



FOOD & WINE PAIRING SHEET — LANGUEDOC

Wine Styles

- Robust Reds (Minervois, Corbières, Fitou, Saint-Chinian, Faugères) – garrigue herbs, black fruit
- Elegant Reds (Pic Saint-Loup, Terrasses du Larzac) – refined, spicy, structured
- Whites (Picpoul de Pinet, Limoux, La Clape) – crisp, aromatic, or creamy
- Rosés – Mediterranean style, herbal, fresh
- Sparkling (Crémant de Limoux, Blanquette de Limoux) – historically the oldest sparkling wine in France

Best Languedoc Pairings

- Brandade de morue → Picpoul de Pinet
- Cassoulet → Minervois, Corbières, or Fitou
- Grilled lamb with herbs → Faugères or Saint-Chinian
- Oysters from the Étang de Thau → Picpoul
- Cheeses like Pélardon → Aromatic whites from Limoux

Regional Must-Try Dish

Cassoulet (Carcassonne-style or Castelnaudary-style) with a robust Minervois.