



How to Match The wines from Terra Personas with the Food

The three most important rules when it comes to wine-and-food pairing are:

1. Drink and Eat What You Like

Choose a wine that you would like to drink by itself, rather than hoping for a food match. That way, even if the pairing isn't perfect, you will still enjoy what you're drinking.

2. Look for Balance

Consider the weight or body, or richness of both; the food and the wines. The wine and the dish should be equal partners, with neither overwhelming the other. If you balance the two by weight, you raise the odds dramatically that the pairing will succeed. This is the secret behind many classic wine-and-food matches. How do you determine weight? For the food, fat including what comes from the cooking method and the sauce is the main contributor.

3. Match the Wine to the Most Prominent Element in the Dish

This is critical to fine-tuning wine pairings. Identify the dominant character; more often it is the sauce, seasonings or cooking method, rather than the main ingredient. Consider two different chicken dishes: Chicken Masala, with its browned surface and a sauce of dark wine and mushrooms ideal with the *Terra Vermella* versus a chicken breast poached in a creamy lemon sauce ideal with the *Terra Blanca*. The caramelized, earthy flavours of the former tilt it toward a soft red, while the simplicity and citrus flavours of the latter call for a fresh white.

GETTING MORE ADVANCED

Once you've considered these three important rules, you can get more detailed if you want and consider other subtleties of the wine.

First it's useful to understand the components from the grapes that make up a wine's structure: the fruit flavours and sugar, which give wines a soft feel in the mouth, and the acidity and tannins, which give wines a sensation of firmness. And of course, there's the alcohol, which can feel softer in smaller amounts, harder in higher ones.

Red wines are distinct from whites in two main ways: tannins and flavours. Tannins are compounds that provide structure and texture to a wine; they're responsible for that astringent sensation you feel on the sides of your cheeks, much like when you drink a strong cup of tea.

4. Structure and Texture Matter

Ideally, a wine's components are in balance, but you can affect that balance, for better or worse, with the food pairing. Elements in a dish can accentuate or diminish the acidity and sweetness of a wine, and the bitterness of its tannins.

High levels of acidic ingredients, such as lemon or vinegar, for example, benefit high-acid wines like the *Terra Blanca* by making them feel softer and rounder in comparison

Tannins interact with fats, salt and spicy flavours. Rich, fatty dishes such as Rib eye-steak diminish the perception of tannins, making a robust wine such as a *Terra Negra* smoother, as do lightly salty foods like Parmigiano-Reggiano cheese.

5. Look for Flavour Links

This is where pairing can be endless fun. The aromatics of wine often remind us of foods such as fruits, herbs, spices and butter. You can create a good match by including ingredients in a dish that echo and therefore emphasize the aromas and flavours in a wine. For *Terra Vermella* for example, currants in a dish may bring out the wine's characteristic dark fruit flavours, while a pinch of sage could highlight hints of herbs.

On the other hand, similar flavours can have a "cancellation effect balancing each other out so that other aspects of a wine come out more strongly. Serving earthy mushrooms with an earthy red like the *Terra Negra* might end up giving more prominence to the wine's fruit character.

6. Give Consideration to Age

Aged wines present a different set of textures and flavours. As a wine matures, the power of youth eventually subsides; the tannins soften, and the wine may become

more delicate and graceful. Like the *Terra Vermella*. Fresh fruit flavours may give way to earthy and savoury notes, as the wine takes on more complex, secondary characteristics. When choosing dishes for older wines, tone down the richness and big flavours and look for simpler fare that allows the nuances to shine through. For example, rather than a grilled, spice-rubbed steak with an *Terra Negra*, try lamb braised for hours in stock.

“El Sabor Del Mediterrani”

Terra Blanca.

is a wine made of macabeo and Garnacha blanca. The macabeo is fresh and young while the Garnacha part has barrel fermented. A medium bodied wine with minerality and acidity.

So this wine will pair well with acidity flavours in the food like lemon and vinegar. But also higher spiced Asian foods. The match with sushi with the raw fish will stand.

Like:

- gambas grilled with lemon
- calamares romana with lemon
- sushi with sashimi
- lemon chicken
- Asian dishes
- Pork dishes
- Raw fish like tuna

Terra Vermella

Is a Jung wine with no influences of the wood. Carinena, garnacha and a small portion of Syrah gifts the terroir of the Montsant. Medium bodied with terroir influences and character. Ribeyes will melt with this wine,

Like:

- Ribeyes
- Pepper and mushroom sauces
- Grilled fish like dorada
- Game
- Hard cheese
- Tapas
- chorizo

Terra Negra

Is a crianca wine 8 months on the wood, carinena, Garnacha a syrah is the mix.

Full bodied, balance, complex and tannic.

Like:

- Beef and lamb dishes
- Game like duck
- Osso buco
- Beef filet Rossini style
- Hard cheeses
-