

Pairing wine & food – Explore the possibilities!

Many people find it challenging to pair wine & food, as they think they must stick to a set of basic rules they were told many years ago; The classic example is the “rule” of pairing meat with red wine and fish with white wine.

Don’t get me wrong – This is great base to work from. However, there is a variety of ways to pair wine & food - and a few simple rules will enable you to enhance the flavours both in the wine & in the dish.



When you, your family or a restaurant makes a dish, the goal is to create a balance in the dish; the salt, sweetness, acidity & flavour intensity needs to work together. This is similar to what a winemaker does when creating a wine; Various techniques in the vineyard & winery is used to create the perfect balance between the wine’s components and desired flavours.

Hence, if both the dish & the wine is well – balanced, there is less chances for the combination between the two to be colliding. I therefore challenge you to go out of your comfort zone when pairing! I can offer a set of basic rules, & with these in mind you can create endless combination that will make you appreciate both the dish and the food in a new way... Let’s dig into some of them.





There are two ways to make a wine & a dish collaborate:

1. Contrasting flavours in wine & food – together finding the perfect balance
2. Similar flavours in dish & wine – harmonizing each other

The first is more challenging - but can create amazing results when done correctly. The second is often found easier to accomplish.

Other considerations to keep in mind:

You are more likely to successfully find interesting matches/ contrasts in flavours if the structural components & flavour intensity of the wine & food match; the level of sweetness, acidity, bitterness / tannins & flavour intensity.

To successfully pair meat dishes & fish dishes, consider all components of the dish, especially sauce & side dishes: if the structural elements of a dish match, it can be served with both white wine & red wine. The only thing to avoid is pairing oily fishes, like sardines, mackerel, salmon & trout with red wines; fish oil can create a metallic taste in a red wine, hence in this case it would be wise to stick with a white wine.

For more information about how to pair your dishes with wines – or need for specific recommendations for dishes you want to make or wines you want to try, you know how to contact me 😊

