

# WINE SEMINAR RICK NOVOSAD

And a very large credit to **Robert Dennison** a Master Taster and wine Enthusiast. Robert was also a chef and served the Detroit Pistons, Detroit Red Wings, Muhammad Ali and Queen Elizabeth

October 25, 2023

# AGENDA

1. Brief history of wine and food
2. Understanding wine flavors
3. The wine aroma wheel
4. Base and Bridge Ingredients
5. Current Wine and Food dynamics with 5 most common wines
6. Generalized wine and food pairing suggestions
7. Ordering wine at a restaurant
8. Questions

# I. HISTORY OF WINE & FOOD

- Prior to the 1920's there was not too much thought put into pairing.
- There were fewer wineries and wine choices. Many regions made wines based on the foods they ate. Other regions created dishes according to the wines that were available
- During the 1920's, Food Writers start to make rules, such as white wine with white meat and red wines with red meat.
- In 1931 The Michelin Guide started to make Wine and Food recommendations.
- 1939 gave us Pierre Andrieu's "Systematic Approach"
- 1976 provided us with the "Judgement of Paris" where American red and white wines took first place in Paris. This opened up Napa and hundreds of other wine regions and broadening Contemporary Gastro-Tourism.

# WINE AROMAS AND FLAVORS

- Each wine variety usually has its own distinctive colors, aromas, mouth feel and taste. Also the same variety from another wine region or country can taste completely different.
- Now, due to climatic change we are seeing sometimes dramatic variations between vintages of the same variety.
- Generally the wine Aroma Wheel developed by Ann C Noble (assisted by my friend winemaker Richard Arnold) diagnoses and groups together and the key aroma components

## ONGOING PROCESS OF CULINARY ADAPTATION

### FOOD

- Emergence of ETHNIC cuisines
- Evolution of FUSION cuisines
- EXPERIMENTAL cuisines
- Emergence of textures

### WINE

- Availability of wine styles and blends
- Emergence of new wine regions
- The convergence of wine styles

## BASE AND BRIDGE INGREDIENTS

A **BASE** ingredient simply is a direct link in flavor and or aroma of both the wine and the food.

Example: Peperoni pizza and Zinfandel

A **BRIDGING** ingredient is a served with or on the main ingredient that ties directly into the wine flavor. A good bridging ingredient and turn a poor pairing into a great pairing

Example: A bold Cabernet Sauvignon and lamb. Use herbs such as sage and rosemary to the lamb

Now lets discuss with 5 major wines

## **BASE VS BRIDGE INGREDIENTS**

- **Base ingredients:** seafood of all kinds, crab cakes, lobster, shrimp dripping with butter and garlic...chicken, turkey, game Hen, duck, roast chicken, veal, pork
- **Bridge ingredients:** nutmeg, cinnamon, and allspice (but resist the temptation to go sweet...think savory...) hazelnuts, cashews, walnuts, pecans, coconut) butter, brown butter, cream, sour cream, olive oil, bacon, ham, and other cured pork products, mushrooms, onions, garlic,

# TYPICAL AROMAS OF A SAUVIGNON BLANC

- **Fruity:**

- Green Apple, Apricot, Lime, Lemon, Green Plum, Melon, Pear, Grapefruit, Pineapple, Gooseberry, Kiwi, Papaya

- **Herbal/Vegetative:**

- Cut Green Grass, Green Bell Pepper, Asparagus, Fennel, Herbs, Lemon Grass, Hay, Straw, Wildflowers

- **Mineral:**

- Wet Sand, Wet Stone, Riverbank, Ozone, Fresh Rain

- **Chemical:**

- Ammonia, Sometimes referred to as “PiPi du Chat”
- Dessert Wine Styles of Sauvignon Blanc can display aromas of honey, dried apricot, peaches, nutmeg and even curry...botrytis-affected wines will have that inimitable “earthy edge”!



## SAUVIGNON BLANC

**Base ingredients:** shellfish, lean white fish, chicken breast, turkey

**Bridge ingredients:** tender herbs, mint, tarragon, basil, cilantro, dill, all citrus, red bell peppers (raw or roasted) buttery olive oil, flaky butter crusts, yeasty bread, goat cheese, Gruyere, ricotta, mozzarella, feta, olives, curry spices, sour cream, yogurt, roasted garlic, Dijon mustard, capers, prosciutto, eggplant, sun dried tomatoes, pine nuts, almonds

# TYPICAL AROMAS OF A CHARDONNAY

- **Fruity:**
  - Green Apple, Red Apple, Baked Apple, Pear, Peach, Apricot, Pineapple and Other Tropical Fruits, Citrus: Lemon, Lime, Orange
- **Caramel:**
  - Honey, Butterscotch, Caramel, Brown Sugar
- **Nutty:**
  - Hazelnut, Toasted Hazelnut, Walnut
- **Yeast-Derived:**
  - Toast, Baked Bread, Oatmeal, Popcorn
- **Butter** (from malolactic fermentation)
- **Mineral:**
  - Flint, Wet Stone,
- **Oak-Derived:**
  - Vanilla, Coconut, Sweet Wood, Oak, Smoke, Toast,

# TYPICAL AROMAS OF A PINOT NOIR

- **Fruity:**
  - Black Cherry, Dried Cherry, Raspberry, Strawberry, Cranberry, Plum
- **Earthy:**
  - Mushroom, Wet Dirt, Wet Leaves, Barnyard, Smoke
- **Floral:**
  - Rose, Violet, Dried Flowers
- **Wood-Derived:**
  - Vanilla, Smoke, Oak, Hints of Spice from Barrel Aging

# PINOT NOIR

- **Base ingredients:** pork, pork belly, toasted chicken, veal, rabbit, quail, most seafood
- **Bridge ingredients:** roasted garlic, roasted root vegetables, tomato-based sauces, mushrooms, truffles, black olives chicken jus,, Dijon mustard (same reason as Chardonnay), fennel, eggplant, rosemary, oregano, sage, sun dried tomatoes, pancetta, prosciutto, earthy flavored cheeses, blue Cheese, Soft Cheeses
- Tomatoes, Garlic, Shallots, Onions
- Basil Pesto, Fresh Herbs
- Eggplant, Beets, Roasted Red Bell Peppers
- Cherries, Cranberry, Plum – as with most dry wines, careful with the sweetness level

## TYPICAL AROMAS OF MERLOT

- **Fruity:** Grapes – Merlot is the one red wine that tastes like grapes: Welch's Grape Juice, Grape Jelly, Grape Jam; Blackberry, Boysenberry, Strawberry, Raspberry, Cranberry, Plum, Ripe Cherry, Currant, Fig, Prune
- **Floral:** Rose, Violet
- **Oak-Derived:** Cedar, Cocoa, Cigar, Tobacco, Vanilla, Smoky
- **Herbal:** Mint, Bay Leaf
- **Spicy:** Cinnamon, Clove, Licorice, Coffee
- **Sometimes:** Candied Fruit, Fruitcake, Sandalwood, Truffles, Tobacco

## MERLOT

- **Base ingredients:** duck breast, leg confit, rack of lamb, squab, braised beef, grilled salmon, venison
- **Bridge ingredients:** roasted garlic, sauces, olives, Dijon mustard, eggplant, mushrooms, rosemary, oregano, sage, demi-glace sauces, red beets, aged sheep's milk cheese, juniper, most nuts

# TYPICAL AROMAS OF A CABERNET SAUVIGNON

- **Fruity**
  - Blackberry, Blueberry, Ripe Cherry, Black Currant, Cassis, Plum, Prune, Raisin
- **Herbal/Vegetative**
  - Vanilla, Mint, Eucalyptus, Bay Leaf, Green Bell Pepper, Green Olive, Rosemary, Dried Herb
- **Earthy**
  - Cedar, Cigar Box, Cigar Smoke, Pencil Lead, Graphite, Tobacco, Wet Dog
- **Oak-Derived**
  - Oak, Fresh Lumber, Cedar, Chocolate, Cocoa, Smoke

## CABERNET SAUVIGNON

- **Base ingredients:** grilled steak, veal, buffalo, lamb
- **Bridge ingredients:** demi-glace sauces, complex Indian spices (not hot), olives, mushrooms, red beets, eggplant, roasted tomatoes, rosemary, sage, thyme, basil, walnuts, pecans, aged cow's milk cheese



## GENERALIZED WINE AND FOOD PAIRING SUGGESTIONS

- **SWEETNESS in food:** Increases the bitterness, acidity and alcohol in the wine. The wines should be sweeter than the food.
- **High Food Acidity:** Increases the perception of sweetness and fruitiness in the wine. High acid foods should be matched with high acid wines. Low acid wines like a Pinot Noir will taste bland or flabby
- **Chili Heat in the food:** This tends to increase the bitterness, alcohol and acidity in the wine. Sweet wines with a high degree of either spiciness or fruitiness will work here. (example would be a Sangria).
- **Salty Foods:** Needs a slightly sweet wine with soft fruit flavors and low tannins. A good choice for Merlot or Charbonno.
- **Greasy, fatty, rich foods.** These powerful components can easily diminish the flavors of low acid, sweet wines. Best to use a very dry wine with good acidity.
- **If it grows together it goes together.** Foods from a particular region or country will inevitably pair best with wine native to that particular country or region. They both have evolved together often over centuries. Barberra and grilled vegetables
- **Red meats: rare vs well done.** A young red Cab Sauv becomes less astringent with high protein rare to medium reds. Well done beef should be served with a fruitier wine such as a merlot.
- **Match your wine to the strongest flavor on the plate.**

## ORDERING WINES AT A RESTAURANT

- In many states you can bring wines to the restaurant and pay a “corkage fee”. Ask if this is an option when you make your reservation
- Ok, you are at a table of 6 or 8 friends and the decision is made since you attended this course you will pick the wine. First ask what everyone is ordering. Of course orders include salmon, pork with a fruit reduction sauce, a couple of steaks and BBQ chicken and Fettuccine Alfredo.
- You order a crisp white wine (A Portuguese Vine Verde to cover the salads, a buttery Chardonnay and a medium but young Cabernet Sauvignon.

## ORDERING WINES AT A RESTAURANT

- Waiter or sommelier will present the bottle
- Examine the bottle's label for:
  - Correct Winery
  - Correct wine variety or blend
  - Correct vintage
    - For a red wine a younger vintage could be too astringent
    - For a white wine an older vintage might make the wines oxidized or not as crisp
  - Correct appellation
- Once you approve is the correct bottle ordered, he/she will open the bottle and present you the cork.
- PLEASE DO NOT SNIFF THE CORK
- DO visually examine the cork for wine egress and reject the bottle if the cork is critically defective.

## ORDERING WINES AT A RESTAURANT

- Waiter or sommelier will then pour a small amount of wine into a clear wine glass.
- Swirl the wine and examine the wine preferably with a white or lit background, checking the color. The color should match what you expect from the variety.
- Stop swirling and take a deep sniff into the glass. The bottle was just opened so you may not detect many of the great aromas, but you do not want to detect any of the defective ones.
- If the wine passes the sniff test, Taste the wine, again looking for defective flavors.
- If everything is ok, ask the waiter for a decanter for the red wine(s) and a wine chiller for the whites.

# QUESTIONS

- CORK VS SCREWCAP?
- HOW TO SABER CAMPAGNE?

# **BIO – RICK NOVOSAD**

- Degree in Food Processing Technology – St Clair College
- Certificate in Thermal Processing – Ohio State Univ.
- Certificate in Business Admin – University of Windsor
- Quality and Production Management positions in flexible packaging (Produce Supply), canning and bottling (Nestle) and composite cans and ring pull ends (Sonoco Products)
- Certificate from Owens Illinois Glass School – Wine bottles and glass defects
- Studied screwcaps at Alcan packaging. Assisted Clos du Bois, Gary Farrell and Geysler Peak convert white wines to screwcaps
- Production and Quality Management at Metro Label, a wine label manufacturer. Paper grades, flexo, rotogravure and digital printing presses, inks, foils coatings, etc.
- QC/Purchasing Manager/SAP super user – Buena Vista Winery
- Materials Specialist – Beam Wine Estates – Clos du Bois, Gary Farrell, Geysler Peak, William Hill, Mumm, Atlas Peak performed glass production audits and audits at cork production in Portugal and California
- Q.A. Constellation Wines – Cork, bottling and materials approvals for Robert Mondavi (Oakville), Franciscan, Prisoner Wine, Meiomi, Estancia, Mark West...
- Home Winemaker off and on for 40 years, won a Gold Medal at the California State Fair for red wine.
- 20+ year member and Past President of the Napa Wine Tasting Society
- Performed Wine Education seminars for yacht and Moose clubs, Corporations (e.g. Billing Tree) and the the US Air Force