



WINE AND FOOD PAIRINGS

1. Think about the food you are serving – the heavier the food, the heavier bodied the wine should be, generally. Foods that are delicate would be overwhelmed by a full-bodied wine; start your pairings by understanding even on a basic level how heavy and bold the food is, and then pair with a complimentary wine.
2. It is also not only the food itself, but how the food is prepared, and what it is served with that should be taken into consideration. A roasted piece of chicken tastes different than a fried piece of chicken. Likewise, chicken in a lemon-butter sauce is different than chicken in a barbecue sauce. Wines should be selected to compliment the whole dish, rather than a singular component of it.
3. These rules hold true whether the dish is an entrée or appetizer, and whether it is simply cheese and crackers or pieces of chocolate. Here are some basic guidelines:

FLAVORS	LIGHT, DELICATE	HEARTY, EARTHY	RICH, SPICY	SWEET
FOODS	<ul style="list-style-type: none"> - Raw or steamed vegetables - Salads - Egg dishes - Soft, mild cheeses - Crab dishes - Grilled shrimp, boiled shrimp - Raw, roasted oysters 	<ul style="list-style-type: none"> - Baked or roasted chicken, duck - Roasted pork - Country ham - Indian - Mexican - Lighter tomato sauces - Harder, mild cheeses - Salmon, tuna - Fried shrimp - Fried oysters 	<ul style="list-style-type: none"> - Grilled beef - Heavier tomato sauces - Strong cheeses 	<ul style="list-style-type: none"> - Chocolate - Rich desserts - Foie gras - Pungent cheeses
WINES	<ul style="list-style-type: none"> - Riesling - Sauvignon Blanc - Sparkling 	<ul style="list-style-type: none"> - Viognier - Chardonnay - Sangiovese - Merlot - Gewurztraminer 	<ul style="list-style-type: none"> - Cabernet Sauvignon - Cabernet Franc - Petit Verdot - Meritage 	<ul style="list-style-type: none"> - Sparkling - Late Harvests - Ports