

STUDY REGARDING ON THE RELATIONSHIP BETWEEN WINES AND DISHES IN THE STRUCTURE OF A MENU

Laura TURC ¹, Denisa OȘAN ¹, Despina-Maria BORDEAN ², Luminița PÎRVULESCU ¹

University of Life Sciences "King Michael I" from Timisoara, 119, Calea Aradului, Timisoara, Romania

¹Faculty of Management and Rural Tourism, ²Faculty of Food Engineering

RESEARCH ARTICLE

Abstract

Wine is one of the alcoholic beverages with the best pairing potential with culinary dishes. It appears as an adjunct to gastronomy, managing to harmonize the taste of many dishes.

This paper presents the types of wines that are served during meals, the ways in which food and wine are associated with the order in which they are drunk. It must be said, however, that this issue cannot lay down rigid rules and that innovations are often welcome.

Keywords: wine, association, cuisine, cheese, cooking

#Corresponding author: luminita_pirvulescu@usab-tm.ro

INTRODUCTION

Wine, known as an alcoholic beverage for a very long time, is one of the most widely consumed food products. Wine is an alcoholic beverage resulting from the complete or partial fermentation of fresh grapes or fresh grape must. Wine has a much more complex chemical composition than other alcoholic beverages (they contain alcohol, water, esters, aldehydes and acids), which makes it of undeniable nutritional value. A good part of the substances that go into its composition come from grapes, another part is formed during alcoholic fermentation, and another during its ageing. (<https://domeniulbogdan.ro/blog/cum-clasificam-vinurile-si-ce-soiuri-de-struguri-sunt-cele-mai-cautate/>;

<https://www.century.edu/sites/default/files/Galloway%20Culinary%20Food%20and%20Wine%20Pairing%20101%20-%20Updated.pdf>)

As well as being a pleasant beverage that impresses with its appearance, colour, aroma and taste, wine also has undeniable nutritional and physiological value. One of the quality elements for which wine is appreciated is its naturalness and authenticity. These attributes are protected by laws, which specify the conditions that wine must meet in terms of its origin, its chemical composition and the treatments applied to it. (https://vinul.ro/asociere_mancare_vinuri.htm)

The catering activity in tourist establishments, whether carried out as a stand-alone activity or in conjunction with the tourist

service, has multiple social implications and responsibilities in terms of satisfying the need for food, correlating subjective satisfaction with the physiological need for nutrients and, above all, ensuring the safety of all food sold, whether it is their own products or taken from other sectors. (Bobe M., et al., 2015; Gagić Snježana, et al., 2013)

The gastronomy sector is responsible for ensuring all the conditions necessary for tourists to be able to obtain the food they need during their journey and stay. This sector is responsible for organising its own production of culinary products and ensuring that consumers are served in the best possible conditions. (Gagić Snježana, et al., 2013)

Gastronomy, as a science, has over the years achieved a perfect harmony of refinement between food and the wine to be consumed, so as to create an appetite and an ambience of a good mood. And gastronomy also confirms that wine has been used in the culinary arts since ancient times, with recipes for sauces prepared with wine being attested by Apicius, the ancient Roman gastronome. (Ceafalău, V., 2005)

Most wine accompaniments accompany dishes, but there are rules to be associated with success. The choice of wine is best made according to the structure of the menu. For a perfect combination it is necessary to consider the basic elements of taste, wine and food, the principle of balance, so that neither dominates the other. (<https://www.rafinat.ro/2019/04/clasamentul-mondial-privind-productia-de-vin-in-2018>)

A perfect harmony between the cuisine and the chosen wines gives rise to unusual,

unexpected but pleasant taste sensations. These certain principles of food and wine pairing allow the quality of their values to be enhanced. Pairing wine with food enhances the taste and flavour of both food and wine. Pairing wine and food correctly can bring out the nuances of taste. Paired well, wine and food enhance each other and make a unique culinary experience. (<https://winematchmaker.com.au/wpcontent/uploads/2021/06/Food-and-Wine-Pairing-Guide-v2-1.pdf>)

MATERIAL AND METHOD

This paper is a review that studies the rules and recommendations for the structure of a shared culinary menu with wine. The selection of wines requires a masterly knowledge of their values, not in general but in detail, of the types, areas and years of production. Correct knowledge of the favourable association achieved on each type of wine with the meal, intended for consumption, is a must.

RESULTS AND DISCUSSIONS

The dominant ingredient in the food also dictates the pairing with the wine resulting in many combinations. (<https://www.unica.it/static/resources/cms/documents/basicfoodandwinepairing.pdf>)

The service itself begins with appetizers beverage that is consumed before a meal. Their purpose is to "open" appetite. The appetizers can be used as raw sparkling wines, dry white wine (Pinot, Traminer, Aligote) or semidry (Sauvignon), hardwood wine (sherry, vermouth, Madeira, bouquet Moldova), cocktails (mixed drinks) in the same wine. Serving appetizers will be accompanied by roasted nuts, pretzels, fruit, small sandwiches (canapes) with cheese, salami, meat. (Gagić Snježana, et al., 2013)

Wine agrees with fish dishes, meat, poultry. Wine - cheese. is considered ideal combination. But wine is not associated well with different salads, especially the spicy and vinegar and also not in the chocolate. The next associations of food and wines are recommended. (Table 1). (Gagić Snježana, et al., 2013).

Table1

Recommendations for culinary wine pairing

Meals	Wines	Examples
Soups	White, light and fruity	Alligote, Feteasca, Riesling, Muscat white
Crustaceans	Dry white, dry sparkling white	Chardonnay, Pinot Noir, Cricova
Snacks	Dry white, dry rose	Sauvignon, Pinot Gris
Starters	White dry, semidry rose, red light	Pinot Gris, Riesling, Pinot Noir
Fish	White dry, semidry, dry rose	Sauvignon, Feteasca white, Chardonnay
Liver	Soft white liqueur striking red bouquet	Auriu, Gratiesti, Cagor
White meat chicken	With tender red bouquet, white soft	Dionis, Cabernet, Noble red
Red Meat	Red full, generous bouquet striking, full rose	Romanesti, Pinot Noir
Sweet dishes	Soft white liqueur, sweet natural, sparkling semidry	Traminer sweet, sweet Chardonnay, Cricova, etc..

Assortment of wines for the table will be chosen in such a way as to harmonize with dishes from the menu. To highlight the taste of dishes will be served flavored grapes with relatively weak aroma. (Gagić Snježana, et al., 2013).

Some fine fish dishes (sturgeon or turbot) that characterize with refined taste will be served with white wine, slightly (Aligote, Riesling, White Feteasca etc.). If the taste of dishes is less pronounced (made from boiled vegetables and cereals), or "masked", they are associated with the aroma of a wine (Pinot,

Floreasca, Traminer, Sauvignon, flower vine, etc. Muscat Ottonel.). (https://www.academia.edu/43788050/Possibilities_of_Wines_and_Fish_Dishes_Pairing_Preliminary_Study)

Snacks can be served cold with strong wines: sherry, Portwein, Vermouth, Madeira, Marsala. A hot (julien chicken, mushrooms) and fish sauce is well associated with young and mature white wines, low alcohol and fresh. If fish snacks will take into account the fat content of these preparations, the latter being directly consistent with the degree of acidity of wine. Thus, for poorly prepared fish (cod, carp, bream) will be offered wines: Feteasca, Riesling,

Aligote, White Peresecina, Dumbrava Cojusna, which is characterized by a fresh taste and aroma. Snacks of oily fish (salmon, sturgeon, eel, mackerel, anchovy) will be associated with wines that have a more pronounced acidity and high extract - White Forest, Tigheci, flower vines, Chardonnay.

(https://www.academia.edu/43788050/Possibilities_of_Wines_and_Fish_Dishes_Pairing_Preliminary_Study)

Liquid preparations usually serve free drinks. Notwithstanding, some of them, concentrated and fat (fish soup, duck, etc.), cause thirst and can be associated with white wines, dry and light: White Telenesti, Pinot, Aligote of Hincesti, Aligote Siscani. (<http://www.winetaste.ro/noutati/asocierea-vinului-cu-preparatele-culinare>)

In preparations of fish in aspic semi dry white wines may be proposed: Riesling, Feteasca, Traminer, Izvoras, tear lives. Fried fish with garlic sauce served without wine. (https://www.academia.edu/43788050/Possibilities_of_Wines_and_Fish_Dishes_Pairing_Preliminary_Study)

With meat products red wines are generally recommended. White meat (veal, poultry) is associated with light red wines: Purcari Purple, Ruby Cricova, Carpineni Red, Red Hincesti Mugurel, Game, Merlot. Red meat (cattle, sheep, swine) is served with red wine, full, generous and strong: Purcari Black, Cabernet, Forest, Taraclia, Romanian. Preparations of hunting will be served with high quality dry red wine - Dionysus, Pinot Noir, Red Selective Cricova Cabernet Milestii Small - for the finest hunting birds (ducks, Great Bustards). If meat products are prepared with certain wines, provided the recipe, the preparation will be served with the same wine. (<http://www.winetaste.ro/noutati/asocierea-vinului-cu-preparatele-culinare>)

Kitchen to serve sweets, pastry, confectionery preparations recommended fragrant sparkling wines from grapes that have a higher sugar content at harvest. Not recommended wines to chocolate desserts and fruit salads. (<http://www.winetaste.ro/noutati/asocierea-vinului-cu-preparatele-culinare>)

When association food-wine is balanced, without a taste to be dominant characteristics of wine remain in principle unchanged. Here are some guidelines, useful in any "travel taste". (https://ore.caltech.edu/documents/18389/Toms_Food_and_Wine_Pairing_Chart.pdf)

a). Sweet / spicy / protein preparations - light wines

Sweet foods, spicy and protein, less salt, give the wine texture stronger, more prominent. The wine will have an acidic and it has been aged in oak barrel, present and bitter tones. Red wines associated with such foods will be more tannic. Recommended wines for gourmet dishes sweet, spicy and protein are the easiest, dry, fresh. (Gagić Snježana, et all., 2013; https://vinul.ro/asociere_mancare_vinuri.html)

<i>White wines:</i>	<i>Dishes:</i>
Riesling, Gewurztraminer, Viognier, Sauvignon Blanc, Chardonnay.	<ul style="list-style-type: none"> • Chinese food, oyster sauce, plum dishes, sauces bittersweet • pasta with tomato sauce, cream of mushroom • Thai food, Thai Chicken • Grilled chicken wings with sweet sauces, mozzarella cheese Brie, smoked cheese.
<i>Red wine:</i> Beaujolais Nouveau, Pinot Noir, Sangiovese, Merlot, Shiraz	

b). Protein preparations - fruitful wines

Association with food sprightly more acidic, more protein will fade characteristics wines, making them less obvious. (Gagić Snježana, et all., 2013; Ceafalău, V., 2005)

Consumers will perceive less acidity and more fruitiness. This kind of preparations should be consumed wine fresher, more intense aroma, lighter (wine without the influence of wood), because they in turn have a higher acidity. (Gagić Snježana, et all., 2013; Ceafalău, V., 2005)

Bitter foods, such as endive, arugula and smoked meats, may very well be associated with more intense wines yourself without the influence of baric. (Gagić Snježana, et all., 2013; https://vinul.ro/asociere_mancare_vinuri.html)

<i>White wines:</i>	<i>Dishes:</i>
Pinot Gris, sparkling wines, Riesling, Sauvignon Blanc, Viognier, Chardonnay	<ul style="list-style-type: none"> • salads bitter, astringent arugula, spinach, radishes • Oily fish: sardines, herring, anchovies, mackerel, salmon, caviar • clams, lobster, crab and shrimp with lemon • smoked fish: salmon, sturgeon, eel, Carp • oysters with vinegar, oil or cocktail sauce with artichokes and mushrooms • asparagus prosciutto with melon • Fresh goat cheese
<i>Red Wine:</i> Pinot Noir, Merlot, Sangiovese	

c). Balanced meals with red and white wines

Balanced meals with red and white wines that are spicy dishes balanced with complex flavors develop salt and can be associated with a variety of wines. If one meal is sweeter or proteic, the addition of acid shades is a common practice in today's kitchens (tomato sauce plus wine or vinegar, smoked salmon or lemon juice is added). Dishes with moderate salt content can be associated with all wine. (Gagić Snježana, et al., 2013; http://www.coolinaria.ro/popular/asocierea+p_reparatelor+bauturi)

<p><i>White wines:</i> Pinot Gris, Gewurztraminer, Riesling, Sauvignon Blanc, Chardonnay</p> <p><i>Red Wine:</i> Pinot Noir, Merlot, Shiraz, Sangiovese, Cabernet Sauvignon</p>	<p><i>Dishes:</i></p> <ul style="list-style-type: none"> • meats roasted, sauteed or grilled, chicken dishes, seafood dishes • pickled in salt: olives, capers, bacon, lemons in brine, feta cheese • more acidic sauces, white or red, based by: mustard, lemon, balsamic vinegar etc. • Beef or chicken with lemon and capers • soups, stews, stew • Cheddar cheese
---	---

d). Cheese with wine pairing

Cheese and wines have always been at the top cuisine, with many aspects in common: like wine, cheese is a fermentation product; just like wine, cheese undergoes a maturation process until qualitative perfection; the cheese is produced vast assortment, each carrying its own characteristics.

(<https://winematchmaker.com.au/wpcontent/uploads/2021/06/Food-and-Wine-Pairing-Guide-v2-1.pdf>)

Cheese and wine pairing can be difficult. Some cheese flavor and aroma are so pronounced that even very strong red wines do not agree, and conversely, others are so fine that even the smallest wine acidity can affect the taste of cheese. For a well-matured cheese will recommend a wine at its peak of maturity. It is also important to associate wine and cheese from the same region. Cheese containing more fat is associated with advanced wines with pronounced acidity. The following table contains recommendations concerning the association of different types of cheese with wine (table 2).

(<https://winematchmaker.com.au/wpcontent/uploads/2021/06/Food-and-Wine-Pairing-Guide-v2-1.pdf>)

Table 2

The association of cheese and wine

Type cheese	Type wines
Hard cheese (Swiss, Dutch, Ceddar)	Dry white wines and red dry
Mold cheeses (Camembert, Roquefort)	Red light and fruity red wine
Semi-hard cheese with pasta	Wines with bouquet, rose and red, dry white
Soft paste cheeses	Full bodied red wine
Processed cheese	Table wines
Fresh cheese	White and red wines, dry, light.

CONCLUSIONS

Designing a meal and beverage selection on this occasion is a true moment of creation. Successful choice of wines for the given menu, or some food to accompany a special wine gastronomic horizons open manifold.

Matching "weight" of wine with the culinary preparation is paramount. Thus, the game needs a wine full-bodied, powerful red wine is the right choice, but was more important than the color of his corpulence wine. Light white meat dishes or fish must be

accompanied with delicate wines recommended as both the white and the red light.

The combination of sweet, acid and tannins, and characteristics of wine has to be analyzed. All this helps to determine what type of food may be associated with a particular wine.

REFERENCES

- Bobe M., Popescu D.V., 2015, Mărfuri alimentare. Implicații operaționale în business, Editura ASE, București.

- Gagić Snježana, Ivkov Milan, 2013, Food and Wine Pairing – Six Course Menu Example, Hotelplan 2013, Contemporary trends in the hospitality industry, Belgrade, Serbia, pp. 451-462
- Ceafalău, V., 2005, Reguli de asociere a mâncărurilor cu vinurile, Revista Connaisseur, iunie
<https://www.rafinat.ro/2019/04/clasamentul-mondial-privind-productia-de-vin-in-2018/>
<http://www.coolinaria.ro/popular/asocierea+preparatelor+bauturi>
<https://www.century.edu/sites/default/files/Galloway%20Culinary%20Food%20and%20Wine%20Pairing%20101%20-%20Updated.pdf>
<https://winematchmaker.com.au/wpcontent/uploads/2021/06/Food-and-Wine-Pairing-Guide-v2-1.pdf>
<https://domeniulbogdan.ro/blog/cum-clasificam-vinurile-si-ce-soiuri-de-struguri-sunt-cele-mai-cautate/>
<https://www.unica.it/static/resources/cms/documents/basicfoodandwinepairing.pdf>
https://ore.caltech.edu/documents/18389/Toms_Food_and_Wine_Pairing_Chart.pdf
https://www.academia.edu/43788050/Possibilities_of_Wines_and_Fish_Dishes_Pairing_Preliminary_Study
<http://www.winetaste.ro/noutati/asocierea-vinului-cu-preparatele-culinare>
https://vinul.ro/asociere_mancare_vinuri.html