

RADICCHIO PAIRINGS



HEAT

Quick, direct-heat cooking mellows bitterness:

- Frying
- Sauteing
- Grilling
- Roasting



RICH

Fats buffer against bitterness:

- Oils
- Bacon
- Avocado
- Fatty fish
- Butter
- Rich Cheeses



SWEET



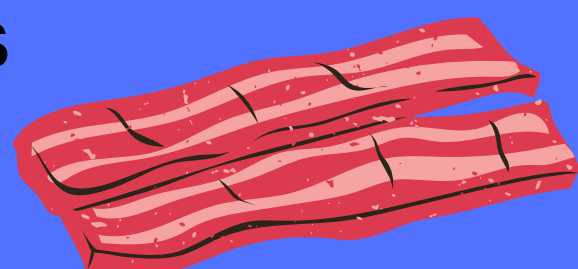
Sweetness and bitterness – a match made in heaven!

- Candied nuts
- Fruits (dry, fresh)
- Honey, molasses
- Syrup (maple, cane)
- Beets, carrots, winter squash

SOUR

Acids alter bitter compounds and preserve color:

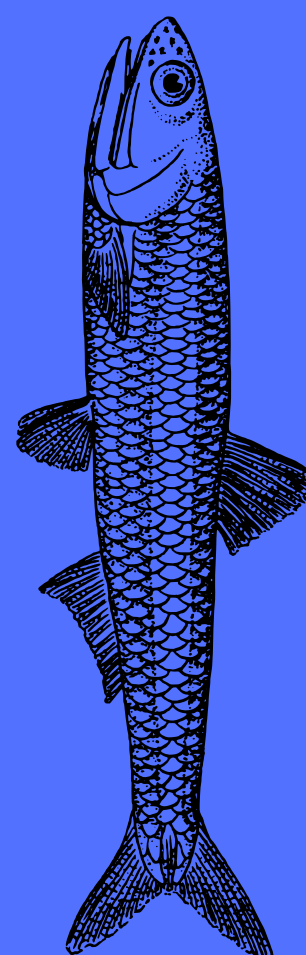
- Wine
- Vinegar
- Citrus, fruit
- Buttermilk, sour cream
- Cured meats



SALTY

Saltiness filters bitterness on the palate:

- Capers
- Cured meats
- Soy sauce, Worcestershire
- Salty cheeses



PUNGENT

Pungency makes for a strong, head-on pairing:

- Mustard, black pepper
- Anchovies
- Ripe cheeses (bleu)
- Smoked meats, cheese
- Alliums (onions, garlic)
- Olives
- Horseradish