

Five Fantastic Organic Wines With Pasta Pairings

Guest Blogger Hazel Morgan pairs five of our organic wines with pasta dishes. Enjoy!

The culinary habits of young people today are trending towards healthy and homemade selections. Whether it is due to health concerns or a commitment to environmental activism, many people are making a conscious effort to seek healthier food choices. Many walk the extra mile and adopt diets such as veganism or actively seek organically grown food to avoid health problems in the long run. The good news for wine lovers is that an organic diet does not only extend to food but also to wine and other alcoholic beverages. Organic wine is produced from grapes which are farmed without the use of chemical fertilizers and pesticides.

The benefits of consuming organic wine are numerous and when paired with healthy food, such as the all-time-favorite – pasta, they are doubly delectable. Wine-drinkers often have a debate on [white wine vs. red wine](#) but choosing a wine to pair with food is much more complicated than that. Texture, aroma, intensity, and alcohol content have much to do with choosing the right wine for your meal.

To make things easier, we have assembled a guide to assist you in pairing organic wines with pasta dishes. All wines featured are also [Vegan](#) and [Non-GMO Project Verified](#).



[Les Hauts de Lagarde Blanc-Sec](#) and Pasta Primavera or Casunziei Ampezzani

The [Les Hauts de Lagarde Blanc-Sec](#) wine is produced on principles of organic agriculture by the [Vignobles Raymond](#) winery in the Entre-Deux-Mers region of France near

Bordeaux. This wine is made by blending the green Sauvignon Blanc grape and the golden-skinned Sémillon grape. This pale golden wine is dry and crisp with a herbaceous touch and hints of apricot and lemon. The grassy tones of this wine make it an ideal match for vegetable-based pasta dishes such as Pasta Primavera and Casunziei ampezzani. This wine, however, goes well with a variety of foods and can also be paired with seafood pasta.

Read the recipes here: Food Network [Pasta Primavera](#) and Donna Moderna [Casunziei ampezzani](#)



[Pizzolato Merlot NSA](#) and Cavatelli con Sugo e Cacioricotta

The [La Cantina Pizzolato](#) winery, located north of Treviso in Italy, is the country's number one seller of organic wine. The No Sulfites Added Pizzolato Merlot is made from the

dark-blue Merlot grape and is produced using green energy and energy-efficient machinery. This medium- to full-bodied red wine usually has flavors of chocolate, coconut and tart apples. This wine is best-suited to tomato-based pasta dishes such as it responds well to deeply savoury tastes. Couple this Merlot wine with a Penne Arrabbiata or a Cavatelli con Sugo e Cacioricotta for best results.

Read the recipe here: Taste Better from Scratch [Penne Arrabbiata](#)

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Tarantas Tempranillo Crianza and Bucatini all'Amatriciana

This vegan-friendly organic wine is produced in Valencia, Spain by [Bodegas Irazzo](#), one of the oldest producers of organic wines in the country. Tempranillo is a black grape variety which generally yields full-bodied red wines. Sold under the brand Tarantas, this [Tempranillo](#) has flavors of berries, plum, and roasted nuts along with hints of oak since it is matured in oak for at least six months. The richness and intensity of this wine are well-matched with strongly-flavored red-sauce pasta dishes that are made using tomatoes. Choose dishes such as classic Spaghetti Bolognese or Bucatini all'Amatriciana to pair with this wine.

Read the recipe here: Serious Eats [Bucatini all'Amatriciana](#)



Pizzolato Pinot Grigio with Scialatielli ai Frutti di mare

This [Pinot Grigio](#) is again produced by the [La Cantina Pizzolato](#) winery in Italy on principles of sustainability and maintaining the balance of the countryside ecosystem.

This white wine comes from a greyish blue-hued varietal of grape called Grauburgunder

or pinot gris. The [Pizzolato Pinot Grigio](#) is a light to medium-bodied wine with tangy aromas of green apple, pear, and pineapple and has a satiny texture. Its acidic levels make it well-suited to seafood pasta dishes such as Scialatielli ai Frutti di mare, a creamy delectation made with seafood such as clams, shrimp, and prawns.

Read the recipe here: Benessere e Gusto [Scialatielli ai Frutti di mare](#)



Biokult Grüner Veltliner and Fettuccine Alfredo or Cacio e Pepe

The [Biokult Grüner Veltliner](#) is produced in organic soil in the Niederösterreich region of Austria, keeping in mind sustainability for future generations. Grüner Veltliner is a white

grape variety which yields a dry white wine of the same name. This medium-bodied wine has fruity tones such as those of pear, apricot, and lime with a velvety texture. The creaminess of the wine will complement creamy white-sauce pasta dishes such as Fettuccine Alfredo or Cacio e Pepe that are cheese or oil-based.

Read the recipe here: Food Network [Fettuccine Alfredo](#) and Bon Appetit [Cacio e Pepe](#)

So if you're keen on joining the health-conscious club by creating your own delicious pasta dishes, and don't want to leave behind the amazing pairing of wine, choose one of these fantastic organic wines. You will enjoy your meals like never before while opting for a healthier diet.

About the Author

Hazel Morgan is a certified wine geek who loves blogging, writing, reading, learning, and teaching, about whiskey and wine. She works to share her knowledge about wine and whiskey in a way to encourage and inspire new drinkers.

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