



		Salads & Vegetables	Fish & Seafood	Pasta & other Sauces	Meats	Herbs & Spices	Spicy Foods	Cheese
<b>BONE DRY, DELICATE, NEUTRAL WINES</b>	e.g. Frascati, Muscadet, Pinot Grigio, Soave	Feta Salad, Green Salad, Light Seafood Salad, Mozzarella Salad, Salad Niçoise	Clam Chowder, Halibut, Herring, Mussels, Oysters, Prawns, Trout	Very light Olive Oil and Fish based Sauces e.g. Marinara, Vongole Bianca	Generally too light for most meats (possibly Chicken, plain)	Delicate seasoning of Chives, Coriander, Dill, Fennel, Parsley, Tarragon	Spicy ingredients usually overwhelm these delicate white wines	Very mild flavoured Cheeses e.g. Cream Cheese, Feta, Halloumi, Mozzarella, Ricotta
<b>DRY, HERBACEOUS OR AROMATIC WINES</b>	e.g. Sauvignon Blanc; Dry Chenin Blanc; Dry Riesling	Asparagus, Avocado, Goats Cheese Salad, Olives, Ratatouille, Smoked Fish salad, Spinach	Shellfish and delicate White fish e.g. Plaice, Skate, Sole, Clam Chowder, Smoked Fish	Fish-based sauces e.g. Olive Oil or light Cream Sauce. Apple Sauce. Beurre Blanc (with Lemon), Tartare Sauce	Steamed, Baked and Casseroled Chicken, Pork, Veal	Chives, Coriander, Dill, Ginger, Lemongrass, Lime, Tarragon	Especially good with Thai dishes and some lighter, milder Indian meals. E.g. Tandoori Fish	High acid Cheese such as Goats or Sheep Cheese e.g. Chavignol, Pecorino
<b>JUICY, FRUIT-DRIVEN, RIPE WINES</b>	e.g. New World styles of Chardonnay, Chenin Blanc, Semillon, Viognier	Caesar, Chicken, Egg, Fish or Seafood Salad, Carrots, Onion Tart, Parsnips	Seafood and firm White Fish grilled. BBQ, Baked and Casseroled, Paella, Salmon, Scallops	Chestnut Sauce, Fish based Sauces, Light, Creamy Sauces, Hollandaise, Parsley Sauce, Pesto	Grilled, BBQ, Baked, Casseroled, White Meats: Chicken, Pork, Turkey, Veal, Duck	Basil, Coriander, Fennel, light Garlic, Ginger, Parsley, Tarragon	Thai, Chinese and light Indian dishes e.g. Korma, Rogan Josh, Tandoori	Semi-soft Cheeses e.g. Brie, Camembert, Chaume, Mozzarella, some mature Cheddars
<b>FULL-FLAVOURED, NUTTY, OAKED WHITES</b>	e.g. Burgundy, Australian, Californian, South African, Chardonnay	Caesar Salad, Grilled Peppers, Onion Tart, Ratatouille	Crab, Lobster, Deep Sea Fish e.g. Monkfish, Swordfish, Tuna, Turbot, Paella, Salmon, Smoked Fish	Butter and Cream based Sauces, e.g. Carbonara. Pancetta, Pesto, Porcini	Roast Chicken, Duck, Ham, Pork, Turkey	Basil, Chives, Cinnamon, Cloves, Coriander, Fennel, Garlic, ginger, Nutmeg, Parsley, Spring Onions, Tarragon	Coconut flavoured dishes, Indonesian and some lighter Indian dishes	Mozzarella, Semi-soft Cheeses, Smoked Cheese
<b>LIGHT, SIMPLE, DELICATE REDS</b>	e.g. Beaujolais (Gamay), light v.d.p Reds, light Chianti and Valpolicellas	Grilled and Roasted Veg, Charcuterie (Salami etc), Olives, Prosciutto, Ratatouille, Smoked Meats	Bouillabaisse, Cod with Pancetta, Seared Salmon, Sea Trout, Tuna	Tomato based Sauces, e.g. Arrabbiata, Napoletana, Lasagne	Light Pork dishes, Roast Chicken, Turkey, Salami	Basil, Coriander, Garlic, Nutmeg	Italian and Spanish dishes with Spicy Sauces e.g. Chorizo, Arrabiata	Cheddar, Colcelatte, Mozzarella, Parmesan, Port-Salut
<b>JUICY, MEDIUM-BODIED, FRUIT-LED REDS</b>	e.g. Pinot Noir, Chilean Merlot, Chianti, Grenache, Rioja	Roasted Veg, Charcuterie (Salami etc), Smoked Meats, Tuscan Bean Salad, Wild Mushrooms	Tuna or Salmon grilled with Sauce made using similar wine	Bolognese, Carbonara, cooked Tomato Sauces, Lasagne, Truffle or Wild Mushroom Sauces	Chicken, Duck, Turkey, light Beef or Pheasant dishes, Smoked Meats, Sausages	Basil, Chives, Coriander, Garlic, Mint, Nutmeg. Thyme and Rosemary in moderation	moderately hot Indian dishes, Black Bean Sauce, Italian and Spanish dishes with spicy sauces e.g. Chorizo and Arrabiata	Cambozola and other creamy Blue Cheeses, Goats Cheeses, Mature Cheddar, Parmesan
<b>SPICY, PEPPERY, WARMING REDS</b>	e.g. Shiraz, Rhône Reds, Barbera, Lighter Malbecs	Meat Salads (using those meats listed in the meat section)	Generally too heavy for Fish and Seafood	Cream based Sauces e.g. Carbonara, Lasagne, Bolognese, BBQ and Pepper Sauce	BBQ, Grilled, Roasted Casseroled Game: Duck, Goose, Pheasant, Venison Sausages. Beef and Lamb	Black Pepper, Chives, Cloves, Coriander, Garlic, Nutmeg. Sage in moderation	Rich, creamy based Indian curries e.g. Korma, Balti, Black Pepper Steaks, Tex-Mex, Chorizo	Cambozola and other creamy Blue Cheeses e.g. Emmental, Munster, Pont l'Eveque, Stilton
<b>OAKED, INTENSE, CONCENTRATED REDS</b>	e.g. Bordeaux & New World Cab Sauv, Barolo, intense Shiraz, top Riojas	Meat Salads (using those meats listed in the meat section)	Generally too heavy for Fish and Seafood	Cream-based Sauces. e.g. Carbonara, Cheesy Sauces e.g. Parmesan, Gorgonzola	Grilled, Roasted, BBQ, Casseroled Game: Boar, Duck, Pheasant, Venison. Beef and Lamb	Black Pepper, Chives, Garlic, Mint, Nutmeg, Rosemary and Thyme	Some good combinations from the above, but caution is advised when pairing these wines	Brie, Camembert, Chaume, Cheshire, Edam, Parmesan, Pont l'Eveque, Red Leicester