

WINE & FOOD PAIRING GUIDE

Here are some suggestions of food to serve with different types of foods. These suggestions for selecting food for a specific wine are generally based on the custom and culture of the regions producing each variety.

REDS



Cabernet-Based and Bordeaux Wines

Leg or Rack of Lamb Roast
Shoulder or Saddle of Roast Lamb
Porterhouse Steak
New York Steak
Rib Eye Roast
Filet Mignon
Sweetbreads
Roast Duck
Roast Goose



Merlot (St. Emilion/Pomerol)

Beef and Lamb Roast
Venison
Grilled Top Sirloin Steak
Roast or Grilled Chicken
**Avoid too much garlic or heavy cream sauces*

OCCASIONAL
by Carlton OCCASIONS



Pinot Noir

Roast Chicken
Capon
Partridge
Hare
Roast Duck or Goose
Grilled Tuna
Salmon
Beef Bourguignon



Syrahs/Shiraz (Hermitage, Cote-Rotie)

Grilled or Roast Beef
Venison
Game Meat
Birds
Barbecue
Pizza

OCCASIONAL
OCCASIONS
by Carlton



Sangiovese (Chianti, Central Italy)

Roast Pork and Chicken
Pasta
Risotto
Grilled Vegetables
Pizza
Italian Sausage



Zinfandel/Primitivo (California)

Hamburgers
Pot Roast
Grilled Chicken and Vegetables
Pizza
Barbecue
Enchiladas

OCCASIONAL OCCASIONS *by Carlton*

Does wine really breathe?

Most wine is alive in the sense that it changes chemically as it slowly grows older. Wine absorbs oxygen and, like our own cells, it oxidizes. When the grapes turn into wine in the first place, they give off carbon dioxide, just like us. So we suppose you could say that wine breathes, in a sense. But that's not what the server means when he asks, "Shall I pull the cork and let the wine breathe, sir (or madam)?"

The term breathing refers to the process of aerating the wine, exposing it to air. Sometimes the aroma and flavor of a very young wine will improve with aeration. But just pulling the cork out of the bottle and letting the bottle sit there is a truly ineffective way to aerate the wine. The little space at the neck of the bottle is way too small to allow your wine to breathe very much.

If you really want to aerate your wine, do one or both of the following:

- Pour the wine into a decanter.
- Pour the wine into large glasses at least ten minutes before you plan to drink it.

The choice of "house wine"

Usually, a restaurant's house wines are inferior stuff that the restaurant owner is making an enormous profit on. (Cost-per-ounce is usually a restaurant owner's main criterion in choosing a house wine.) House wines can range in price from \$4 up to \$10 a glass (with an average of \$6 to \$8). Often, the entire bottle costs the proprietor the price of one glass or less!

If you do choose a house wine, you usually save money if you buy it by the carafe, if it's offered that way. On the other hand, you may not want an entire carafe of the house wine!

Only a small percentage of better restaurants – and wine conscious restaurants, offer a house wine worth drinking. And it's practically never a good value. Under most circumstances, avoid the house wine. For the same reasons, avoid asking simply for "a glass of Chardonnay" or "a glass of Merlot."