMPETE WITH THE FINE POINTS OF WINE. OFTEN, WHITE WINES AND FORTIFIED SWEET WINES ARE BETTER MATCHES THAN DRY REDS, AS YOU WILL SEE FROM THIS CHART.

CHEESE TYPE	PRIMARY EXAMPLES <i>Country of Origin</i>	WINE STYLES <i>Preferred Types</i>
<b>FRESH CHEESE: COW &amp; GOAT</b> <ul style="list-style-type: none"> <li>• Very mild, watery</li> <li>• Young (without aging)</li> </ul>	Queso fresco (Mexico) Paneer (India, USA) Mozzarella, Ricotta (Italy, USA) Boursin (seasoned), Fromage blanc (France) Fresh goat (France, USA) Cottage & cream cheese (USA)	<b>Sparkling wines (brut):</b> Cava, Champagne NV & equivalents, Crémant, Prosecco (both styles) <b>White wines, light to medium bodied:</b> Assyrtiko, Grüner Veltliner, Rueda, Sancerre, Sauvignon Blanc, Verdicchio <b>Rosés (dry), light to medium bodied:</b> Agiorghitiko, Lirac, Tavel
<b>HARD GRATING CHEESE: COW &amp; SHEEP</b> <ul style="list-style-type: none"> <li>• If served in chunks as finger food</li> <li>• Sharp, tangy, buttery &amp; salty</li> </ul>	Grana Padano, Parmigiano Reggiano, Pecorino Romano (Italy) Sbrinz (Switzerland)	<b>Sparkling wines (brut):</b> Champagne NV & equivalents, Crémant, Prosecco (full pressure) <b>White wines, light to medium bodied:</b> Chablis, Mâcon-Villages, Orvieto, Pinot Blanc/Bianco, Verdicchio <b>Red wines, light to medium bodied:</b> Barbera d'Asti, Beaujolais & crus, Dolcetto
<b>BRINED (PICKLED) CHEESE: SHEEP, GOAT &amp; COW</b> <ul style="list-style-type: none"> <li>• Sharp, watery</li> </ul>	Feta (Bulgaria, Greece, others) Halloumi (Greece)	<b>White wines, light to medium bodied:</b> Assyrtiko, Quincy, Sancerre, Verdicchio
<b>SOFT &amp; FIRM CHEESE: GOAT</b> <ul style="list-style-type: none"> <li>• Mild to more pungent, runny or dry, with age</li> <li>• Develop surface mold, or covered in ash, leaves, etc.</li> </ul>	Brin d'Amour (herb-covered sheep), Bucheron, Crottin de Chavignol, Picodon (various), Montrachet, Sainte Maure, Selles-sur-Cher, Valençay (France) Garrotxa, Monte Enebro both firm (Spain) California Crottin, Classic Blue Logs, Hoja Santa, Humboldt Fog, Piper's Pyramid, Wabash Cannonball (USA)	<b>Sparkling wines (brut):</b> Champagne NV & equivalents <b>White wines, light to medium bodied:</b> Mâcon-Villages, Petit Chablis, Pinot Blanc/Bianco, Sancerre, Sauvignon Blanc (various), Verdicchio <b>Red wines, light to medium bodied:</b> Barbera d'Asti, Beaujolais, Chianti (basic), Dolcetto





# CHEESE & WINE PAIRING CHART

## Matching the wine style to the cheese

*continued*

CHEESE TYPE	PRIMARY EXAMPLES <i>Country of Origin</i>	WINE STYLES <i>Preferred Types</i>
<p>SOFT, HIGH FAT CHEESE: COW</p> <ul style="list-style-type: none"> <li>Mild to flavorful as they ripen</li> <li>Rich texture</li> <li>Milky or creamy</li> <li>Some with surface mold</li> </ul>	<p>Boursault, Brie de Meaux, Brillat-Savarin, Camembert (firm), Chaource, Coulommiers, Explorateur, Pierre Robert, Saint André, Saint-Félicien (can be goat), Saint-Marcellin, Vacherin Mont d'Or (France)</p> <p>Robiola Rochetta, Bosina (various milks) (Italy)</p> <p>Constant Bliss, Nancy's Hudson Valley Camembert (USA)</p>	<p><b>White wines, light to medium bodied:</b> Chablis, Mâcon-Villages, Orvieto, Pinot Blanc, Vouvray</p> <p><b>White wines, full bodied:</b> Chardonnay, Meursault, Pouilly-Fuissé</p> <p><b>Red wines, light to medium bodied:</b> Barbera d'Asti, Beaujolais &amp; crus, Chianti (basic), Dolcetto</p> <p><b>Red wines, medium bodied:</b> Bandol, Bordeaux crus bourgeois, Cabernet Sauvignon, Chianti Classico, Côte de Beaune, Coteaux du Languedoc, Montepulciano, Nemea, Pinot Noir, Rioja crianza/reserva, St. Émilion</p>
<p>SOFT, INTENSELY FLAVORED CHEESE: COW</p> <ul style="list-style-type: none"> <li>Washed &amp; colored</li> <li>Pungent &amp; potent, sometimes stinky</li> </ul>	<p>Epoisses, Langres, Livarot, Maroilles, Munster, Pont l'Évêque, Reblochon (France)</p> <p>Limburger (Germany)</p> <p>Gorgonzola, Taleggio dolce* (Italy)</p> <p>Azeitão (Portugal) sheep</p> <p>Red Hawk (USA)</p> <p><i>*delicate blue cheese</i></p>	<p><b>White wines, full bodied:</b> Chardonnay, Gewürztraminer, Meursault, Pouilly-Fuissé</p> <p><b>Concentrated, full bodied red wines:</b> Aglianico, Amarone, Shiraz, Zinfandel</p> <p><b>Fortified sweet wines:</b> Banyuls &amp; Maury (vintage), Vintage, Single Quinta &amp; LBV Port</p>
<p>SEMI-FIRM TO FIRM CHEESE: COW &amp; SHEEP</p> <ul style="list-style-type: none"> <li>Gently pressed, or turned to drain excess liquid ("cheddaring")</li> <li>Mostly uncooked</li> <li>Nutty &amp; sweet</li> </ul>	<p>Cantal, Citeaux, Etorki, Morbier, Ossau-Iraty, Petit Basque, Saint-Nectaire, Tommes various (France)</p> <p>Idiazábal (unsmoked), Mahón, Manchego, Roncal, Zamorano (Spain)</p> <p>Cheddar, Cheshire, Gloucester, Leicester, (England)</p> <p>Gouda, Edam young (Netherlands)</p> <p>Colby, Jack, Cabot Clothbound Cheddar, Vermont Shepherd (USA)</p>	<p><b>White wines, full bodied:</b> Chablis Grand Cru, Hermitage (white) &amp; Meursault with age</p> <p><b>Red wines, light to medium bodied:</b> Beaujolais crus, Bordeaux (basic), Chianti (basic), Dolcetto</p> <p><b>Red wines, medium bodied:</b> Bandol Bordeaux crus bourgeois, Cabernet Sauvignon, Chianti Classico, Côte de Beaune, Malbec, Montepulciano, Nemea, Pinot Noir, Rioja reserva</p> <p><b>Concentrated, full bodied red wines:</b> Aglianico, Amarone, Bordeaux crus classés, Hermitage with age, Nuits St. Georges, Pommard, Ribera del Duero</p>



# CHEESE & WINE PAIRING CHART

## Matching the wine style to the cheese

*continued*

CHEESE TYPE	PRIMARY EXAMPLES <i>Country of Origin</i>	WINE STYLES <i>Preferred Types</i>
<b>FIRM TO HARD CHEESE: COW</b> <ul style="list-style-type: none"> <li>• Pressed &amp; cooked</li> <li>• Buttery, richly flavored</li> </ul>	Beaufort, Comté, Mimolette (France) Asiago, Fontina Val d'Aosta, Piave (Italy) Gouda aged, Roomano (Netherlands) Emmental, Gruyère, Sbrinz, Tête de Moine (Switzerland)	<b>White wines, light to medium bodied:</b> Chablis, Mâcon-Villages, Pinot Blanc/Bianco <b>Red wines, light to medium bodied:</b> Beaujolais crus, Bordeaux, Chianti (basic), Dolcetto <b>Concentrated, full bodied red wines:</b> Amarone, Ribera del Duero
<b>BLUE CHEESE: MAINLY COW</b> <ul style="list-style-type: none"> <li>• Varying degrees of intensity &amp; mold</li> <li>• Creamy or crumbly</li> <li>• Tangy or bold</li> <li>• Sweet wines offset the pungency</li> </ul>	Bleu d'Auvergne, Fourme d'Ambert, Roquefort sheep (France) Gorgonzola piccante (Italy) Cabrales, Valdeón (Spain) Shropshire Blue, Stilton (England) Bartlett Blue, Crater Lake Blue, Great Hill Blue, Point Reyes, Maytag Blue (USA)	<b>Concentrated, full bodied red wines:</b> Amarone (and Recioto, its sweeter form), Zinfandel <b>Sweet dessert wines:</b> Semillon, Young Sauternes <b>Fortified sweet wines:</b> Banyuls/Maury (Vintage & rancio), Cream Sherry, Madeira (Bual, Malmsey), Montilla, "PX," Single Quinta & LBV Port







# SPICY FOOD & WINE PAIRING CHART

Matching the wine style to the heat

NO CATEGORY OF FOOD IS AS CHALLENGING FOR WINE AS SPICY FOOD! DISHES THAT ARE TRULY INCENDIARY COMPLETELY DESTROY ANY WINE. SPICY FOOD LOVERS SHOULD NOT DESPAIR AS THERE ARE MANY WINES WHICH CAN STAND UP TO MODERATELY HOT OR VERY HOT DISHES, EVEN IF THE WINE'S SUBTLETIES MAY BE COMPROMISED.

LOVERS OF HOT FOOD, DON'T DESPAIR! CONSULT THIS CHART TO FIND "FIREPROOF" WINES.

SPICY FOOD AND PREPARATIONS	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p>SAUCES &amp; SALSAS: FRESH, FERMENTED &amp; PICKLED</p> <ul style="list-style-type: none"> <li>• Fresh ingredients</li> <li>• Green herbs (cilantro)</li> <li>• Sharp (acidic)</li> <li>• Fish sauces</li> </ul>	<p>Vietnamese dipping sauce (<i>nuoc cham</i>)</p> <p>Thai shrimp sauce (<i>nam prik</i>)</p> <p>Indonesian red chile paste (<i>sambal oelek</i>)</p> <p>Korean fermented cabbage (<i>kimchi</i>)</p> <p>Indian pickles (lime, mango), mint &amp; coriander chutneys</p> <p>Mexican salsa <i>cruda</i>, <i>pico de gallo</i> (Note: <i>habanero</i> peppers are "wine killers")</p>	<p><b>White wines, light to medium bodied:</b> Riesling, Rueda, Sauvignon Blanc, Verdicchio</p> <p><b>Rosés (dry), light to medium bodied:</b> Agiorghitiko</p> <p><b>White wines, full bodied:</b> Riesling (Australia), Sauvignon Blanc (New Zealand)</p> 
<p>SAUCES &amp; SALSAS: RICH &amp; SWEET</p> <ul style="list-style-type: none"> <li>• Prepared or seasoned ingredients</li> <li>• Dried peppers</li> <li>• Spices &amp; oils</li> </ul> 	<p>Vietnamese spicy hoisin (<i>tuong den</i>)</p> <p>Thai roasted chile paste (<i>nam prik pao</i>)</p> <p>Indian fruit, tamarind chutneys</p> <p>Indonesian sweet chile sauce (<i>sambal manis pedas</i>), hot peanut sauce</p> <p>Korean chile-bean paste (<i>ssamjang</i>)</p> <p>Chinese chile paste with garlic</p> <p>Mexican salsas, sauces &amp; marinades using chipotle, guajillo, cascabel &amp; other dried peppers</p>	<p><b>Rosés (dry), light to medium bodied:</b> Agiorghitiko</p> <p><b>Red wines, light to medium bodied:</b> Côtes du Rhône, Grenache/Garnacha</p> <p><b>Red wines, medium bodied:</b> Bandol, Côtes du Rhône-Villages, Montepulciano</p> <p><b>Concentrated, full bodied red wines:</b> Châteauneuf-du-Pape, «GSM», Syrah/Shiraz (14% alcohol or less)</p>

# SPICY FOOD & WINE PAIRING CHART

## Matching the wine style to the heat

*continued*

SPICY FOOD AND PREPARATIONS	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p>SOUPS: DEVILISHLY HOT</p> <ul style="list-style-type: none"> <li>• Chicken or fish broth-based</li> <li>• Coconut milk</li> </ul> 	<p>Chinese hot &amp; sour            Thai <i>Tom Yum Goong</i>, <i>Tom Yum Gai</i> &amp; similar sour-spicy            Thai chicken coconut</p>	<p><b>Sour, pungent fish soups</b>  <b>White wines, full bodied:</b>            Riesling (Australia), Sauvignon Blanc (New Zealand)</p> <p><b>Coconut-based soups</b>  <b>White wines, light to medium bodied:</b>            Chardonnay (California), Mâcon-Villages, Pinot Blanc</p>
<p>SOUPS: HEARTY &amp; MEATY</p> <ul style="list-style-type: none"> <li>• Bean</li> <li>• Meat</li> <li>• Sausage</li> </ul>	<p>Vietnamese Pho*            (beef in broth)            Indian lentil &amp; split pea            Spicy black bean            Gumbo with andouille sausage</p> <p><i>*if nuoc cham or chile sauce is added</i></p>	<p><b>Rosés (dry), light to medium bodied:</b>            Costières de Nîmes, Côtes du Rhône, Navarra, Provence, Tavel</p> <p><b>Red wines, light to medium bodied:</b>            Côtes du Rhône, Grenache/Garnacha, Merlot, Rioja joven</p> 
<p>SEAFOOD &amp; WHITE MEATS: HOT &amp; HERBAL</p> <ul style="list-style-type: none"> <li>• Served hot or cold</li> <li>• Fresh peppers</li> <li>• Salads</li> <li>• Dry rubs</li> <li>• Salty, pungent and sharp (acidic) seasonings</li> </ul>	<p>Ceviche with chile peppers            Thai marinated squid &amp; shrimp salad            Other spicy seafood &amp; noodle salads            Cajun catfish            Fish <i>tikka</i>            Fish tacos with <i>jalapeno salsa</i>            New Mexican pork with green chile sauce            Jerk chicken  <i>(Note: Scotch Bonnet peppers are “wine killers”)</i></p>	<p><b>White wines, light to medium bodied:</b>            Gavi, Riesling, Rueda, Sancerre, Sauvignon Blanc, Verdicchio, Vouvray</p> <p><b>Rosés (dry), light to medium bodied:</b>            Agiorghitiko, Provence, Tavel</p> <p><b>White wines, full bodied:</b>            Riesling (Australia), Sauvignon Blanc (New Zealand)</p>

# SPICY FOOD & WINE PAIRING CHART

## Matching the wine style to the heat

*continued*

SPICY FOOD AND PREPARATIONS	PRIMARY EXAMPLES	WINE STYLES <i>Preferred Types</i>
<p>SEAFOOD &amp; LIGHT MEATS: INTENSE &amp; COMPLEX</p> <p>FRIED RICE, NOODLES &amp; BEAN CURD</p> <ul style="list-style-type: none"> <li>• Richer or sweetened sauces</li> <li>• Coconut milk sauces</li> <li>• Spices &amp; oils</li> </ul> 	<p>Whole fish, deep fried (Thai, Szechwan)</p> <p>Thai chicken coconut curries, duck, ground chicken &amp; toasted rice</p> <p>Kung Pao chicken</p> <p>Vietnamese lemon grass chicken*</p> <p>Indian chicken curry with saffron or yogurt &amp; cashews</p> <p>Goan coconut curries</p> <p>Barbecued pork ribs</p> <p>Fried rice noodle dishes like Pad Thai</p> <p>Szechwan noodles, bean curd</p> <p><i>*if nuoc cham or chile sauce is added</i></p>	<p><b>White wines, light to medium bodied:</b> Mâcon-Lugny, Pinot Bianco, Soave, Torrontes, Viré-Clessé, Vouvray</p> <p><b>Rosés (dry), light to medium bodied:</b> Bandol, Provence, Tavel</p> <p><b>White wines, full bodied:</b> Chardonnay (California), Falanghina, Pinot Gris (Alsace), Pouilly-Fuissé, Gewürztraminer</p> <p><b>Red wines, light to medium bodied:</b> Côtes du Rhône, Grenache/Garnacha, Merlot, Primitivo, Rioja joven</p> <p><b>Red wines, medium bodied :</b> Côtes du Rhône-Villages, Montepulciano</p> 
<p>MEATS &amp; POULTRY: POTENT &amp; FIERY</p> <ul style="list-style-type: none"> <li>• Intense seasonings</li> <li>• Rich sauces</li> </ul> 	<p>Chicken <i>tikka masala</i>, <i>Jhalfrezi</i></p> <p>Szechwan beef</p> <p>Hunan lamb, duck</p> <p>Indian lamb <i>vindaloo</i>, <i>saag</i>, <i>daal gosht</i>, <i>keema dum</i></p> <p>Beef chili with kidney beans</p> <p>Mexican chicken <i>mole</i>, if spicy</p> <p>Enchiladas with ranchera sauce</p>	<p><b>Red wines, light to medium bodied:</b> Côtes du Rhône, Grenache/Garnacha, Primitivo, Syrah/Shiraz</p> <p><b>Red wines, medium bodied :</b> Côtes du Rhône-Villages, Malbec, Montepulciano, Rioja reserva</p> <p><b>Concentrated, full bodied red wines:</b> Châteauneuf-du-Pape, «GSM», Zinfandel, Syrah/Shiraz (14% alcohol or less)</p>



ROGER HAS ENJOYED A LONG CAREER IN THE WINE TRADE.

Currently, he is managing partner of Millesima USA, a retail entity affiliated with Europe's leading fine wine mail order company. In 1993, he was one of the first Americans – now numbering about two dozen – to acquire the prestigious Master of Wine® title (“MW”). Roger's passion for food has its origins in an unusual childhood living in Asia, Europe and the Middle East as the son of a diplomat.

As a senior executive of a well-known wine importer, he traveled regularly abroad to visit wineries and taste the new vintage from barrel.

His travels also immersed him in a marvelous world of restaurants and diverse cuisines, and his kitchen is decorated with menus he has collected from memorable meals. Roger has been a dedicated home chef for more than two decades, and he regularly prepares Indian and Thai food, among other cuisines.

perfect match

## When Style Is Substance: Pairing Wine with Food

In my experience there is no food-and-wine match that is guaranteed to please—or

displease—everyone. All of us have probably experienced perfect combinations or occasions when the wine became one with the dish, but these are individual, or at least not universal, experiences. Perhaps we should be thinking about the relationship of taste more conceptually and then selecting one of many wines from a “family” of wines that share fundamental taste characteristics.

### Unsettling Variety

Most Americans see wine as a beverage labeled with the name of a grape variety such as Cabernet Sauvignon or Sauvignon Blanc. This concept fundamentally differs with most traditional European wines that are named after the place they were grown, for example, Chablis, Rioja, or Barolo.

While these classic appellations appear mysterious to the uninitiated because the grape is rarely identified on the label, varietal labeling can be misleading. Unnamed varieties may be blended into the wine; the legally permitted allowance for other unnamed varieties ranges as high as 15 to 25 percent, depending on country and denomination. For example, a Cabernet Sauvignon with a California appellation only has to be made three-fourths Cabernet. That remaining two-fourth can change the wine significantly.

There is a second and more consequential reason that varietal labeling is not always a reliable way to make a restaurant wine purchase: each variety has many possible stylistic variations. For instance, Cabernet Sauvignon from Maipo, Chile, has a different flavor profile compared to Cabernet from Coonawarra, Australia; the former may be of moderate weight and concentration of flavor, possibly with

tasty notes, while the latter can be much darker, denser, richly flavored, and more often young, with black current and black olive accents. Chardonnay from Chablis, France, is typically subtle and dry and is not at all like the ripe Chardonnay with tropical fruits from Santa Barbara, California.

Have we been going down the wrong track by focusing on the grape when we make recommendations to our customers? Contrary to conventional wisdom, it may make more sense to place emphasis primarily on wine style, not simply the grape. There is no doubting the fundamental role played by the grape in a wine's overall taste. Nevertheless, origin, climatic conditions, and winemaking techniques contribute significantly to the style attributes that can be as much a determinant of wine profile as grape variety.

### Style Categories

If our aim is to select wines to pair with food, it would be far more helpful to categorize wines by style first, with grape variety an important but not exclusive element of the formula. To achieve this new paradigm, we need to characterize wines by their critical attributes, notably:

- **concentration**, the “intensity” determining taste intensity
- **weight**, the degree of fullness in the mouth, partly due to alcohol
- **acidity**, a critical component for food pairing
- **tannin**, if any, an astringent taste (bitter to some people) in red wines that balances fatty foods
- **sweetness**, if any, remaining from the grapes
- **wood influence**, if any, ranging from barely noticeable to marked (oak, coconut, vanilla, clove, cinnamon, and so on)



Roger Bohmrich, PhD, is managing partner of Millonno USA LLC, a fine wine and vodka retailer. He was one of the first Americans to join the House of Wine (HOF) movement, and he was founding president of the Institute of Flavor of Wine (North America).

As seen in *Sante Magazine* for  
Restaurant Professionals, March '09

