



FUN WITH  
**FOOD**  
& FERMENTED  
**BEVERAGES**

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**BEEF**

## BEEF

Preparation Style	Wine or Beer Style	Wine Region
Beef Bourguignon	Light Bodied Red	Warm or Cool Climate Pinot Noir
	Full Bodied Red	Warm or Cool Climate Cabernet Sauvignon
Beef Curry	Full Bodied Red	Warm Climate Shiraz, Merlot or Nebbiolo
	Beer	Lager or Ale
Beef Grilled	Full Bodied Red	Warm or Cool Climate Shiraz, Zinfandel, Nebbiolo or Cabernet Sauvignon
	Full Bodied White	Warm Climate Oaked Chardonnay
Roast Beef (Rare)	Full Bodied Red	Warm or Cool Climate Cabernet Sauvignon
	Light Bodied Red	Young Bordeaux, Pinot Noir
	Full Bodied White	Warm Climate Oaked Chardonnay
	Dry Rosé	Warm Climate Rosé
Roast Beef (Well Done)	Full Bodied Red	Warm or Cool Climate Cabernet Sauvignon or Shiraz, Mature Bordeaux, Pinot Noir
Beef Stewed	Full Bodied Red	Warm or Cool Climate Cabernet Sauvignon, Warm Climate Merlot
	Beer	Ale, Stout or Porter



POULTRY

## POULTRY - CHICKEN

<b>Preparation Style</b>	<b>Wine or Beer Style</b>	<b>Wine Region</b>
Chicken (Cold or in a Salad)	Light Bodied White	Cool Climate Chardonnay, Riesling or Soave, Pinot Blanc or Vidal
	Sparkling Wine	Dry Sparkling - Brut or Sec
	Dry Rosé	Warm Climate Rosé
Chicken (Coq au Vin)	Light Bodied Red	Warm or Cool Climate Pinot Noir, Cool Climate Merlot
	Full Bodied White	Warm Climate Oaked Chardonnay
Fried Chicken	Sparkling Wine	Dry Sparkling - Brut or Sec
	Light Bodied White	Cool Climate Chardonnay, Riesling or Soave
	Dry Rosé	Warm Climate Rosé
	Beer	Lager, Pilsener, Ale or Bitter
Grilled Chicken	Full Bodied White	Warm Climate Oaked Chardonnay
	Light Bodied Red	Warm or Cool Climate Pinot Noir
	Dry Rosé	Warm Climate Rosé
Roasted Chicken	Full Bodied White	Warm Climate Oaked Chardonnay
	Light Bodied White	Cool Climate Riesling, Soave, Chenin Blanc, Viognier, Aligote
	Light Bodied Red	Warm or Cool Climate Pinot Noir, Cool Climate Merlot
	Dry Rosé	Warm Climate Rosé



**SEAFOOD**

## SEAFOOD

Preparation Style	Wine or Beer Style	Wine Region
Caviar	Sparkling Wine	Champagne (premium)
	Spirits	Vodka (premium)
Crab (Cold or in a Salad)	Sparkling Wine	Champagne or Dry Sparkling
	Light Bodied White	Cool Climate Unoaked Chardonnay, Riesling or Gewurztraminer
Crab (Served Warm to Hot)	Full Bodied White	Warm Climate Gewurztraminer or Oaked Chardonnay
	Dry Rosé	Warm Climate Rosé
Fish & Chips	Sparkling Wine	Dry Sparkling - Brut or Sec
	Light Bodied White	Cool Climate Riesling, Soave, Chenin Blanc,
	Beer	Lager, Pilsener, Ale or Bitter
Herring (Pan Fried, Grilled or Poached)	Light Bodied White	Cool Climate Riesling, Soave, Chenin Blanc, Vinho Verde or Muscadet
Lobster (Cold or in a Salad)	Sparkling Wine	Champagne or Dry Sparkling - Brut or Sec
	Light Bodied White	Cool Climate Unoaked Chardonnay, Riesling, Gewurztraminer
	Dry Rosé	Warm Climate Rosé



**CHEESE**

## CHEESE

<b>Preparation Style</b>	<b>Wine Style</b>	<b>Wine Region</b>
Blue Cheese - Stilton, Roquefort, Cambozola	Full Bodied Red	Warm Climate Amarone, Barolo, Bordeaux or Shiraz
Gorgonzola, Bresse-Blue	Fortified Wine	Vintage, Tawny, LBV or Ruby Port
	Sweet Dessert Wines	Icewine, Sauternes or Late Harvest Vidal
Firm Cheese - Cheddar, Colby, Edam, Emmenthal	Full Bodied White	Warm or Cool Climate Chardonnay or Riesling
Gouda, Monterey Jack, Mozzarella, Oka or Gruyere	Sparkling Wine	Dry Sparkling - Brut or Sec
	Full Bodied Red	Warm Climate Amarone, Bordeaux, Rioja, Shiraz, Cabernet Sauvignon
Goat Cheese - Chevre, Feta	Light Bodied White	Warm or Cool Climate Sauvignon Blanc
	Full Bodied White	Warm or Cool Climate Chardonnay
Hard Cheese - Parmigiano, Reggiano, Aged Asiago	Full Bodied Red	Chianti, Brunello, Barbaresco, Bordeaux, Amarone, Cabernet, Sauvignon or Shiraz
Sheep Cheese - Pecorino, Castellano or Serat	Full Bodied Red	Warm or Cool Climate Rioja, Shiraz or Zinfandel
	Fortified Wine	Sweet, Dry or Amontillado Sherry



**WINE TASTING**

## Tasting Wine – What it’s all about!

Many novice wine tasters are overawed and not a little put-off by all the tilting, swirling, eyeballing, sniffing, gurgling and (mostly) swallowing that occurs during the wine tasting process. One can see them mentally asking the question “is all this theatre necessary and do I want to be seen doing that”? The real answer is “yes” as it is these fundamental and often fun steps that ensure that every component and nuance of a wine is captured and enjoyed to its fullest. Sure it’s going to take some time to get there but what a spectacular learning journey it is – and moreover, unlike expensive art, wine is easily accessible and the selection is almost endless.

### 1. Wine Color and Clarity

As Sir James (Jim) Hardy used to say – “if you can see your fingers through the glass it’s white. If you can’t, then it’s red!” Of course he was joking but Jim had a deeper and more important message in this humorous statement and that was – wine is fun and meant to be enjoyed so don’t get hung up on the science. Simply go ahead, taste it, enjoy it, and draw your own conclusions.

#### Red Wines:

First, tilt the wine away from you against a white background, such as a white tablecloth or napkin or up to the light. Look at the outer edge of the wine around the perimeter of the glass. If the colour of the wine is a uniform dark red extending into the middle of the glass then that generally indicates a quite young and fresh wine. The intensity and hue of the red from deep cherry to ruby through to garnet should provide you with a good idea of the wine’s age and grape variety.

In older red wines, the color tends to fade to a brown/brick red receding towards the middle of the glass, leaving a relatively wide perimeter. This is known as "colour separation" and is not necessarily a bad thing unless the perimeter colour is a distinct brown which may indicate oxidization and a wine past its prime. This may also be noticeable in rosé wines although to a lesser extent due to their paler colour.

#### White Wines:

With white wines you can follow the same procedure only hold them up against a darker colour or a bright light to ascertain their clarity. You can also place the wine glass on the table and look straight down into the wine to assess clarity although this makes it more difficult to swirl and taste. These techniques include all white wines covering champagne and sparkling wines, table wines and dessert wines.

#### Summary:

To summarize you should be looking for clarity and uniformity of colour in the wine in your glass. You only need about two to three ounces for tasting purposes as any more makes it difficult to handle. Cloudy wines or wines with inconsistent colour generally indicate an unstable or old wine past its



# WINE & GRAPE

## CHARACTERISTICS

# Wine & Grape Characteristics

## White Wines

### *Chardonnay: Cool Climate/Unoaked*

Appearance	Pale straw colour
Aromas & Flavours	Citrus: Lemon, Grapefruit; Flinty, mineral with crisp acidity
Mouth Feel	Spare and elegant
Finish	Varies according to quality - can be short (poor quality) to long (good quality)
Food Matches	Lighter style foods - seafood, lightly textured meats - use acidity to break down rich dishes

### *Chardonnay: Warm Climate/Oaked*

Appearance	Golden straw colour
Aromas & Flavours	Complex tropical fruits, pineapple, mango, banana, vanilla, butterscotch, butter, toast: Full bodied with round integrated acidity
Mouth Feel	Dense and robust
Finish	Varies according to quality - can be medium (questionable quality) to long (good quality)
Food Matches	Fuller flavoured foods - stronger seafoods lobster, salmon, roasted fowl and game: Fills out & augments food flavours

### *Sauvignon Blanc: Cool Climate*

Appearance	Pale to Medium straw colour
Aromas & Flavours	Herbaceous, grassy and green; can range from subtle to aggressive in style
Mouth Feel	Crisp and fresh
Finish	Short to long depending on quality
Food Matches	Smoked salmon with dill, goat cheeses, trout and vegetable dishes. More aggressive styles could overpower certain foods



**MATCHING**  
**BEER & FOOD**

## Matching Beer and Food

Deciding which foods taste best with what beers is a delicious, ever-evolving experiment - but where do we start? The most important thing to remember when tasting beer is to think about what it is you're actually tasting? Sip a beer slowly in a clean and appropriate glass and isolate the dominant flavor characteristics. Ask yourself - is the maltiness sweet or dry? Are the hops flowery or citric? Is the mouth-feel clean or complex? Does the yeast contribute a distinctive flavor? Does the sharpness of alcohol feel hot on your tongue? Could you cope with a second or is one enough?

Next, think about how you would like the beer to relate to the food. The goal is to find a balance, and the keywords to keep in mind are "cut," "complement" and "contrast." You may want to cut a dish that is very rich or buttery like a cream-sauce based pasta by serving it with a clean, assertive and hoppy beer such as a pilsner. Similarly lighter style, well chilled lagers are great with Asian foods. A perfect complement to anything strongly-flavoured such as chocolate or oysters is a cream stout or strong stout. And a pale-ale will contrast nicely with the hearty, smoky flavors of a barbecue dish or Indian foods such as curries.

Just as it's unwise to follow certain kinds of beers (read strong) with others (read light) in a beer tasting, pairing the wrong beer with certain types of foods will detract from both the food and the beer. Most often, the flavors in the beer overwhelm those in the food, but the reverse can also occur. A malty beer such as a Scottish ale will be quite overwhelmed next to an astringent salad dressing such as a vinaigrette. Likewise, a wedge of almost any strongly flavoured cheese (Limburger or blue-cheeses) will completely dominate all but the strongest beers.

Keep in mind that matching food with beer is not an exact science as the variations are many but there are certain basic guidelines that will help you on this magnificent quest.

Listed are some suggestions on pairing certain foods with certain beers.



**SINGLE MALT  
SCOTCHES**

# Single Malt Scotches

## Phase I:

### Highland Malts

- The largest region in Scotland has two smaller sub-sets: Islands and Speyside.
- The whiskies range in style, but in general they are smooth, dry, well rounded in flavour with some peatiness.
- Try the light and medium malts as aperitifs and save the full malts for after dinner.

## Highland Malts

### Light Highland Malts:

- Sheep Dip 8 yr. old Pure Malt
- Glenogyne 10 yr. old (unpeated)

### Medium Highland Malts:

- The Dalmore 12 yr. old
- Glenmorangie 10 yr. old
- Glen Parker
- Clynelish 14 yr. old

### Full Highland Malts:

- Oban 14 yr. old
- Oban Distiller's Edition
- Glen Ord 12 yr. old
- Glenmorangie Sherry Wood Finish
- Glenmorangie Maderia Wood Finish
- Glenmorangie Port Wood Finish
- The Dalmore Cigar Malt