



2025

## PDF: "Perfect Wine Pairings"

### WINE ACCOMPANIMENT: THE ART OF PAIRING PASTA AND WINE

IN ITALY, PASTA WITHOUT WINE IS LIKE A SKY WITHOUT STARS. A WELL-CHOSEN WINE IS NOT JUST A DRINK, BUT A FULL-FLEDGED PARTICIPANT IN THE MEAL, REVEALING, BALANCING, AND ENHANCING THE FLAVORS OF THE DISH. OUR MAIN RULE: "THE WINE SHOULD BE MORE ACIDIC AND RICHER THAN THE FOOD."

#### 1. PASTA WITH LIGHT TOMATO SAUCES (POMODORO, ARRABBIATA)

WINE: A YOUNG, ACIDIC RED OR ROSÉ.

EXAMPLES: CHIANTI CLASSICO (TUSCANY), MONTEPULCIANO D'ABRUZZO (ABRUZZO).

WHY: THE ACIDITY OF THE WINE COUNTERACTS THE ACIDITY OF THE TOMATOES, WHILE THE FRUITY NOTES COMPLEMENT THE SAUCE.

#### 2. PASTAS WITH RICH MEAT SAUCES (RAGU BOLOGNESE, PASTA WITH SAUSAGE)

WINE: FULL-BODIED, TANNIC RED.

EXAMPLE: BARBERA D'ASTI (PIEDMONT), NERO D'AVOLA (SICILY).

WHY: TANNINS EFFECTIVELY CUT THROUGH THE FAT IN THE MEAT, CLEANSING THE PALATE.

#### 3. PASTAS WITH CREAMY AND CHEESY SAUCES (CARBONARA, ALFREDO, FOUR CHEESES)

WINE: RICH WHITE WITH GOOD ACIDITY OR A LIGHT SPARKLING WINE.

EXAMPLE: VERMENTINO (SARDINIA), PROSECCO BRUT (VENETO), FRANCIACORTA (LOMBARDY).

WHY: ACIDITY AND BUBBLES IN THE WINE CUT THROUGH THE SENSATION OF FAT AND RICHNESS.

#### 4. PASTAS WITH SEAFOOD (VONGOLE, FRUTTI DI MARE, WITH TUNA)

WINE: CRISP, MINERAL-RICH WHITE.

EXAMPLE: VERMENTINO (LIGURIA), FALANGHINA (CAMPANIA), SOAVE (VENETO).

WHY: MINERAL AND CITRUS NOTES HIGHLIGHT THE FRESHNESS OF SEAFOOD WITHOUT OVERPOWERING IT.

#### 5. PASTA WITH VEGETABLES AND HERBS (PESTO, ARTICHOKE, MUSHROOM)

WINE: AROMATIC, HERBACEOUS WHITE OR LIGHT RED.

EXAMPLE: PIGATO (LIGURIA) WITH PESTO, PINOT GRIGIO (ALTO ADIGE) WITH VEGETABLES.

WHY: WINE SHOULD REFLECT THE HERBACEOUS AND EARTHY NOTES OF THE DISH, NOT DOMINATE THEM.

SOMMELIER TIP: DON'T BE AFRAID OF THE "RED WITH MEAT, WHITE WITH FISH" RULE. ITALIAN CUISINE IS FULL OF NUANCES. A LIGHT RED VALPOLICELLA CAN BE IDEAL WITH TOMATO-BASED PASTA, WHILE A RICH WHITE FIANO IS PERFECT WITH WHITE MEAT OR FATTY FISH.

