



LE CORDON BLEU®
LONDON

The Leading Global Network of Culinary Arts and Hospitality Management Institutes

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Wine Pairing

GUIDE

Le Cordon Bleu London

food and wine pairing guide

With over 125 years of culinary excellence, Le Cordon Bleu is the most renowned culinary arts and hospitality institute in the world. In addition to culinary courses, Le Cordon Bleu London also offers a range of wine courses, delivering the same standards of teaching and expertise.

Our Diploma in Wine, Gastronomy and Management provides an in-depth knowledge of wine, gastronomy and wine business management. Our evening classes are also a good way for enthusiasts to gain a sound understanding of wine.

There are few things more satisfying than a good wine pairing, one that perfectly complements the flavours of your dish and enhances your enjoyment of both the wine and food. With this guide we aim to assist you in making informed choices about the wines you choose both at home and in restaurants, so you can feel confident in your wine pairings and make the most of your dining experiences.

One of the key principles behind the best pairing is to understand both the food you are serving and the wine, by analysing their basic components in order to enhance your dining experience. In European cultures, wine is a key component of the dining experience. Indeed wines, or other alcoholic beverages, used to be produced with the table in mind. They were lighter, lower in alcohol and had more structure to balance or support the richness of the food. Nowadays, more wines are fruit driven, rich and alcoholic, which make food and wine pairing more challenging.

In a restaurant or at home, you might have to make choices in what is going to be your priority, the wine or the food. The idea is to try to find the right balance where neither the food nor the wine overpowers the other.



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Taste and preference

The first thing to remember is that food and wine pairing is subjective and varies according to individuals, so before you do anything else you should consider YOUR personal taste. If a combination pleases you then it is a good choice for you.

If you are hosting a dinner party for your friends or family, then rather than trying to pair exactly the wine with the food, try to pair it with the people and the occasion. Alternatively, wait until your guests have arrived to ask them what they want to drink before opening a bottle.

Similarity or contrast

You can choose to pair wine and food that have a similar flavour profile to create a harmony. For example, the sweet and sour flavour of citrus is complemented by an off-dry riesling of a similar nature, or a dish with a creamy sauce will be enhanced by the similar flavour found in rich buttery chardonnay.

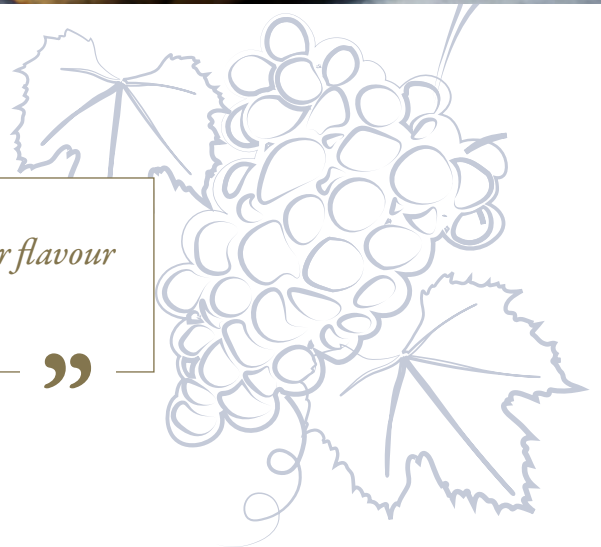
Alternatively, you can opt to create your own balance by opposing two contrasting flavours with each other. For example: the sweetness of a sweet wine contrasted by the saltiness of a blue cheese, or the richness of the red meat cut through by the tannins in red wine. Identify the most significant flavours of the dish and choose a wine to match. It is common to think that we need to pair the wine with the meat or with the fish. However sometimes, the sauce, the spices or the cooking method have more influence on the actual taste of the dish. For instance, when you serve duck with a fruit-based sauce such as cherry or orange, choose a gutsy, low tannins wine such as a red from Rhône.



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Respecting textures

One aspect of wine pairing that you might neglect is the textures of your ingredients. This applies to both the dish and the wine. Here are some examples of great texture pairings: smooth and velvety tannins on poultry ; richer and fuller bodied reds on meats (beef, lamb, venison, deer, Scottish grouse); flinty, bone dry and aromatic white wines on seafood and shellfish (oysters, king crab, clams), endorse richer and more buttery styled whites on firmer textured fish and seafood. (lobster, monkfish, king prawns).



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Thinking outside the box

It might seem counterintuitive, but it is entirely possible to successfully pair red wine with fish and white wine with red meat. One simply needs to consider the same principles you use when matching any other dish with wine. So, what are the key characteristics of the dish, the main flavours, and the texture.

For a rich and hearty beef dish, you could choose a traditional white Rioja. The developed, nutty, honeyed flavour of the wine will marry perfectly with the rich texture of the dish whilst helping to refresh the palate between each bite. Alternatively, you can also turn the concept around and try to modify a red meat dish to accommodate a white wine. The easiest way is to add acidity to the dish so that the increased sharpness will marry with the natural acidity of the wine and prevent the rich proteins overpowering the fruit. To achieve this, you can add fruits like pomegranates, pink grapefruit segments or just drizzle the resting meat with a good quality vinegar or lemon juice.

When it comes to red wine and fish, the best option is to select wines with very little or no tannins, because these are the party crashers. This is especially true if lemon has been added to the fish once on the plate as is often the case. Acidity and tannins naturally clash, leaving a bitter, metallic aftertaste. Go for a medium to light bodied red, with clean and fresh flavours. The fruit intensity and the alcohol need to be balanced by a welcome acidity. To start safe, try barbecued tuna with a light, fresh, cool-climate pinot noir from a good producer. The wine, being low in alcohol with a vibrant acidity, will cut through the texture of the fish without being overpowering.

So, the next time somebody serves you the 'no red wine with fish and no white wine with red meat' myth, you will be equipped to prove them wrong!

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Wine and heat

Pairing wine with Indian or Chinese food can be challenging as the strong spices can clash with and destroy the flavours of the wine. Off-dry riesling is probably the only wine that tastes good with highly spiced curry. If you want to sooth the heat then a wine (red or white) with high acidity, moderate alcohol and very low or no tannins is paramount.

Some will want to cool down the effect of the ginger and chilli and others will want to enhance it, but before you decide which wine to choose, you will need to take into consideration some basic interactions between the wine components and the hot spices as follows;

Acidity – the acidity in wine makes the mouth water and therefore helps to sooth the fierceness of the spices.

Sugar – sugar has a coating effect and acts as a barrier between the food and your taste buds, protecting them and toning down the heat.

Alcohol – this enhances the perception of spiciness, especially from the red chilli, ginger and turmeric.

Tannins – tannins clash with the sweetness and acidity imparted by the onions and the tomatoes, introducing more bitterness. It also enhances the perception of heat.

Keeping it sweet

When it comes to dessert wines it is a good idea to ensure the beverage has a different kind of sweetness to the dish, so you create your own balance by putting two contrasting flavours together.

For example, pairing the treacle like sweetness of a Pedro Ximenez contrasted with the freshness of vanilla ice-cream, or the richness of a tarte tatin cut through by a crisp sharp late harvest chenin blanc.

If you're having something rich and dense such as a fruit cake or bread for dessert, they can often be a bit drying and hard work. This can be remedied by serving them with mascarpone or cream and washed down with a lighter sparkling wine such as moscato d'asti. This slightly sparkling, frizzante, low alcohol, Italian sweet wine based on the muscat grape has everything you need and will bring needed refreshment to a heavier dessert course.





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We recommend trying new pairings – more adventurous– you may discover a pairing that you like even though it is not conventional. That’s what makes food and wine pairing exciting!

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All food and wine pairings are useful

If the wine doesn't work with the dish that you decide to pair it with then you should not consider it as a mistake. It will only help you in making your decision next time you prepare the same dish.

We recommend trying new pairings – more adventurous– you may discover a pairing that you like even though it is not conventional. That's what makes food and wine pairing exciting!

One can always play safe...

It is often a safe bet to pair wine with foods that are from the same region, so for example if you are eating seafood drink muscadet.

Meet Wine Development Manager Matthieu Longuère, MS

Matthieu Longuère has held senior sommelier positions in the country's leading hotels and restaurants such as the five-star Lucknam Park Country House Hotel and the luxury boutique hotel, Hotel du Vin. After being awarded Best Sommelier UK in 2000, Matthieu joined Michelin-star restaurant La Trompette as Head Sommelier where he won multiple accolades for its wine list.

In 2005, Matthieu Longuère achieved the Master Sommelier Diploma, the highest achievable status for professional sommeliers and a status which is only held by 267 people around the world.



Did you know?



Le Cordon Bleu London offers some of the most innovative and professional spirit and wine courses in the country. From an aspiring wine professional looking for a beginner wine course, to an enthusiast, we have something for everyone to fulfil their passion.

Find out more at: lcbl.eu/gl50f

A world of wine opportunities

A Le Cordon Bleu education sets the foundations for a global career and gives access to a whole range of professional opportunities, including:

- Wine merchant/retailer
- Hospitality careers e.g. sommelier, food and beverages manager
- Wine business entrepreneur
- Wine journalist/broadcaster
- Wine buyer
- Wine consultant
- Wine tourism expert



Alumni

Le Cordon Bleu is recognised globally for the excellence of its teaching. Countless alumni experience great success in their careers, whether establishing their own businesses, with roles in Michelin-starred restaurants or working with some of the most reputable brands in the world.

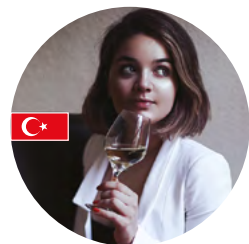
Le Cordon Bleu wine alumni thrive in a variety of roles such as sommeliers, wine agents, food and beverage managers, brand managers, consultants, wine specialists and retailers to name a few!



Kate Loffhouse
Brand Manager,
Maisons Marques et Domaines



Anna Schena
Brand Manager,
Maisons Marques et Domaines



Ayseli Izmen
Wine Specialist and Consultant



Read more success stories here: lcbi.eu/glalumni

Wine and beverage courses

Diploma in Wine, Gastronomy and Management

Developed by renowned wine professionals, this diploma is a full-time wine business management course that prepares students to succeed in the world of wine with an operational and strategic approach to the food and drinks business.

The diploma provides students with an in-depth knowledge of wine and gastronomy incorporating wine sensory analysis, wine production, food and wine pairing, marketing and wine business management.

Field trips to renowned wineries (UK and France*), breweries, and distilleries, as well as visits to trade tastings, make this one of the most innovative and professional wine courses in the UK.

The diploma includes 2 terms of study at Le Cordon Bleu London, which may be followed by a 3 month internship.

*At additional cost including a 3 day trip to France with shared accommodation, transport, meals and activities. Excursions to France are subject to the applicant meeting the appropriate visa requirements.



Professional courses **NEW**

Working with Wines and Beverages in a Restaurant

This professional wine course from Le Cordon Bleu London introduces students to key techniques in wine analysis and evaluation skills. Techniques include:

- Applying sensory evaluation skills to a range of wines.
- Identifying common wine categories, styles and methods of winemaking.

After completing this course, you will know how to describe the different flavour profile of the major white grape varieties and red grape varieties.

Following this course, you may be interested in studying our continuation course: Managing the Wine & Beverage Offer in a Restaurant.

Qualification: Level 2 Certificate
Length: 5 days / 30 hours (plus exam)

Managing the Wine and Beverage Offer in a Restaurant

A continuation of the learnings taught on our Working with Wines & Beverages in a Restaurant course, this professional wine course from Le Cordon Bleu London develops students techniques in wine analysis and evaluation skills further. Techniques include:

- Applying sensory evaluation skills to a range of beverages expected on most restaurant's drinks lists and tasting like a professional.
- Using common wine categories, styles and methods of winemaking in relation to wine buyers, suppliers and pricing.

Following this course, you will know how to apply the wine knowledge and techniques taught to a professional restaurant setting.

To attend this course, you must first have studied our precursor course: Working with Wines & Beverages in a Restaurant.

Qualification: Level 2 Certificate
Length: 5 days / 30 hours (plus exam)



Wine and beverage courses



Courses

Recommended to our students and to all wine enthusiasts, our wine courses are a selection of courses to deepen your wine knowledge and develop your palate. They aim to give a better understanding and appreciation of wine, through the study of some key winemaking processes, regions and relevant topics such as food and wine pairing.

Wine Essentials

(7 Sessions - 14 hours)

You will learn a systematic approach to wine tasting, alongside sensory analysis, viticulture and winemaking techniques, wine legislation, food and wine pairing, storing and serving wine, and ageing processes. By the end of this course, you will have built a sound wine knowledge and a more discerning palate by focusing on the tasting and key steps of winemaking.

Classic European Wines and Vineyards

(7 Sessions - 14 hours)

In this series of wine tastings you will explore the richness and diversity of the famous European wine regions, including Bordeaux, Burgundy, Champagne, Rhône, Piemonte and Tuscany, Mosel and Rioja, Madeira, port and sherry. This master class is a unique opportunity to get an in-depth knowledge of some of the most classic wine regions in the world.

Global Gems: Modern Classics from Around the World

(7 Sessions - 14 hours)

This course aims at broadening your tasting horizons, learning about organic and biodynamic wines and discovering exceptional wines from a variety of regions including North and South America, Mediterranean Europe, Continental Europe, South Africa, Australia and New Zealand.

Summer Wine Essentials

(5 Sessions - 30 hours)

Similar in content to our Wine Essentials, over five consecutive days, you will have the opportunity to learn from some of the best wine professionals and will be encouraged to actively participate in the discussions.

Summer Food & Wine Pairing

(5 Sessions - 37.5 hours)

Designed for wine lovers and food enthusiasts who want to understand the interaction between food and wine, the challenges that affect food and wine matching, all in order to be confident when choosing a wine.

Initiation to Wine Appreciation **NEW**

(7 Sessions - 14 hours)

You will learn a systematic approach to wine tasting and sensory analysis, alongside notions of viticulture and winemaking. Students are taught in a practical environment with different styles of wine used, including white wine, rosé wine, red wine, sparkling wine, sweet wine and fortified wine.



Wine and beverage courses

Masterclasses

Canapés and Wine Pairing

2.5 Hours

In this interactive culinary demonstration, you will learn how to train your palate and taste buds in order to gain a better understanding of the interaction between food and wine. You will also taste a selection of savoury and sweet canapés carefully paired with wines.

Cheese & Wine Pairing

2 Hours

Discover how the taste of a wine can influence the taste of a cheese and vice versa in this cheese and wine pairing evening class.

Sustainable Wine

2 Hours

Understand the difference in practices between organic, biodynamic wines and natural wines. You will be introduced to the influence of viticultural practices and winemaking techniques on the wine flavour profile.

New World Versus Old World Wine

2 Hours

Discover what makes wines made from the same grape variety but from different terroir in Europe and in the New World different.

Fantastic World of Sparkling Wines

2 Hours

This wine workshop showcases the difference styles of sparkling wines available in the UK, acting as a perfect introduction to each.

Bordeaux Wines NEW

2 Hours

In eight wines, you will try most of the different styles of wines from Bordeaux; the usual and more unusual suspect. You'll try two white wines, one rosé, four reds and a sweet wine.

Beer and Cider NEW

2 Hours

Discover the variety of beer and cider available today. In 8 brews, you will do more than quench your thirst as you sample 5 beers and 3 ciders.

Fortified Wines NEW

2 Hours

This wine class explores the range of fortified wine available, tasting a variety of dry, off-dry and sweet fortified wines, some over 30 years old. Across eight wines, you will discover different styles of fortified wines that are available in the UK.

Rioja Wines NEW

2 Hours

Everybody has tried Rioja before, but there is a lot more to the region than oaky red wines. In 8 wines, you will journey from the expected to the unexpected and discover a very different expression of the region.

Cheese & Beer Pairing NEW

2 Hours

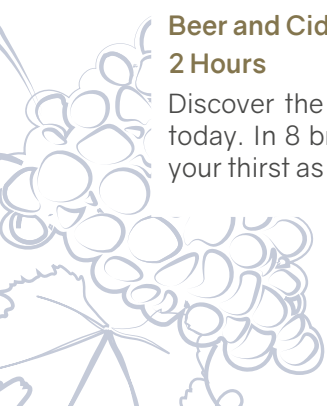
You may know about cheese and wine pairing, but many overlook the fantastic pairing opportunities available with other beverages such as beer. This class explores the relationship between several different types of cheese and how they can be matched with a variety of different beers, such as lagers, ales and stouts.

Gin and Tonic

NEW

2 Hours

There is more to gin than Gin & Tonic. Beside the juniper and the citrus, most of the gins tasted will be made with locally foraged ingredients. You will also try the original ancestor of British gin, Dutch genever.



Teaching excellence since 1895

Gain one of the industry's most revered qualifications

A Le Cordon Bleu qualification is one that is recognised and respected by culinary, wine and hospitality professionals around the world, and is considered to be synonymous with outstanding quality.

Learn in state-of-the-art facilities

All of Le Cordon Bleu's institutes worldwide boast some of the most advanced facilities and equipment to prepare students for tomorrow's culinary world.

Live and study in some of the most exciting cities in the world

Le Cordon Bleu institutes are located in some of the most innovative and dynamic cities around the world, with rich and varied food cultures.

Train under the guidance of Le Cordon Bleu Master Chefs and expert lecturers

Learn from a team of classically trained chefs, hospitality lecturers and wine experts, whose knowledge includes professional experience in high-end establishments as well as technical skills and whose dedication to share their expertise is key to enabling students to succeed.

Become part of an international network

With an ever-increasing number of institutes, being part of the Le Cordon Bleu family will open students up to an international network of contacts and friends.

Connect with industry leaders

Le Cordon Bleu has a long history of outstanding relationships with the industry, including 5* hotels, Michelin-starred restaurants, catering and food businesses and governmental organisations.

Enjoy a once-in-a-lifetime experience!

The Le Cordon Bleu network is committed to innovation and best practice in gastronomy, hospitality and management and honours its commitments through an expanding international network of teaching, learning and research conducted in conjunction with the development of products and services.



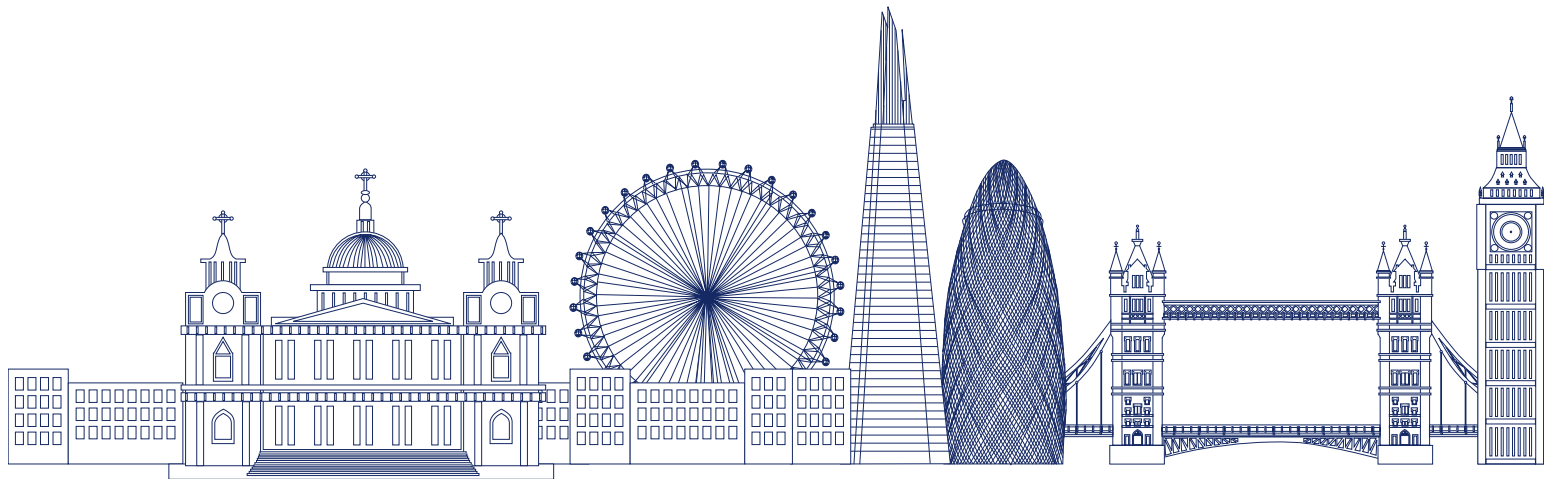

OVER
30
INSTITUTES


20
COUNTRIES


20,000
GRADUATES
PER YEAR


OVER
100
NATIONALITIES


18
UNIVERSITY
PARTNERSHIPS



We look forward to welcoming you soon at the institute

*Be part of an exclusive network
of contacts and friends!*

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Stay inspired

