

Matching Herbs with White Wine

Eileen F. Yeager, Artist

Murrysville, PA (724) 327-7739

www.angelfire.com/pa/herbs Toll Free (888) 283-5155

| <u>Herb Flavors</u> | <u>Light</u> | <u>Medium</u> | <u>Heavy Bodied</u> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------------------|-----------------------------|
| | | <u>Light Bodied</u> | |
| <u>Fresh & Tangy</u> - Parsley, Cilantro, Celery, Celery Parsley, Bay and Woodruff (Hay), | | | Pinot Gris |
| <u>Citrus</u> - Sorrel, Caraway, Lemon Grass, Lemon Thyme, Lemon Balm, Kaffir Lime, Rau Ram and Sassafras (File) | | | Riesling |
| <u>Refreshing Cool</u> - All Mints (Spearmint, Peppermint, etc.), Cilantro, Rau Ram and Salad Burnet | | | Sauvignon Blanc Semillon |
| | | <u>Medium Bodied</u> | |
| <u>Anise/Licorice</u> - Chervil, Caraway, Fennel, Dill, Tarragon and Anise | | | Sauvignon Blanc |
| <u>Aromatics</u> - Savory, Thyme, Mint, Basil, Rosemary, | | | Chardonnay Semillon |
| | | <u>Full Bodied</u> | |
| <u>Spicy</u> Marjoram (Sweet), Oregano (Robust) Basil (Warm), Rosemary, Sage (Warm Burning) and Watercress (Peppery) Savory, Thyme and Rau Ram Mitsuba (Smoky) | | | Chardonnay Semillon |
| <u>Hot and Pungent</u> - Chives, Scallions, Onion, Garlic Chives, Leeks, Shallots, Garlic, Mustard, Horseradish and Wasabi. | | | Riesling Gewurztraminer |

Fresh Herbs and White Wine

Sauvignon Blanc Flavors and Aromas - Light to Medium Bodied crisp, tangy, tart, mouthwatering, or zesty, and this character pervades even sweet and dessert versions. Crisp, dry and zesty with lovely fruit, but the signature is a grassy, herbaceous style. It is probably the best dry white wine to accompany the greatest variety of Fresh Herbs & Fresh Foods.

Fruit - Grapefruit, Lime, Lemon, Apple, Cantaloupe, Melon, Peach, Nectarine and Gooseberry.

Herbal - Herbs, Grass, Bell Pepper, Asparagus, Green Olives and Lemon Grass.

Wine maker with Oak - Smoke, Sweet Wood, Vanilla, Oak and Cream

Bottle Aging - Mineral and Flint.

Terroir - Earth

Sauvignon Blanc and Food - Fruit - Citrus (Lemon & Lime), Fresh Fruit

Vegetables - Tomatoes, Vegetable Soups, Lettuce, Chard/Collard Greens, Salad, Asparagus, Green Beans,

Chili & Green Pepper, Zucchini, Broccoli, Brussel Sprouts, Potatoes, Radish, Spinach,

Zucchini, Cremini and Oyster Mushrooms, any fresh vegetable gently cooked.

Herbs - Dill, Tarragon, Basil, Parsley, Mint, Cilantro,

Grains - Pasta with Cream or Pesto Sauce, Herbed Breads, White Pizza,

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Main Dishes - Lemon or Roasted Chicken, Fish (Abalone, Bass, Halibut, Salmon, Sole, Snapper, Squid and Trout), Shellfish (Crab, Mussels, Prawns, Scallops, Shrimp), Turkey, Ham, Prosciutto and Light Veal Dishes.

Ethnic - Hot Chili laced ethnic food - Mexican, Indian, Thai, Japanese and Sushi.

Cheese & Dairy - Cream, Herbed & Goat Cheeses, Asiago, Feta, Gouda, Port Salut, Omelets both Herb and Vegetable and Eggs including Quiches.

Sauces - Herbed Pasta, Cream Sauces & Dressings, Hollandaise Sauce, Herb Cream or Butter Sauce, Tarragon Mayonnaise, Balsamic, Fruit Salsa, Lemon Sauce, Salsas and Pesto Sauce, Cocktail Sauce, Vinaigrette, Balsamic Sauce,

Chardonnay Flavors and Aromas - Medium Bodied - Crisp, lean and racy with a medium body or lush and round with fruit flavors heightened by oak aging or complex fruit flavors with a smooth and buttery texture and lovely acidity

Fruit - Apple, Pear, Quince, Peach, Apricot, Lemon, Lime, Orange, Grapefruit, Melon, Tangerine, Pineapple, Banana, Mango, Guava and Kiwi.

Wine maker with malolactic fermentation - Butter, Cream, Almonds and Hazelnuts

Wine maker with light oak - Vanilla, Sweet Wood and Coconut

Wine maker with heavy oak - Oak, Smoke, Spice, Toast and Yeast.

Terroir - Earth, Flint, Mineral and Mint

Chardonnay and Food

Fruit - Apple, Pear, Quince, Lemon, Mango, Papaya, Guava,

Vegetables - Avocado, Corn, Cabbage, Cremini and Porcini Mushrooms, Potatoes, Spinach, Squash,

Herbal - Mustard, Tarragon, Green Olives,

Grains - Pasta with Cream Sauce, Polenta, Rice, White Beans, Popped Corn,

Main Dishes - Fried, Grilled or Roasted Chicken, Pheasant, Quail, Squab, Turkey, Fish (Abalone, Sea Bass, Crab, Lobster, Mussels, Oysters, Salmon, Scallops, Shrimp, Sole and Swordfish)

Pork Loin, Ham, BBQ Chicken, and Veal

Ethnic - Chicken Chow Mein, Mediterranean-influenced cuisine and Thai

Cheese and Dairy - Omelets & Quiches, Gouda, Harvarti, Port Salut, Swiss, Cheese Dishes, Eggs Benedict

Sauces - Cream, Butter, Béchamel, Coconut, Fruit Salsa, Hollandaise, Mayonnaise, Mustard and Peanut.

Riesling Flavors and Aromas - Light Bodied, mouthwatering, refreshing, but loaded with tangy fruity flavor. Riesling runs the gamut from crisp and bone dry, to the semi sweet for everyday drinking; to the ultimate Dessert wines, unctuous nectars made from late-harvested grapes. But its signature style always comes through; orchard fruits to citrus fruits with a floral character in the nose.

Fruit - Apple, Pear, Lemon, Lime, Grapefruit, Pineapple, Banana, Peach, Apricot, Nectarines and Honey
Vegetable/Herbal -

Floral - Honeysuckle, Woodruff, Rose Petals, Violets,

Wine maker - Toast, Smoke, Spice,

Bottle Aging - Diesel, Petrol, Kerosene,

Terroir - Flint, Mineral.

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Riesling and Food - Because of relatively low alcohol content, fruit acidity and range of dryness levels, Riesling is extremely flexible with a wide variety of foods.

Fruit - Apple, Pear, Quince, Lemon, Lime, Grapefruit, Banana, Peach, Mango, Melon, Pineapple, Grape, Persimmon,

Vegetable - Sweet Potatoes, Potatoes, Sauerkraut,

Herbal -

Main Dishes - Crab, Scallops, Oysters, Smoked Fish, Trout, Smoked Chicken, Chicken Chow Mein, Chicken Burritos, Turkey, Poached Goose or Duck, Ham, Pate, Pork, Sausages, BBQ pork or Chicken, Pork Sweet and Sour, Prosciutto, Hot Dogs, and Veal

Ethnic Dishes - Cajun, Chinese, French, German, Indian, Mexican, Sushi, Thai, Vietnamese.

Cheese & Dairy - Semi-Soft, Creamy or Mild Cheese, Gouda, Havarti, Swiss, Eggs Benedict, Quiche,

Sauces - Chutney, Citrus, Fruit, Cream,

Spices - Paprika,

Herb Groups and Individual Flavors

Compositae Family

Tarragon - the aroma is warm and spicy, with notes of anise, the taste is refined, yet firm, with a light touch of pepper and anise, warm and subtle, but penetrating. (Sweet)

Also Chrysanthemum

Cruciferae Family

Horseradish - Extremely pungent when grated, but this dissipates rapidly, so prepare just before eating. The taste is sharply mustardy. If cooked, the volatile oils are driven off and so no pungency develops.

Mustard - the leaves have distinct pungency and a warm peppery taste; the yellow flowers have a mild mustard flavor.

Also Wasabi and Watercress

Gramineae Family

Lemon grass has a clean lemon aroma is echoed in the taste, a blend of lemon and lime, subtle but lasting.

Labiatae Family

Basil - Spicy aroma followed by warm flavor of Clove and Pepper, with notes of Mint and Licorice

Marjoram - has a sweet, subtle spiciness; the taste is warm, lightly spicy, bitterish with a note of camphor.

Mint - Highly Aromatic, the strong sweetish yet fresh smell is instantly recognizable. The taste is pleasantly warm and pungent with a cooling aftertaste.

Oregano - robust spiciness with an intense pepper flavor and a distinct bite.

Rosemary's aroma is assertive, with notes of camphor and pine, a hint of nutmeg and lavender. Camphor and nutmeg are present in the taste.

Sage smells and taste of camphor, with a note of bitterness and a warm, earthy sometimes burning spiciness. The flavor is crude and overpowering to some people.

Summer Savory is subtle, pleasantly piquant with similarities to marjoram, mint and thyme. Winter Savory has also a note of pine.

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Thyme - Both sweet and savory, it is fragrant, warm, has a slightly earthy smell. The taste is warm and piquant with notes of clove, camphor, lemon and mint. (Earthy)

Also Lavender and Perilla.

Lauraceae Family

Bay has a fresh, sweet balsamic aroma, citrus, with a spicy note of vanilla and nutmeg.

Also Cinnamon

Liliaceae Family

Chives - light onion aroma and spicy onion flavor.

Garlic - young garlic is juicy with a gentle flavor. Dried Garlic is pungent, hot, sometimes acrid but the flavor mellows in cooking.

Garlic Chives have light garlic aroma and flavor.

Leeks a mild Onion/Garlic Flavor

Onion/Scallions flavors range from delicate to sweet to pungent flavor

Shallots have a sweet onion/garlic aroma and flavor.

Polygonaceae Family

Rau Ram - intensified aroma of cilantro with peppery citrus notes.

Sorrel has little aroma but a tart sharp taste, with a hint of lemon.

Rosaceae Family

Salad Burnet - is cool and astringent fragrance, reminiscent of cucumber.

Rutaceae Family

Kaffir Lime Leaves - a floral-citrus aroma, similar to lemon verbena, delicate yet assertive.

Woodruff aroma is faint when fresh but cutting releases the heady aroma of new-mown hay with a hint of vanilla. **Also Curry Leaf, Fagara and Sansho**

Umbelliferae Family

Anise - the strongest of the anise-type herbs, has a refined licorice-like aroma and taste with sweet, mildly peppery undertones.

Caraway - the aroma combines elements of dill, anise, and cumin with a note of lemon. The taste is similar, warming and slightly bitter. The seeds have the strongest flavor.

Chervil - the smell is sweet, the taste soothing, both are a subtle blend of anise, tarragon, and caraway. It can have a hint of citrus.

Cilantro - Leaves and unripe fruits have a distinctive fetid smell, which is quite addictive; the flavor is earthy with a suggestion of parsley and mint and a citrus note.

Dill leaves have a fragrant anise like aroma with a lemony note; the flavor is of anise mild but sustained. The seeds smell almost like caraway, the taste is warm and slightly sharp.

Fennel - A warm anise-licorice aroma and taste with a slight sweetness and a hint of camphor.

Parsley - a fresh slightly spicy aroma and a tangy flavor with a light pepper note. The aroma of flat leafed parsley is finer than that of curly and the flavor is stronger and more persistent.

Also Celery, Cumin and Lovage