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## Course Outline for VWT 45

### FOOD AND WINE PAIRING

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

VWT 45 — FOOD AND WINE PAIRING — 2.00 units

This course is an introduction to the art and science of food and wine pairing. Through lectures and formal tastings, students are instructed in the use of a sensory analysis model to identify components in food and wine that complement or contrast when initiating pairings. Students will participate in comprehensive palate exercises in which regional food preparations are paired with a broad spectrum of wines. Students under the age of 21 must have a declared major of either viticulture and/or enology to participate in any tasting activities as stated in the California State Assembly Bill 1989.

2.00 Units Lecture

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Culinary Arts/Food Technology

	<b>MIN</b>
<b>Lecture Hours:</b>	36.00
<b>Expected Outside of Class Hours:</b>	72.00
<b>Total Hours:</b>	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Describe the basics of the sensory evaluation of wine including olfactory, palate, objective and subjective approaches to tasting
- Describe the wine and food pyramid
- Explain the gastronomic identity of wine and food
- Describe the interactions between food and wine sweetness and acidity levels
- Describe the interactions between food and wine saltiness, bitterness, and effervescence
- Describe the impact of tannin, oak and alcohol on a wine's body and mouthfeel
- Describe the impact of fattiness, cooking methods and protein interactions on food textures
- Identify hot, savory and sweet spices in food and wine
  - Assess intensity and persistency of flavors in wine and food
- Pair wines with cheeses, desserts and other foods

#### V. CONTENT:

- Sensory evaluation of wine
  - Olfactory acuity
  - palate mapping
  - Tasting instructions
  - Objective/subjective approaches to tasting
- The wine and food pyramid
  - Hierarchy of taste
- Gastronomic identity of wine and food
  - The impact of geography and climate
  - Culture and history
  - Old world/new world
- The impact of sweetness and acidity levels in food and wine
  - Sweetness levels in food
  - Sweetness levels in wine
  - Acidity levels in food
  - Acidity levels in wine
  - Interactions between food and wine
- The impact of salt, bitterness and bubbles
  - Saltiness

- 2. Bitterness
- 3. Effervescence
- 4. Interactions between food and wine
- F. Wine Texture
  - 1. Tannin
  - 2. Oak
  - 3. Alcohol level
  - 4. Body
  - 5. Mouthfeel
- G. Food texture
  - 1. Fattiness
  - 2. Cooking method
  - 3. Protein interactions
  - 4. Body
- H. The impact of spice
  - 1. Wine varietals and styles
  - 2. Food types and styles
  - 3. Identifying hot, savory or sweet
  - 4. Impact on pairings
- I. Flavor intensity and flavor persistency
  - 1. Assessing flavor intensity
  - 2. Assessing flavor persistency
- J. Wine and cheese
  - 1. Wine and cheese pairing
  - 2. Cheese categories
- K. Dessert and dessert wines
  - 1. Dessert wine categories
  - 2. Dessert categories

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Instructor-led tastings
- C. **Discussion** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Read pages 75-97 in textbook - "Before You Taste."
- B. Discuss the key components of sensory evaluation including how to come prepared to the sensory environment.
- C. Complete the post-reading homework questions to check your understanding.
- D. Focusing on a synergistic pairing, prepare a dish (reflecting the reading subject matter) and pair it with an appropriate wine.
  - 1. Bring the assigned dish to class, matched with your choice of wine, and be prepared to explain why you paired them.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Papers
- 4. Group Projects
- 5. Class Participation
- 6. Home Work
- 7. Final Performance

##### B. **Frequency**

- 1. At least two exams/tests/quizzes per semester
- 2. At least one written paper (approximately 2-4 pages) per semester
- 3. At least two group projects per semester
- 4. Daily class participation
- 5. Weekly homework
- 6. Final presentation of group project

#### IX. TYPICAL TEXTS:

- 1. Parkinson, Jane. *Food and Wine: Perfect Pairings Everytime*. 1st ed., Ryland, Peters, and Small, 2017.
- 2. Shuler, Jordan. *Food and Wine Pairings in Three Steps*. 1st ed., Tellwell Talent, 2017.
- 3. Haff, Harry. *Food and Wine: The Secrets of Successful Pairing*. 1st ed., McFarland, 2017.
- 4. Harrington, Robert . *Food and Wine Pairing: A Sensory Experience*. 1st ed., John Wiley and Sons, 2008.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students are required to supply their own stemware (specific stemware requirements will be covered during first class meeting).
- B. There is a materials fee for this course.