



# Food & Wine Pairing Guide

**By Terry Boston, Executive Chef, Des Moines Golf & Country Club, West Des Moines, Iowa**

## **Sauvignon / Fumé Blanc**

### **Base Ingredients:**

Shrimp, Scallops, Mussels, Catfish, Sole, Swordfish, Chicken, Game Birds, Turkey.

### **Bridge Ingredients:**

- Citrus – Most Varieties
- Fennel, fresh or roasted
- Bell Pepper, fresh or roasted
- Fresh Herbs: Dill, Thyme, Basil, Chives, Cilantro, Micro Greens, Tarragon, Lemon Grass, Lime Leaves
- Spices; Curry powder, Garam masala, Turmeric – be careful not to add too much heat.
- Toasted Nuts: Hazelnuts, Pine Nuts, Almonds, Macadamia.
- Dairy: sour cream, Greek yogurt
- Cheese: Swiss, Parmesan, Ricotta, Goat, Feta, Brie, Burrata, Fontina
- Mushrooms – Shiitake, Oyster, Cremini, Button.
- Fresh Garlic or Roasted
- Dijon Mustard
- Capers
- Green Olives
- Prosciutto
- Fresh Ginger
- Tomatoes or Sun-Dried Tomatoes
- Eggplant

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# Food & Wine Pairing Guide

## Chardonnay

### Base Ingredients:

Crab, Shrimp, Scallops, Halibut, Sea Bass, Monkfish, Grouper, Swordfish, Salmon, Tuna, Chicken, Game Hen, Pheasant, Goose, Veal, Pork.

### Bridge Ingredients:

- Citrus, Citrus Zest
- Pears
- Apples
- Fresh or Roasted Fennel
- Sweet Corn
- Avocado
- Pumpkin
- Squash
- Coconut, Coconut Milk
- Spices: Nutmeg, Curry Powder, Ginger, Saffron, Turmeric.
- Herbs: Basil, Tarragon, Thyme.
- Polenta, Grits, Hominy
- Olive Oil
- Butter
- Cream, Sour Cream, Greek Yogurt
- Bacon
- Pancetta
- Sweet Onions
- Roasted Garlic
- Dijon Mustard
- Tropical Fruit – Mango, Pineapple, Papaya

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# Food & Wine Pairing Guide

## Pinot Noir

### Base Ingredients

Beef, Lamb, Veal, Pork, Liver, Duck, Tuna, Quail, Squab.

### Bridge Ingredients:

- Berries
- Cherries, Dried Cherries
- Mushrooms: Shiitake, Portobello, Cremini, Porcini, Chanterelle, Morel
- Truffles
- Onions
- Sweet Onion
- Shallots
- Garlic, Roasted Garlic
- Cheese: Brie, Aged Goat Cheese, Aged Cheddar
- Basil Pesto
- Black Beans
- Lentils
- Eggplant
- Beets
- Roasted Red Bell Pepper
- Black Olives
- Spice: Cinnamon, Clove, Star Anise, Ginger, Fennel Seed,
- Herbs: Mint, Basil, Tarragon, Thyme, Rosemary, Lavender, Oregano.
- Tomatoes or Sun-Dried Tomatoes
- Dijon Mustard

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# Food & Wine Pairing Guide

## **Cabernet Sauvignon**

### **Base Ingredients:**

Beef, Lamb, Veal, Pork, Duck, Venison, Buffalo

### **Bridge Ingredients:**

- Currants
- Walnuts, Pecans
- Mushrooms: Portobello, Porcini, Morel
- Truffles
- Dijon Mustard
- Olives, Black or Green
- Balsamic Vinegar
- Cheese: Camembert, Gorgonzola, Aged Jack, Parmesan, Pecorino.
- Herbs: Mint, Rosemary, Thyme, Oregano, Basil.
- Black Pepper
- Eggplant
- Roasted Tomatoes
- Butter