Wine Tasting Tips:

See, Swirl, Sniff, Smell and Savor

The idea behind wine tasting is as simple as this: Slow down. Relax and take the time to think about what you’re drinking and to enjoy it with all your senses (clinking of the glasses uses the hearing).

See:
Hold the glass by the stem. This is done for two reasons. One, so that you do not warm the wine (a good rule of thumb for wine serving temperatures is: 45 for fruit wines and champagne, 55 for whites and 65 for reds). The second reason is so as to not get fingerprints on the glass, because then you will not be able to see its true color and clarity.

Examine its color. Is it clear or hazy, transparent or opaque?
Now, tip your glass to the side and straighten it back upright. You will see remnants of the wine clinging to the side of the glass. You will see the wine cling to the side of the glass and eventually come down. This event is known as the legs of the wine. The longer the wine hangs on the side of the glass, the longer it will affect the palate.

Swirl & Sniff:
Now swirl the wine in order to aerate it.
Take a deep sniff. Does it smell like fruit? Flowers? Oak? Licorice? As you are swirling the wine and then smelling it, the aromas will become enhanced as you continue to do so, from the aeration.

Sip:
You taste four different tastes on your palate; sweet, sour salt and sweet; primarily in that order. Sweet at the front of the mouth and bitter towards the back. You can also pick up citrus on the sides of the palate, or savory, which is known as umami.

Savor:
Got it? Take a drink. Take two. Swish it around your mouth, sensing not only its taste but its texture and weight. Don’t worry about looks; you’re enjoying yourself.
Put it all together in your head. Think about where it came from. Sip again and see how the aroma and the taste come together.

*** Wine etiquette:

- Refrain from using perfumes, colognes or scented lotions prior to wine tasting as they deflect from the sensory experience of wine tasting.
- Do not use heavy lipgloss/lipstick when wine tasting as it leaves large stains on wine glass rims.
- Be open to tasting wine varieties you may not have liked in the past as you might find a new favorite.
- Do not be afraid to ask questions!

Most important: HAVE FUN!