
<https://www.charliegrigio.com>



MY BLOG – WINE TASTING

Wine Tasting – At a Glance

Wines have four basic components—

- taste
- tannins
- alcohol
- acidity

Can you think of any others?

Some Basic Characteristics

1. Aging will soften tannins
2. Acidity will soften throughout the life of a wine
3. Fruit will rise and then fall throughout the life of a wine
4. Alcohol will stay the same

The basic taste components of wine

1. Reds – have a bitter nuance from the tannins which comes from the wine contact with the skins, stems and seeds of the grapes during the wine making process
2. Whites and sparkling – more acid and dependent on the process from picking earlier (so less sugar in the grapes) to adding acid during wine making
3. Dessert styles – these are naturally sweeter

Here are some commonly found tastes for each of the most common varieties—

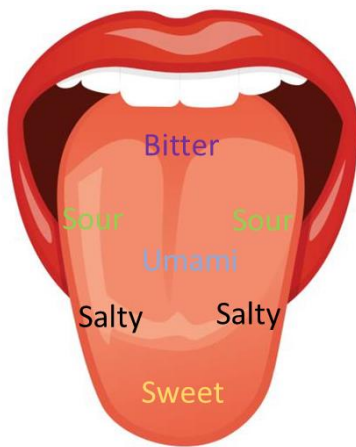
- Cabernet – black currant, cherry other, black fruits, green spices...bitter and full body
- Merlot – plum, red and black fruits, green spices, floral...mild body with low bitterness
- Zinfandel – black fruits (often jammy), black spices – often called “briary”...mild to full body
- Shiraz – black fruits, black spices...especially white and black pepper...full body, mild body
- Pinot Noir – red fruits, floral, herbs...less bitter and lighter bodied
- Chardonnay – cool climate: tropical fruit, citrus fruit in slightly warmer climes and melon in warm regions...fuller body with less acid
- Sauvignon Blanc – Grapefruit, white gooseberry, lime, melon...lighter body and high acid
- Malolactic fermentation – white wines taste creamy or buttery
- Aging in oak – vanilla or nutty flavour



Where do we taste?

The primary tastes that the tongue can identify with are—

- Sweet
- Sour
- Bitter
- Salty
- Savoury or umami



The flavour senses of the tongue

What wine with what food?

Here are some basic tips for pairing wine with food.

- The wine should be tarter than the food
- The wine should have similar flavours and intensity with the food
- Spicy foods with spicy wine...or consider a beer!
- The wine should be as sweet or sweeter than the food
- White wines tend to go better with lighter meats such as fish and chicken
- Red wines are better suited to bolder meats, e.g., beef and lamb
- Look to balance fatty foods with bold, bitter reds
- Look at pairing the wine with the sauce first, then the food
- Lighter, and sparkling wines tend to pair better with less common flavours, or complementary
- Bolder reds like to be paired with more harmonious or similar flavours