

LifeStyle ★ 品味生活

JULY 2013

Design Art Luxury Gourmet Travel Leisure

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自省的快乐
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A Reflective
Happiness

盛夏
快乐清单

THE A TO Z
OF HEDONISM

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人民币 40 元 CN41-1046/J
港币 50 元

ISSN 1003-2711



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南腔
北调



扫描有礼

酒中幸福唯自知

Wine Happiness

It's a Personal Affair

自己喜欢的就是好酒。同样的道理，品尝葡萄酒的快乐只有品酒的人自己知晓。品酒人得知道自己喜欢哪种类型的酒，要明白这一点，最好的方法就是遍尝天下美酒。好酒品得越多越容易找到自己钟爱的酒款。要想始终如一地享受美酒带来的快乐，最好让品酒成为一种习惯。

同大多数人一样，各种各样贮藏得当、风味上佳的葡萄酒我都喜欢，令我感到赏心悦目的酒款有很多，产地也不同。判断自己是否喜欢一款酒的关键就是回味每一次品酒的经历，然后问自己两个问题：我真的喜欢它吗？它能让我快乐吗？如果答案是肯定的，它就是你的爱酒了；如果答案是否定的，那就毫不留情地将它剔除。感觉差强人意的酒款也是我所不能容忍的，除非它能够取悦我。就这么简单。

我是这么来评判一款酒的：色度，酒体及挂杯，10%；酒香，10%；口感，60%；余味，20%。你可以自己确定每项所占的比例，也可将评判标准分得更细一些，这样每项所占比例也会相应缩小。以上述第一条标准为例，你可随意确定各部分所占比例，比如色度 1-2%、酒体 1-2%、挂杯 6-8%。如果你一直用同一标准来衡量每一款酒，随着时间的推移你会发现自己钟爱的酒款越来越多。

当然，还要考虑最适合你的葡萄酒与食物的搭配。除了上述的一些评判标准外，我有如下建议：先品尝美酒，感到满意后再挑选你认为最合适食物与之搭配。结果全部满意，就可以将其纳入你的最爱酒单了。记住，如果第一步就不怎么满意，则弃之不惜。

此外，美酒与浪漫也息息相关。和心爱的人在一起时，哪些美酒能为浪漫时光锦上添花呢？根据我的经验，当美酒唤起甜蜜的爱情，评判过程同样也会变得美妙。除了满足以上标准，如果一款酒能让你沉醉爱河，尽享温柔情事，那它绝对值得登上你的最爱酒单。

这就是葡萄酒中的幸福，也可以说是一些创建私人爱酒清单的小贴士。生活的乐趣在于它的经历，生命的意义也在于此，绝非一板一眼毫无人情味的机械过程。既然找到了令你浑身充满激情的美酒，夫复何求？一旦发现特别的好酒，就赶快将它们收入囊中吧，一如你对其它心爱之物所做的那样。





The definition of a good bottle of wine is “one that you like”. And likewise “Wine Happiness” is a personal affair, for what really matters is what wines make one happy. And the best way to determine what wines provide personal happiness is simply to try as many wines as is possible. Of course, it only stands to reason that the more wines one samples and the more frequently one tries new wines, the sooner one will discover more wines that make one happy. So, if you want to enjoy wine happiness more consistently, my advice is to incorporate wine tasting in moderation into your daily lifestyle.

Like most people, I like the majority of well-made wines that have traveled well (Wines that have been maintained in essentially the same condition as when they left the winery); so there is no single wine or wine appellation (origin) that exclusively brings me wine happiness. The key in evaluating potential wines for your Wine Happiness List is to simply reflect on each individual tasting experience and ask yourself, “Do I like this wine?” “Does it make me feel good?” If the answer is “Yes”, I add it to my List. If it misses the mark, I never look back. If it's kind of okay, it still doesn't make the List; because my List is reserved for wines that really please me without reservation. It's just that simple.

I suppose that the way I score a wine for purposes of “up or down” for my Wine Happiness List is like this:

Wine clarity, color & body or “legs” on my glass: 10%

Nose or bouquet: 10%

Taste on my palate: 60%

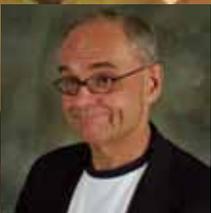
After taste or lack thereof: 20%

Now you can apply whatever % you prefer to each component; and you may even want to be more specific than I by subdividing each category and assigning smaller percentages to each, such as with my first set of criteria (Wine clarity, color & body: i.e. clarity 1-2%; color 1-2%; and body 6-8%); Whatever you like. But if you approach every wine with a uniform scoring process, like I suggest, over time you will truly be learning of a growing number of wines that will consistently bring you the most happiness.

Of course, one must as well consider which wines bring you the most happiness in conjunction with your favorite foods. So, to take the process of wine evaluation one step further, I recommend that you follow the protocol I have suggested, but in two parts: First try the wine by itself; and then, try the same wine with one or more of your favorite foods that you believe would pair well with it. If a wine passes your first test with flying colors; then by all means, taste it with food. Then if it passes both trials successfully, you know it deserves a place on your Wine Happiness List. If it fails the first test, well, there is just no reason to waste good food on a wine that does not please you.

And the final consideration as far as I am concerned is the romantic component: Which wines bring you the most wine happiness when you are with a partner or a potential partner to whom you are attracted, when enjoying foreplay; and of course, when making love. From my experience judging wines when romantically involved is by far the most pleasurable of wine evaluation processes: For all of the aforementioned considerations and steps apply, but if you find a wine intensifies your emotions and heightens your intimate, romantic experience from head to toe, well then, damn if that wine doesn't deserve a special place on your Wine Happiness List! And so that I don't forget which wines best facilitated our love making to new heights of ecstasy, I always place an * after the wines on my Wine Happiness List that artfully arouse my libido; and for those wines that succeed in arousing both our libidos, I place a double **.

So now you know what “Wine Happiness” is and how to create your personal Wine Happiness List. As with all pleasures in this life, the fun is in the process: For life is for living; not being one clinical step removed, as if the dedicated scientist. And when it comes to judging wines that tingle and electrify your passion centers without mercy in the moments or even hours of your love making ecstasy, who could ask for anything more? So when you encounter such very special wines, add them to your List without delay; and if they deserve a double bolded **, by all means, record them as such and buy them in volume, just as you would your other favorite love making “accoutrements” and facilitators of choice. I am *Red Owl*, over & out. ▣



田博华，公益创业家，非政府组织 FTA 领导人。该组织以最小的运营开支争取最大限度地帮助美国及亚太地区需要帮助的人们，并致力于与联合国儿童基金会和国际仁人家园合作来减轻他们的困苦，此外还以直接干预和慈善捐赠的形式帮助柬埔寨和泰国的贫困家庭和个人。目前 FTA 在美国纽约州梅纳兹、柬埔寨金边和泰国曼谷设有办事处。

Fred Tibbitts, Jr. heads an NGO, Social Entrepreneurship, Fred Tibbitts & Associates or "FTA", keeping all expenses to a minimum and donating all profits to those less fortunate in Asia Pacific and the United States. FTA is committed to easing the suffering of those less fortunate via contributions to both UNICEF and Habitat for Humanity International. In addition, FTA does direct intervention, charity relief for individual, very poor families in Cambodia and Thailand. FTA has offices at Phnom Penh, Cambodia; and Bangkok, Thailand; as well as a Menands, New York office in the United States.