

Food & Wine

Choosing the Right Wine

Allow me to let you in on a little secret that Sommeliers across the country don't want you to know: food and wine pairing is simple! For many though, the thought of matching wines to food can instil fear, dread and trepidation. Wine Society Members – fear no more! We're here to demystify the art of pairing wine with food!

In reality there are only two basic principles: 'like for like' or 'contrasting'. 'Like for like' is the easiest to grasp. You can match body with body (rich Shiraz with a hearty beef stew); sweet with sweet (honeyed Botrytis Semillon with sticky roasted figs); or flavour with flavour (earthy Pinot Noir with roasted duck and field mushrooms). If you are matching 'like for like' you will be aiming to complement and enhance flavours. If, on the other hand, you go for 'contrasting', you will want to strike a balance between two complementary flavours (for example, cut through the richness of a creamy risotto with a young, dry Semillon). This is also the area in which people often make the most mistakes – I once spent a whole evening insisting that robust Riverina Durif was perfect with delicate smoked trout ravioli. I was very wrong, but, like anything in life, we learn from our mistakes, so never be afraid to give something new a try. Still doubtful? Keep reading for a few hot tips for matching wines with certain food types. Above all else, have fun with it! If we spend too much time worrying about how things will match up, we spend less time around the table with our family and friends. So go forth, match and enjoy!

Becca Johnstone

The Bon Vivant www.thebonvivant.tumblr.com

lamb

Lamb is a wonderfully earthy and strongly flavoured meat. When done right it's meltingly tender and has a great sweetness, so lean more towards fruity Cabernets. Think of hearty lamb shanks with velvety and unctuous Cabernet Sauvignon – delicious!

Becca's pick:

Heartland Cabernet 2009

\$15.99

Code 23750

pork

There's no doubt about it, pork is a very tasty treat, but because of its fat content it can be a tricky one. Pork and Pinot Noir are a good combo, Pinot's light fruitiness offsets the richness of pork meat. For a twist though, try a young Pinot Gris – perfect with those sweet and sticky Asian pork dishes.

Becca's pick:

Society Tasmanian Pinot Gris 2010

\$19.99

Code 22703

seafood

Far too often the delicate and subtle flavours of seafood are knocked over by big, full-flavoured whites. Give the little tykes a chance to breathe! For me there is nothing greater than a simply grilled piece of snapper, a bit of lemon, salt and pepper and a glass of Western Australian Sauvignon Blanc Semillon.

Becca's pick:

Voyager Estate Sauvignon Blanc Semillon 2010

\$18.99

Code 23741

pizza

Ah pizza, the king of takeaway! I must say that pizza is nothing without a tasty glass of red. Chardonnays work quite well with simple toppings like Margherita, but once you start with pepperoni, anchovies and olives, it has to be a tight Cab Merlot for me!

Becca's pick:

George Wyndham Founder's Reserve Cabernet Merlot 2005

\$16.99

Code 23663

salad

The wine you pick to have with salad will always depend on its ingredients and dressing: zesty salads call for drier whites, while creamy dressings beg for a gorgeous Chardonnay. Sauvignon Blanc will always be a good choice though, as it instantly jumps with freshness in your mouth!

Becca's pick:

Seven Canoes Sauvignon Blanc 2010

\$19.99

Code 23498

desserts

People hear 'dessert' and often go straight for a dessert wine – which there is absolutely nothing wrong with. But have a think about contrasting – gooey, rich, chocolate fondants and lush Barossa Shiraz are made for each other!

Becca's pick:

Thorn-Clarke Sandpiper Shiraz 2009

\$11.99

Code 22761

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A dedicated foodie and wine-lover, Becca started her food and wine blog, The Bon Vivant with friend, Danny Ryan to share with the world the things that they are most passionate about: wine, food and good times. Becca loves luscious full-bodied reds as well as Rieslings with a touch of minerality.

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