



# Wine and Cheese Pairings for Fall

By Judy Koutsky

Sweet and salty is a classic, foolproof flavor combination, and nowhere is that more apparent than when the sugars in the wine balance the salts in the cheeses,” says Laura Downey, certified cheese professional at [Cheese Company](#). Here are some matches that area experts love!

## **Pinot Noir with Burrata**

As summer transitions to fall, Ian Toogood, general manager and sommelier at [Cotto Wine Bar & Restaurant](#), shares his favorite heartier menu items and which wines pair best. “I love Oregon pinot noirs and red Burgundys; they are but stand up nicely with cold weather dishes,” he says. He also loves barbera d’alba in the fall. “It is not c thinking about white truffles and there’s no better wine to drink with it.”

**Favorite pairing:** “With pinots or barbera I love a nice burrata with some prosciutto, or even a younger truffle pecorino with the barbera. “Milder cheeses are not overpowered by the wines as they are not too and stinky blues until winter is in full swing and its time for big cabs and brunellos.”

**Try:** Ken Wright Pinot Noir Willamette Valley Oregon 2014, \$28, [Val's Putnam Wines & Liquors](#), Greenwich

### Italian and West Coast Reds with Creamy Cheeses

“Piedmontese reds from the Ruché, Grignolino, and Pelaverga grapes, as well as Sicilian reds like Perricone. Steve Wildy, beverage director for Vetri Restaurants, including [Amis Trattoria](#) in Westport, CT. For U.S. options from the West Coast.

**Favorite Pairing:** “With lighter Piedmontese reds I often think of wild strawberries, and I love Brie-style cheeses. “Beyond French triple cremes and Camembert and the like, the creamy mild robiola family of cheeses is pairing to each of these wines.” For the deeper, spicier reds of Sicily, he suggests meaty, savory Alpine cheeses.

**Try:** Evening Land Seven Springs Vineyard Gamay Noir 2015, \$33, [Rye Brook Wine & Spirit Shop](#), Rye Brook

### Cabernet Sauvignon with Sheep's Milk Cheese

Depending on the cheese she's serving, Downey likes bold red wines like Cabernet Sauvignon, an earthy chardonnay, “While you can certainly eat most cheeses all year round, in the fall we look to match cheeses,” says Downey.

**Favorite pairing:** Verano is a firm, raw sheep's milk cheese, produced in the summer and aged for four months. “Sheep's milk cheese is slightly higher in fat so Verano will stand up to bigger red wines like Cabernet Sauvignon.”

**Try:** Hall Cabernet Sauvignon Napa Valley 2013 \$46 [Harry's Wine & Liquor Market](#), Fairfield, CT

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