New Mexico Holiday Wine Pairings 2020

Wine is sunlight, held together by water
--Galileo

VIVA VINO
NEW MEXICO WINE

Gill Giese, Viticulture Extension Specialist

A word from the experts..

"Food and wine pairing is almost entirely a matter of personal preference; however, there are guidelines which, if understood, may enhance the enjoyment of wine as a food complement."

Bruce Zoecklein, Professor Emeritus
Virginia Tech University

"When pairing wine and food, the goal is synergy and balance. The wine shouldn't overpower the food, nor should the food overpower the wine."

Natalie MacLean, International wine writer

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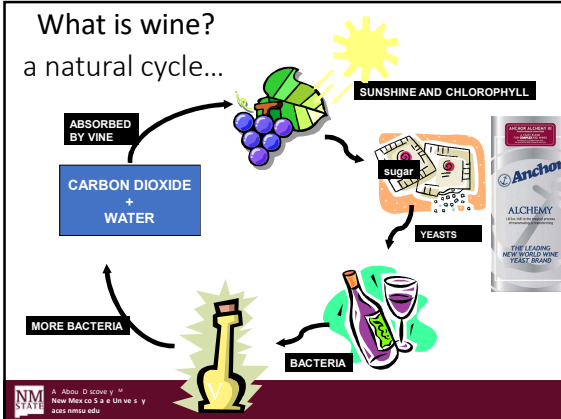## For wine…why grapes?

Method to the madness:
- **Sugar** = alcohol %, multiply Brix by 0.6
  - Naturally, to 26% sugar in ripe grapes
  - Fruit pectin/starch, not fermentable by wine yeasts
- **Yeast** indigenous (epicuticular wax) or added, *Saccharomyes cerevisae*
- **Acid** natural in grapes = limits microbes, spoilage fungi and yeasts
- **Crushing** = mix yeast on skins with juice
- **Ethanol** = store as potable beverage, prevents vinegar

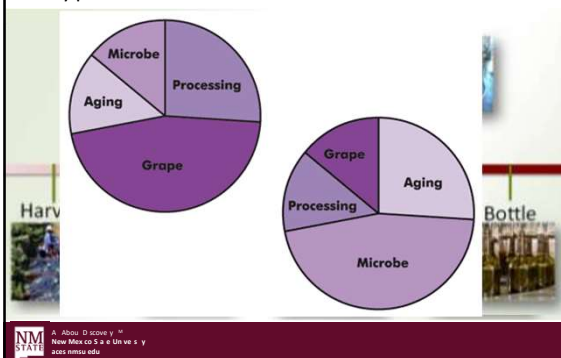A About Discovery SM
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What's in grapes and wine?

Compound	% in grapes	% in wine
Water	75.0	86.0
Alcohol	0.1	11.2
Organic acids	0.9	0.6
Minerals	0.5	0.5
Phenolic compounds (tannins etc.)	0.3	0.3
Nitrogen	0.2	0.1

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What is wine?
a natural cycle…

SUNSHINE AND CHLOROPHYLL

ABSORBED BY VINE

CARBON DIOXIDE + WATER

sugar

YEASTS

MORE BACTERIA

BACTERIA

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Types of Wine

Microbe

Processing

Aging

Grape

Grape

Aging

Processing

Microbe

Harv

Bottle

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Ciphering the label…

Anatomy of a Label

Vintage and region — Producer — Historical information

SCOTT HARVEY

AMERICAS OLDEST ZINFANDEL VINEYARD
2005 AMADOR COUNTY ZINFANDEL — Grape variety

100 Point Judging Style — European Style

Bottled — www.scottharveywines.com
BOTTLED BY SCOTT HARVEY WINES
GRATON, SONOMA COUNTY, CALIFORNIA

Health warning — GOVERNMENT WARNING — Alcohol content and volume

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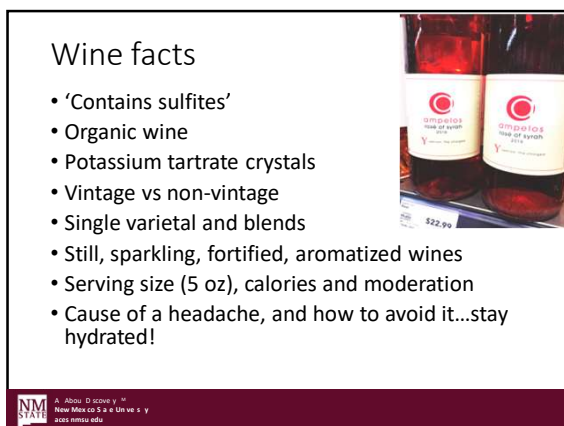## Wine facts

- 'Contains sulfites'
- Organic wine
- Potassium tartrate crystals
- Vintage vs non-vintage
- Single varietal and blends
- Still, sparkling, fortified, aromatized wines
- Serving size (5 oz), calories and moderation
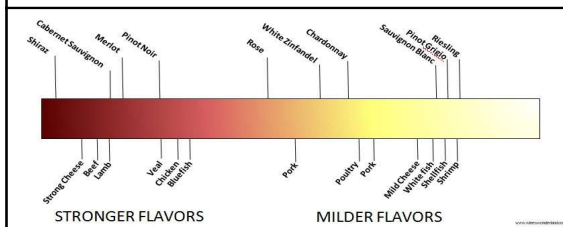- Cause of a headache, and how to avoid it…stay hydrated!

Wine traits

- Body
- Sweetness
- Tannin
- Acidity
- Alcohol

Body

- <u>Body</u>: Full bodied or delicate wine? A big, bold Napa Cabernet not a good choice with delicate river trout. Will the Burgundy from Beaune be dominated by your brisket or Beef Wellington?

Sweetness

- Sweetness tasted on tip of tongue
- Sweet wines balance spice: off-dry Riesling with mildly spicy New Mexican or Thai food
- Slightly sweet wine can complement slightly sweet components of a dish.
  - Off dry wine with pork tenderloin and mango chutney, or salty cheese
- Dessert or extremely sweet wine should be *sweeter* than the dessert. If the dessert is too sweet...the wine will fall flat and bitter in comparison

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Still wines			Sparkling wines		
Sweetness level		**Calories /serving**	**Sweetness level**		**Calories /serving**
Bone dry	< 1 g/L	0	Brut nature	0-3 g/L	0-2
Dry	1-17 g/L	0-6	Extra Brut	0-6 g/L	0-5
Off-dry	17-35 g/L	6-21	Brut	0-12 g/L	0-7
Medium sweet	35-120 g/L	21-72	Extra dry	12-17 g/L	7-10
Sweet	>120 g/L	72 +	Dry	17-32 g/L	10-20
			Demi-Sec	32-50 g/L	20-30
			Doux	50 + g/L	30 +

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Tannin

- Tannins: natural polyphenols in plants, wood fruit/grape skins and seeds (put a tea bag on your tongue!)
- Stabilize wine and protect against oxidation
- Taste on front, inside of mouth, dries the tongue
  - **astringency** (sensation)…not the same as…
  - **bitterness** (taste)

- *Pinot noir…. Cabernet Sauvignon …. Tannat*

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Acidity

- Does wine make your mouth water?...likely acidity
- Taste acidity on front and sides of the tongue
- Tart/acidic wine "cuts through" rich, oily/fatty foods
  - try butter based sauces and fried foods
- Salads are difficult to pair…try acidic wine with green salad and vinaigrette.
- Acidity too low = flat, dull, soft or …'flabby'
- Acidity too high = spicy, sharp or too sour
- Squeezing lemon on food or pairing a citrus driven, acidic wine… either will 'liven up' flavors

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Alcohol

The taste of alcohol

oily   spicy

bitter   sweet

Tastes many things at once
Based on genetics
we taste alcohol as
bitter or sweet

- Burning sensation in back of throat after you swallow, more burning or tingling = more alcohol
- High alcohol amplifies spice in food, makes it seem more spicy …Is this why beer pairs well with spicy New Mexican food?
- Try Vinho Verde white wine wit low alcohol and slight carbonation…as a substitute for beer to pair with your pozole or carne adovada
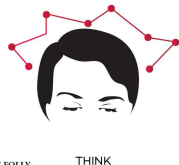
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Oak
- Food can amplify oaky flavors in wine
- Match the perceived flavors of the oak with cooking method...grilled, charring, smoking etc.

_____
_____
_____
_____
_____
_____

Tasting wine
- Look
- Smell
- Taste
- Think

TASTE
Flavors (fruit, others)
Structure (sweetness, acidity)

THINK

_____
_____
_____
_____
_____
_____

Tools of tasting...
- wine aroma wheel
- glasses
- your senses

_____
_____
_____
_____
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Congruent pairing

Many shared compounds

pepper steak | syrah
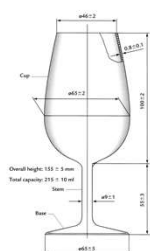
Turkey and Cranberry sauce/Pinot Noir

Contrasting Pairing

Few shared compounds

mac & cheese | prosecco

Blue cheese/Ruby Port

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Some pairing rules of thumb

• <u>Fruit</u>: Does "fruit" in wine match/contrast the fruit in food?
  • pickled strawberry compote/Beaujolais
  • citrus vinaigrette/Sancerre? Riesling/spicy Thai food?
• <u>Non-fruitiness</u>: Pair a 'gamey' Cote-Rhone with a lamb rack. Black pepper and blackberry glaze on the lamb, may match up as well. The cocoa notes in mole may match well with Merlot…note the wine's alcohol and mole's spiciness
• <u>Body</u>: Full bodied or delicate wine? A big, bold Napa Cabernet not a good choice with delicate river trout. Will the nice Burgundy from Beaune be dominated by your Beef Wellington?

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Pairing tips

• Wine should be more acidic than food
• Wine should be sweeter than the food
• Wine should have same intensity as food
• Bitter foods do pair well with many wines
• Fats and oils pair/balance with high tannin wines
• Tannins clash with fish oils…read: most red wines
• Sweet wines can counter balance spicy foods
• Sparkling and rose create 'contrast' pairings
• Red wines create 'congruent' pairings

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- Zoecklein, B., PhD, Virginia Tech. Department of Food Science and Technology.

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THANK YOU!

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*NMSU Viticulture blog: **AMPELOS***
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