Pairing Food & Wine

A Sensory Exploration

Bill Hendriksen
The Dilemma

Successfully pairing food and wine is often difficult because there are so many factors to consider which are often hard to describe:

Flavors, textures, aromas

But…we operate in a predominantly visual world
Traditional Rules

1) Eat and drink locally
Traditional Rules

2) Drink more complex, fuller, and sweeter wines later in the meal
Traditional Rules

3) White wine with seafood, red wine with meat
Traditional Rules

4) Complex wines with complex dishes, simple wines with simple dishes

Chicken Confit with Black Truffle Gnocchi paired with 1994 Gambert de Loche Hermitage

Grilled Chicken Breast paired with 2004 Simi Chardonnay Sonoma County
The New Rules

1) There are no rules!

2) Consider
   - Body
   - Acidity
   - Sweetness
   - Primary flavors
   - Secondary flavors
Mollet Floran Sancerre Roc De L’abbaye 2007 with Island Creek Oysters
Philippe Faury Condrieu 2001 with Prosciutto wrapped seared scallops
False Bay Pinotage 2006 with Pan-fried Ostrich
E. Guigal Côte-Rôtie La Landonne 1995 with Roast rack of Lamb with sweet potato-and-lamb hash
Valter Barbero “Serena” 2006 with Taza 80% Dark Stone Ground Chocolate
A good pairing consists of olfactory, gustatory, and tactile elements
People have a hard time integrating information from different sensory modalities
Caymus Cabernet Sauvignon 2004 with Filet mignon au poivre