

21 DAYS TO WINE: DAY 11

TANNINS IN WINE TASTING

WINE: Paolo Scavino Barolo Carobric 2007

SCENTS: Black licorice, Star Anise

SUPPLIES: A white napkin or piece of white paper (to observe), *Optionally, a very unripe piece of fruit

21 DAYS TO
WINE

REVIEW

In the last lesson we talked about acidity.

To remember:

- Acidity is naturally occurring.
- Acidity is a natural preservative (citric acid).
- You can feel it on the tip and sides of your tongue and the back of your throat.
- Describe it with words like zingy, zesty, bright, prickly, energetic... etc.
- Acidity is an important part of food and wine pairing as it helps to clean your palate after each bite.

TANNINS

Tannins come from the skins and seeds of crushed grapes. Scientifically speaking, tannins are a subset of **polyphenols**, which you might have heard of when talking about antioxidants and heart-healthy foods.

In simple science, Tannins are antioxidants. Polyphenol molecules exist all though out the plant world – in bark, in leaves, thick-skinned berries, and in all kinds of fruit. They are present in coffee, tea, dark chocolate, and in the seeds, skins and stems of the grapevine.

HOW DOES WINE GET TANNINS?

When the grapes are crushed after harvest, especially red grapes, the whole grape goes into the press. The longer the skin, seeds and little bits of the vine remain in contact with the juice, the more tannins will influence the taste and texture of the wine.

HOW DO TANNINS FEEL?

They can create a slightly bitter flavor and an astringent feeling, as if all the saliva was getting sucked out of your mouth. Imagine biting into a very unripe piece of fruit. You feel the sides of your cheeks puckering in?

The grape variety and how the winemaker chooses to proceed will determine the tannic structure of the wine in your glass, even years later.

TALKING ABOUT TANNINS

When wines are very young or very tannic, you feel the dryness and puckering in your mouth and it doesn't feel great. **We call these tannins green or aggressive.**

When the wines have aged and smoothed out a little but still tug like little hooks on your palate, we describe the tannins as **grippy**.

When tannins have evolved and melded to balance with other characteristics of the wine, like acidity, aroma, and finish we often perceive them as **dusty, or silky and fine.**

TANNINS AND WINE PAIRING

Like acidity, tannins are major part of food and wine pairing. When you have something very saucy or a rich broth, a wine with elegant, or polished tannins helps to keep a balance of dryness on your palate.

GRAPES THAT PRODUCE TANNIC WINES

If you know you enjoy the sensation of moderate or polished tannins, look for thicker-skinned grapes, like Cabernet Sauvignon, Syrah, Malbec, Nebbiolo, Sagrantino, Tempranillo and Sangiovese.

PAOLO
SCAVINO
BAROLO
2007

NEBBIOLO AND BAROLO

PRONUNCIATION: *Neb-Eeee-Oh-Low // Bar-Oh'-Oh*

Nebbiolo is a black (red-skinned) grape indigenous to northwestern Italy, predominately in the region of Piemonte, and in parts of Lombardia where it is called Chiavennasca, and in Valle d'Aosta and Sardegna.

The name is thought to derive from the word nebbia, Italian for 'fog,' either due to the frosted appearance of the skin or the grape's tendency to ripen late, during the period the autumnal fogs in the Langhe hills of Piemonte.

NEBBIOLO IN WINE

While most famous as the Barolo grape, Nebbiolo is also blended as it provides structure and unique aromas and flavors. Nebbiolo is known for being quite tannic in its youth but capable of aging and improving for years. It smooths out with time and evolves a series of complex aromas, most notably tar and roses, but also black cherry, berries, violet, coffee, licorice, and spices. Contrary to its depth of aroma, flavor and texture, Nebbiolo is also noted for transparent garnet red that turns a rusty, brick red after a few years, a color normally associated with very old wines.

WINE OF KINGS. KING OF WINES.

Barolo, alongside perhaps Brunello and Amarone, is one of Italy's most prized wines. It grew to prominence in the early 19th Century, when it appeared in the court of Savoy and spread throughout Europe.

The DOCG regulations are quite strict in order to protect the distinctive qualities of the Nebbiolo, grown where is thought to thrive.

BAROLO DOCG

To carry the prestigious Barolo DOCG classification, the wines must be made from 100% Nebbiolo grapes, and may only be grown and produced on hillside vineyards within the communes of Barolo, Castiglione Falletto, and Serralunga d'Alba and in delineated parts

of the communes: La Morra, Monforte d'Alba, Roddi, Verduno, Cherasco, Diano d'Alba, Novello e Grinzane Cavour.

The labels are further classified by mentions of specific villages within the DOCG growing area.

Barolo DOCG standards also dictate that the wines age for a minimum of 38 months, with at least 18 months in oak or chestnut casks. The micro-oxidation allows the aromas to develop and the tannins to relax and amalgamate.

WINE NOTES

WINERY

Paolo Scavino was founded in 1921 in the area surrounding Castiglione Falletto, and named for Lorenzo Scavino's son, who first got his hands in the dirt at age 10. The winery has since remained in the family, and is now run by Paolo's son, and his two daughters who continue a century of tradition working with local grapes Dolcetto, Barbera, and Nebbiolo.

WINEMAKING

The grapes are hand harvested from three of the family small and most precious vineyard parcels, each one bringing unique balance and harmony to the blend. The wine is aged in a combination of small and large wooden casks.



TASTING NOTES

LOOK: The 2007 has the distinctive garnet color amber at the edges.

SMELL: Distinctive and as expected (to the delight of Barolo lovers!). 2007 is considered an exceptional year for big, generous aromas of everything, especially deep ripe fruit.

TASTE: The acidity and tannin are still present but pleasantly pulpy on the palate.

DISCUSS

2007 vintage Barolos are a wonderful introduction to Barolo as they offer so much to smell, taste, and feel. This wine should be served with something thoughtful, like roasted chicken, or other tender meat with plenty of juice. Nothing too abrasive or heavy as you risk covering up the beautiful aromas.

Cheers!
ANNIE

my notes