



FOOD & WINE AFFINITY SEMINAR

MODULE 4

GOAL: To learn how to pair wines with mild-flavored fish

SUGGESTED FOODS: Grilled ahi or mahi-mahi, served medium-medium rare, poached sole, cod or any other mild, white-fleshed fish. Garnish: side of strong-flavored sauce like dill dressing, honey mustard

SUGGESTED WINES: Unoaked whites and low tannic red wines. Pighin Pinot Grigio, Louis Jadot Mâcon-Villages, Domaine Carneros Pinot Noir, Louis Jadot Beaujolais-Villages or Pinot Noir

REVIEW OF THE MAIN POINTS COVERED:

1. Mild-flavored foods pair well with a variety of wines, both red and white.
2. When finding wines for mild flavored foods, determine where the tastes are coming from: the ingredient, the sauce or the cooking method – then match accordingly.
3. Forget the old rule of white wine with fish.

SPECIAL CONSIDERATIONS/REQUIREMENTS: When serving a meaty fish like tuna, take care not to overcook it. Make sure you sample the fish naked before tasting it with the strong-flavored sauce.

TASTING NOTES:
