

WINE

Delicious wines to enjoy with your lunch

LAMB

Highly fragrant, and often paired with garlic and rosemary, this meat is ideal with a claret such as Château Segonzac 2005 Premières Côtes de Blaye, Bordeaux, France £7.99. Be careful if you're serving vinegary mint sauce with it – vinegar will flatten the flavour of a wine.

PORK

This is a delicate, sweet-tasting meat, and rich, too, especially when served with crispy crackling. To cut through the richness, it's often accompanied by apple sauce (try roasting small peeled apples around the meat to make this). This combination works well with Ken Forrester Chenin Blanc 2005/06 Stellenbosch £6.99, a fragrant, mouth-filling wine from South Africa.

TURKEY

When served with a herby stuffing, turkey begs a rich and savoury (though not heavy) French Pinot Noir such as Simonnet-Febvre 2005 Irancy, Burgundy £9.99. If you prefer white wine, and especially if your stuffing is a fruity one, try the aromatic and fresh Cave de Beblenheim Pinot Gris d'Alsace 2006 Alsace £5.99* (usually £7.49).

BEEF

With its hearty flavours, roast beef needs a wine with weight, such as any Southern Rhone red. Or try Finca Flichman Vino Reserva, Oak Aged Malbec 2006 Mendoza £5.99 from Argentina.

SALMON

The delicacy of cold poached salmon dressed with slices of cucumber would be ideal with a New Zealand Sauvignon Blanc such as Waitrose Sauvignon Blanc, Villa Maria 2006 Marlborough £7.99.

For a more robust dish of roasted salmon consider a red wine (even if you feel this flies in the face of wine and food matching convention!) Try this fruity Rhône Syrah: Cave de Saint-Désirat Cuvée Prestige 2004 Saint-Joseph, Rhône £7.99* (usually £9.99).