

Play Matchmaker

Six Tips For Pairing Wine With Food

Food and wine pairings isn't science—it's fun. And there's no such thing as a bad combination. If you eat and drink what you like every meal is a good one.

- Play the match game: Combine delicate foods with light wines and bold foods with big-flavored wines.
- But know that opposites can attract: Go for contrast, such as a tangy, tart wine like Pinot Grigio with a rich fettuccine Alfredo.
- Highlight complementary aromas and flavors, such as an earthy Pinot Noir with mushrooms or a zesty Chianti with an acidic tomato sauce.
- Match wine to the sauce in a dish rather than the meat.
- Don't stick to just white wine with fish. A "meaty" fish like salmon or swordfish can easily stand up to many types of red wine.

Wine Impact on the Body

Here are several ways the body is effected by drinking just one or two glasses of wine per day.

Reduces the risk of:

- Strokes
- Hypertension
- Colon Cancer
- Esophageal Cancer
- Cataracts
- Alzheimer's
- Type 2 Diabetes
- Chronic Heartburn
- Ovarian Cancer
- Age-related Macular Degeneration

Wine-Food Pairing Guide

WINE	CHEESE	FISH	MEAT	HERBS
Chardonnay	Swiss, Jack, Brie	Crab, Shrimp, Snapper, Lobster, Salmon, Clam	Chicken, Turkey, Goose, Veal Pork	Basil, Ginger
Pinot Grigio	Cheddar, Gouda, Provolone, Brie, Camembert, Edam	Bass, Trout, Shrimp, Lobster, Oysters	Chicken, Asian, Indian foods	Thyme Basil, Capers, Chilies, Dill, Thyme
Riesling	Cheshire, Colby, Gouda, Jack	Soul, Flounder, Oysters, Clams	Ham, BBQ Beef	Sesame, Chiles, Cloves, Sage, Rosemary, Garlic
Pinot Noir	Jalapeno, Blue Cheese	Crab, Shrimp, Mussels	Turkey, Duck, Squab	Tarragon, Cilantro
Merlot	Cheddar, Smoked Gouda	Salmon, Tuna	Pork, Lamb, Veal, Beef, Duck	Thyme, Rosemary, Tarragon
Cabernet Sauvignon	Aged Jack, Brie, Camembert		Beef Buffalo, Lamb, Pork, Veal, Venison	Oregano, Thyme, Rosemary

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