

FOOD PAIRINGS FOR THE **GUARDIAN PEAK MERLOT**



The warmth of South Africa's southern climate results in lush, well rounded and highly fruity Merlot wines, which generally display classic features of this grape: rich flavours of ripe plums, mulberries and more than a touch of spice and chocolate.

The **Guardian Peak Merlot** is 100% Merlot. It's bright ruby red in colour. The red cherry and plum aromas are well integrated with an earthy, fynbos note with subtle undertones of tobacco and tea leaf. The vibrant red fruit flavours are well supported by soft, restrained tannins that helps create an elegant Merlot with good mid-palate weight and a round, juicy finish. It has been matured in 2nd and 3rd fill 300 litre French and American oak for 10 months.

Merlot generally has lower tannin levels than cabernet sauvignon. That means the wine can hold its own next to a variety of cuisines, from seafood to poultry to meat, without that drying astringency that can be off-putting next to the wrong ingredients. It's dry, fruity, and not easily overwhelmed by strong flavors in food. On the other hand, it's not so robust or high in tannins that it needs something ultra-rich for balance.

It's one of those wines that works with a wide variety of foods like chicken and other light meats as well as lightly-spiced dark meats. With medium tannin and not too much acidity you'll find Merlot pairs well with many foods.

DINNER

Try Merlot with dinner recipes like - Roasted chicken, Roasted pork loin, Rack of lamb, Grilled beef steaks, Grilled burgers, Beef stew, [Spaghetti and Meatballs](#), Meatloaf, [Roast Duck](#) and Pizza – try this [Homemade Pizza Dough](#) recipe. If you're not sure about a pairing, take a look at the description of the Merlot. Lighter-bodied, fruity Merlots will pair better with lighter foods, while fuller-bodied Merlot's will be a better match for richer foods like grilled steak or [Rack of Lamb](#) or [Chicken Marsala](#).

CHEESE

Wine and cheese are a classic combination, and so we have some great ideas for pairing cheese and Merlot! Pair Merlot with cheeses that have medium intensity of flavor, such as - Gouda, Havarti, Muenster, Medium Cheddar, Gruyere, Camembert & Jarlsberg.

APPETIZER

Merlot is food-friendly enough that it can be enjoyed throughout a meal. When selecting an appetizer to go with Merlot, look for something that's savory and a little bit rich. Merlot doesn't pair so well with light seafood dishes or very spicy foods, so steer clear of things like shrimp cocktail or spicy salsas. Instead, try these appetizer pairings for Merlot - [Mini Meatballs](#), Cheese crostini, [Mushroom And Goat Cheese Tarts](#), Cheese straws, [Mini Steak & Mushroom Quesadillas](#), Stuffed mushrooms, [Potato Skins](#), Beef sliders, and [Mini Pizzas](#).

DESSERT

Pairing dry wine with dessert is always a little bit controversial. Many wine enthusiasts would prefer to only pair sweet wine with dessert. This is because pairing dry wine with a sweeter food often makes the wine taste too sour or bitter by comparison. However, many people do enjoy pairing red wine with dessert! It's an especially popular pairing for chocolate. Try pairing Merlot with - Chocolate cake, [Chocolate Tart](#), Dark chocolate candy. If drinking Merlot with chocolate, make SURE that the wine is sweeter than the chocolate. If not, the wine will taste sour.