

Get to Know Wine with Paola Donzelli

WORKBOOK

Lesson 5



SERVING ORDER

There are 3 simple rules to follow when serving different wines at a meal:

1. **AGE:** Younger wines should proceed aged wines. That's because younger wines have a more simple taste than aged wines.
2. **COLOR:** White wine should proceed red wine, and red wines should proceed sweet wines.
3. **ALCOHOL & STRUCTURE:** When wines are the same type (for example, two red wines), the less structured and less alcoholic wine should proceed the more complex and alcoholic wine.

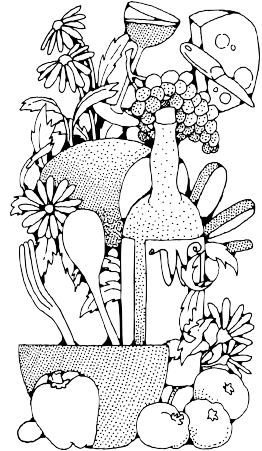


PAOLA'S WINE PAIRING SUGGESTIONS

Here are a few wine and food pairing suggestions. Of course, as you practice you'll become better and better at pairing wine with food.

Note that the serving temperature of the wine is also important. When a wine is served at the ideal temperature, it enhances its bouquet and taste.

Note that all wines are dry unless otherwise indicated.



Young white wines, served at 50°F pair well with...

- Fresh, young cheeses
- Mixed Raw Vegetables
- Simple fish or seafood dishes (few ingredients)
- Pasta with vegetables
- Vegetable risotto
- Grilled or fried shrimp

Structured white wines, served at 55°F pair well with...

- Semi aged cheeses
- Grilled vegetables
- More complex fish and seafood dishes (many ingredients)
- Pasta with vegetables
- Pasta with lamb, pork or fresh tuna
- Risotto with mushrooms
- Grilled mixed fish

continued...

Young red wines, served at 60°F pair well with...

- Medium aged cheeses
- Prosciutto or salami
- Mixed Italian antipasti
- Chicken dishes (or a more structured white wine)
- Pork based dishes
- Roasted lamb
- Pasta with ragù (meat sauce)
- Grilled steak

Aged, structured red wines, served at 65°F pair well with...

- Aged cheeses
- Parmiggiano (36 months)
- Pasta with wild hare or boar sauce
- Stewed beef
- Roasted beef
- Game dishes - venison, wild boar, bison, etc.
- Grilled steak

Sweet wines, served at 55-60°F pair well with...

- Crunchy desserts like cookies or crostata
- Bleu cheese or gorgonzola
- Very aged pecorino



Sweet sparkling wines, served at 55-60°F pair well with...

- Creamy desserts
- Paté (fois gras)

Paola's Peposo

SERVES 4

Ingredients

- 1.5 pounds chuck roast, cut into small chunks
- 2 cloves of garlic, chopped
- 1/2 sweet onion, chopped
- 1 teaspoon dried black peppercorns
- 1 teaspoon pickled green peppercorns
- 2 cloves
- Red wine (robust)
- 2 sprigs of fresh rosemary
- Salt
- 2 Tablespoons extra virgin olive oil

Simmer the garlic and onion in the olive oil. Add the diced meat and continue to simmer until browned. Deglaze the pan with the red wine, then and add continue to add wine so that the meat is covered.

Season with salt, pepper and cloves. Cook for at least 2-3 hours on very low heat. Towards the end of cooking add the rosemary.

Suggestion: Serve with a side of roasted potatoes and an aged red wine.

Buon appetito!!!!

PAIRING NOTES