



— **FLORENT MARTIN** —

WINE AND FOOD PAIRING

EXPERT LEVEL MASTERCLASS





THE PRINCIPLES OF WINE AND FOOD PAIRING

What do we mean by “wine and food pairing”?

We combine two products and while each one carries its own balance of flavors, once brought together, their taste and textures complement each other.

The pairing must create a dance of equilibriums between the dish and the wine.

The wine needs to call for eating and vice versa, the dish needs to call for drinking.



WINE AND SEAFOOD PAIRING

Seafood is synonym of sweetness, tenderness and salty flavors.

You will need to select a wine depending, not only on the texture and the saltiness of the product, but also on the sweetness of the coral.

Oysters have a very watery, very fresh texture; however, it is not the most powerful nor the fleshiest one. These can be paired with a Muscadet, which gives out a pure and crystalline sensation, with a mid-palate that is quite fatty.

Scallops have a denser texture, hence, we can select a wine that is a little bit more powerful, like a Chablis, for example.

Lastly, shrimps will be paired with a white wine that evokes a bouquet of salty flavors and mineral bitterness, with touches of citrus fruits and a certain degree of sweetness. A Corsican wine would make a great choice.



WINE AND FISH PAIRING

You will need to select a wine depending on the flesh of the fish, its potency and its origin.

Furthermore, you will have to take into account whether the fish is raw, cooked and the type of sauce it is served with.

For example, with a raw fish, the wine needs to cut into the fat of the fish.

Hence, we will select an Alsatian wine because these wines are known to have tension and intense flavors.

If the fish is cooked and is served with a little bit of sauce, then we would select a Burgundy wine because these wines have more buttery and toasted flavors.

Furthermore, the hazelnut flavors of a Chardonnay will go very well with a fish in sauce.



WINE AND CHARCUTERIE PAIRING

When serving a salty type of charcuterie, you ought to select a wine that is gourmet and juicy, like a Beaujolais, a wine from the Jura or the South-West region.

When serving a pâté en croûte or a cooked ham, you ought to select a wine with a higher acidity level, like a Cabernet Franc or a wine from the Loire region.



WINE AND MEAT PAIRING

With poultry, do not select a wine that is too powerful.

A Pinot Noir from the Burgundy region will showcase the meat beautifully.

With a beef tartare, try a juicier wine, like a Crozes-Hermitage or a wine from the Rhône valley.

The idea is for the juiciness and the gourmet dimension of the wine to be deliciously paired with the meat.

For cooked red meats, select a wine rich in tannins and with licorice accents.

Wines from the Languedoc region are a good choice because they have a higher tannin concentration.

For larger pieces of meat, like a lamb roast, you ought to select a nice Bordeaux, a wine which will develop muskier flavors and have more bitter accents, reminiscent of leather.



WINE AND CHEESE PAIRING

The wine selection will be made upon studying the body of the cheese, its flavors and its texture.

A log of goat cheese, which is chalky, ashy and slightly tart, will be paired with a Sancerre, which is a refreshing wine, with grassy and salty flavors.

A camembert, which is a more flavorful cheese, with a soft body and a bloomy rind, has a tendency to develop a little bit of bitterness. It needs to be balanced out with a sparkling, gourmet and fruity wine.

A Normandy cider is the perfect choice.

The mimolette cheese, with its slightly spicy accents, its brittle and chalky texture, its salty final notes will go very well with an orange wine, a white wine that has been left to macerate longer and which texture is more bitter.

A Comté will be paired with a Jura wine, like a Savagnin yellow wine, with walnut, spices and leaven accents. Pairing these two together will create flavors that will evoke the baking world, like vanilla or toasted bread.

A blue cheese like a Roquefort has very powerful and almost salty flavors; hence, the potency of the cheese will be balanced out with a fortified wine, like a Porto or a Maury.

Cheeses from the northern regions of France will be paired with beer, because the foamy and refreshing texture of the beer will balance out the potent flavors of the cheese.



WINE AND DESSERT PAIRING

Fruity desserts will be paired with wines from the South-West regions of France. These are wines that have some acidity, but that are also very refreshing at the same time.

Desserts with red berries will be paired with wines like a Muscat Noir.

Chocolate, caramel and coffee flavored desserts will be paired with a sweet or fortified wine, with vanilla and caramel accents.



TASTE IN MOTION

Once you have found your favorite wine, try to follow a logical order when pairing it with a dish: start with the lightest flavored one and, progressively, move to the strongest-tasting one.

That way, you will be able to create an assortment of flavors around your favorite wine.

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