

## Find the wines you love...

When it comes to choosing a wine, are you confident, adventurous or a creature of habit?

Having recently launched our more substantial wine list, we felt it was about time to share some top tips with our foodie customers who love a delicious glass (or bottle) of wine with their meal and perhaps need an extra hand with choosing what to drink. Our new list gives you more detailed tasting notes to help you know what to expect and our tips below will help you to choose which of these wines will go best with your food.

So here it is. Our simple guide to helping you choose a wine to complement or enhance your dining experience. Please remember we're also always 'on hand' and happy to help!

### SIMPLE ELEMENTS TO IDENTIFY IN WINE

Acid > Bitter > Sweet

#### Acid

This type of wine can be described as bright, refreshing, tart or crisp. The same sensation you get when you sip a good margarita or a glass of fresh lemonade. It's thirst quenching and has you reaching for another sip. You can tell if a wine has high acidity if you experience a tingling sensation at the sides and top of your tongue and you begin to salivate.

#### Bitter (tannin)

Tannin adds bitterness, structure and complexity to wine and is often described as having a herbaceous note. The effect of tannins creates a drying sensation in your mouth, along the insides of your cheeks. The more tannic a wine is, the drier your mouth will feel. A more tannic wine would have had longer contact with the grape skins, seeds and stems, which is why red or orange wines are generally more tannic than white wines.

#### Sweetness

We identify sweetness from our taste buds on the tip of our tongue. Most wine, other than dessert wine, is "dry" (low residual sugar). However, you will find that wines that pronounce fruitier and floral notes will give off a sweeter sensation when drinking. It's always helpful to ask if this isn't mentioned in the description.

## SIMPLE FLAVOUR ELEMENTS TO IDENTIFY WITH FOOD

Fat > Acid > Spice > Salt > Sweet

There are A LOT more but the above are the main ones to identify.

## HOW TO PAIR WINE AND FOOD ELEMENTS

### Fat + Acid or High Alcohol

A wine with pronounced acidity adds freshness and works well to complement fatty food. Alcohol content in wine has similar effects as acidity, which is why fatty foods work well with high abv % wines.

### Fat + Tannin

Fat on the tongue alleviates bitterness and works well together. The most common pairing that uses this combination is steak with red wine, a perfect match is a wine like an Amarone Della Valpolicella.

### Acid + Acid

Acidic food should be paired with equally acidic wines. When you match acidity they balance each other out, allowing the other more nuanced flavours to show through.

### Spice + Sweet

Residual sugar cools down spice and creates a balance between the food and the wine. Avoid pairing spicy food with high alcohol or tannic wines and choose a wine with fruitier/floral notes.

### Salty + Sweet

Pair salty and very savoury food with off-dry wines. It's also the reason why salted caramel works so well.

### Sweet + Sweet

Dessert wines with desserts. The ideal match needs to be at least as sweet as the dish otherwise it will be overwhelmed. First identify if the dessert is tangy/fruity or rich/creamy? A fruitier dessert will need a wine with higher acidity like our Zibibbo, while creamy richer desserts suit a softer grape like Muscat or try our Tokaji Szamorodni. Try the Moscato d'Asti from the legendary Fontanafredda family for a slightly sweet sparkling wine packed full of apples and pears.

### “What grows together, stays together!”

This familiar saying is a great 'rule of thumb'. Pairing traditional food and wine from the same regions tend to work well as the agriculture and grapevines have come from the same terroir.

Here's an example of a good pairing:

#### The Food:

Let's take our classic Prawns Inferno. The overriding components of this dish come from the shellfish butter and chilli giving a delicious richness and heat to the dish. The baby artichokes also add a touch of sweetness and acidity to balance it.

#### The Wine Pairing:

We'd suggest a wine with a good amount of acidity, fruity notes but not too dry. Therefore, try our 'Friulano, Obiz'. The acidity will keep your palette cleansed, making it feel lighter and allowing the more nuanced notes of the dish to shine through.

Let us know what pairings you experiment with by tagging us **@shamblesrestaurant on Instagram**.