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# Helpful Guidelines For Sumptuous Organic Wine & Food Pairings

By Kelly Jensen and Lisa Bell

Organic wine & food pairings can be easy if you just follow a few simple rules. Literally, pairing is defined as matching two things that complement and benefit one another. This definition also works with regards to the right organic wine and food pairings. Selecting the optimal pairing helps ensure ultimate palate satisfaction.

There are many advantages of matching food and wine. It can be a simple process with the right knowledge. In pairing wines with food, factors such as flavor and texture are elements to consider. As you think about your favorite dishes, here are some tips for finding the best wines for each meal. All [organic wines](#) featured are made with 100% organically grown grapes, [vegan](#), and [Non-GMO Project Verified](#). Find these organic wines at fine retailers and restaurants nationwide.

## Tempranillo: For Dishes With Earthy and Spicy, Bold Flavors

The earthy, old-world dusty nature of Tempranillo can be a fantastic match for dishes made with truffles and mushrooms, or bold flavors such pasta with spicy red sauce.



[Tarantas Tempranillo Crianza](#) from Valencia has a bright ruby black color with aromas of ripe forest berries, freshly tilled earth, fine leather, and roasted nuts. A round, lively, fruity medium-full body and a seamless, complex, long finish.



[Granza Tempranillo](#) from Ribera del Duero has an earth and smoked-meat character highlighting the dark fruit. Medium to full body, round and velvety tannins and a flavorful finish.



Recipe Idea: [Pasta with Tomato Mushroom Sauce from Real Simple](#)

## Malbec: For Dishes That Are Salty and Grilled

Malbec works well with salty and fatty foods. Barbecue and grilled meats create a complex, fatty taste that enlivens and coats your mouth. Organic Malbec works to cut through and complement the fattiness of meats.



[Inkarrri Estate Bottled Malbec](#) from Mendoza, Argentina has a brambly array of ripe red berries and blackcurrants, leading to a palate with very smooth, supple tannins holding blueberry flavors long and fresh.



[En Memoire du Malbec](#) from Bordeaux has soft tannins, giving a juicy black-fruited wine that is forward and delicious to drink now for its succulent fruit.



Recipe Idea: [Garlic Butter Steak and Potatoes from Great Taste magazine](#)

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## Light Cabernet: For Dishes with Spice and Zest

A lighter organic Cabernet without oak aging is unusual, and one with no added sulfites even more uncommon. The result is a fresh, fruit forward yet zesty profile that really highlights the variety, and can hold its own from entree through dessert. Pair with meat dishes such as pepper steak or fajitas, or a rich chocolate and dark berry dessert.



[Pizzolato No Sulfites Added Cabernet \(NSA Organic\)](#) has aromas of roasted green pepper, toffee, and craisin chutney with a supple, dryish medium body and a tangy pomegranate, black pepper and toasted cedar accented finish.



*Recipe Idea: [Molten Chocolate Cakes from Once Upon a Chef by Jenn Segal](#)*

## Sauvignon Blanc: For Rich Fish

Sauvignon Blanc is a great wine pick for succulent, dense fish. Fatty fish like salmon draped in a lush sauce can be a perfect pairing with the crisp, tangy citrus of organic Sauvignon Blanc.



[Koyle Costa La Flor](#) Sauvignon Blanc from San Antonio Valley, Chile is a vibrant, energetic organic wine with intense, juicy flavor. Flavors of lemon peel, white peach & powdered ginger. Well balanced, with mineral acidity.



*Recipe Idea: [Creamy Garlic Butter Tuscan Salmon from Cafe Delights](#)*

## Organic Rosé: For Cheesy Dishes

In most cases some cheese can complement [red wines](#) and some can go with white wines, but just about everything with mild cheese pairs with organic rosé wines. Foods like pizza or vegetables au gratin work well with organic rosé wines.



[Les Hauts de Lagarde Bordeaux Rosé](#) is ripe and fruity, full of red berry flavors, yet dry with a crisp final texture. Refreshing and lively.



[Biodynamic Biokult Zweigelt Rosé](#) is light, easy and utterly fruit-driven, with appetizing notions of strawberry and ripe pear, paired with a dry and joyful palate.



*Recipe Idea: [Root Vegetables Au Gratin from The Food Network](#)*

## Moscato: For Fruity Desserts

The sweet and sour or sweet flavors of fruits pair well with the tangy sweetness of Moscato. From a simple and healthy fruit platter to a rich mixed berry tart, the peachy, supple and sparkly feel of Moscato livens up every dessert.



[Pizzolato Organic Moscato](#) is pure golden silver color with a vigorous rocky, mousse. Aromas of chalk, banana custard pie and nectarine with a supple, fruity medium body and a frothy spiced apple and mineral finish.



*Recipe Idea: [Glorious Fresh Fruit Tart with Orange Almond Cheese Filling from Slow Burning Passion](#)*

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