

# 10 GAME-CHANGING FOOD & WINE PAIRING TIPS

- 1 What grows together, goes together.** In other words, food and wine from the same place will usually be besties.
- 2 Sweet food is best with sweet wine.** Especially when the wine is sweeter than the food.
- 3 Spicy food and high alcohol wine aren't friends.** Ever throw alcohol on a fire? Look for wine under 13% ABV.
- 4 Bitter food and bitter wine = more bitter.** What food and wine are considered bitter? Think arugula salad and Cabernet Sauvignon.
- 5 Salt and acid in food make wine better.** Just like salt and acid make food better!
- 6 Acidic food and acidic wine are friends.** Seriously. They kind of neutralize each other and make the flavours in both the food and wine POP. Try a pickle with Sauvignon Blanc.
- 7 Bitter, tannic, mouth drying wines love fatty foods.** So yes, big bold red wine and steak IS a great pairing.
- 8 Look for food and wine that are the SAME or completely DIFFERENT.** Like a buttery chardonnay with buttery popcorn, or sweet, crisp acidic riesling with a rich, creamy, spicy curry.
- 9 Match intensity with intensity.** Like a light white wine with a salad, or a rich, powerful red wine with a beef stew.
- 10 Trust your palate! If you like it, it's a good pairing.** The most important of them all!