

PAIRING WINE WITH FISH AND SHELLFISH

	White Wines	Red Wines
<p>Ocean and freshwater fish, oily (<i>light to medium flavours</i>)</p> <ul style="list-style-type: none"> - catfish - eel - pickerel - bass - whitefish 	<p><i>Light to medium-bodied:</i></p> <p>Ontario Pinot Gris Ontario Dry Riesling Ontario Dry Gewürztraminer British Columbia Pinot Blanc Soave (Italy) Rioja (Spain) Montrachet (France) Alsatian Gewürztraminer Alsatian Pinot Blanc</p>	<p><i>Light-bodied:</i></p> <p>Ontario Gamay Noir Beaujolais (France) German Dornfelder</p>
<p>Ocean and freshwater fish, oily (<i>medium to rich flavours</i>)</p> <ul style="list-style-type: none"> - arctic char - herring - sardines - mackerel - tuna - salmon 	<p><i>Medium/full to full-bodied:</i></p> <p>Ontario Chardonnay British Columbia Chardonnay Ontario Sauvignon Blanc Bordeaux (France) New Zealand Sauvignon Blanc Austrian Sylvaner Rioja (Spain) Douro (Portugal) Chilean Chardonnay Chilean Sauvignon Blanc</p>	<p><i>Light-bodied:</i></p> <p>Ontario Gamay Noir German Dornfelder Beaujolais (France) Loire (France)</p>
<p>Ocean and freshwater fish, lean (<i>light to medium flavours</i>)</p> <ul style="list-style-type: none"> - black sea bass - cod - pollock - grouper - john dory - mahi-mahi - monkfish - orange roughy - shark - trout - tuna - sole - flounder - halibut - turbot 	<p><i>Medium to full-bodied:</i></p> <p>Ontario Sauvignon Blanc Ontario Chardonnay British Columbia Chardonnay British Columbia Pinot Blanc Ontario Dry Riesling Graves (France) California Sauvignon Blanc Chilean Sauvignon Blanc New Zealand Sauvignon Blanc Orvieto (Italy) Rioja (Spain) Pouilly Fuissé (France)</p>	<p><i>Light-bodied:</i></p> <p>Ontario Gamay Noir German reds Austrian reds Beaujolais (France)</p>

	White Wines	Red Wines
Ocean and freshwater fish, lean <i>(medium to rich flavours)</i> <ul style="list-style-type: none"> - striped bass - haddock - red snapper - swordfish 	<i>Full-bodied:</i> Ontario barrel-fermented Chardonnay Meursault (France) Australian Chardonnay Hungarian Pinot Gris California Chardonnay New Zealand Sauvignon Blanc Chilean Chardonnay Argentine Torrontés Rioja (Spain) Portuguese Chardonnay Bairrada (Portugal)	<i>Light-bodied:</i> Ontario Gamay Noir Beaujolais (France) German reds Austrian reds Italian Barbera
Mollusks, non-cephalopods <ul style="list-style-type: none"> - conch - abalone - scallops - mussels - oysters - clams 	<i>Medium to full-bodied:</i> Ontario Dry Riesling Ontario Sauvignon Blanc Ontario Chardonnay British Columbia Chardonnay British Columbia Pinot Blanc Australian Chardonnay Chilean Chardonnay Bairrada (Portugal)	<i>Light to medium-bodied:</i> Ontario Gamay Noir Ontario Gamay Nouveau Ontario dry rosé Tavel rosé (France) Spanish rosé Beaujolais (France) German Dornfelder
Mollusks, cephalopods <ul style="list-style-type: none"> - octopus - squid (calamari) - cuttlefish 	<i>Medium to full-bodied:</i> Ontario Chardonnay Ontario Pinot Gris Chilean Sauvignon Blanc Chilean Chardonnay California Chardonnay California Pinot Gris Bordeaux (France) Soave (Italy) Burgundy (France) Italian Pinot Bianco South African Chenin Blanc Loire (France)	<i>Light to medium-bodied:</i> Ontario Gamay Noir Ontario dry rosé Beaujolais (France) Valpolicella (Italy) Italian Barbera

	White Wines	Red Wines
Crustaceans, fresh and saltwater - crayfish/crawfish - crabs (king, dungeness, blue, softshell, snow/spider, stone varieties) - lobsters (Atlantic, spiny) - shrimp - prawns - langoustines	<i>Medium to full-bodied:</i> Ontario Chardonnay British Columbia Chardonnay Ontario Pinot Gris British Columbia Pinot Blanc Ontario Dry Riesling California Chardonnay Vinho Verde (Portugal) Chilean Sauvignon Blanc New Zealand Sauvignon Blanc Burgundy (France) Rioja (Spain) Orvieto (Italy)	<i>Light-bodied:</i> Ontario dry rosé Tavel rosé (France) Spanish rosé