

COLD CUTS AND WINES IN HARMONY



Cold cuts have long been part of the menu of many peoples on the planet.

Initially prepared with the goal of increasing the time of preservation and preservation of food, the art of salting meat has crossed the centuries and today even with all the refrigeration and preservation technology available the delicacies are present in the tables and pantries of most of the population.

On the other hand, as time goes by, the delicatessen has evolved and currently there are a multitude of options available on the market, prepared with various types of meat and spices and techniques, making cold cuts and sausages become part of the high gastronomy.

Salami, hams, sausages and the like are on the menu of highly regarded and award-winning restaurants around the globe. Thus, the delicacies deserve to be harmonized correctly, being served with the wines that best enhance their flavors and aromas, providing pleasant and unique moments.

However large the variety of cold cuts available today they share a common feature is the large amounts of fat in their compositions. Although there are differences between the wines best suited to one type or another, as a general rule, all wines must have a high level of acidity and always suitable for harmonization with fatty foods.

In addition, although cold cuts and sausages are part of the gourmet food list, they are rustic foods and you don't have to open that rare and special wine when serving cold and sausage boards. Not forbidden but unnecessary and a simpler but not bad wine is a great option to accompany cold cuts.

The wines that harmonize best with each category:

Salami and sausages



The varieties of options are huge and there may be many doubts at the time of harmonization. Salami, for example, is mostly made with pork, but seasoned and prepared in different ways with garlic, pollen, red wine and seeds among many other spices and many other items can be

added to the sausage.

However, because they are very greasy, salami harmonizes very well with sparkling wines such as Lambrusco which is acidic, fruity and with a strong violet aroma.

Light red wines like Pinot Noir and Barbera tend to harmonize very well. However, due to the huge variety of salami on the market, the best tip is to try before choosing which one will harmonize most appropriately.

Sausages, also very varied, can be harmonized excellently with rosés and reds like Pinot Gris and Rioja for those prepared with pork. However, the chorizo harmonizes with Fine Sherry, Barbera or Burgundy. On the other hand, for those spicy or made with stronger spices Chianti or Dolcetto is the right choice.

Pastrami



Pastrami is a cold cut made with beef kept in brine, honey, sugar and garlic and then smoked with coriander and black pepper seeds. The absolutely delicious result allows less variation than salami and sausages. Thus, the options for harmonization are also more limited.

To accompany the inlaid taste so striking the most recommended are the light red wines, with softer, fruity and very acidic tannins like Dolcetto, Beaujolais and Valpolicella that usually fit like a glove.

Raw hams



The Prosciutto di Parma, Jamón Serrano, Iberian Bellota, San Daniele, among others, have as a common factor the extreme care and control of every minimal stage of the preparation process.

The hams are made with pork and from pig feeding to the exact temperature and maturation time of each piece are meticulously controlled and monitored. The result is a delicious, subtle-flavored meat with fully integrated fat that crumbles in the mouth. To accompany this special delicacy the possibilities are wider and as long as the general rule of acidity is taken into account.

Prosciuttos very well accept Brut or Brut Rosé red, white, rosé and sparkling wines.

Spanish hams such as Jamón Serrano or Iberian de Bellota call for a Cava-type sparkling wine and a Parma harmonizes better with a Franciacorta. Among the white wine options Muscadet and Pinot Grigio harmonize perfectly with the fine hams and among the rosé wines the Côtes de Provence are the most recommended.

Finally, among the red wines that most harmonize with prosciutto are Pinot Noir, Rioja and Dolcetto, and a little-used wine like Sherry is as good as Manzanilla

Cold Cuts Boards



In the cold table the acidity rule prevails and rare the most traditional Dolcetto or Lambrusco are good options and for those who dare, a sherry wine can be tested.

The important thing is to let curiosity and creativity guide and always take into account the general rules of harmonizing wines with cold and inlaid and the result will be wonderful.