

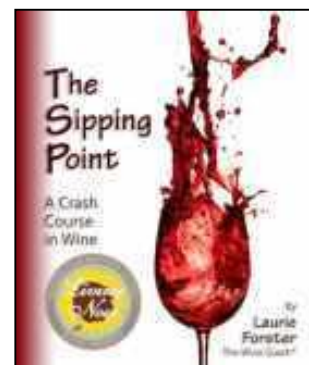
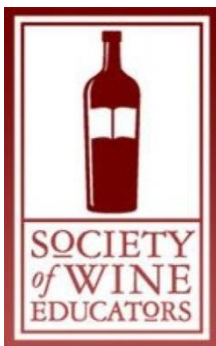


You Uncorked!



Recipe for a Delicious Life

Laurie Forster, The Wine Coach®



Recipe for a Delicious Life



- 1. Know YOUR Palate**
- 2. Order It**
- 3. Savor Every Sip**

1. Know YOUR Palate



- **Forget Labels**
- **Friends not Critics**
- **Taste Test**

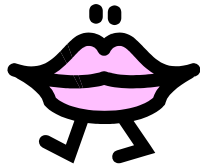
Tasting Process



Look



Smell



Taste



Describe

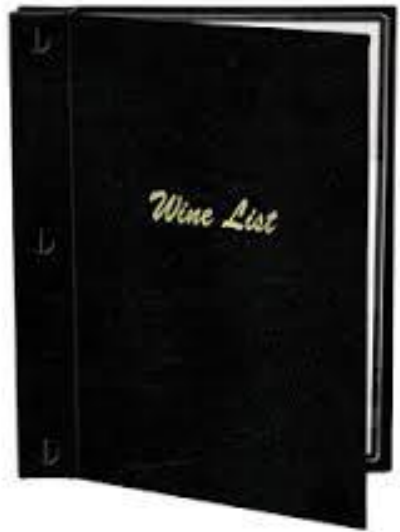


Decide

Jelly Bean Exercise



2. Order It



- **Ask First...details later**
- **Not on list? Order Anyway**
- **Send Back if Needed**

Restaurant Ritual

1. Present Bottle
 - ▶ Producer & Vintage
2. Uncork
3. Pour taste
 - ▶ Temperature?
4. Serve table
 - ▶ Order
 - ▶ Glass Fill



3. Savor Every Sip



- Slow down...
- Self Care
- Gratitude

Food and Wine Pairing

1. Match weights

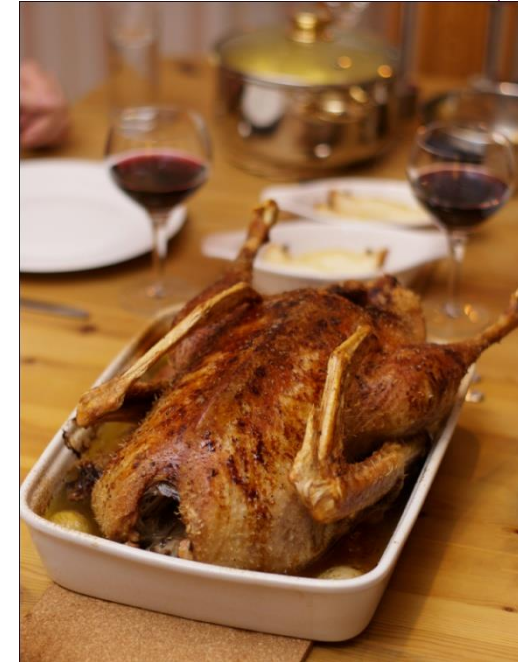
- Light wines with lighter dishes and fuller wines with heavier dishes

2. Weird Science

- Specific Reactions of flavors that effect food and wine pairing...we will explore that today

3. Personal Preference

- In the end it is up to the client...sometimes it is OK to break all the rules!



Make a Wine Sandwich

Sip your wine

Taste the food

Sip the wine

Notice any difference on the 2nd sip



Questions?



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Uncork Your Best Vintage EVER!

