



Galil Mountain



GOLAN HEIGHTS WINERY

## MIDDLE EASTERN FOOD AND WINE PAIRING GUIDE

Demand in the U.S. and around the world is growing for wine-pairing advice to match increasingly trendy Middle Eastern dishes. To help you find just the right wine for many Middle Eastern favorites, the Golan Heights and Galil Mountain wineries are offering the first-ever pocket guide to Middle Eastern food and wine.



### APPETIZERS AND SMALL PLATES

DISH	DESCRIPTION	WINE
Baba Ghanoush	Cooked eggplant mixed with tahina (toasted ground sesame seeds), olive oil, and seasonings.	Syrah or Pinot Noir
Couscous	Steamed balls of crushed durum wheat semolina, usually served with a stew on top.	light- to medium-bodied Chardonnay
Falafel	Deep-fried balls made from ground chickpeas or fava beans, usually served in pita with tahini-based sauces.	medium-bodied Chardonnay
Fried Artichokes	Artichokes deep fried in olive or vegetable oil.	Sauvignon Blanc
Greek Salad	Salad made with tomatoes, sliced cucumbers, onion, feta cheese, and olives, and dressed with olive oil.	Sauvignon Blanc
Hummus	A spread made from cooked, mashed chickpeas blended with tahini, olive oil, lemon juice, salt, and garlic.	Riesling or Rosé, especially medium-bodied
Israeli Salad	Chopped salad of finely diced tomato, onion, cucumber, and bell or chili peppers.	Sauvignon Blanc
Kibbeh	Baked balls of bulgur, minced onions, and finely ground lean beef or lamb meat with Middle Eastern spices.	Pinot Noir
Persian Rice	Crisp rice, taken from the bottom of the pot in which the rice is cooked, commonly mixed with yogurt and saffron, bread, potato and tomato.	un- or lightly oaked Chardonnay if with chicken; syrah if with lamb; Cabernet if with beef
Roasted Cauliflower and Tahini	Grilled cauliflower often served with tahini sauce, lettuce, parsley and tomatoes, on grilled or toasted pita or sliced bread.	medium-bodied Chardonnay or Pinot Noir
Stuffed Grape Leaves	Tender grape leaves wrapped around a rice mixture with fresh herbs such as mint and parsley and, sometimes, pine nuts, and served with a thick, creamy lemon sauce.	Pinot Noir or Riesling
Tabbouleh	A salad made of tomatoes, finely chopped parsley, mint, bulgur, and onion, and seasoned with olive oil, lemon juice, and salt.	Sangiovese, Barbera, Rosé or Riesling

## MAIN DISHES

DISH	DESCRIPTION	WINE
Chicken Pilaf	Sauteed rice cooked in a seasoned broth and topped with chicken.	Chardonnay or Rosé
Chicken, Turkey or Lamb Shish Kebab (also called Souvlaki)	Grilled meats often cooked on skewers, sometimes with vegetables.	Pinot Noir
Gyro	Meat cooked on a vertical rotisserie and usually served wrapped in pita with tomato, onion, and tzatziki sauce.	Syrah
Lamb Kebab	Grilled lamb seasoned with garlic, salt, olive oil, lemon juice and herbs.	Cabernet Sauvignon
Lamb or Turkey Shawarma	Shaved meat cooked on a vertical spit and grilled for up to a day, served on a platter or as a sandwich or wrap.	medium-bodied Rosé or Gewurztraminer
Moussaka	An eggplant- or potato-based dish, often including ground meat. Many versions have a top layer made of milk-based sauce thickened with egg or flour.	Syrah
Persian Tamarind-stuffed Fish	A luxurious whole fish preparation flavored with tangy tamarind and fragrant barberries.	medium-bodied Chardonnay or Riesling
Roast Chicken with Sumac or Spices	Chicken, spiced with sumac and za'atar before being oven roasted over bread.	Chardonnay
Sambusa	A fried or baked dish with a savory filling, such as spiced potatoes, onions, peas, lentils, macaroni, noodles, cheese, minced lamb or minced beef.	Merlot
Shakshouka	Eggs poached in a sauce of tomatoes, chili peppers, and onions, often spiced with cumin.	Sangiovese

## DESSERTS

DISH	DESCRIPTION	WINE
Baklava	A dessert pastry made of layers of filo filled with chopped nuts, sweetened with syrup or honey, which serves as a glue to hold the dish together.	late-harvest Riesling or Muscat
Halvah	A crumbly confection usually made from sesame paste or other nut butters, such as sunflower seed butter.	late-harvest Riesling
Kanafeh	A cheese pastry made with a crust of thin noodle threads or semolina dough soaked in a thick, sugar-based syrup.	late-harvest Riesling or Muscat
Rice Pudding	Rice mixed with water or milk and other ingredients, such as cinnamon and raisins, and sweetened with sugar.	Moscato

