

## Vegetables & Wine Pairings

Most of the time when we consider food and wine pairings, it's for meat, poultry or fish. Yet each season brings forth a plethora of fresh vegetables that we like to enjoy as a meal. Vegetables can be tricky with which to pair wine, and we need to consider acidity, body, sweetness, tartness and preparations. The key component is matching a vegetable's main attribute to a wine's characteristics, while also relying on what tastes good to you. Take a look below at some basic rules and pairings.

### White Wines

Acidity and minerality in whites are great partners for vegetarian fare, yet cooking methods are often most important. Raw vegetables are best with crisp, vibrant whites - i.e., Sauvignon Blanc, Gruner Veltliner, Vernaccia - while roasted, more savory, vegetables pair best with richer styles, like Chardonnay or Viognier.

Think about preparations; more delicate preparations need lighter wines, while roasted, grilled, or braised preparations need bolder ones. Also certain vegetables are difficult; they are asparagus, brussel sprouts and artichokes because they have chemical compounds that can change the taste of the wine. See our chart below for some help on what pairs with these and other vegetables.

<b>Unoaked Styles of Whites:</b> Arneis, Pinot Grigio/Gris, Sylvaner, Kerner, Albana, Vermentino	Raw vegetables: peas, celery, fresh greens, cucumbers (cucumber/tomato salads), cauliflower, broccoli, spinach.
Riesling - dry or sweet styles	Fresh green beans, beet salad, yellow peppers, sautéed eggplant.
<b>High Acid Whites:</b> Sauvignon Blanc, Gruner Veltliner, Chenin Blanc	Brussel sprouts, asparagus, broccoli & other greens (peas, kale) that incorporate lemon or citrus sauces.
Moscato d'Asti or Sparkling	Roasted/sautéed carrots with ginger or thyme, tempura battered vegetables.
<b>Richer Styles of Whites:</b> Chardonnay, Viognier, Marsanne	Potatoes, winter squash, lentils, sautéed mushrooms, roasted sweet corn.

## Red Wines

In general, lighter bodied reds, lower in tannins often pair best with vegetables. However as we know, the way vegetables are prepared makes a difference in their pairings. Some roasted and braised vegetables can dovetail well with heavier reds. Vegetables with acidic sauces, like tomatoes, pair best with reds with acidity. However slow-roasted tomatoes become often sweet-like, retaining only a bit of their natural tartness.

<b>Lighter, unoaked fruity reds:</b> Pinot Noir, Beaujolais, Grenache	Dark leafy greens, chard, sautéed spinach with garlic, baked kale with coated parmesan, braised cabbage.
<b>Soft medium bodied reds:</b> Grenache, Cinsault, Carignane	Grilled eggplant, squash, young turnips with greens.
<b>Earthy red styles:</b> Pinot Noir, Cabernet Franc	Sautéed or roasted mushrooms, lentils, miso, chick peas and other legumes.
<b>Fruity, reds with low tannins:</b> Zinfandel, Pinot Noir or darker-fruited Rose	Hot chilies or hot peppers. Any spicy sauces should have a fruity red with low tannins. Roasted turnips, caramelized onions.
<b>Reds with higher tannins:</b> Malbec, Cabernet Sauvignon	Stay away from spicy. These reds are best with vegetable dishes incorporating richness from various cheeses.

**Side Note on Tomatoes:** While tomatoes are a fruit, we often eat them like a vegetable. Tomatoes are high in acid, so it will like wines that also have an acidic nature. Stay away from oaked or high tannin wines with tomatoes. They are best with Sangiovese based reds, like Chianti, that are unoaked. Also dry roses, sparklers and dry crisp whites are good for tomatoes.

Explore ~ experiment ~ enjoy!