



JOHNSON & WALES
UNIVERSITY



Cheese & Wine Pairing

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The Basis to Cheese and Wine pairing

This Session's Goals:

- Framing the conversation
- Understanding one's own taste perceptions and predilections
- Determining how and why the tastes of wines appeal differently – Wine Tasting Exercise
- Recognizing the Cause and Effect of cheese tastes on wine and vice versa – Wine and Component Exercise
- Enjoying today's spectacular cheeses
- Wine and Cheese interaction

Myth or reality?

“Wine and cheese are ageless companions, like aspirin and aches, or June and moon, or good people and noble ventures.”

– MKF Fisher introduction to Vin et Fromage

Pairing Principles

- Wine and cheese, cheese and wine but do they actually enhance each other, taste the same when together or is one or both diminished by each other?
- Underlying pairing food pairing principles that enhance choices or lead one to understanding cause and effect when pairing cheese and wine
- A Cacophony of written sources and marketing attempts through suggestions.

Cacophony

Pairing Textures of cheese and wine?

Pair light cheeses with light wines?

Pair red wines with almost anything?

Pair cheeses and wines with comparable flavors?

Pair cheeses with opposite flavors?

PERFECT PAIRINGS:

“with a slightly aged soft ripened goat’s milk cheese: Sauvignon Blanc, Sangiovese, Pinot Noir, and Merlot ”

Framing the Question

History of food and wine pairing

- Development of cuisines in a regional fashion
- Regionality as a driving principle
- Intuitive rather than rationally explored
 - French derived influence: based on regional or appellation integrity. i.e. À la bourguignonne with Pinot Noir or cream-based sauces with Chardonnay
- Systems drawn from lists created in the 19th century

The evolution of pairings

- Mirroring model: mirror the color, flavors and weight: *i.e.* Red wine with red meat; white wine with fish –doesn't always work and doesn't explain why pairings work.
- How technology has changed wine.
- Evolution towards drier wines
- US development from the 1980's

What do we mean by a great pairing?

- Is it subjective?
- Is it when neither the food (cheese) nor the wine's tastes have changed when interacting?
- Can symbiosis be created between the food and wine so that a third “taste” is created?
- Can it be derived from just taste or is it also a result of psycho-social factors? I.e. Champagne and caviar?

WHY WE TASTE DIFFERENTLY.



TASTE
VS
SMELL
VS
FLAVOR

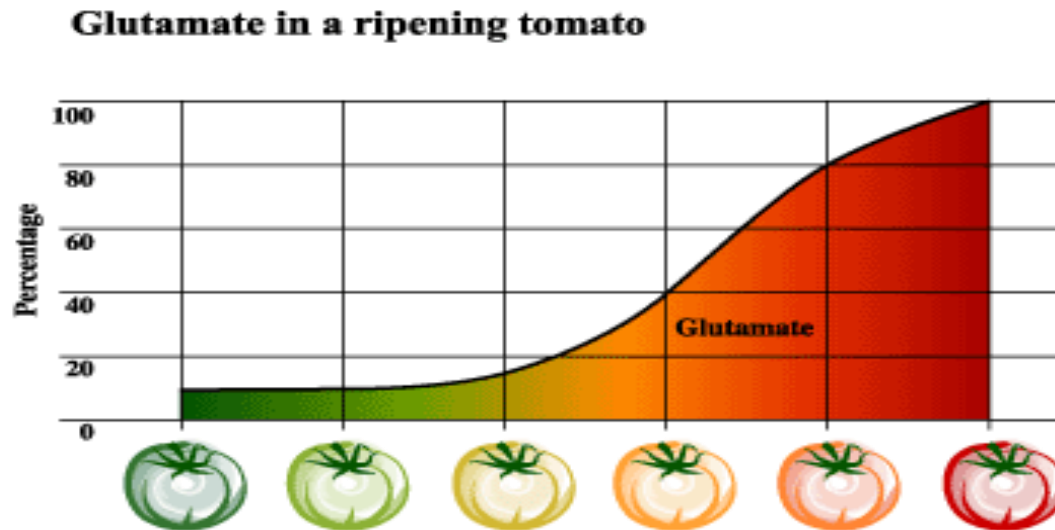


The meaning of Taste

- What we often refer to as Taste is Flavor
- Flavor is a combination of Taste, Smell, Tactile sensation, physical features such as Temperature and Chemesthesis (spiciness) and Tannin
- Taste:
 - Sweet
 - Sour (Acidity)- tartaric, malic, citric, (succinic), lactic
 - Salt
 - Bitter – the role of tannins
 - Umami: the protein taste as the 5th taste
 - A 6th taste? Fat, metalicity, coolness, piquance, kokumi, calcium

Umami

- Discovered in 1908 by Kikunae Ikeda.
- Present in: Meats, seafood, poultry, tomatoes, green vegetables, cheeses cured foods, stocks and sauces:



The graph shows how glutamate levels in tomatoes rise during the ripening process to over 100 milligrams per 100 milliliters of juice

Other Factors

- The role of:
- FAT
- Chemesthesis (Spiciness)
- Tannin
- Alcohol
- INTENSITY
- Temperature
- Psycho-social factors



Tasting Exercise

- Importance of determining Taster types:
Hyper-sensitive and Sensitive to Tolerant and
Hyper-tolerant Bitterness
PROP vs
3 strips:
 - PTC phenylthiocarbamide (Blue –looks whitish)
 - Thiourea thiocarbamide (Yellow –looks whitish)
(Source Carolina Genetics)
 - Sodium Benzoate (Pinkish)
- Relationship to flavor sensitivity and perception

Taste interactions

- Sweetness and impact of temperature: the physical nature of the reaction
- Acidity: the chemical nature of reactivity. It's not only the amount, but the type of acidity-
- Salt: none in wine but has a reactive nature in food to wines- brings out flavors, reduces perception of tastes
- Bitterness: found particularly in reds with unripe tannin and higher alcohol
- Umami: the protein taste MSG

Types or Categories of Wine

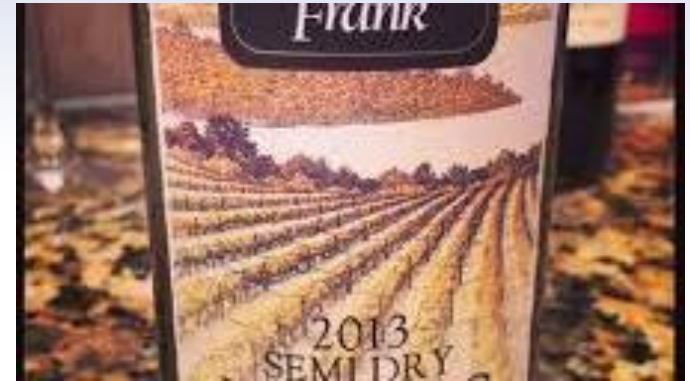
- Sparkling wines
- Dry light (still) white wines – oaked and unoaked
- Off-dry to sweet light (still) white wines
- Dry light (still) red wines– high acid, low tannins
- Dry Light (still) red- high tannin
- Fortified wines
- Aromatized wines

Today's Wines

1. Dr Konstantin Frank Winery Riesling Semi-dry Finger Lakes AVA NY 2014
2. Whitehaven Sauvignon Blanc Marlborough NZ 2015
3. William Hill Estate Chardonnay Napa Valley AVA CA 2013
4. Rodney Strong Wine Estates Pinot Noir, Russian River Valley AVA Sonoma 2013
5. Frei Brothers Cabernet Sauvignon Reserve Alexander Valley AVA Sonoma 2012
6. Fonseca Bin 27 Port, Portugal

Dr. Konstantin Frank Winery's Riesling Semi-Dry Finger Lakes AVA 2013

Light bodied
Residual sweetness
High Acid
Floral, citrus and
white peach
No oak



Whitehaven Sauvignon Blanc Marlborough NZ 2015

Dry

Medium bodied

High acid

Citrus, gooseberry and currant

Unoaked

Intense



William Hill Chardonnay Napa Valley 2013

Full-bodied, rich
Dry
Medium acidity
Ripe tropical fruit
Buttery and creamy
Oak spice and flavors



Rodney Strong Wine Estate's Pinot Noir Russian River Valley AVA Sonoma 2013

Light to medium bodied
Med high acidity
Low to medium tannins
Raspberry, earthy and
notes baking spices



Frei Brothers Cabernet Sauvignon Reserve, Alexander Valley AVA Sonoma 2012

- Full-bodied
- Dry
- Medium + acidity
- Firm Tannins
- Cassis and dark red fruit, savoriness
cedar, spicy



Fonseca Bin No 27

Finest Reserve Ruby Port, Oporto Portugal

Full-bodied

Sweet

High acid

Firm Tannin

Black currant
cherry



Our Component Tasting Exercise

Component Samples:

- Apple for Sweetness
- Lemon for Acidity
- Sea Salt for Saltiness
- MSG for Umami

- Foods that are Sweet and/or high in Umami **REDUCE** flavors and aromas and increase TASTES in wine- acidity, bitterness, astringency and tannin.
- Acidity and saltiness in food make wines taste richer, smoother, and sweeter and **INCREASE** aromas.
- Balanced Taste in foods leave wines the way the producer intended

Component Tasting Exercise

- Apple with Riesling and Sauvignon Blanc; Pinot Noir
- Cherry tomato with Chardonnay and Pinot Noir
- Lemon with Riesling, Sauvignon Blanc and Cabernet Sauvignon
- Salt with Chardonnay and Cabernet Sauvignon
- Umami with Riesling and Cabernet Sauvignon

Old World Wine Trade Adages

‘Buy on an apple, sell on cheese’ – an old British wine merchant adage

‘Buy on bread (or water), sell with cheese’.
‘Achetez avec l’eau, vendez avec le fromage’
French wine industry adage

WHY?

Today's Cheeses

1. Laclare Farms Martone Goat/ Cow Blend
2. President Double Cream Brie
3. Uplands Cheese Pleasant Ridge Reserve
4. Holland's Family Marieke Gouda 9-12 months
5. Sartori Pastorale Blend (sheep/cow)
6. Hook's EWE CALF to be KIDding

Leclare Farms' Martone

- Made from pasteurized cow's and goat's milk
- Country of origin: [United States](#)
- Region: Wisconsin
- Family: Cottage
- Type: semi-soft
- Texture: creamy
- Rind: ash coated
- Color: white
- Flavor: sweet, tangy
- Aroma: buttery, fresh



Martone is the newest creation of the young and prolific award winning cheesemaker, Katie Hedrich of La Clare Farms. It is a surface-ripened beauty made from a 50/50 blend of cow and goat's milk, resulting in a mild, buttery flavor and citrus finish. Ripened 10 days -45 day shelf life

Leclare Farms' Martone

- **2013 WORLD CHAMPIONSHIP CHEESE CONTEST** Placed in "Sweet Sixteen"
- **2013 WORLD CHAMPIONSHIP CHEESE CONTEST** Best of Class- Hard Goat Milk Cheeses- Evalon
- **2013 UNITED STATES CHEESE CHAMPION** Best of Class- Hard Goat Milk Cheeses- Evalon
- **2012 AMERICAN CHEESE SOCIETY** 1st in Class- Hard Goat Milk Cheeses- Evalon
- **2011 U.S. Championship Cheese Championships** [Overall Champion](#)



Katie Hedrich



2. Président Triple Cream Brie



- French based #1 Brie producer Lactalis
- Cow's milk
- Soft ripened, bloomy rind
- Creamy and buttery
- Umami
- Salt

3. Uplands Cheese Pleasant Ridge Reserve



- Driftless region of Wisconsin- not scraped flat by receding glaciers
- Rich grasses
- Breeding program – 9 breeds
- Pasture diet
- Rotational grazing
- No winter milking



3. Uplands Cheese Pleasant Ridge Reserve



- Alpine cheeses like Beaufort
- May thru October milk
- Only ideal milk is used
- Raw milk
- Washed several times a week in brine
- Aged in ripening rooms
- Most awarded cheese in American history
- Best of Show in American Cheese Society 2001, 2005 and 2010



4. Holland's Family Marieke Gouda 9-12 months

From the Netherlands to Wisconsin, USA

Marieke Penterman was born and raised in the Netherlands where she grew up on her parents' 60 cow dairy farm. This is where her passion for dairy cows and dairy farming began. After getting her Bachelor's Degree in Dairy Business, Marieke started a career as a farm inspector.



In the meantime, her future husband, Rolf Penterman, emigrated to Thorp, WI and started a 350 cow dairy farm in May 2002. Thorp, with a vast dairy base and farm-friendly people, was an ideal location. Marieke followed Rolf a year later.



4. Holland's Family Marieke Gouda 9-12 months



Once in the United States, she missed the cheese from back home and began researching how to start her own business. Marieke decided to get her Wisconsin Cheesemaking License. She worked with a local cheesemaker and traveled back to her home country where she trained alongside two different cheesemakers throughout the week. There she learned how to make authentic Dutch Gouda cheese.

US Grand Champion 2013

Just four months after Marieke crafted her first batch of Gouda in November 2006, she captured a gold award at the US Champion Cheese Contest in 2007. Dozens of awards followed including her biggest win thus far, the United States Grand Champion in 2013

4. Holland's Family Marieke Gouda 9-12 months



The curd is hand packed into 18 pound forms before going under the press. It is then brined for 60 hours. The wheels are then transferred to the special curing room and aged on Dutch pine planks which absorb the liquid as the cheese ages. For the first 14 days the cheese is turned (flipped over) daily to ensure that the butterfat is evenly distributed throughout the cheese. The wooden planks are also cleaned daily and turned to prevent molds.

During this time the breathable coating is hand painted on the cheese. After the initial daily turning is complete the cheese is turned twice weekly for as long as it is in our facility.

Nutty and crystalized with deep nuanced flavors

4. Holland's Family Marieke Gouda

9-12 months

- Cow's milk
- Farmhouse 'boerenkaas'
- Semi-hard with start of crystallization
- Sweet and savory (umami)
- Complex and layered
- Nutty, caramel notes
- 2013 Grand Champion of the U.S. Championship Cheese Contest.
- 2014 World Cheese Championship

5.Sartori Pastorale Blend (sheep/cow)

- 4th generation
- 1939
- Spanish Style Cow and sheep cheese
- Gold medal winner ACS
- Best of Class World Cheese
- Natural aged rind
- Sweet and nutty
- Granular texture
- Hand dusted with smoked paprika
- Semi-hard
- Sweet
- Smokey; earthy
- creamy



6. Hook's Cheese EWE CALF to be KIDding



Hook's cheese is made with cow and goat milk from local farmers, as well as sheep's milk from Brenda Jensen's Hidden Springs Creamery near Westby. It's a continuation of a successful blue cheese partnership between Hook and Jensen; in 2009 the two companies joined forces to create two cheeses.

6. Hook's Cheese EWE CALF to be KIDding



A mixed milk blue – Cow, Sheep, and Goat. Received 2nd in its category at the 2013 ACS Competition. Received a 2nd in its category at the World Cheese Championship 2014 – 1st blue cheese to be made from 3 milks

“We try to blend them in a percentage where every flavor would come out,” he said. “The challenge is to blend it correctly and not cover up one or more of the flavors. You want to taste one, then the other, then the other.”

Fresh Creamy cheeses

(also- fromage blanc, cream cheese, ricotta, fresh mozzarella, young **brie**, camembert etc)

The umami protein taste will enhance wine taste (not flavor) and tannin

WITH

Lighter fruity wines with acidity (crispness) and low tannins
i.e. **Riesling**, Chenin blanc, **Sauvignon Blanc** (unoaked)
Chardonnay (unoaked) **Pinot Noir**, Gamay, Barbera

Young Tangy Cheeses

Acidic and Umami dominant

i.e. **Chèvre**, Boucheron, Montrachet, Brebiou, young Pecorino, **Martone**



WITH

Crisp light white wines and low tannin fruity reds

Champagne, **Riesling**, **Sauvignon Blanc**, unoaked Chardonnay, Gamay (Beaujolais), **Pinot Noir**, Sangiovese, Dolcetto, Zinfandel

Young, Tangy & Salty Cheeses

(Most versatile)

- Younger versions of: Cheddar, Gruyère, Emmental, Président's Triple Brie; **Holland Family Farm Marieke Gouda**, Beaufort,
- **Soft Creamy blue**: Gorgonzola Dolce,
- **Triple Creams**: Président's Double Cream Brie, St Andre, Brillat- Savarin, Cowgirl Creamery's Mt Tam

WITH

Most whites: Chenin Blanc, **Sauvignon Blanc**, **Riesling**, Pinot Gris,

Many Reds: Rosés, **Pinot Noir**, Merlot, Sangiovese, Syrah, Zinfandel

Aged, Salty Cheeses

Salt and Protein Dominant

Strong blues: Roquefort, Stilton, Gorgonzola, Maytag, **Ewe Calf to be KIDding,**

Dry Aged: Aged Jack, Aged Sharp Cheddar, **Pleasant Ridge Reserve, Sartori Pastorale Blend,** Parmigiano Reggiano

Salty: Feta, Ricotta Salata

WITH

Some intense tannic wines

Sweet Wines- Late Harvest, Botrytized, and **Fortified Wines**

VDN, Madeira, Sweet Sherries, Muscats. Sauternes, Tokaji, Ice Wines

Cause and Effect

- Sweet and umami foods **reduce** wine flavors and make wine tastes (acidity or tannin) stronger
- Acidic and salty foods make wine **taste milder** and heighten flavors
- Bitter foods will accentuate bitterness in wines. Young tannic wines or wines made from unripe grapes will have bitterness.
- Salt reduces bitterness and heightens flavor
- Fats diminish tannins but the umami can overwhelm less intense wines
- Heat or Spiciness accentuates Tannin and Alcohol

New Rules

1. We are all different and taste differently
2. It's the FOOD that is the challenge, not the wine
3. We have to focus on TASTE, Chemesthesis, Tannins not FLAVORS
4. Taste refers to sweet, sour, salty, bitter and umami
5. Sweetness, bitterness, umami and heat in food can be villains
6. Acidity and Salt are friends to wine
7. Cause and effect is real- but whether you like it is individualized
8. Enjoy the wine you like and manipulate the food or cheese.



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