



田博华, 享誉全球的葡萄酒专家, 如今常驻于纽约或曼谷。他为众多的连锁酒店及餐厅担当顾问工作, 发表过大量的有关葡萄酒的著作和评论。
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寻找酒中知己

Find Your Favorite Wines, Customize Your Wine Experience

Text: Fred Tibbitts

平时我们吃的都是自己最喜欢而且也负担得起的美食, 既然饮食方面驾轻就熟, 有关饮酒, 我们是否也只能限于几个固定的品牌? 虽然我觉得这个建议不错, 难免有些人会觉得如果喝个酒还要限制在几个品牌的话, 那我们经常即兴发现的那些好酒, 又将如何处置呢?

注意: 如果我们想把喝酒的品牌固定下来, 最好的办法就是首先弄清楚我们最喜欢的是那几种酒, 比如我们经常光顾的小店或酒吧可以买得到的那些。这样一来, 当我们外出的时候, 就可以尝试略微不同但还是和我们经常喝的酒比较相近的酒。举个例子。比如您喜欢来自澳洲或加州的某种Cabernet Sauvignon, 而在某家酒店的酒单上却没找到这个品牌, 那您不妨试试其它来自加州或澳洲而且价格又相当的Cabernet Sauvignon。

当您来到一家陌生的酒店, 在点酒的时候一定要先和服务员交代清楚自己喜欢的品牌, 以方便服务员帮您寻找这种酒或者建议一些相近的品牌。如果服务员看起来很可靠, 您就不妨试试他推荐的品种; 因为他的工作就是为顾客推荐符合其口味的品牌。如果折腾了半天之后, 服务员给您推荐的酒还是令您很不满意, 那以后就不要再这家酒店了。因为服务员的责任就是要熟悉自己酒店的饮食供应。

当您喜欢的酒越来越多的时候, 可以使用以下两种方式来品尝它们: 第一种方式是在品尝酒之前先用清水漱口; 第二种

方式是边喝酒边吃可以和这种酒搭配的食物。您将会发现和食物搭配饮用, 以及单独品尝时, 酒的味道是迥然不同的。因为搭配好的食物可以软化丹宁酸对口腔的刺激, 喝起来更舒服。

如果想要在品酒领域渐入佳境, 您有必要专门做点笔记, 记清楚哪些食物和哪些品牌的酒搭配起来最舒服。当您的这种搭配越来越多的时候, 做点笔记以备将来快速查询之用也是非常方便。

和您的所饮与所食建立一种良好的关系, 当处于人生的低谷时, 品上一杯您最爱的酒, 让这种酒带您重温一下曾经的美好时刻, 您也将享受到不一样的人生!



If you think about it, we all eat the foods we most enjoy and can afford. So since we already customize our diets, why not customize the wines we drink? Hey, it makes sense to me. Some would say that regimenting our wines is going a step too far; that it eliminates the spontaneity of discovering new wines that we had no idea we would appreciate.

Point taken: Therefore the best approach to customizing one's wine consumption is to know a core of wines we like, that are generally available at retail and in restaurants we frequent, yet when we're out and about in restaurants with different wine lists to be willing to try new wines that are in some way similar to what we know we like. So, for example, if you like Cabernet Sauvignon, say from Australia or California, and you don't find one with which you are familiar on the wine list, try another Australia or California Cabernet Sauvignon that's in the price range with which you are normally comfortable.

Chances are you'll be pleased, but be sure to speak first with the server (or sommelier if they have one) about the available choices: Tell the server what you know you like and the origin (or appellation) of these wines and see if that helps the server reaffirm your intended selection or if it prompts him to suggest something else. If the server is confident in his recommendation, knowing what you have



shared with him, go for it; because it's his job to advise you and to know the wine list. If the wine is a disappointment after all the help you provided the server, this is a very good reason not to return to that restaurant. The servers are equally responsible for knowing the restaurant's beverage offerings as well as food offerings: Period.



As you find more wines that please you, be sure to taste each wine in two ways: First, the wine only (Be sure to cleanse your palate beforehand with water); and next with foods that go well with the wine. You will notice that the wine will taste very different alone and with food. If the wine is not quite ready to drink (More often typical of red wines than white wines), you will normally see a dramatic difference between the taste of the wine by itself and with food: The reason is that the right foods soften the tannins in the wine and cover or polish the "rough edges" to make it far more pleasing to your palate. Wines such as these with pedigree will "come together" over time if stored properly.

As a further means of insuring that your wine experience will only improve over time, begin making careful notes in your PDA or smartphone as to which of your favorite wines have gone best with your favorite foods. While you will always remember some of your favorite wine and food pairings, as your catalogue expands, it is best to record everything for instant future reference.

Well, that should do it. Have a truly unique relationship with all that you eat and all that you drink. And when in doubt, always enjoy a glass of one of your favorite wines that reminds you of all that is beautiful and all that matters.

I am **Red Fred**, over & out. ★