

# WINE TASTING 101

## HOW TO \*ACTUALLY\* DO A TASTING: SEE, SWIRL, SMELL, SIP

### 1. SEE

Hold the glass by its stem and hold it up to a light to note the colour, or against something white. Is the wine transparent or opaque? Is there sediment in the glass? (That's not a bad thing!) Is it deep or bright in hue?

### 2. SWIRL

Swirling the wine in your glass aerates it, which will release its bouquet of smells! It may feel pretentious, but embrace the process. (And if you've had a few too many, just place the glass on a table and swirl the base of the glass on a flat surface.)

### 3. SMELL

Take a good sniff—it helps to open your mouth a little while doing so. A hot tip from our wine expert, Lauren Power, is to try smelling through one nostril at a time to see if you pick up on different notes.

### 4. SIP

Take a sip and hold the wine in your mouth for an extra second before swallowing. Try different "techniques" to see how it changes the experience...sip while breathing in a bit of air to further aerate it. Swirl it around your mouth and tongue so your taste buds get quality time. Swish it from one cheek to the other. Hit all the tastebuds and get that mouth feel!

### 5. Take note

See if you can pick up on the basic structural components of your wine (see next page). Have fun with it, and focus on the experience!



Print the following tasting templates and fill it out for each wine you try! Check out our [wine episode \(#32\)](#) with vino expert @laurenpower\_wine to learn all about the wine industry.

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## TASTING NOTE CHEAT SHEET (AKA: WTF is a tannin?)

### FRUIT

Note specific fruit flavours, like dark cherry, strawberry, green apple, or tropical fruits.

### SWEETNESS

The first thing you'll notice is the relative sweetness or dryness of the wine. Dryness can be a lack of sweetness, but it can also literally leave your mouth feeling dry.

### BODY

Explore how heavy or light the wine feels. Is it bright and delicate or bold and full?

### TANNIN

A chemical that comes from the stalks, pits and skins of grapes. It tastes astringent, sharp and "mouth-drying," and makes your mouth pucker.

### ALCOHOL

A moderate amount of alcohol adds "sweetness," but if the alcohol is too high and out of balance, the wine can feel hot in your mouth and less smooth to drink.

### ACIDITY

Notice if the wine is tart and sour, crisp and fresh, or smooth and rich.

### FINISH + LENGTH

The last impression: This is the final taste that remains on your palate, and the duration of it. Is the finish smooth, crisp, or bold? Was the length long and lingering, or was it short and sweet? Is it complex, with a taste and feel that changes over time?



### A final note: Key takeaways from wine importer, Lauren Power

Lauren focuses on 3 easy, alternative tasting points: BALANCE (did all elements work in harmony?), COMPLEXITY, and LENGTH. This will help you categorize wines for different scenarios, like summer sipping, heavy dinners, daytime drinks and light appys.

# WINE TASTING NOTES

WINE NAME:

VARIETAL:

REGION:



SEE, SWIRL, SMELL, SIP

**FRUIT**

Blank space for notes under FRUIT

**SWEETNESS/DRYNESS**

Blank space for notes under SWEETNESS/DRYNESS

**BODY**

Blank space for notes under BODY

**TANNINS**

Blank space for notes under TANNINS

**ALCOHOL**

Blank space for notes under ALCOHOL

**ACIDITY**

Blank space for notes under ACIDITY

**FINISH + LENGTH**

Blank space for notes under FINISH + LENGTH

**BALANCE + COMPLEXITY**

Blank space for notes under BALANCE + COMPLEXITY