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The Harmony between Wine and Food

By Dan Philipe

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Wine is a social drink which should be enjoyed in the company of friends and .. food.

The right combination between food and wine is a source of ultimate bliss for every connoisseur. Both wine and food can benefit from the right pairing. The right wine can accentuate unexpected gastronomical aspects of food and vice versa, wine can shine in a new light when accompanied by the right dish. In order to savor the splendor of such combinations, one does not need to frequent expensive restaurants and buy overpriced wines. Rather, when combining food and wine it is one's intuition and curiosity that are of paramount importance.

Most rules for agreeable food – wine combinations date back to the 19th century and are made by French cooks who travel around Europe showing other nations the French savoir-vivre. It is since then that we know that champagne goes well with oysters, white wine - with seafood, and red wine - with game and red meats. Those rules, however, have been broken many times throughout the years because the nature of certain dishes and the rich wine variety available allow for a much freer interpretation. For example, some red meats could be made more enjoyable by stronger white wines.

A more practical approach for combining wine with food is to avoid any possible dissonance between them. For example, an exceptional wine stands out much better when accompanied by a not so sophisticated dish that will bring out the wine's superb qualities instead of fighting with it. Certain wines and foods have "found" each other over the years and represent especially suitable combinations. Generally those are the regional wines and foods. Almost all local dishes go best with the wines from their regions.

Some tips for making good food - wine choices:

Try to balance the weight of both, i.e. heavy dishes and those with a strong taste, such as game and red meat should be enjoyed with an equally heavy wine. In most cases those are red wines but some

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full-bodied whites could be an equally suitable alternative.

Dry wines could develop a very unpleasant sour or even bitter taste if served with desserts. Generally desserts are served with wines that are at least comparably sweet, if not sweeter.

Wines with high acidity go best with heavy, rich in fat dishes. This is because the high fat content negates the impact of the acid.

High-tannin wines should be combined with foods rich in proteins. The proteins combine with the tannins, thus diminishing the tannin taste. Wines made from grape varieties that contain a lot of tannins, such as Cabernet Sauvignon and Syrah are an excellent match for red meats and other protein-rich foods. On the other hand, high-tannin wines acquire an unpleasant metallic taste if combined with fish and other seafood. Or they could have an extremely bitter taste when combined with salty dishes.

So finally... which wine? You could have in mind the rules above when making your selection but don't be blinded by them and never take things for granted. Even when you are convinced that you have found the perfect wine for a certain dish, a small change, such as a bad yield, a change in the production technology, or other, could disappoint you. So have an open mind and be ready to experiment. Needless to say, a lot of times the results would be a bit strange but that's what will make the whole experience interesting!!

Dan Philipe

Eat, Drink, And Be Merry

By Jennifer Taylor

The holidays are never far away and it's the perfect opportunity to learn how to entertain well with a great selection of food and wine. Both food and wine play an important role in our society, and if we want to be successful hosts and hostesses we must learn to serve our guests properly.

Your guests come to your party expecting to be dazzled by the edible offerings. Guests may arrive at a party with high hopes but more often than not they leave unsatisfied with the food and wine they were served. You have the power to ensure that this does not happen with your gatherings, so you need to make sure that you offer your guests only the finest food and wine at hand.

You can start by talking to your friends to discover what left them unsatisfied at some of the other parties they have attended. Also, consider some of your own reactions to the food and wine that was offered. What was it that you didn't like about the food and wine and how could it have been improved? The key to successful entertaining with food and wine is to learn from the mistakes of others. By doing so you should be able to avoid some of the bigger mistakes made when hosting a party featuring food and wine.

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Present your guests with a variety of food and wine at your party. Some people strongly dislike red wine and others feel the same way about white wine. By offering a selection of different foods and wine you will be able to make more people happy and less people feel overlooked by your food and wine options. You should also have a diverse selection of the food you are serving. Have some vegetarian snacks in addition to some meaty ones. If you have a diverse group of friends you might even want to get more diverse in your food and wine selections and perhaps have some vegan goodies for the vegans of your circle.

Taking these factors into consideration when choosing your food and wine shows that you are a caring and thoughtful host. Your parties will be the parties that people would want to attend. If you make the right choices in your food and wine then you should consistently have marvelous parties known for lots of people and good times.

Jennifer Taylor writes articles for several web sites, especially

and

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