

## ***Wine-Food Pairing Cheat Sheet***

**1**     **Chianti:** *is a region in Italy producing wines that primarily contain the Sangiovese Grape. These wines are typically dry, acidic, medium bodied, with a subtle medium-dark fruit flavour.*

**2**     **Cabernet Sauvignon:** *Is a grape variety that produces a full-bodied red wine with dark fruit flavours and a spicy edge. It often has an oaky aroma and flavour from ageing in oak barrels. In my opinion, the best “Cabs” come from the Okanogan Valley in British Columbia, the Bordeaux region in France and Australia.*

**3**     **Chardonnay:** *Is a grape variety that produces light to medium-bodied white wine with green apple and tropical fruit flavours. When aged in oak it takes on a buttery texture.*

**4**     **Sauvignon Blanc:** *Is a grape variety that produces crisp, dry, acidic white wine with subtle citrus and melon tones.*

*Tip: **Old World Wines** (European Wines) primarily refer to their wines by Region, i.e., Chianti, Rioja, Bordeaux.*

*Tip: **New World Wines** (US, Canada, Chile, Australia) typically refer to their wines by the type of Grape, i.e., Pinot Noir, Chardonnay, Shiraz.*

*Pasta with tomato sauce: Chianti*

*Pasta with cream sauce: Chianti*

*Pasta with cream sauce / sea food: Sauvignon Blanc*

*Thai Noodles: Chianti or Sauvignon Blanc*

*Thai Noodles with seafood: Sauvignon Blanc*

*Sushi: No wine, Beer or Saki (Rice Wine)*

*Red Meats (Steak, Roast): Cabernet Sauvignon*

*Game Meats (Lamb, Venison): Cabernet Sauvignon*

*Turkey and Chicken: Sauvignon Blanc*

*Roasted Chicken: Chianti*

*Ham: Chardonnay*

*Fish: Sauvignon Blanc*

*Shell Fish: Chardonnay*