



## Wine & Food Pairing Cheat Sheet

Main Food Ingredient	Wine Pairing
Green vegetables	Sauvignon Blanc, Chablis
Shellfish	Chardonnay, Viognier
Cream Sauce	Full-bodied/ hot climate Chardonnay
Seared Tuna	Dry Rose, such as those from Provence
Deep-fried dishes such as Fish & Chips, Fried Chicken, Tempura, Arancini	Champagne or other Method Traditional sparkling wines
Mushrooms	Champagne or other Method Traditional sparkling wines
High Fat Beef Dish, such as rib-eye	High tannin red wine like Cabernet Sauvignon
Lean Beef Dish like Tenderloin	Medium/Low tannin red like Pinot Noir
Lamb	Shiraz / Syrah
Truffle	Barolo, Barbaresco or aged Pinot Noir (10 years or more)
BBQ / Smoked Dished – Not Sweet	Malbec or Pinotage
BBQ – Sweet sauce	Zinfandel
Pork	Riesling
Tomato sauce, such as pasta or pizza	Chianti / Sangiovese
Dessert	Sweet Wine