

PAIR UP

with Maria Terry



June 2020 – Fast Food Frenzy

Sometimes you don't want to be fancy. Sometimes you want something easy and tasty, and you don't want to think about calories or what is good for you. But even if it is fast, that doesn't mean you have to forgo a great wine pairing!

I crave salt & vinegar chips. Maybe it's because they remind me of my childhood when my mom would bring home a box of crunchy fried fish and chips. Even from a young age, I loved the malt vinegar on mine. Of course, if you are going to put vinegar on anything, you are going to create a problem for wine. Most kinds of vinegar are extremely high in acid. Wine usually provides acid relief in a meal. So, if you have a food that is higher in acid than the wine, it will make the wine taste flat or flabby. You need a wine that makes your lips pucker and your mouth water. My go-to, high acid wine is New Zealand Sauvignon Blanc. It is super intense, fruit-forward, and loaded with natural acidity. Serve it ice cold on a hot day (no comma needed) and it will wash down just about anything.

A burger is often what comes to mind when one thinks of fast food. The meat and bun are wine-friendly, but the complication of mustard, ketchup, pickles, and tomatoes can seriously mess with wine. So, if you like your burger loaded, you are going to need a wine that has some special attributes. You are going to need fruit to counterbalance the vegetables, but you've also got to manage the acid in the mustard. And, you need a little bit of sugar to handle the ketchup. Finally, it's summer, so you need something cold. What wine will give you all of this? A New World rosé. You are looking for something from a climate that has cool nights to maintain the acid levels (no comma) but warm days to ripen the grapes

and develop lots of fruit flavor. Seek out a rosé from the coastal or mountainous regions of California, but just make sure that the winemaker has left a little sugar in the mix.

A Krispy Kreme doughnut is a good example of "simple done right." It is perfectly fried dough dredged in sugar. The wine you are looking to pair with your donut is Malvasia Bianca. (I swapped order) The malvasia grape comes in many variations. It is grown in many places, including Spain, Italy, and California. It can be still or bubbly; either will work for this application. It is a simple wine that does not pretend to be something stuffy. It is light and sweet, with flavors of pear and honey.

So, go on. Pair Up!

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