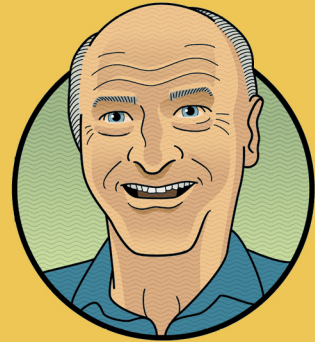


Order Wine Like a Pro

BY ERIN LEWIS

Tony Callendrello '73 M.Eng. '80, a certified specialist in wine and owner of *Vino e Vivo* wine bar in Exeter, New Hampshire, helps demystify overwhelming restaurant wine lists.

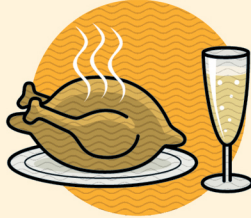


ALTHOUGH NOT A PERFECT STRATEGY, CHOOSING A WINE BASED ON THE PROTEIN IN YOUR DISH IS A GOOD PLACE TO START – THINK RED WINES WITH RED MEAT, WHITE WINES WITH POULTRY AND FISH.



THERE'S SOME CHEMISTRY TO THE PERFECT PAIRING:

SPARKLING WINES LIKE CHAMPAGNE PAIR WELL WITH FATTY AND SALTY FOODS BECAUSE ACIDITY CLEARS THE FAT FROM YOUR PALATE. NEXT TIME YOU GET FRIED CHICKEN (OR DUCK) TRY SOME BUBBLY.



WHAT DO YOU MEAN, "FATTY"? I WORK OUT THREE TIMES A WEEK!



FULL-BODIED WINES LIKE CABERNET SAUVIGNON CONTAIN TANNINS THAT BIND TO PROTEINS, MAKING THEM A GREAT CHOICE WITH JUICY STEAKS.



DON'T BE AFRAID TO DESCRIBE WHAT YOU LIKE AND SET A BUDGET. A GOOD SERVER OR SOMMELIER CAN USUALLY FIND SOMETHING THAT WILL FIT YOUR TASTES AND PRICE RANGE. IF YOU'RE ORDERING BY THE GLASS, ASK FOR A TASTE BEFORE COMMITTING.



A HIGHER PRICE DOESN'T ALWAYS MEAN A BETTER PRODUCT – PRICES ARE INFLUENCED BY COSTS IN THE GROWING AREA. FOR A HIGH-QUALITY BUDGET BOTTLE OUTSIDE THE TYPICAL REGIONS, TRY A WINE FROM PORTUGAL'S DOURO VALLEY.



WHEN YOUR WINE ARRIVES, GIVE IT THE SNIFF TEST – IF IT SMELLS LIKE WET CARDBOARD, RAISINS OR NAIL POLISH, ASK YOUR SERVER OR SOMMELIER TO CHECK IT.

