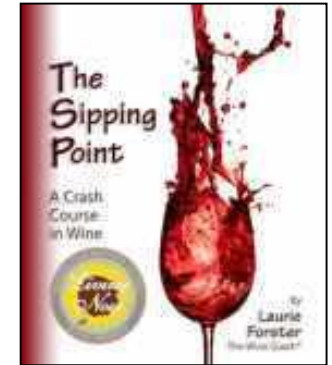
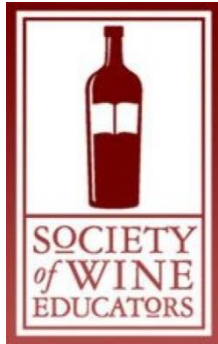




# Laurie Forster



## Something to Sip on...

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“ What is the definition of a good wine?

It should start and end with a smile.

— *William Sokolin* ”

# Tasting Facts

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- Smelling is 80% of Tasting
- Tongue senses:
  - Sweet
  - Salty
  - Bitter
  - Sour
  - Umami
- Jelly Bean Exercise



# Tasting Process

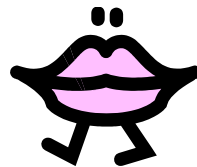
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**Look**



**Smell**



**Taste**



**Describe**



**Decide**



## *Something to Sip on...*

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“ The primary purpose  
of wine is to make  
food taste better.

— *Myra Waldo* ”

# Make a Wine Sandwich

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**Sip your wine**

***Taste the food***

**Sip the wine**

Notice any difference on the 2<sup>nd</sup> sip



# Food and Wine Pairing

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## 1. Match weights

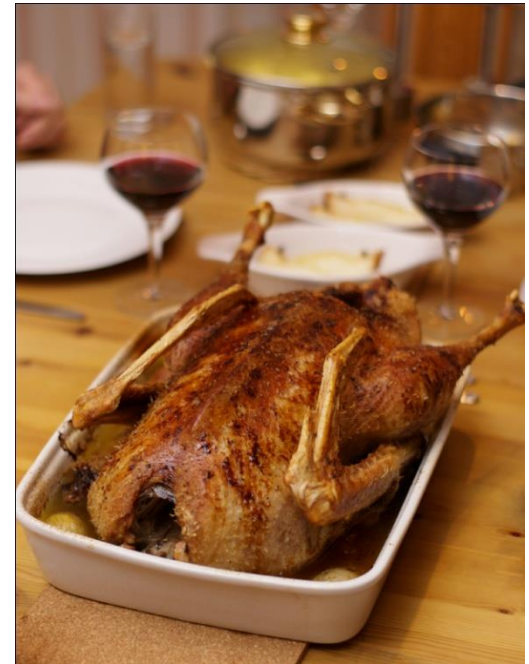
- Light wines with lighter dishes and fuller wines with heavier dishes

## 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!





# Flavors and Wine...

## An interactive lesson

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1. Salt lowers the perception of acid.
2. Fat softens the tannin in reds.
3. Spicy heat is toned down with sweetness and high alcohol wines turn up the heat!



# Flavors and Wine...

## An interactive lesson

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4. Sweet + Sweet makes both taste less sweet.

5. Sour + Sour makes both taste less sour.

6. Smoky/Toasty foods with oaky wines



# My Gifts to You...

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1. The Wine Coach APP (iPhone/Android)
  - [www.TheWineCoach.com/App](http://www.TheWineCoach.com/App)
2. Free Video Series
  - [www.thewinecoachsecrets.com](http://www.thewinecoachsecrets.com)



# Let's Connect!

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- Linked In: Laurie Forster
- [YouTube.com/thewinecoach](https://www.youtube.com/thewinecoach)

