

The Gourmet Girls Go Camping Cookbook

The Wine Pairing Guide – A Sampling



You may have noticed that “Tools of the Trade” in *The Gourmet Girls Go Camping Cookbook* includes a corkscrew, because it is unthinkable that Gourmet Girls deprive themselves of fine wine whilst camping. We also recommend that the handy, unbreakable, easy to hold onto, and correctly shaped GoVino™ wine glasses make a place in your kit.

“I cook with wine. Sometimes I put it in the food.” And “One glass for the pot, one glass for the cook.” Both great axioms to live by!

We invite you to swirl, sniff, sip, and generally announce that “this wine has hints of a smoky character, underscored with notes of earth and a cleansing, lingering mineral finish that reminds of the great outdoors” as you enjoy a glass of vino or two (you’re not driving!) with the delicious recipes created by the Gourmet Girls.

Ample Appetizers

The recipes, first of all, make me drool. I could live on appetizers. As these are ‘starters’, you’ll also want the wines lighter in character. White wines such as Sauvignon Blanc, a beautiful dry Rosé (yes, pink wines are not only acceptable now, but in high demand!) and/or a lighter red such as Pinot Noir or Grenache. A few suggestions:

Grilled Oysters	A crisp, 100% stainless steel fermented Sauvignon Blanc.
Mussels & Clams with Garlic, Butter & white wine	See! Some for the pot – now for the cook . . . A Sauvignon Blanc with a kiss of Sémillon.
PanaPesca Scallops on the Half Shell with Béarnaise Butter	This needs a Chardonnay. Recommend one with nice acidity rather than one that is all “buttery”.
Wild Mushroom Pizza with Caramelized Onions	Screams for Pinot Noir.

Good Morning Eats

Ok, even winemakers rarely have wine with breakfast . . .

I recommend the Bloody Maryann or a sparkling wine cocktail such as a Mimosa (sparkling wine with fruit juice of any kind – it doesn’t have to be orange juice) or a Bellini (Peach nectar or purée and sparkling wine).

Leisurely Lunch

Leisurely lunches need easy-going wines. Salads, by the way, are sometimes the most difficult to pair with wine, but the Gourmet Girls have eschewed some of the most troublesome ingredients (lettuce!). If taking wine on a hike, I heartily recommend “decanting” to a non-glass container. There are both foldable plastic versions as well as metal canteens that will do the trick.

Gourmet Grilled Cheese	The inclusion of tomato jam and avocado calls for an approachable, easy-going red blend. At Buttonwood, we craft one called Classic Cuvée, our everyday red table wine.
Necie’s Pork Tacos	Dry Rosé or a light, spicy Grenache.
Yvonne’s Asian Noodle Salad	Grenache blanc, definitely!

The Main Event

Half the fun of a meal is cooking it together, so don’t forget that “one for the pot, one for the cook” advice when it comes to wine. By now, fellow campers will be firing up their grills, too, so your sense of smell will be heightened by the fresh air, the trees and earth, and the smoke from a lot of grills. The wines will certainly taste different than they would in your home or a restaurant environment. Vive la difference!

Planked Salmon with Blood Orange Sauce	Salmon just begs for Pinot Noir. A classic pairing.
Campfire Coq au Vin	This is one of those fabulous dishes that will be delicious with either a full-bodied white that has some barrel influence (Buttonwood’s Devin Sauvignon/Sémillon would be fab), or a lighter red (Rhone blend like a Grenache-Syrah or MSG (Mourvedre-Syrah-Grenache).
Beef & Pepper Skewers	Beef? Malbec.
Butterflied Leg of Lamb a l’Orange	The herbs and smoky character lead to Syrah.
Braised Short Ribs	We love the addition of the chipotle pepper puree to the dish that is complementing the fruit nectar. Calls for a savory, complex wine. Yep. Cabernet Franc.
Rib Eye Steaks with Béarnaise Sauce	Time to pull out the Cabernet Sauvignon.

Vegetarian Vittles

Vegetables are more difficult to pair with wine than protein elements, but grilling them puts them into a complementary mode.

Cast Iron Ratatouille	<i>Ratatouille</i> , our favorite movie! Ze rat in the movie had expensive tastes (Chateau Latour!). This will be delicious with a dry Rosé or Syrah.
Ravioli al Pomodoro Fresco	mmmmMerlot.

Savory Sides

Generally, you'll pair the wine with the main, but the Gourmet Girls have included some of my favorite dishes that I just love with specific wines, such as:

Caprese Salad	Pinot Gris. Pinot Grigio (same grape, just make in either a French or Italian style!).
Grilled Peach and Prosciutto salad	Grenache Blanc, semi-dry Riesling, dry Rosé.
Artichokes with Garlic Aioli	The "A" vegetables (asparagus, avocado, artichokes) are for some reason some of the most quarrelsome with wine. Grilling them, though, makes them into some of the most sublime. We love our grilled artichokes here with a Sauvignon Blanc.

Getting Sauced and Buttered Up

I have no comment here, other than – you're not driving!

Divine Desserts

I also love a good cheese platter as dessert, and recommend that you pair it with any unfinished bottles of wine from dinner! But S'mores and chocolate . . . they all beg for a port-style dessert wine.

***About the creator:** This wine pairing guide was put together by Karen Steinwachs, Karen is the winemaker for Buttonwood Farm Winery, one of the jewels of Santa Barbara County, California. As a component of a working farm that produces an abundance of products for the table, Karen shepherds grapes to wines that complement a meal, inspire conversation, and seek to bring people back to the communal table.*

