

Wine	Protein	Cooking Technique	Cheese	Fresh Herbs Seasonings	Vegetable	Fruit	Sauce	Avoid
Sauvignon Blanc  Sancerre	Chicken, halibut, trout, sea bass, mussels, clams oysters, shrimp, caviar, light pasta, smoked salmon	Raw Poach broil Grill steam saute pan fry stir fry deep fry smoke	Goat cheese Fresh mozzarella	Chives, Cilantro, green onion, thyme, parsley, mint, dill, star anis, lemongrass, rice wine vinegar	Bell peppers, celery, celeriac, fennel, leeks, tomatoes, green beans, Spinach, cucumbers	Citrus, citrus zest, edible flowers, pistachio toasted sesame	Light broths, herbal sauces, olive oil sauces, marinades, vinaigrettes	Balsamic vinegar, most egg dishes, red wine vinegar, sweet foods, pickled foods
Chardonnay  White Burgundy	Lobster, scallops, shrimp, sea bass, swordfish, chicken, escargot, monkfish, quiche	Poach Steam Saute Pan fry Stir fry Deep fry broil	Parmesan	Basil, tarragon, saffron, nutmeg, coriander, ginger, galangal, mustard, mild curry	Sweet corn, mushrooms, squash, white truffle, peas, carrots, white beans	Green apples, lemons, oranges, tangerines, melon, pistachio nuts, cashews, pine nuts	Herb infused broths, fish stock, chicken stock, whit wine sauces, light cream sauces, light butter sauces, marinades	Sweet foods, most red meats, pickled foods, red wine vinegar, balsamic vinegar
Pinot Noir  Burgundy	Duck, Quail Game, Venison Salmon, Tuna Veal, Lamb Lamb, Veal Pork, peking duck, meatloaf, squab, beef fajitas	Pan sear Saute Grill Smoke Broil roast	Sheeps milk Port salut	Sage, thyme, tarragon, Italian parsley, marjoram, basil bacon, pancetta, prosciutto, dried tomatoes, Balsamic vinegar	Root vegetables, mushrooms - especially wild, yams, black truffles, sweet potatoes, fennel	Plums, cherries, figs, berries, walnuts, pine nuts,	Red wine sauces, savory berry sauces, vegetable broth, poultry broth, meat jus, light butter sauces	Eggs, spinach, asparagus, citrus, heavy cream, rich butter sauces, oysters
Cabernet Sauvignon  Bordeaux	Beef, veal, duck, venison, pheasant, lamb, roast turkey	Roast Broil Stew Grill Sear Braise	Cheddar Fonina Asiago Parmesan Sheeps milk Tome de savoie	Rosemary, black peppercorns, bay leaf, oregano, juniper berries, thyme, sage, mint, marjoram, red wine vinegar, balsamic vinegar	Green beans, wax beans, celeriac, celery, onions, turnips, parsnips, black truffles, eggplant zucchini,	Plums, cherries, currants, eldberry, figs blackberries, hazlenuts, almonds, walnuts, chestnuts	Clarified jus, red wine reductions, vegetable and meat broths, red wine sauces, olive oil based sauces	Asparagus, artichokes, spinach, eggs, lemon, spicy dishes, oysters