

Not sure what wine to pair with dinner? Pinot might be the answer



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Every now and then something really cool comes across my Facebook page.

No, not goofy cat photos. This week, I stumbled upon a wine and food-pairing chart that was actually quite useful.

Different foods — meats, vegetables and cheeses — were listed left to right, while grape varieties were listed from top to bottom. Feel like pinot grigio with some pork? Opt for spiral-sliced ham.

Looking at the chart, I noticed how versatile pinot noir was. Serving a filet mignon? Orange roughy? Roasted chicken? Mushrooms? All of these foods — and many more — will pair well.

Pinot noir is one of the oldest red grapes. It is grown around the world, but is most often associated with the Burgundy region of France. In the United States, California grows the most pinot noir, followed by Oregon.

I asked my friend Casey, who recently has become a big fan of pinot, what he finds appealing about the wine.

“It has a high acid content, and pairs well with cheeses, lamb and other foods as do most European wines,” he said.

Casey was quick to add that he really enjoys California pinots, because he feels they are fruitier and often more enjoyable than pinot noir from Oregon, or

Burgundy from France.

The prices are reasonable too. There are plenty of decent California pinots in the \$15 to \$25 range.

“The flavor profile tends to be more of the lighter red fruits such as strawberries and raspberries,” Casey said. “Sometimes you’ll get flavors of cherry or plum. California pinots tend to be richer and more full-bodied compared to those from Oregon, which are styled more like European wines.”

If you haven’t tried a California pinot, here are three worth considering:

» **Wild Horse** Central Coast (\$15) contains a blend of pinot noir grapes from multiple vineyards, and the result is an amazing wine for the price.

» **DeLoach Russian River Valley** (\$20) is a medium-bodied pinot with notes of cherry and raspberry.

» **Meiomi** (\$20) is another fine pinot that offers much of the style and substance of its highly regarded relative, Belle Glos, for about half the price. It’s a blend of multiple vineyards along the California coast.

These three wines — and many other pinots — would be the perfect match for those lamb chops or filets you’re grilling this weekend.



**Want to share?
Have questions?**
Connect with Pete on Twitter @petemartinUP, Facebook, pmartin5@greenvillenews.com or 864-298-4827.

PINOT NOIR AND FOOD

Pinot is a food-friendly wine that pairs well with almost any beef or lamb dish, as well as with roasted chicken or boneless ham. Pinot also works well with tuna and orange roughy, mushroom-based dishes and many cheeses, including brie.

To find out more

www.wildhorsewinery.com
www.deloachvineyards.com
www.meiomivines.com

