



COURT OF
MASTER
SOMMELIERS
Americas

SOMMELIER
FUNDAMENTALS
SERIES 2020



A top-down view of a dark grey stone surface. On the left is a grilled rack of lamb with a long bone, accompanied by a sprig of rosemary and a small stack of potatoes. In the center is a glass of red wine. On the right are three knives: a large cleaver, a utility knife, and a paring knife, all with black handles and stainless steel blades. The text "FUNDAMENTALS OF FOOD AND WINE PAIRING" is overlaid in white on the right side.

FUNDAMENTALS OF
FOOD AND WINE
PAIRING

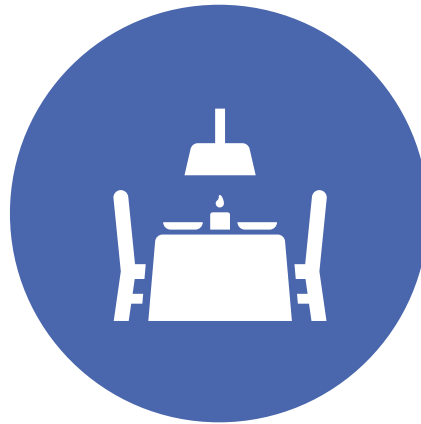


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WHY DO WE DO IT?



MAKE THE FOOD TASTE
BETTER



CREATE A MEMORABLE
EXPERIENCE



DRIVE REVENUE



THE TASTING MENU

- ARC OF INTENSITY
- EXPOSURE FOR UNIQUE WINES
- OPPORTUNITY TO MOVE SLUGGISH WINE PLACEMENTS



PAIRING SCENARIOS: WHICH COMES FIRST, FOOD OR WINE?



WINE FIRST

Wine dinner
Special bottle
At home



FOOD FIRST

Most restaurants
Wine is another ingredient to your food
Understand your chef's philosophy

THE STRUCTURAL COMPONENTS OF WINE



Acidity



Body



Oak



Sugar



Alcohol



Tannin

WINE 1: ROSÉ

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try.....

- Sauvignon Blanc
- Grüner Veltliner
- Albariño
- Chablis
- Other high acid whites



Body



Oak



Sugar



Alcohol



Tannin

WINE 2: RIESLING

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try.....

- Off-dry Chenin Blanc
- Off-dry Pinot Gris
- Moscato (no, it isn't a dirty word)



Acidity



Body



Oak



Sugar



Alcohol



Tannin

WINE 3: NEW WORLD CHARDONNAY

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try.....

- Viognier (especially oaked)
- Other oaked whites with lower acidity



Acidity



Body



Oak



Sugar



Alcohol



Tannin

WINE 4: RED BURGUNDY

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try....

- Gamay
- Frappato
- Darker Rosé



Acidity



Body



Oak



Sugar



Alcohol



Tannin

WINE 5: BORDEAUX

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try.....

- Other old-world wines that are not dominated by fruit and have a fair amount of tannin like
 - Sangiovese from Tuscany, Italy
 - Nebbiolo from Piedmont, Italy
 - Rioja from Spain



Acidity



Body



Oak



Sugar



Alcohol



Tannin

WINE 6: SHIRAZ

- Which component is driving this wine?
- What other wines could fit into this category?

Other wines to try.....

- Zinfandel
- Amarone
- Any number of new world red blends...



Acidity



Body



Oak



Sugar



Alcohol



Tannin

COMPONENTS OF A DISH



WHAT IS THE PROTEIN
OR STAR OF THE DISH



COOKING METHOD



ACCOMPANIMENTS



SAUCE

I HAVE TROUT AND SYRAH? HOW DO I MAKE THAT PAIR?

- GRILL OR ROAST TO AMPLIFY CHAR AND CARAMELIZATION
- WRAP WITH BACON OR INCORPORATE A RICHER, MEATY FLAVOR
- INCLUDE EARTHY BEANS AND VEGETABLES WITH LOTS OF BITTERNESS
- USE RED WINE OR DEMI GLACE IN THE SAUCE



I HAVE LAMB AND RIESLING? HOW DO I MAKE THAT PAIR?

- FRY OR SAUTÉ AND SALT GENEROUSLY
- INCLUDE LOTS OF FRESH HERBS AND COOL GREENS
- AMPLIFY ACIDITY AND SWEETNESS WITH CITRUS AND POSSIBLY FRUIT
- MAKE THE DISH SPICY





THE OFFICIAL RULES YOU MUST
FOLLOW IF YOU WANT TO SUCCEED
THERE ARE NO RULES. ONLY GUIDELINES.
AT FOOD AND WINE PAIRING



WEIGHT VS. VOLUME

- Heavy and Loud
- Heavy and Quiet
- Light and Loud
- Light and Quiet



REGIONALISM

- Sauvignon Blanc and Goat Cheese
- Sangiovese and Tomato Sauce
- Oregon Pinot Noir and Grilled Salmon
- Rioja and Paella
- Muscadet and Oysters
- Zinfandel and Barbecue
- Sake and Sushi



FOOD CAN CHANGE YOUR WINE

01

Take a bite of
cucumber & taste
the Rosé

02

Take a bite of
cucumber & taste
the Chardonnay

03

How does the
bitterness of
cucumber change
the flavors of the
wine?

04

Add salt- and try it
again. Does this
make a
difference?



ACID IN WINE IS RELATIVE TO THE ACID IN YOUR FOOD

01

Taste Riesling to confirm sugar and acidity levels

02

Eat a pickle and taste the Riesling again. How did the acid in the pickles change the wine?

03

Now try the pickles with both Burgundy and Bordeaux

04

Did the acidity complement or clash with either more?



SUGAR: FRIEND OR FOE?

01

Taste jam- and taste Riesling.

02

What happened to the relative sugar and acid levels in the wine?

03

Taste BBQ sauce with Burgundy and Shiraz

04

How did the relative sweetness change the wines?



FAT: SHOULD YOU FIGHT IT OR WORK WITH IT?

01

Taste the gouda with Rosé.

Does the acidity help the cheese? Does the fat help the wine?

02

Taste smoked gouda with Chardonnay.

How does this compare to when you tried it with cucumber?

03

Taste the cheese with Bordeaux.

What happened to the tannins?



FLAVOR MIRRORING

01

Taste mushrooms with Burgundy

02

How does the earthiness of each compare?

03

Now salt your mushrooms and taste the pairing again.

04

How does seasoning amplify the pairing?



WINE ENEMIES: FACT OR FICTION?

01

Eat artichoke
piece

02

Now taste
your favorite
of the red
wines.

03

Try another
piece of
artichoke

04

Try it with
Rosé



BRING ON THE HEAT

01

Begin eating your flaming hot chips.

02

Keep eating.....

03

Taste your Shiraz. What happened in your mouth?

04

Taste your Riesling. How did the impression of pain change?



RE-CAP



When are New World wines the best?

Hidden sugar
Intensity of flavors



When are Old World wines the best?

Acidity in food
Complexity of a dish
Earthy flavors



What makes a wine versatile?



“BACK IN MY DAY...”

- Favorite pairings?
- Best pairing with a wine you hate?
- Unexpected pairing?
- When is there a better pairing than wine?

FOOD AND WINE PAIRING RESOURCES

- By Karen Page and Andrew Dornenburg
 - The Food Lover's Guide to Wine
 - What to Drink with What you Eat

- By Evan Goldstein
 - Perfect Pairings
 - Daring Pairings

- By Andrea Robinson
 - Great Tastes Made Simple





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THANK YOU!

