

Cheese & Wine Tasting Sheet

Cheese Selection	Matched Wine	Comments	Rating (1-5) (colour the cheeses)
1			
2			
3			
4			
5			
6			

Tasting Tips

When matching cheese and wine, the aim is to discover the match that works for you, and hopefully find a memorable one along the way!

Try tasting the wine first, then the cheese. Give each a moment in your mouth to assess their individual flavours then taste the two together almost like blending a 'sauce'. What can you taste? Does one overpower the other? Or do they create a harmonious blend or totally new flavour sensation?

Look for a complement, contrast or clash. For example:

Complement	a mushroomy Brie complements the yeasty aromas of sparkling wine
Contrast	the piquancy and saltiness of blue cheese contrasts perfectly with a sticky dessert wine
Clash	the combination of blue cheese and red wine can form an unsavoury partnership with a strong, almost metallic after taste

Remember, everyone's personal preferences are different so be confident in identifying and discussing what you like and don't like – that's all part of the fun!

Step-by-step Tasting

Sometimes describing the aromas and flavours is the hardest part of tasting. Use these steps and descriptors as a guide to engage your senses in the tasting process:

1 Take a look

Cheese

Observe colour, texture, shape and condition of the cheese.

Descriptors: smooth, rough, sticky, downy, soft, hard, creamy, grainy

Wine

Tilt glass and observe the colour, clarity and brightness of the wine. It often helps to do this against a light background. Look for wine 'legs' (the streaks of wine on the side of the glass). They indicate the weight or body and alcohol content of the wine.



2 Have a smell

Cheese

Hold a small piece of cheese with your fingers and smell its aroma.

Descriptors: fresh, milky, fruity, mushroomy, earthy, floral, toasted, spicy, cauliflower-like, nutty

Wine

Swirl wine in the glass, holding it by its stem, to release the wine's aroma (bouquet) then take a deep sniff.

Descriptors: floral, grassy, nutty, earthy, fruity, spicy



3 Try a taste

Cheese

Then sample the cheese, slowly chewing it to release flavour. Consider flavours, textures and any lingering after-taste.

Descriptors:

Flavour - acidic/tart, sweet, sharp, salty, bitter, creamy, yeasty, malty, fruity, robust, caramel, custardy, toasty, peppery, zesty, spicy, tangy

Texture - open or close textured, soft, hard, firm, gritty/grainy, crumbly, chalky, springy, smooth, meaty

Wine

Sip wine first, allowing it to slip over your tongue, taking the time to concentrate on its flavour and body. Wait for the 'finish' - the after-flavours that linger in your mouth.

Descriptors:

Flavour - acid, dry, tannic, fruity, sweet, grassy, citrus, berry/cherry, raisin, peppery/spicy, woody, bitter, tart, rich

Texture - light, medium, full-bodied, velvety, rich, fresh, lively, ripe

Cheese & Wine

Now taste both together, blending them into a 'sauce'.

Look for a complement, contrast or clash. Can you find a perfect match?

4 Make a note

Jot down some notes or descriptors of your tasting experience or winning matches as a record.

You may even like to rate those that you like best with a simple point system.

For example:

- 1 poor match
- 2 ok
- 3 good
- 4 great
- 5 sensational!

