

Using a Tasting Mat

Want to learn more about the art of wine tasting? Pour yourself a glass and mark down what you notice on this tasting mat to start thinking about wine like the experts.

01. Look

Take a look at your wine in the glass. What colour is it, and how intense is that colour? Be specific! If it's a white wine, is it more lemon or golden? For a red wine, is it more purple, ruby, or brown? Does the wine look pale or more deeply coloured? (It helps to hold your glass up to a white background.) Assess viscosity by tilting your glass—more viscous wines will leave a film or 'tears' on the sides of the glass.

02. Smell

Start with one sniff for a first impression. Before smelling it again, swirl the glass to release the aromatics. Bring the glass right up to your nose—don't worry about getting too close! Take a deep inhale and consider the notes you're smelling. If you're feeling stuck, start with broad categories like 'fruity' first, then narrow it down from there.

03. Taste

It's time to taste your wine. Take a sip, and try to get the wine everywhere on your palate for a fuller sense of the flavours (yes, this is why experts swish wine around in their mouths).

Some helpful hints:

- Tannin-heavy wines are more bitter or astringent and feel like they remain on your tongue even after you swallow.
- A wine that feels heavy on your palate is a 'full-bodied' wine.
- Wines with high alcohol content tend to be full-bodied and more viscous.

Follow this structured tasting process with each new wine you add to your collection—with practice you'll start noticing more subtle flavours and build a working knowledge of the characteristics of different types of wine. Just don't forget to write down the name of the wine you're tasting to refer back to later!

Wine #1

Date tasted: _____


Wine #2

Date tasted: _____

Wine #3

Date tasted: _____

Appearance

COLOUR circle the closest colour 

INTENSITY pale medium deep

VISCOSITY watery medium syrupy

Aroma

INTENSITY low medium high

AROMAS (e.g. fruits, flowers, herbs, spices, earthy notes, etc.)

Taste

SWEETNESS dry sweet

ACIDITY low medium high

TANNIN low medium high

ALCOHOL low (<10%) high (>15%)

BODY light medium full

FINISH short medium long

NOTES

Details

VARIETIES _____


REGION _____

VINTAGE _____

PRODUCER _____

MY RATING ☆☆☆☆☆

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