

Dr. Michael Mascha, distinguished global authority on finer imported bottled mineral waters and author of  
**“Fine Waters – A Connoisseur’s Guide”**

suggests pairing specific waters by their content with finer foods and wines.

We have matched waters from our selected portfolio with popular dishes for optimal enjoyment...

**MATCHING WATER WITH FOOD**

**FOOD                      CARBONATION                      MINERALITY                      ORIENTATION**

**MEATS:**

***Beef***

<b>FOOD</b>	<b>CARBONATION</b>	<b>MINERALITY</b>	<b>ORIENTATION</b>
<b>Grilled / seared</b>	<b>Classic</b>	<b>High</b>	<b>Alkaline</b>
Braised	Effervescent	Medium	Neutral
<b><i>Veal</i></b>			
Grilled/seared	Light	Medium	Hint of Sweet
Braised	Still	Medium	Hint of Sweet
<b><i>Pork</i></b>			
Grilled/seared	Light	Medium	Neutral
Braised	Still	Medium	Neutral
<b><i>Lamb</i></b>			
Grilled/seared	Classic	Very High	Alkaline
Braised	Effervescent	Very High	Alkaline
<b><i>Game</i></b>	Classic	Very High	Alkaline

**POULTRY:**

***Chicken***

Fried	Bold	Medium	Acidic
Roasted	Classic	Medium	Acidic
Seared/saute'ed	Still	Medium	Neutral

**Other Poultry**

Duck	Still	High	Neutral
Game	Effervescent	Very High	Alkaline
Turkey	Classic	High	Neutral
Foie gras	Effervescent	Low	Acidic

**SEAFOOD**

Whitefish	Still	Super Low	Neutral
Dark fish	Still	Low	Neutral
<b>Smoked fish</b>	Effervescent	Low	Neutral
<b>Clams &amp; mussels</b>	Still	Super Low	Acidic
<b>Crab</b>	Still	Low	Neutral
<b>Lobster</b>	Still	Super Low	Neutral
<b>Scallops</b>	Still	Low	Neutral
<b>Shrimp (fried)</b>	Classic	Low	Acidic
<b>Cavier</b>	Still / Effervescent	Super Low	Neutral
<b>Sushi</b>	Still	Super Low	Neutral

## CHEESE

Hard	Effervescent	High	Neutral
Soft	Still	Low	Hint of Sweet
Blue	Light	Medium	Alkaline

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Several suggestions of various water brands which may serve your clientele well, adding to their dining experience.

### ***Fine water, like fine wine, for fine food.***

#### **1- Low minerality: Lauretana, Lynx, Speyside Glenlivet, Wattwiller.**

Perfect for subtle appetizers (caviar + Lauretana or Fine') and fish dishes in the *non-sparkling nature*, also great for cheese and salads. . Lauretana Sparkling is perfect for crispy oysters or other fried seafood. Lauretana is the world's most microbiologically clean water in the world, and is Certified Kosher as a result of the hygienic handling / bottling process.

#### **2- Medium bodied waters: Cape Karoo, Hildon, Arte' Sole', Wattwiller**

These are perfect general food waters due to the medium minerality and the carbonation can help to fine tune the experience. Wattwiller and Hildon have very soft bubbles, perfect for fish and shellfish dishes. Cape Karoo and Arte Sole' have a little bit more carbonation and are probably the most versatile water for most dishes not described as yet.

#### **3- High minerality: Badoit, Ferrarelle**

Small effervescent bubbles and high minerality make this a naturally carbonated water ideal for veal and pasta dishes, gives it a little bit of contrast and stands up to heavier dishes.

#### **4- Very high minerality: Vichy Catalan**

Perfect for red meat, game.

#### **World-Wide-Waters...more than a wholesale distributor of water.**

Our expertise can help you create a "water menu" ...which reflects selections of our finer high-end imported bottled mineral waters to match your fine foods...

**Your clientele deserve what they desire ...the best.**

Leon B. Siwek, Principal  
Philip Alvidrez, Director - Sales  
World-Wide-Waters.com  
Tel: 760-345-7631  
Fax: 760-772-7097