

How to Pair Food with ITALIAN WINE

A BARTENDER'S GUIDE

By Christina Staalstrom

WE ASKED THE EXPERTS AT LUNA NUDA WINES TO SHARE THEIR ITALIAN WINE PAIRING PRACTICES WITH US. HERE ARE SOME FOOD-FRIENDLY WINE PAIRINGS BARTENDERS CAN SUGGEST TO THEIR GUESTS IN ANTICIPATION OF THE NEXT FULL MOON.



Pinot Grigio is a very popular wine, and Luna Nuda is an excellent representation of the Alto Adige style. What is it about Pinot Grigio that makes it so food-friendly and easy to drink? Pinot Grigio is a food-friendly wine because of its light body and refreshing acidity. Pinot Grigio (especially from the Alto Adige region—the alpine corner of Italy) is considered a full-bodied white, making it extremely versatile. It is light enough to avoid overshadowing subtle dishes as a white wine, but flavorful enough to stand up to richer options.

Italian rosé is often overlooked, so how can a bartender sway a customer to try a rosé? Italian rosé is the best of both ends of the rosé spectrum. It is more flavorful, with stronger strawberry notes than the lighter French rosés, but not as full in the mouthfeel as some rosés from the west coast. This balance makes it the perfect choice for drinking all night long, from lighter appetizers through to dessert!

Italian wines are often described as the most “food-friendly wines.” What food comes to mind when talking about a red blend? The first thing that always comes to mind with our Luna Nuda Red Blend is red

meat dishes because they’re classic, but when it comes to specific pairings, try chicken scarpariello. It’s warm and rustic without being too heavy, which complements our red blend.

Luna Nuda Red Blend is 70% Nero d’Avola. How do you describe this varietal for those who are unfamiliar with this Italian gem? Nero d’Avola produces a full-bodied wine that fans of Syrah and Cabernet Sauvignon will appreciate. This wine is full-bodied and expresses enticing floral aromas with a smooth and rounded mouthfeel from the robust character of dark cherries and ripe blackberries with hints of licorice and chile pepper.

What are the best meal and wine to toast each month’s new lunar cycle—a celestial influence that heightens wine tasting experiences? The full moon is a time of positive energy and marks completion, so a nourishing and well-rounded meal is best alongside a glass of Luna Nuda wine, of course! A spinach and shrimp linguini, while decadent, also features greens and protein and pairs nicely with Luna Nuda Pinot Grigio. Or enjoy mushroom risotto with asparagus and a glass of Luna Nuda Rosé for a vegetarian option.