

FOUR BASIC PRINCIPLES OF

WINE & FOOD PAIRING

Pairing wine and food is all about trying to achieve balance. It's more an art than a science. Here are four simple approaches to try:

NEED A RECIPE?

Check out our food matching page for some dishes that are sure to impress. [Bon Appetit!](#)



BY WEIGHT

The most basic principle of wine & food pairing is to match the weights of the wine and the dish.

Big, heavy, powerful wines generally go better with big, heavy, powerful dishes while a light and delicate wine is probably better with lighter, more delicately flavoured meals.



BY REGION

A region's wine & food often evolved together to complement each other.

Especially in Europe where things have been evolving for a long, long time! Having a dish originating from Tuscany? Try it with a Tuscan red. Seafood paella? Spanish albariño is just the thing.



CONTRASTING

Opposites attract! Try matching wines & food that provide a counter to each other.

Eg. Crisp, higher acidity whites with rich, creamy dishes or slightly sweet wines with spicy foods



COMPLEMENTING

Focus on finding wines that share similar elements with the dish they'll be served with.

Eg. Earthy pinot noir with earthy, savoury mushroom dishes

