CHECKLIST

Pairing Wine with Spicy Food

- [ ] Check the alcohol level on the label and aim for twelve to thirteen percent or lower
- [ ] Look for off-dry or demi-sec on Riesling, Chenin Blanc or sparkling bottles when the dish is hot
- [ ] Chill lighter reds such as Beaujolais or Pinot Noir before serving with spice
- [ ] Avoid heavily oaked wines and high-tannin reds when fresh chilli is present
- [ ] Pour smaller servings and sip between bites to refresh rather than compete with heat
- [ ] Choose wines with residual sugar or bright acidity to soothe the palate
- [ ] Match the wine's weight to the richness of the sauce, not just the heat level
- [ ] Consider sparkling wine or very cold whites when fried food carries spice