



*Kathy Peterson*  
Food & Wine Dynamics

## FOOD & WINE DYNAMICS

	MAIN COURSE	COOKING TECHNIQUE	CHEESE	VEGETABLE	FRUIT/NUTS	FRESH HERBS AND SEASONINGS	SAUCE	MENU RECOMMENDATION	TO AVOID
<b>JOHANNISBERG RIESLING</b>	Bass, Sea Bass, Snapper, Trout, Crab, Scallops, Quail, Pheasant, Partridge, Turkey. Some dried cured meats. Some sausages.	Cure or Raw, Steam, Poach, Sauté, Sear, Smoke	Some Goat Cheeses, Smoked Mozzarella & Smoked Cheeses, Pouligny Saint Pierre, Valencay, Chaource, St. Andre	Snow Peas, Red Onions, Green Onion, some Root Vegetables, Cabbage Family, Broccoli, young Green Beans, Fennel	Apples, Citrus: Zest of Orange, Lemon, Lime & Tangerine. Kumquats, Peaches, Apricots, Nectarines, Peanuts, Hazelnuts	Parsley, Basil, Chervil, Cilantro, Clove, Nutmeg, fresh Ginger, subtle Garlic, Sesame Seed Oil, Teriyaki (light), Rice Wine Vinegar	Light, delicately Sweet Sauces, Oriental Sauces with Delicate Acids. Some Spicy Foods	Thai, Oriental, Sushi. Light mixed greens and composed salads with Seafood or Poultry. Smoked Fish or Meats, even Game such as Pheasant. Tobiko Caviar.	Egg Dishes, Pickled Foods, Butter, Most Creams
<b>FUME BLANC/ SAUVIGNON BLANC</b>	Halibut, Red Mullet, Fresh Tuna (Ahi & Ono), Trout, Bass, Sole, Sea Bass, Mussels, Clams, Oysters, Caviar, Gravlax, Prawns. Chicken, Frog Legs	Cure or Raw, Poach, Broil, Grill (use a simple herb butter or vinaigrette rather than a heavy sauce), Sear, Smoke	Fresh Goat Cheese (Dill or Mixed Herbs), St. Mauve, Crottin, Sancerrois, All fresh Mozzarella, some Smoked Cheeses for a contrast	Yellow, Red & Green Bell Peppers, Celery, Celery Root, Fennel. All Cucumbers, Green & Yellow Beans, Tomatoes	Most Citrus: Meyer Lemon, Lemon, Lemon Zest, Grapefruit Zest & Lime Zest. Pistachio Nuts, Toasted Sesame. Most Edible Flowers	Chervil, Mint, Dill, Chives, Cilantro, Parsley (curly & Italian), Star Anis, some Capers, Lemon Thyme, Silver Thyme, Rice Wine Vinegar	Herbal Sauces, Vinaigrettes, Marinades, Natural Jus & Broths. Some Composed Butters, Olive Oil Sauces	Lightly poached Sea Bass with herbal Butter. Vegetable Terrine of Three Bell Peppers (Yellow, Green and Red) with Parsley Cilantro Sauce. Grilled Prawns with Fresh Dill and Green Onions. Grilled Fresh Tuna with Cilantro and Yellow Tomatoes. Most Caviars (contrast).	Red Wine Vinegar, Balsamic Vinegar, Most Egg Dishes, Pickled Foods, Sweet Foods, Chutneys
<b>CHARDONNAY</b>	Sea Bass, Swordfish, Monkfish, Salmon. Escargot, Crab, Prawns, Scallops, Langoustine, Lobster. Rabbit, Chicken, Quail, Partridge, Game Hen. Sweetbreads	Poach, Broil, Sauté, Fricassee, Grill (especially for CH's that have an oak character), Sear, Smoke	Olivet, Parmesan, Coulommiers, St. Moncellin, Fugere (Chevre), Chili Pepper Cheeses for a contrast, some Smoked Cheeses for a complement	Snow Peas, English Peas, Carrots, White Beans, Sweet Corn. Wild Mushrooms: Oyster Mushrooms, Pom Pom Mushrooms, Chanterelles, Zucchini, Tomatoes, Pumpkin, Squash, White Truffles	Meyer Lemon, Lemon, Lemon Zest, Green Apples (Granny Smith), Crab Apples, Oranges, Tangerines. Pistachio Nuts, Cashews, Pine Nuts Melon (with Prosciutto)	Tarragon, Basil, Lemon Thyme, Saffron, Mustard, Nutmeg, Mace, Coriander, Pineapple Sage, Arugula, Sun-Dried Tomatoes, some Curries, Ginger, Gahlangah	Broths infused with Herbs, Fish Stock or Chicken Stock as a base. Marinades, White Wine Sauces, Light Cream or Light Butter Sauces	Many Different Pasta Dishes. Salmon with Tarragon-Chardonnay Sauce. Langoustine and Lobster Soufflé with Light Lemon Butter. Grilled Rabbit with Light Mustard Sauce. Sweetbreads with Delicate Oyster Mushrooms. Most Caviars (complement). Some Spicy Dishes.	Red Wine Vinegar, Balsamic Vinegar, Pickled Foods, Most Red Meats, Sweet Foods
<b>PINOT NOIR</b>	Tuna, Monkfish, Salmon. Quail, Squab, Pheasant, Chicken. Pork, Veal, Lamb. Sweetbreads Wild Boar, Game, Venison	Broil, Roast, Sauté, Sear, Ragout, Grill, Smoke	Epoisse, L'ami du Chamberlin, Brebbs (good Sheeps Milk Cheese), Port Salut, Reblochon	Fresh Beets, Carrots, Fennel, Mushrooms & Wild Mushrooms: Chanterelles, Hedgehog: Cepes (Boletus), Morels, etc. Root Vegetables, Yams, Sweet Potatoes, Black Truffles	Plums, Figs, Cherries, some Berries & Cranberries with Wild Game, Walnuts, Pine Nuts	Basil, Sage, Silver Thyme, Chervil, Tarragon, Italian Parsley, Marjoram, Balsamic Vinegar, Sun-Dried Tomatoes, Pancetta, Bacon, Prosciutto	Vegetable or Poultry Broth, or Meat Jus & Natural Juices, Marinades, Light Butter & Red Wine Sauces	Monkfish with Pinot Noir Sauce and Beet Root. Grilled Quail with Wild Mushrooms. Veal Sauté with Basil and Walnuts. Tenderloin of Venison with Truffles and Chervil (for an Aged Pinot Noir). Pheasant or Wild Mushroom Ravioli in a Basil Tomato Sauce. Some Lightly Spicy Dishes.	Eggs, Spinach, Asparagus, Citrus, Heavy Cream, Rich Butter, Sauces, Oysters
<b>CABERNET SAUVIGNON</b>	Squab, Duck, Goose, Veal, Lamb, Beef, Venison	Broil, Roast, Ragout, Stew, Grill, Sear	Tomme de Savole, St. Nectaire, Parmesan, Cheddar, Asiago, Chester, Cantal, Tallegio, Sheeps Milk Cheeses, Fontina, Pecorino	Haricots Verts, Green or Wax Beans, Celery Root, Celery, Zucchini, Eggplant, Onion Family, Cepes (Boletus), Turnip, Rutagaga, Parsnip, Black Truffles	Black Currants, Elderberries, Huckleberries, Almonds, Chestnuts, Walnuts, Hazelnuts	Rosemary, Oregano, Bay Leaf, Marjoram. Fresh Mint Sage, Thyme, Juniper, Green, Black & Pink Peppercorns, Olives, Celery Seed, Balsamic & Red Wine Vinegar	Straight, Clear Jus or Reductions are the best. Natural Vegetable or Meat Broths, Olive Oil Based Sauces, Red Wine Sauces	Roast Squab with Sauce of Cabernet and Black Currants. Breast of Duck with Juniper and Haricots Verts. Rack of Lamb with Rosemary and Onion Confit. Grilled Venison Filet with Ratatouille of Grilled Vegetables. Beef Filet with Pink Peppercorn Sauce.	Spinach, Asparagus, Artichokes, Eggs, Lemon, Spicy Dishes, Oysters