

Meat meet Wine


by **THE HEALTHY BUTCHER**

WINE PAIRING RULES:





- i. Rule number one, **there are no rules** - only suggestions and personal preferences. If you like a combo you've had before, run with it.
- ii. If you're cooking recipes typical of a certain region, **stick with wines from the same region**. The foods of a country and the wines of a country have a historic bond that forms part of that country's culture.
- iii. **How a meat is prepared is usually more important than the type of meat itself**. Chicken with a lemon butter sauce will call for a different more delicate wine to play off the sauce than a grilled chicken breast smothered in a spicy BBQ sauce.
Match delicate to delicate, robust to robust. What does this mean?
- iv. Full-bodied reds will overpower delicate foods. Conversely, a light-bodied white won't enhance your grilled steak and potatoes meal. That being said, you can successfully pair a wine with a food by creating a contrast, instead of a similarity; good contrasts are a little harder to achieve.
- v. **Salty, oily & acidic foods pair best with acidic wines** (the wine will taste less acidic as a result of the pairing).
- vi. **Sweet foods like honey- or teriyaki- glazed pork will make your wine seem drier than it really is** so try an off-dry (slightly sweet) wine to balance the flavour.
- vii **Bitter and astringent (tannic) foods like a mixed green salad of bitter greens and charbroiled meats accentuate a wine's bitterness so complement it with full-flavoured fruit-forward wines**. Leave the big tannic red wines for heavy charbroiled red meats - this pairing will tone down the tannin in the wine.

There are thousands of grape varieties grown around the world, but only a few have been designated to be the "noble" varieties. Not only is most of the world's wine made from these varieties, but wine from these grapes have more potential not just to be good, but exceptional. Familiarize yourself with these wines, from grapes grown in the regions they grow best, and you will be miles ahead of most wine drinkers.

NOBLE WHITES

TEXTURE	GRAPES	WHERE THEY GROW BEST
LIGHT 	Riesling	Germany Alsace, France
	Sauvignon Blanc	Loire Valley, France Bordeaux, France New Zealand California (Fumé Blanc)
	Chardonnay	Burgundy, France California Australia Champagne, France
FULL-BODIED		

NOBLE REDS

TEXTURE	GRAPES	TANNIN LEVEL	WHERE THEY GROW BEST	COLOUR	AGEABILITY
LIGHT 	Pinot Noir	LOW 	Burgundy, France	LOW 	LOW 
	Sangiovese		Tuscany, Italy		
	Cabernet Sauvignon		Bordeaux, France		
	Nebbiolo		Piedmont, Italy		
	Syrah/Shiraz		Rhône, France Australia		
FULL-BODIED		HIGH		HIGH	HIGH

MEAT

Beef or bison steak, liberally seasoned with black pepper and grilled rare

Beef steak, lightly seasoned, grilled to medium-rare or grilled pork ribs smothered with BBQ sauce

Lamb - roasted or grilled, but simply seasoned

Fruit enhanced dishes - such as pork with sautéed apples, chicken with apricot glaze, duck with figs, etc.

Spicy dishes like Thai food, spicy sausages, curries

Spicy beef or bison dishes

Pork - ham and bacon

Pork - honey-mustard glazed

Pork - general

Chicken - simply prepared without heavy spices

Chicken - with a cream or cheese sauce, or roasted and well seasoned.

Game Birds - Cornish Hen, Quail, Pheasant, Partridge

Delicate Game Meat - Elk, Deer, or other Venison

Meat topped with a rich cream and butter sauce

Mish-mash of flavours... We like to refer to these wines as "can't go wrong" wines, "crowd pleasing pot-luck" wines, or "grab a bottle to bring to a friend's house" wines.

WINE

Big tannic reds, like Zinfandel, Shiraz/Syrah, and big Cabernet Sauvignons. (There aren't many dishes that can match up to big tannic reds.)

Full-bodied and fruit-forward wines like Cabernet Sauvignon and Merlot. Try contrasting the ribs with a California Chardonnay. Also try Cabernet France, Pinot Noir, Sangiovese, & Tempranillo.

To balance the bold "lamby" taste, you need a full-bodied Cabernet Sauvignon or Bordeaux wine (Cab.Sauv./Merlot/Cab. Franc blends).

Fruit-driven wines - Gewürztraminer, Vidal, Muscat, Viognier, Riesling.

Same fruit-driven wines as above provide a great contrast. Also try Pinot Gris, Cava, Merlot, Amarone, & Cabernet France.

Cabernet Sauvignon, big Merlot

The fruit and acidity of off-dry German Rieslings balance the smoke and salt, also try Sauvignon Blanc.

Off-dry wines: Chenin Blanc, Riesling, White Zinfandel

Pork also goes well with the medium-bodied reds mentioned for game birds (below), and we like how Valpolicella pairs with most of our pork sausages.

Light-bodied white wine: Sauvignon Blanc, Soave, Verdicchio, Pinot Grigio.

Medium- to full-bodied white wine: Gewürztraminer, Sancerre, Chardonnay, Chablis Grand Cru

An earthy Pinot Noir is best, but also try other medium-bodied reds: Côte du Rhône, lighter Merlot, Rioja Reserva.

Rhône wines, Burgundian wines, and most Merlot

Chardonnay

Light- to medium-bodied wines that have ample fruit and acidity; they will balance food without overwhelming any particular dish.

White: Pinot Grigio, Sauvignon Blanc, German Riesling, Pouilly-Fumé
Red: Chianti Classico, Rioja Crianza, Beaujolais-Villages, Côtes du Rhône, Pinot Noir, Merlot.