

FOOD PAIRINGS FOR THE KEN FORRESTER PETIT SAUVIGNON BLANC



The warm, warm climate of South Africa produces high-quality Sauvignon Blanc, mostly in the Western Cape region. Most are aged in stainless steel, but there are several smaller, more distinct areas that are known for producing barrel-fermented and aged (i.e., oaked) wines.

Most Sauvignon Blancs from the Western Cape have a light-medium body and acidity. Flavors include green herbs, green bell pepper and guava. High-end wines may show you jasmine, honeysuckle, Meyer lemon and nuttiness.

In general, the high acidity of Sauvignon Blanc has the ability to make most foods shine, much as lemon complements many dishes.

FISH & SEAFOOD

Fish such as snapper, sole, sea bass or haddock is wonderful with Sauvignon Blanc. Try the [Grilled Halibut with Cilantro Garlic Butter](#) recipe. Also goes great with seafood such as Mussels, Crab, Lobster (including Lobster rolls), Oysters and Clams. Try the [Grilled Shrimp Skewers](#) recipe, or the [Lime & Chili Fish Tacos](#) recipe.

MEAT

White meats including Chicken, Pork Chop and Turkey. Try these easy weeknight [Chicken Tacos](#), or roast poultry with a light lemon seasoning or a lemon-dill seasoning.

VEGETABLES & SALADS

Sauté green veggies or mix vegetables in more fatty vegetarian dishes so that the acidity of the wine shines through. Here are some example dishes for inspiration: Asparagus Quiche, [Cucumber Dill Yogurt Salad](#), [Green Goddess Hummus](#), [White Bean and Zucchini Stew](#). Try this real [Crab Salad](#) recipe, or if imitation crab is more in line with your taste and/or budget then try this [Seafood Salad](#) recipe.

PASTA

Also pair this herbaceous Sauvignon Blanc with a simple pasta of olive oil, lemon and plenty of greens for an easy and beautiful meal, or a [White Cheese & Spinach Lasagna](#), or a [Homestyle Seafood Pasta Salad](#).

GOAT CHEESE

Due to the high acidity of a Sauvignon Blanc, look for softer more briny and sour cheeses like Goat's milk cheese, Yogurt, and [Crème Fraîche](#). Crottin de Chavignol, young and spreadable or old and dry (this cheese was originally created for Sancerre: a perfect pairing); Pyramide de Valençay, a pyramid-shaped goat's cheese also dusted with ashes; Sainte-Maure, a cylinder shape coated with ashes; Selles-sur-Cher, a tangy goat also dusted with ashes. What's with all the ashes you ask? Goat cheese is very fragile, and before modern packaging, plant-based ashes covered the cheeses to protect them on their way to market, over bumpy roads in horse-driven carts.

HERBS & SPICES

Try a grainy salad packed with fresh herbs and greens. Try green herbs such as Parsley, Basil, Mint, Tarragon, Thyme, Fennel, Dill, Chives, and Rosemary. Spices including White Pepper, Coriander, Fennel, Turmeric, and Saffron.

