

## Quick Guide

### Chapter 7.

*Matching. Create ideal pairings.*

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## THERE AREN'T ANY RULES! WELL, MAYBE ONE OR TWO...

- According to the French writer, Charles Quittanson, the golden rule in gastronomy consists of not serving a wine that is inferior to the one preceding it.
- The order of service must be taken into account: young white, aged white, rosé, young red and aged red. A white wine can be admitted after a rosé but never after a red. Dry wine goes before sweet and young before aged.
- We keep cava or champagne for the aperitif, instead of serving it with the dessert.
- It should be noted that no pairing is definitive and the diner always has the last word. Having clarified this point, we can differentiate between three kinds of pairings we can play with:

**1. Classic pairing:** Relatively safe pairings endorsed by years of experience, that have become very much a part of our culture:

- Dry, light whites: Aperitifs, shellfish, white baked fish or fish in a light sauce.
- Dry whites with more body: Fish soup, fried fish or fish accompanied by heavy sauces, white meats, cold cuts, mushrooms and lightly cured cheeses.
- Sweet whites: Blue cheeses, foie gras, desserts.
- Slightly sweet, fruity whites: Sweet and sour and very spicy dishes.
- Rosés: Rice dishes, pasta, oily fish and white meats. Surprising with an oriental meal.
- Young reds: Chargrilled oily fish, rice with meat, paella, Iberian ham, roast chicken and turkey.
- "Crianza" and "reserva" wines: Roasted red meats or in sauce, small game, dried legumes, cured cheeses.
- Reds with a lot of body and "grandes reservas": Large game and red meats, game fowl, stews.

**2. Geographical pairings:** The land is very wise. Regional dishes combined with wines from the same area tend to make a magnificent pairing. Does anyone doubt the complicity between an Albariño wine and Galician shellfish?

**3. Gastronomic pairings:** Like love, couples get together either because they're like soulmates and see each other as equals or because opposites attract. This is also applicable to the pairing of wines and foods. So gastronomic pairings can be of **similar** or **contrasting** types:

The former aim for harmony through similarity. For example, a voluptuous reserva red with notes of pepper and spices combined with a well-seasoned roast sucking pig.

A contrasting pairing aims to counterbalance the most extreme characteristics of each component. For example, serving a blue cheese with a sweet white wine. The result? The cheese will be less salty and the wine less cloying.

- And remember, the most important rule: pairing is not a science. We therefore recommend always using your common sense, intuition and, of course, your adventurous spirit.