

THE HELM

monthly newsletter of The Tug Restaurant



THE TUG

RESTAURANT

SWAKOPMUND · NAMIBIA



Reds vs Whites and everything in between...

A simple guide to Wine Selection - Part 1.



Pairing wine with food can be a lengthy, tricky process, and is always subject to personal taste. Yes, there are some basic rules, I'm sure you've all heard that red wine goes with red meat and white wine goes with white meat and fish. While this does hold true there are some intricacies involved. Join us for a two part article on the in's and out's of your favorite dinner companion.

Silky rich whites, like for instance Chardonnays are delicious with shell fish or delicate, non grilled fish dishes. Grilled, deep fried or battered fish are better complimented by the more subtly flavors of the light dry whites, such as Pinot Grigios and Sauvignon Blancs. In the same vein - crisp, fresh salad dishes are also complimented by zippy wines like; Sauvignon Blancs or Chardonnays.

For maximum flexibility the white I would recommend is a Sauvignon Blanc. It has a good acidity level, balancing well with most light dishes. Whites also do well to with most starchy pasta dishes, from simple, light dishes to more complex, multi ingredient dishes.

Reserve your Sweet Whites for rich cheese dishes, cured meats and certain desserts, but be careful with 'sweet on sweet' combinations. Desserts that are sweeter than the wine they accompany make the wine taste dull and blank.

South Africa's favorite; Chenin Blancs are good company for pâtes, fish and fowl dishes and they also compliment the smokey, rich flavors of smoked fish dishes, this is also a good choice to have handy in the kitchen.

When it comes to Sparkling wines and Champagne, don't just keep them for celebrations. Most dry sparkling wines are great with salty dishes or with the complex flavors of cheeses, starches and extravagant shellfish dishes. Also always excellent with fresh Atlantic Oysters!

Next month we'll take a look at the ever-loved reds, from complex full-bodied Shiraz to the more delicate Pinot Noirs.

Cheers - *Brett*

FEATURED DISH

Seafood Salad

Crispy Lettuce, Rocket, Tomato, Pepper, Cucumber and Onions topped with a medley of Seafood and Prawns

Suggested wine pairing: *Diemersdal Chardonnay*



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