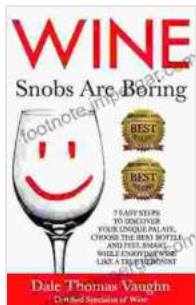


# Easy Steps to Discover Your Unique Palate, Choose the Best Bottle, and Feel Smart

Thinking about enrolling in a sommelier program? Want to be able to impress your friends, family, or significant other with your wine knowledge?

We'll take you on a narrated tour of your palate. And lucky for you, we've boiled wine tasting down to the essential steps. There's no question we can't answer.



**Wine Snobs Are Boring: 7 easy steps to discover your unique palate, choose the best bottle and feel smart while enjoying wine like a true hedonist**

by Dale Thomas Vaughn

★★★★☆ 4.5 out of 5

Language : English  
File size : 1394 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 177 pages  
Lending : Enabled



## Step 1: Identify your basic tastes

The first step to discovering your unique palate is to identify your basic tastes. These are sweet, sour, salty, bitter, and umami. You can do this by tasting a variety of foods and drinks that represent each taste. For

example, you can taste a piece of chocolate to identify sweetness, a lemon wedge to identify sourness, a potato chip to identify saltiness, a piece of dark chocolate to identify bitterness, and a mushroom to identify umami.

## **Step 2: Pay attention to your senses**

When you're tasting wine, pay attention to all of your senses. This includes your sense of sight, smell, taste, and touch. What does the wine look like? What does it smell like? What does it taste like? How does it feel in your mouth? By paying attention to all of your senses, you'll be able to get a more complete picture of the wine.

## **Step 3: Trust your instincts**

There's no right or wrong answer when it comes to wine tasting. The most important thing is to trust your instincts. If you like a wine, then that's all that matters. Don't worry about what other people think. Just enjoy the wine and let your palate guide you.

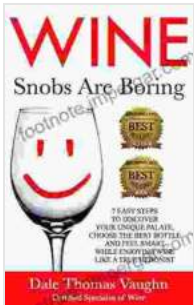
## **Step 4: Experiment**

The best way to discover your unique palate is to experiment. Try different wines from different regions and varietals. The more wines you try, the better you'll be able to identify your preferences. Don't be afraid to ask questions and try new things. You might be surprised by what you like.

## **Step 5: Learn about wine**

The more you know about wine, the better you'll be able to appreciate it. There are many different ways to learn about wine. You can take a class, read a book, or join a wine club. The more you know about wine, the more you'll be able to enjoy it.

Discovering your unique palate is a journey. It takes time and effort, but it's worth it. By following these steps, you'll be able to develop a better understanding of your palate and choose the best wines for you. So what are you waiting for? Start exploring your palate today!

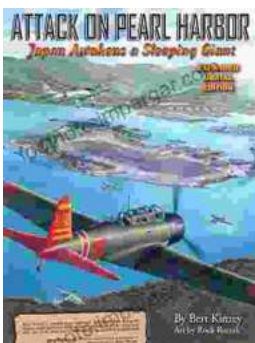


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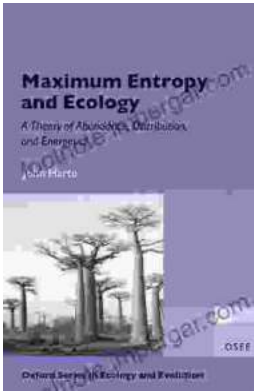
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