A silhouette of a person's head and neck in profile, facing left. They are holding a wine glass filled with red wine up to their nose, as if smelling it. The background is a dark gray gradient.

HOW TO DEVELOP YOUR NOSE FOR WINE

WORKBOOK

INTOVINO

PART 1

THEORY

The Importance of Developing Your Sense of Smell

Your sense of smell is the most important of the 5 senses when it comes to enjoying and understanding wine.

Your olfactory senses (sense of smell) are used when you smell the wine but also when you taste.

This occurs due to a phenomena called retro-olfaction. This is when you have something in your mouth and your olfactory sensors pick up smells.

These smells are in fact flavours.



Retro-olfaction shown by the blue

What Developing Your Nose Will Help You Achieve

Having a developed olfactory sense will help you:

- Know if the wine is fine or whether it is faulty.
- Know the grape variety or grape varieties the wine is made of.
- Identify whether or not the wine has been aged or fermented in oak barrels.
- Find out whether the wine can still improve, whether it's at its peak or whether it is declining.
- Determine the quality of a wine
- Ascertain exactly what it is you like and what it is that you don't, which means you'll know which wines you like and which you don't.

The Families of Aromas

There are nearly 800 different aromas that can be found in wine. To ease things, they have been regrouped into families. Here is a list of the main families of aromas.

FRUITY

FLORAL

VEGETAL

CHEMICAL

ANIMAL

SPICY

LACTOSE

YEAST

SMOKY

WOODY

MINERAL

The Aromas

Here are the main aromas regrouped into their families.

FLORAL



ACACIA



ROSE



JASMIE



HONEYSUCKLE



LILAC



ORANGE
BLOSSOM

FRUITY



BLACKCURRANT



BLACKBERRY



STRAWBERRY



RASPBERRY



APPLE



PEAR



PEACH



APRICOT



CHERRY



WOOSEBERRY



MELON



PLUM



LEMON



LIME



PINEAPPLE



MANGO



LYCHEE



GRAPE FRUIT



GRAPE



RED CURRANT

VEGETAL



GREEN PEPPER



GRASS



ANISEED



MINT



ARTICHOKE



HAY



GARLIC



EUCALYPTUS



ASPARAGUS



MUSHROOM



UNDERGROWTH



TRUFFLE

SPICY



BLACK PEPPER



WHITE PEPPER



CINNAMON



CLOVE



LIQUORICE

The Aromas

LACTOSE



MILK



BUTTER



YOGOURT

AMYLIC



PAINT



NAIL VARNISH



CHEMICAL



VINEGAR

ROASTED



COCOA



GRILLED BREAD



COFFEE



TOBACCO



CARAMEL

MINERAL



CHALK



STONE



FLINT

ANIMAL



LEATHER



FUR



GAME

WOODY



OAK



FRESH WOOD



VANILLA



SMOKED WOOD



EUCALYPTUS

YEAST



BREAD



BRIOCHE



BISCUITS



PASTRY

The 3 Main Groups of Aromas

There are 3 main groups of aromas:

PRIMARY AROMAS

These aromas are varietal aromas. It means that they come from the actual fruit, the grape, and that each variety has its own specific aromas.

FRUITY

FLORAL

VEGETAL

SPICY

MINERAL

SECONDARY AROMAS

These aromas come from the fermentation process, when the grape juice is turned into wine.

YEAST

LACTOSE

CHEMICAL

TERTIARY AROMAS

These aromas come from the maturation and ageing process. These can come from the oak or can come from the evolution of primary aromas.

ANIMAL

SMOKY

WOODY

PART 2

PRACTICE

The Main Aromas You Need to Know

Below is a list of the key aromas of wine. These are the most common aromas. These will cover nearly 90% of all wines.



LEMON



APPLE



PEAR



PEACH



BLACKCURRANT



BLACKBERRY



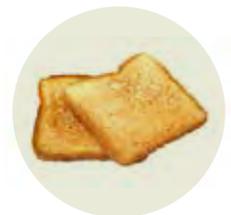
RASPBERRY



VANILLA



BUTTER



TOASTED BREAD



GREEN PEPPER



BLACK PEPPER



CLOVE



CINNAMON



LEATHER



MUSHROOM



HONEY



VIOLET



ROSE



ELDERFLOWER

How To Practice

EXERCISE:

Below is the list of aromas, try to smell each of these as often as possible, to really know what they smell like.

You can use the actual products or concentrates, syrups, cordials.

You most probably won't have all these products at home: you must try to smell all these products whenever you can.

When you go to the supermarket or your local grocer, when you walk past a florist.

Smell them and concentrate on exactly what they smell like.

After 2/3 times, you'll remember these smells.

But more importantly, you'll be able to pick them out in wine.

When you've smelled the product on 3 different occasions, you can tick the box.

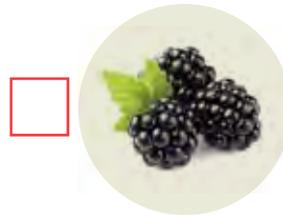
Smells List



LEMON



APPLE



BLACKBERRY



BLACKCURRANT



PEAR



PEACH



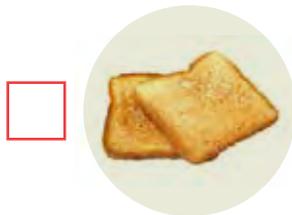
RASPBERRY



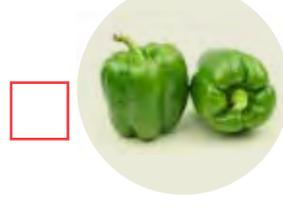
VANILLA



BUTTER



TOASTED BREAD



GREEN PEPPER



BLACK PEPPER



CLOVE



CINNAMON



LEATHER



MUSHROOM



HONEY



VIOLET



ROSE



ELDERFLOWER

How To Taste And Improve

Now you know a few aromas, we're going to take your skill to another level through blind smelling.

For this you're going to need the help of a partner.

Firstly, you need to close your eyes or get your partner to blindfold you.

From the list on the next page, you need to ask them to pick 5 items.

Then, one after the other ask them to put the item under your nose.

Your job is to try to guess what the product is.

1 out of 5 is OK

2 out of 5 is Good

3 out of 5 Now we're talking

4 out of 5 Wow.. This is getting serious

5 out of 5 You are a ninja!

Try to do this regularly, and you will see your wine tasting skill explode!

Test Aromas

- | | | | | | |
|--|---------------------------------------|--------------------------------------|-------------------------------------|--|--|
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Green Pepper | <input type="checkbox"/> Mint | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Melon | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Thyme | <input type="checkbox"/> Cardboard | <input type="checkbox"/> Lychee | <input type="checkbox"/> Toffee |
| <input type="checkbox"/> Pear | <input type="checkbox"/> Clove | <input type="checkbox"/> Laurel | <input type="checkbox"/> Grape | <input type="checkbox"/> Apricot | <input type="checkbox"/> Olive |
| <input type="checkbox"/> Peach | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Coconut | <input type="checkbox"/> Iris |
| <input type="checkbox"/> Blackcurrant | <input type="checkbox"/> Leather | <input type="checkbox"/> Fennel Seed | <input type="checkbox"/> Orange | <input type="checkbox"/> Liquorice | <input type="checkbox"/> Dried Flowers |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Mushroom | <input type="checkbox"/> Banana | <input type="checkbox"/> Lime | <input type="checkbox"/> Biscuit | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Honey | <input type="checkbox"/> Almond | <input type="checkbox"/> Fig | <input type="checkbox"/> Tobacco | <input type="checkbox"/> Geranium |
| <input type="checkbox"/> Toasted Bread | <input type="checkbox"/> Violet | <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Date | <input type="checkbox"/> Cigar Box | <input type="checkbox"/> Chamomile |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Rose | <input type="checkbox"/> Coffee | <input type="checkbox"/> Prune | <input type="checkbox"/> Pine Wood | <input type="checkbox"/> Chalk |
| <input type="checkbox"/> Vanilla | <input type="checkbox"/> Elderflower | <input type="checkbox"/> Tea | <input type="checkbox"/> Raisin | <input type="checkbox"/> Milk | <input type="checkbox"/> Eucalyptus |
| <input type="checkbox"/> Straw | <input type="checkbox"/> Hay | <input type="checkbox"/> Mango | <input type="checkbox"/> Papaya | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Pineapple |

The End

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