

# WINE & FOOD



## TOGETHER AT LAST

### FINDING THE PERFECT FOOD AND WINE PAIRINGS

The average pH level in a glass of wine closely resembles that of the natural acid in the human stomach. What does this mean? It means that scientists agree: food and wine are best enjoyed together!

This is excellent news for those of us who have discovered that food and wine taste better when they are enjoyed together.

#### TOP TIPS FOR FOOD AND WINE PAIRING

##### Match countries of origin

Regional specialties are the easiest meals to match, as they come with the helpful hint of the culture that surrounds them. For example, Spaghetti Bolognese is a natural pairing with simple Italian reds such as Valpolicella or Chianti.

##### Use wine flavours to enhance your favourite food flavours

Flavours in a wine will magnify similar flavours in food, so bear this in mind when pairing the two. If you are cooking a dish that uses tropical fruits as a garnish, consider drinking wines with similar characteristics, such as a New Zealand Sauvignon Blanc or a South African Chenin Blanc.

##### Use contrasting textures to balance a pairing

Oil and vinegar have been a natural pairing for thousands of years because they balance each other. The same rule holds true with wine and food. When pairing with an oily dish, look for wine with good acidity to counteract the oil on the palate. Semillon, Sauvignon Blanc and Riesling are examples of white wines that are high in acidity.

##### Fruity wines work well to cool off spicy dishes

When enjoying spicy fares typical of many Asian dishes, look to fruity white wines, such as those of Germany or Alsace, as they cool the palate and extinguish the heat.

##### Balance the strength of flavours in the wine and food

If you're cooking a strongly flavoured red meat dish, pair it with an equally potent red wine. Or, if you are drinking a delicate white wine, you will want an equally subtle meal to accompany it. This ensures that you will be able to taste both elements of the combination, not just the food or the wine.

##### Cook with the wine

If you're going to serve a favourite wine, try to incorporate it into your cooking as well—there is no better way to ensure that two flavours come together than to pour them out of the very same bottle.

##### Drink what you like

The most important thing to bear in mind when selecting wine for any occasion is personal preference. Even though a Sauvignon Blanc may be the 'perfect match' with your halibut, if you don't like white wine then opt for red. You can, however, tailor your food to match the wine; for example, choose a lighter-bodied red and grill the halibut, adding a stronger flavour that will stand up to your wine.

It can be a challenge deciding what to drink with your food or what to eat with your wine, but few mysteries are as much fun to unravel. So get out your wineglass and your skillet and start experimenting!

