

Little Black Book  
*of Wine* + Food

60 White & Red Wines to Make  
Your Tastebuds Blush

Kiana M. Keys

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Of course, there are countless other wines in the world, and while we can't cover them all, we are narrowing down our focus. Here are the 60 wines we will cover:

### **White**

Albariño  
Aligoté  
Arinto  
Assyrtiko  
Chardonnay  
Chenin Blanc  
Cortese  
Fiano  
Furmint  
Garganega  
Gewürztraminer  
Grechetto  
Grüner Veltliner  
Malvasia  
Marsanne  
Müller-Thurgau  
Muscadet  
Muscat  
Pinot Blanc  
Pinot Gris/Grigio  
Riesling  
Roussanne  
Sauvignon Blanc  
Semillon  
Torrontés  
Trebiano  
Verdejo  
Verdicchio  
Viognier  
Viura

### **Red**

Agiorgitiko  
Aglanico  
Barbera  
Blaufränkisch  
Cabernet Franc  
Cabernet Sauvignon  
Carignan  
Carménère  
Corvina  
Dolcetto  
Gamay  
Grenache  
Malbec  
Mencia  
Merlot  
Montepulciano  
Mourvèdre  
Nebbiolo  
Negroamaro  
Nero d'Avola  
Petit Verdot  
Pinotage  
Pinot Noir  
Sangiovese  
Syrah  
Tannat  
Tempranillo  
Touriga Nacional  
Xinomavro  
Zinfandel

## **Who is this book for?**

- Foodies that like wine, and obviously love food
- Anyone looking to curate a wine and food dinner party
- Anyone looking to casually pair wine at home or at a restaurant
- Anyone that needs a guide while grocery shopping
- Anyone looking to have fun and experiment with flavor
- Anyone who needs a wine + food reference book... just in case

So, open these pages like a secret style guide and dating diary rolled into one. This little black book is your companion of fashion-inspired wine profiles, flavors that set the mood, and food pairings that complete the ultimate love story.

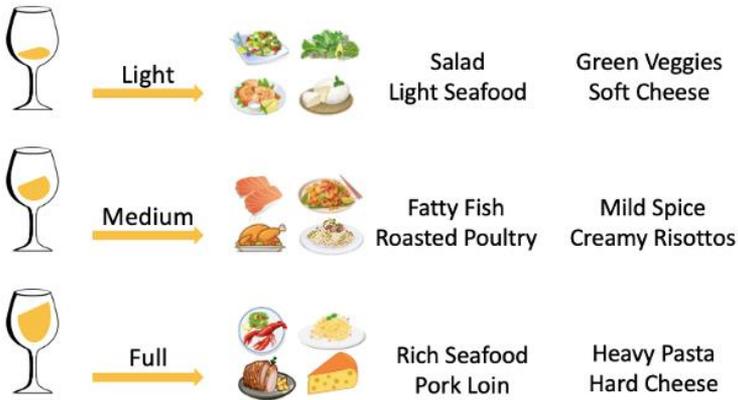
It's time to mix, match, misbehave... and fall in love with the romance of wine + food. Most importantly, remember to always drink responsibly!

# White Wine & Body

**Light-bodied** whites are crisp, delicate, and refreshing, making them perfect companions for fresh salads, delicate seafood, or lightly seasoned dishes. They uplift food without overwhelming it.

**Medium-bodied** whites carry a bit more richness and structure, allowing them to stand up to creamier pastas, roasted vegetables, and mildly spiced food. Together they create a harmonious balance.

**Full-bodied** whites are lush and weighty, often with oak or buttery textures, making them ideal for heartier dishes like poultry, rich seafood, or creamy cheeses. They enhance each other.

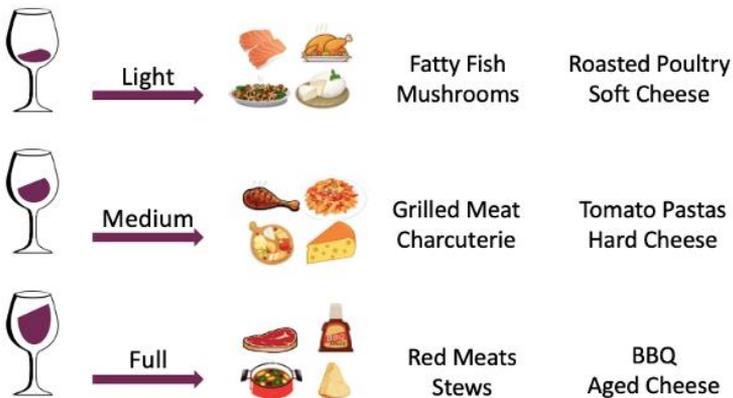


# Red Wine & Body

**Light-bodied** reds are gentle and graceful, with subtle tannins and bright fruit. They pair beautifully with roasted vegetables, grilled chicken, or lightly seasoned dishes that let the wine shine without taking over.

**Medium-bodied** reds have more structure and depth, making them versatile companions for pastas, pork, or mildly spiced meats, where both wine and food hold their own.

**Full-bodied** reds are rich, bold, and commanding, perfect for hearty dishes like braised meats, stews, or strong cheeses, where the wine's intensity meets the food in a powerful, balanced embrace.

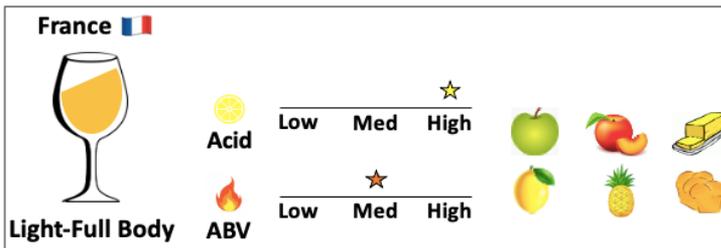


# Chardonnay "Winter White Suit"

**Profile:** The Safe Space - classic, polished, adaptable

**Bio:** apple, lemon, peach, pineapple, brioche

**Crushing On:** power lunches and lobster nights



**Seafood:** lobster, sushi, halibut, flaky white fish

**Entrees:** chicken, pork, mushroom pasta

**Sauces:** sage butter, brown butter, cheese

**Local Eats:** Steak Béarnais, pâté, quiche

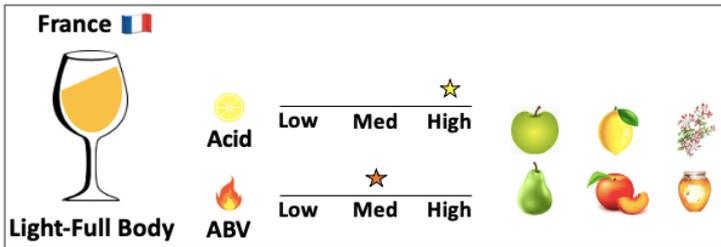


# Chenin Blanc “Convertible Wrap”

**Profile:** The Chameleon - simply subtle or deeply sweet

**Bio:** apple, pear, lemon, peach, flowers, honey

**Crushing On:** Sunday brunches and baked tarts



**Seafood:** clams, oysters, mussels, cod, sole

**Meats:** chicken, turkey, Cornish hen, veal

**Cheese:** chèvre, ricotta, mozzarella

**Sweet Styles:** blue cheese, lemon tarts, custard

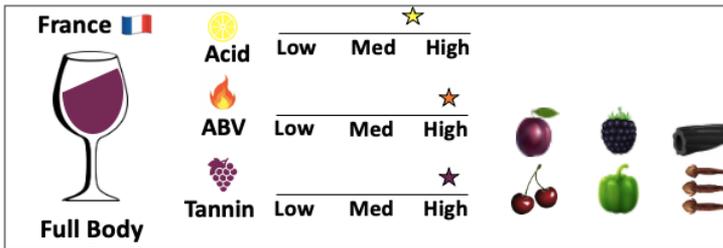


# Cabernet Sauvignon “Tailored Suit”

**Profile:** The Alpha CEO - structured, bold, commanding

**Bio:** plum, cherry, blackberry, licorice, cloves

**Crushing On:** steak dinners and cigar nightcaps

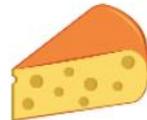
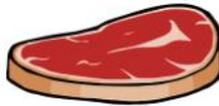


**Heavy Meats:** brisket, smoked sausage, steak

**Heavy Dishes:** lamb shanks, oxtail soup, beef stew

**Sides:** Portobello mushrooms, risotto, eggplant

**Aged Cheese:** Gouda, Cheddar, Parmesan



# Merlot “Favorite Brown Belt”

**Profile:** The Great Supporter - smooth, comforting, gentle

**Bio:** cherry, blackberry, mushroom, cigar

**Crushing On:** family dinners and herbal flavors

France 🇫🇷	★						
 <b>Full Body</b>	<b>Acid</b>	Low	Med	High			
	<b>ABV</b>	Low	Med	High	★		
	<b>Tannin</b>	Low	Med	High	★		
							
							

**Seafood:** salmon, tuna, scallops, swordfish

**White Meats:** chicken, duck, turkey, pork

**Red Meats:** roast beef, short ribs, lamb burgers

**Pastas:** mushroom, lasagna, mac & cheese



# CHAPTER 7

## Pairings by Food

*"Let the food lead, the wine will dance along."*

The pairings presented below feature wines from my curated list of 60 favorites - but they're just a starting point. There are plenty more wines out there to explore, so feel free to experiment and find your own perfect matches!

Below are wine pairings by food types. When you pair, make sure to consider the sauce, toppings and garnishes as well.

### Salad

- Beet:** Pinot Noir, Sauvignon Blanc
- Caesar:** Chardonnay, Pinot Blanc, Pinot Grigio
- Caprese:** Albariño, Pinot Gris, Trebbiano
- Garden:** Cortese, Malvasia, Müller-Thurgau
- Greek:** Assyrtiko, Fiano, Sauvignon Blanc
- Pear:** Chenin Blanc, Gewürztraminer, Riesling
- Spinach:** Sauvignon Blanc, Pinot Noir

### Soup

- Butternut Squash:** Chardonnay, Albariño
- Chicken Noodle:** Trebbiano, Chardonnay
- Chowder:** Fiano, Trebbiano, Chardonnay
- French Onion:** Cabernet Franc, Merlot
- Lentil:** Carménère, Pinot Noir, Barbera
- Mushroom:** Pinot Noir, Syrah, Aglianico

# CHAPTER 8

## A Final Look

*"Wine and food are soulmates - they just need an introduction."*

And there you have it - a collection of wines, flavors, moods, and personalities stitched together like a well-curated wardrobe. Each wine is a character in its own love story, and every meal is your chance to play matchmaker.

These pairings are here to guide you, not confine you. Follow the advice when you want a guaranteed spark or take a risk like you'd style an offbeat outfit. But most importantly, trust your tastebuds and relax. In the end, there's no wrong way to enjoy wine, only the way that makes you love what's in your glass.

Keep this little black book handy, its timeless!

# About the Author

Kiana Keys, DipWSET, is a mom, writer, and lover of wine! She holds the Wine & Spirit Education Trust (WSET) Diploma certification and uses her formal education and knowledge to teach others.

For Kiana, sipping delicious wine has always been like enjoying a glass of sunshine! She particularly enjoys pairing wine with meals, mood, and music! As a creative, she loves to write, draw, build and design websites, create new recipes, thrift shop, garden, crochet, and listen to jazz.

## **WWW.UNPOLISHEDGRAPE.COM**

Kiana designed an online resource magazine for beginners and enthusiasts to learn about wine. She chose the name "Unpolished Grape" because it describes the journey of learning about wine, but never truly knowing "it all." The name represents the willingness to keep learning.

### **The website features:**

- Wine Education & Guides
- Wine & Food Pairing
- Wine Tips & Hacks
- Wine Quizzes (gotta see if you're paying attention!)

Check Kiana out: @unpolishedgrape