



# WINES & DINING

## Pairing Food and Wine

Bringing friends together for a wine tasting is a wonderful way to learn about wines and experience them with different foods. The following chart is a guideline. There are no hard and fast rules to wine tasting and pairing. Personal taste is the only rule to trust when it comes to food and wine.

### How Much Wine, Beer, Soda and Water Should I Buy?

For every 10 adults we suggest:\*

	Office Party	Sit-Down Dinner	At-Home Party (Stand-Up)
Bottles of Wine (750 mL)	3	5	5
6 Packs of Beer	3	3	5
6 Packs of Soda? Water	2	3	4

\* This chart is based on the following serving sizes:  
 Wine: five ounces (5 servings per bottle)  
 Beer: twelve ounces (one bottle or can)  
 Soda: twelve ounces (one bottle or can)  
 Water: eight ounces (4 servings per liter)

### Breathing

All wines except champagnes benefit from breathing. This could be from as easy as uncorking a wine and letting it sit for a few minutes to decanting a wine and letting it sit for an hour. The more complex a wine is and the older a wine is determines the extent to which you should let it breath.

### » Color

The color of a wine gives very definite clues to the character of a wine. The paler the color, the longer it was held in stainless steel casks and the deeper the color the longer it was in wooden casks. White wines turn deeper in color with age, while red wines have a tendency to lighten. A general rule is that if the wine is cloudy or has particles floating in it, then it will not be a top quality wine. Look for bright, brilliant colors.

### » Smell (Nose)

The smell of a wine is just as important, if not more than the taste of a wine. Many of the flavors that you taste in wine actually come from the smell not the taste buds. One of the best ways to describe wine is to relate it to everyday items. i.e. oak, butter, pineapple, moss, currants, etc. The aroma of a wine is the smell of a young wine. It primarily tells you of the variety of grape that was used in the production. The bouquet on the other hand comes from the age of the wine. The bouquet of an aged wine will tell more of a history of the wine: such as the type of barrel it was held in, region and climate that the grapes came from.

### » Taste

The taste of a wine comes about by combining four major components:

**Alcohol content:** primarily ethanol, which is a natural product of fermentation. This also acts as a preservative in wine.

**Acidity:** natural acids are in every wine, white wines tend to have more than red wines. Too little acid in a wine and it will be bland, too much acid and it will taste like vinegar.

**Sugar:** all wines contain some natural sugar. The sweeter the wine, usually the younger a wine is and/or the more refined sugar that was added during the fermentation process.

These three components and water make up 99% of the table wines. The remaining 1% that makes a wine different is the tannins: a product found naturally in the skins and stems of grapes as well as in the casks and act as a preservative. These tannins can make a young wine harsh, but an aged wine balanced.

What to know...

CHOOSING THE RIGHT WINE- FORGET ABOUT THE OLD RULE OF WHITE WINES WITH WHITE MEAT AND RED WINES WITH RED MEAT. THE WINE YOU ENJOY IS THE RIGHT WINE.



**Valley**  
liquors

307-326-8064  
SARATOGA, WYOMING



*Note:*  
Some persons, especially asthmatics, are allergic to sulfites, but most people are not allergic to them and can enjoy all kinds of wine. If you can drink white wine but seem to get some kind of "reaction" to red wine, you may be sensitive to histamines, which are a natural byproduct of red wine making.





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	White Wines								Blush	Red Wines				Dessert Wines		Sparkling Wines							
	JOHANNISBERG RIESLING	GEWÜRZTRAMINER	DRY RIESLING	CHENIN BLANC	SAUVIGNON BLANC	PINOT GRIGIO	SEMILLON	CHARDONNAY	WHITE ZINFANDEL	GAMAY BEAUJOLAIS	PINOT NOIR	MERLOT	CABERNET SAUVIGNON	ZINFANDEL	WHITE RIESLING	MUSCAT	PORT	EXTRA DRY	CHAMPAGNE BRUT	BLANC DE BLANC	BLANC DE NOIR	SPUMANTE	
	Fruity	Dry							Light	Hearty			Sweet										
Mild Cheeses	●	●	●	●	●		●	●	●					●				●	●	●			
Strongly Flavored Cheeses			●	●	●	●		●				●	●	●		●	●	●	●	●	●	●	●
Appetizers, Dips	●	●	●	●	●		●	●										●	●	●	●	●	●
Oysters				●		●	●												●	●	●	●	●
Shrimp, Crab, Lobster	●		●	●	●	●		●											●	●	●	●	●
Clams, Mussels			●	●	●	●													●	●	●		
Seafood w. wine or light sauces	●		●		●	●	●	●	●									●	●	●	●		
Seafood w/ cream sauces				●				●															
Grilled Fish	●		●		●	●	●	●	●														
Salmon			●			●	●	●		●	●												
Pasta w/ cream sauce				●	●			●															
Pasta w/ red sauce									●	●	●	●	●										
Poultry	●	●	●	●	●	●		●	●									●	●	●	●		
Pheasant, Duck, Goose		●						●	●	●													
Asian Food	●	●	●	●				●										●	●	●			
Pork, Veal		●	●			●		●	●														
Lamb										●	●	●	●										
Game								●	●	●	●	●	●										
Beef										●	●	●	●	●									
Fruit & Light Desserts	●	●		●										●	●			●	●	●	●	●	●
Chocolate Desserts												●	●				●						●

*There is much more to enjoying wine than just the taste. The look, smell, and color of a wine can also be important to the enjoyment of wine.*