



# WINOVATE

Non-Alcoholic Wine as a vehicle of Innovation  
and Value for Agri-food Training and  
Education

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## MICRO MOOCS

### 4th MICRO MOOC

Art of Pairing Non-Alcoholic Wine  
with Different Foods





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# Introduction to Food and Wine Pairing

- ▶ **Basics of Food and Wine Pairing Principles**

Food and wine pairing principles involve matching the flavors, weights, and textures of both the wine and the food to enhance each other's taste. Key principles include balancing sweetness, acidity, and tannins, as well as considering the body and intensity of both the wine and the dish.

- ▶ **Importance of Pairing for Enhancing Dining Experience**

Proper pairing of food and wine elevates the dining experience by creating harmonious and complementary flavor combinations. It can enhance the flavors of both the food and the wine, making the meal more enjoyable and memorable.

- ▶ **Overview of Non-Alcoholic Wine Pairing in Greek Cuisine**

Non-alcoholic wine pairing in Greek cuisine involves selecting wines that complement the bold and diverse flavors of traditional Greek dishes like moussaka, souvlaki, and spanakopita. These pairings aim to maintain the authenticity of the dining experience while providing a delicious and alcohol-free alternative to conventional wines.

- ▶ **Interactive Element:**

Food and wine pairing guide

<https://www.foodandwine.com/food-and-wine-pairing-guide-6409590>

# Flavor Profiles of Non-Alcoholic Wines

## ▶ Common flavor profiles of non-alcoholic wines

Non-alcoholic wines often exhibit flavor profiles similar to their alcoholic counterparts, with notes ranging from fruity and floral to earthy and spicy. Common profiles include crisp citrus and green apple for white wines, rich berry and plum for reds, and delicate strawberry and raspberry for rosés.

## ▶ How these flavors complement different foods

The diverse flavor profiles of non-alcoholic wines allow them to complement a variety of foods, enhancing the overall dining experience. For example, a crisp non-alcoholic white wine pairs well with seafood and salads, while a rich non-alcoholic red wine enhances the flavors of grilled meats and hearty stews.

## ▶ Examples of Greek non-alcoholic wines and their flavor profiles.

Greek non-alcoholic wines such as those made from the Assyrtiko grape offer a bright, citrusy flavor with mineral undertones, perfect for pairing with seafood and light dishes. Another example is a non-alcoholic Agiorgitiko, which presents rich berry flavors and soft tannins, making it an excellent match for lamb dishes and grilled vegetables.

## ▶ Interactive Element:

Interactive flavor wheel

[https://joshuapaulbarnard.github.io/Interactive\\_Wine\\_Aroma\\_Wheel/](https://joshuapaulbarnard.github.io/Interactive_Wine_Aroma_Wheel/)



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## Pairing Non-Alcoholic Wine with Greek Cuisine

- ▶ **Classic Greek dishes and suitable non-alcoholic wine pairings**

Classic Greek dishes like moussaka, souvlaki, and spanakopita can be beautifully complemented with non-alcoholic wines such as a robust non-alcoholic red for moussaka, a crisp non-alcoholic white for souvlaki, and a refreshing non-alcoholic rosé for spanakopita. These pairings enhance the authentic flavors of the dishes while offering a delightful dining experience.

- ▶ **Tips for creating harmonious pairings.**

To create harmonious pairings, match the weight and intensity of the wine with the dish, ensuring neither overpowers the other. Consider the dominant flavors and textures of both the food and wine, and look for complementary or contrasting elements that enhance the overall taste experience.

- ▶ **Case study of a Greek restaurant offering non-alcoholic wine pairings**

A renowned Greek restaurant in Athens introduced a non-alcoholic wine pairing menu, featuring carefully selected non-alcoholic wines to complement their traditional dishes. This innovative approach not only attracted a new customer base but also received positive feedback for enhancing the dining experience without alcohol, showcasing the versatility and appeal of non-alcoholic wine pairings.

- ▶ **Interactive Element:**

Recipes and pairing suggestions

<https://www.foodandwine.com/cooking-techniques/greek-recipes-master>



# Pairing Non-Alcoholic Wine with International Cuisine



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## ► Examples of non-alcoholic wine pairings with international dishes.

Non-alcoholic sparkling wine pairs wonderfully with sushi, enhancing the delicate flavors of the fish and rice with its crisp, refreshing notes. For a hearty Italian pasta dish like spaghetti Bolognese, a non-alcoholic red wine with rich berry and spice notes can complement the robust flavors of the meat sauce.

## ► Tips for experimenting with different cuisines

When experimenting with different cuisines, start by identifying the primary flavors and textures of the dish, and select a non-alcoholic wine that either complements or contrasts these elements. Don't be afraid to try unconventional pairings, as exploring various combinations can lead to surprising and delightful discoveries that enhance your culinary experience.

## ► Insights from Greek sommeliers

Greek sommeliers emphasize the importance of understanding the flavor profiles of non-alcoholic wines to create successful pairings that highlight the nuances of both the wine and the dish. They also recommend focusing on the balance and harmony between the food and wine, ensuring that the pairing enhances rather than overpowers the individual components.

## ► Interactive Element:

Graphs showing popular pairings

<https://english.elpais.com/culture/2024-04-07/the-rise-of-non-alcoholic-beverage-pairings.html>



# Hosting a Non-Alcoholic Wine Tasting Event

## ► Steps to organize a successful tasting event

To organize a successful tasting event, start by selecting a diverse range of non-alcoholic wines and planning a menu that complements each wine. Ensure the venue is comfortable, provide ample glassware and tasting notes, and create a welcoming atmosphere with engaging presentations and discussions.

## ► Tips for presenting non-alcoholic wines and food pairings

When presenting non-alcoholic wines and food pairings, highlight the flavor profiles of each wine and explain how they complement the dishes. Use visually appealing presentations and provide tasting notes to guide guests through the experience, making it both informative and enjoyable.

## ► Feedback from Greek wine tasting events

Feedback from Greek wine tasting events often highlights the enjoyment of discovering new flavor combinations and the appreciation for thoughtful pairings that enhance traditional Greek cuisine. Participants frequently express surprise and delight at the quality and complexity of non-alcoholic wines, leading to a greater acceptance and enthusiasm for alcohol-free options.

## ► Interactive Element

Video tutorial on hosting a tasting event

<https://www.youtube.com/watch?v=Kgl9j67GdtE>



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