

Asian Wine & Food & Wine Pairing

Wines:

- Texture (still vs. sparkling):
 - Especially important with brothy dishes, high tannin wines can build up on the tongue
- Body from alcohol:
 - Match body for body, alcohol will intensify spice, irritate & numb palate
- Body & taste from sugar:
 - Match sugar levels, sugar will tame spice and bitterness
- Bitterness:
 - Fat will help reduce bitter impressions, think about matching bitterness with bitterness – but not to excess
- Acid:
 - Your friend! Mouthwatering, appetizing, acid loves acid – helps us taste, helps refresh the palate, highlights flavors (brightens)
- Oak:
 - Find similar flavors – roasted, toasted, smoked, spice box, caramelized, vanilla, coconut
- Age:
 - Can be okay – think about oxidative flavors, aldehydes, (fermented, preserved, aged,) nuttiness, fresh vs. dried ingredients

Adjusters: have simple resources to adjust and be sensitive to palate differences

What will tweak basic tastes? salt, fat, acid, sweetness, heat, umami

Warnings: interaction between tannin and fish oils, strong vinegar use, tricky vegetables – artichokes, asparagus – due to specific chemicals, egg yolk, rancio flavors, pyrazines

On salt:

- Reduces bitterness

- Enhances flavor
- Increases thirst
- Can overwhelm delicate flavors in wine – dumb down nuances

On fat:

- Coats palate to block receptors – can be useful
- Can be “cleansed” with high acid wines, but watch for overwhelming flavors in those wines (match body to body)

On spice:

- Alcohol increases perception, sugar and acid help reduce effect

On umami:

- Exists in food and wine – don’t overdo it! Everyone has different tolerances.

When evaluating: consider main ingredients + cooking method + sauces + garnish + side dishes. Which provide the most influence in the pairing? Focus your attention on those.

Red Wine Pairing

- Use salt, warm spices and umami generously
- Add in a little bitterness to match - grilling, bitter greens, coffee, citrus peel
- Choose smokey, caramelized, toasted flavors
- Don’t allow wine to overwhelm food
- Fat will lower impact of bitterness in wine, but also mute other flavors
- Earthiness more likely a factor in wine profile
- Depending on grape variety, climate and winemaking style, vegetal characteristics may be present in wines
- Main ingredient need not be animal protein

Cuisines

Chinese: Think about regional influences

- RW Clay Pot
- RW Red Braised Pork

Thai: Spice, vegetal, coconut milk

- RW Satay
- RW Massaman Lamb Curry

Vietnamese: Fish sauce, balanced tastes, French influence

- RW Bahn Mi w/ rich meats
- RW BBQ pork
- RW Braised Beef Brisket

Japanese: Fresh & Simple vs. more complex preparations – umami

- RW Wagyu beef
- RW Unagi
- RW Miso Eggplant

Indian: The spice box! availability of rich textures and ingredients

- RW Garam Masala flavors
- RW Shahi Paneer

Korean: Fermented foods, animal products as a garnish, sour/fresh/pungent

- RW BBQ
- RW Galbi-jjim
- RW Bulgogi