

## Pairing Basics

As a general concept, a lot of different types of white and red wines can pair well with lighter vegetarian dishes such as salad as long as the wine falls into the light or medium-bodied varieties (as well as low or medium acidity). This is because salad is typically a lighter dish, and it has a focus on raw vegetables rather than a complex flavor profile. However, vegetarian dishes can get just as complex as dishes with meat, and we will discuss those complexities in more detail below.

## Salad and Other Raw Vegetarian Dishes

[Pinot Grigio](#) (or Pinot Gris) with a light or medium body and low or medium acidity is one of the best types of wine to pair with any vegetarian dish that doesn't have a complex flavor profile. It can pair well with most types of pasta, light salads, and dishes prepared with coconut or almond milk.

## Thai and Vietnamese Vegetarian Dishes

These dishes are typically more complex and will require a wine that is light or medium-bodied yet high in acidity in order to cut through the complex flavors and spice. For this reason, we recommend a [Riesling](#) or [Pinot Noir](#); both fit those descriptions very well.

## Grilled Vegetables or Red Sauce-Based Vegetarian Dishes

A full-bodied [Merlot](#) is often the perfect wine to pair with dishes that have a thick red sauce or with grilled vegetables. Both of these dishes have something in common: they have a strong taste. Therefore, we need a wine that will cut through that taste and allow you to enjoy it, yet still complement it.

## Pairing Specifics

As noted, we think light and medium-bodied white and red wine can go with many vegetarian dishes. But what about the specific wine regions?

Some of our recommendations include:

- With raw vegetarian dishes, try pairing a bottle of 2009 Elk Cove Vineyards Willamette Valley Pinot Grigio.
- With many Asian vegetarian dishes, try pairing a bottle of 2010 Flying Fish Riesling from Columbia Valley, Washington.
- With complex vegetarian dishes such as ones prepared in red sauce, try a bottle of 2007 Balduzzi Reserva Merlot from Glendale, California.

When choosing a great wine to go with a vegetarian dish, consider how light or heavy the dishes is and match it appropriately with the body, acidity and flavor of the wine.