



# WINE PAIRING BY THE NUMBERS

From Kirsten Fox

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# FOOD AND WEIGHT OF WINE: PAIRING BY THE NUMBERS

**WHEN YOU CONSIDER FOOD AND WINE PAIRING, START WITH THE FOOD...**

- \* The center-of-the-plate item
- \* The way it is cooked
- \* The sauce on it

**1.**

First, place the center-of-the-plate on a sliding scale from between 1 and 10.

Lean fin fish...Grains...Chicken...Crustacean...Salmon...Pork...Duck...Lamb...Beef...Sausages...Game

1      2      3      4      5      6      7      8      9      10

**2.**

Next, consider how the above is prepared from least amount of flavor (poaching) to lots of flavor add-ed (smoking)... and bump up the number of the center-of-the-plate a little or a lot, per below.

Poaching (+0) | Broiling (+1/4) | Searing (+1/2) | Roasting (+1) | Grilling (2) | Smoking (+3)

**3.**

Then consider the sauce, if there is one, and bump up the number again a little (for salsa) or a lot (for heavy cheese sauces.)

Salsas, pesto (+1/4) | Butter/beurre blanc (+1/2) | Emulsified/aioli, hollandaise (+1)  
Brown/mushroom gravy (+2) | Cheese or BBQ (+3)

**4.**

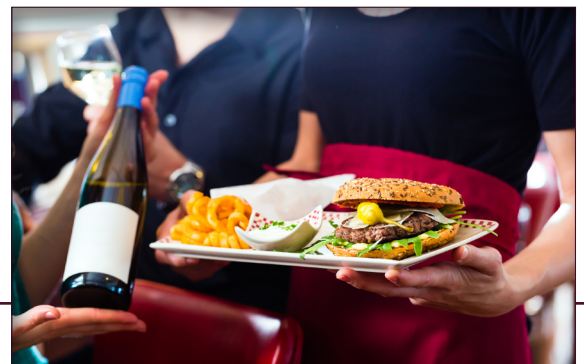
Now, do quick, easy scale-making in your head.

EXAMPLES:

**Halibut (1) + poached (0) + aioli (1) = 2**

**Chicken (3) + roasted (1) + BBQ sauce (3) = 7**

**Beef (8) + grilled (2) = 10**



5.

Take that final number and place it on the scale below where the wines are listed light to heavy, whites on the top and reds on the bottom. In order to best match the meal, choose wines that are within a couple numbers of it.

Pinot Grigio...	Riesling...	Chenin Blanc...	Sauvignon Blanc...	Oaked Chardonnay						
Rosé...	Beaujolais...	Sangiovese...	Pinot Noir...	Zinfandel...	Nebbiolo...	Merlot...	Cabernet...	Syrah		
1	2	3	4	5	6	7	8	9	10	

EXAMPLES:

**Halibut (1) + poached (0) + aioli (1) = 2 Consider the Riesling or the wines near it.**

**Chicken (3) + roasted (1) + BBQ sauce (3) = 7 Consider Oaked Chardonnay or Zinfandel or the wines near them.**

**Beef (8) + grilled (2) = 10 Consider Syrah or the wines slightly below it.**

**SERVER REFERENCE CHARTS**

**FEEL FREE TO KEEP THIS HANDY GUIDE IN YOUR CHECK HOLDER.**



Lean fin fish...	Grains...	Chicken...	Crustacean...	Salmon...	Pork...	Duck...	Lamb...	Beef...	Sausages...	Game
1	2	3	4	5	6	7	8	9	10	

Poaching (+0) | Broiling (+1/4) | Searing (+1/2) | Roasting (+1) | Grilling (2) | Smoking (+3)

Salsas, pesto (+1/4) | Butter/beurre blanc (+1/2) | Emulsified/aioli, hollandaise (+1)  
Brown/mushroom gravy (+2) | Cheese or BBQ (+3)

Pinot Grigio...	Riesling...	Chenin Blanc...	Sauvignon Blanc...	Oaked Chardonnay						
Rosé...	Beaujolais...	Sangiovese...	Pinot Noir...	Zinfandel...	Nebbiolo...	Merlot...	Cabernet...	Syrah		
1	2	3	4	5	6	7	8	9	10	

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## KIRSTEN FOX:

Kirsten Fox is an Executive Sommelier and the Founder and CEO of the Culinary Wine Institute. Kirsten is also Headmistress of Fox School of Wine in Park City, Utah, and is a published author.



## CULINARY WINE INSTITUTE:

The C.W.I. is the award-winning, online wine sales training and certification system for the restaurant industry.

Learn more at [www.CulinaryWineInstitute.com](http://www.CulinaryWineInstitute.com)



## QUESTIONS OR COMMENTS?

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*Pour it like you mean it.*