

Bills Ten Commandments of Wine Tasting

one: Thy first impression is usually right.

two: It is untrue that the more you invest in a bottle of wine, the better it is. If you are fortunate enough to enjoy a \$25 bottle of wine just the same as you might for a \$100 bottle of the same varietal, count your lucky stars! I would then encourage you to buy four bottles of it! Never allow anyone to tell you what wine you should like or should not like. Everyone has an independent palate. Like rule number one, your first impression is usually right.

three: Drink wines at the appropriate temperature! In general, red wines are served at cooler room temperatures and white wines are best served chilled. When wines are served too warm they tend to taste unbalanced with an alcohol edge. When they are served too cold, the innate flavors and aromas are significantly suppressed. Here is a quick guide for optimal wine serving temperatures:

- Tart, bright white wines: 48-52 degrees
- Sparkling wine: 50-55 degrees
- Rich white wines, like an aged chardonnay: 58-62 degrees
- Light red wines (Chianti, Beaujolais, young Pinot Noir): 60-65 degrees
- Heavy red wines: 63-68 degrees

four: If you purchase a bottle of wine at a restaurant that does not taste right or is not good, return it. Also if the temperature doesn't seem right, don't hesitate to say something! You paid hard earned money for that bottle of wine, so you should truly enjoy it!

five: There are no set rules for pairing food and wine. You may have heard that certain wines can only be enjoyed with specific foods. White for example, with fish? In reality, everyone has their own preferences about which wines and foods are complementary, and how good a wine tastes with food often has more to do with the seasoning in a dish or how it is cooked than it does with the dish itself. I encourage you to discover your own preferences and drink your favorite wines with your meals. You will be happy you did!

six: Expand your wine drinking palate. You should always keep an open mind drinking other varietals than your "go to" choices. If you usually only drink red wines try some whites; if you usually only drink white wines, try some reds! You may be surprised and happy to have tried them!

seven: Never fill your wine to the top of your glass. Your wine needs room to breathe and it is impossible to swirl your glass if it is too full. Swirling the wine within the glass allows the wine to mix with air, which opens up the flavors and aromas. A good rule of thumb is to fill your glass between $\frac{1}{4}$ and $\frac{1}{2}$ full. Doing this may make your bottle of wine last longer into the evening as well!

eight: Wine is good for you. But you should drink in moderation because like anything else, too much of a good thing could be bad!

nine: Do not be fooled by imposters, "Wine" is made out of grapes and truly nothing else. The most common, narrow definition of wine relates to the product of fermented grape juice and a wine made by any other fruit is not truly wine. Other fruits need to be supplemented by adding sugar.

ten: Drink good wine! Always share wines with great friends and open great wines only for those who appreciate them.

In Vino Veritas!

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