

鑑賞葡萄酒之旅 Wine Enjoyment in Taiwan



過去這二十幾年來旅居於台灣；我見識到了人們對葡萄酒的認識逐漸增加，而現今它受歡迎的程度已相當驚人。二十幾年前，就算是在最高級的餐廳或飯店裡，您能夠挑選的葡萄酒種類還是少之又少。消費者通常都會犯下一個很基本的錯誤，那就是在酒杯中加入冰塊或汽水。話說回來，在1995到1996年間，葡萄酒受歡迎的程度暴增，以進口葡萄酒的比例來看就上升了550%，主要是因為台灣民眾開始了解到喝葡萄酒對人體的益處。

然而，在1997年亞洲陷入經濟危機時，許多葡萄酒進口商和賣家對於酒本身的認知不深，不懂如何去賣出這些商品，再加上當時消費者也不懂如何享用這些香醇濃郁的葡萄酒，因此造成了整個行業的滯銷。幸虧在2000年過後，葡萄酒在市場上的需求逐漸回昇，在優質的餐廳或飯店裡，酒單中盡是一些來自世界各地，及各種年份的好酒。以目前的葡萄酒市場來看，台灣和其他亞洲地區如：東京、香港和新加坡比起來，還是稍嫌落後了些。而在接下來的內容中，我將提醒讀者們一些欣賞及品嚐葡萄酒的秘訣，希望大家能夠有機會去感受它的美好。

做筆記：

若要消費者光憑記憶去回想昨晚或上禮拜喝過的哪支酒可不是件簡單的事，因為人總是會忘記的。建議您在每次品嚐它時以做筆記的方式去寫下葡萄酒的製造商、葡萄品種、產地及葡萄收穫/釀酒季節，這樣能夠引導您下一次在挑選葡萄酒時，找到更適合自己喜好的酒。另外我也特別建議您在品酒前寫下有關它的a)色澤 b)氣味 c)口感和味道。

適當的喝酒技巧：

我們現在喝的不是杯水或牛奶而已：要真正品嚐道葡萄酒的美味就得懂得喝酒的技巧，這代表我們絕不能啜飲葡萄酒。如果你只喝一小口，在舌尖的味覺就只會限制在甜或酸兩種口感而已，與其這樣你應該喝下一大口，

Over the past two decades I have been in Taiwan, the growth of wine knowledge and popularity has been impressive. Twenty years ago, the selection of wine, even at the finest restaurants and hotels, was very poor. Consumers often made the cardinal sin of adding ice or soda to their wines. However, the popularity of wine exploded in 1995 and 1996, posting 550% growth in wine imports as the Taiwanese learned of the health benefits of wine.

Unfortunately, the 1997 Asian economic crisis and a general lack of wine knowledge by wine importers and retailers who didn't know how to sell the wines, and by consumers who didn't know how to enjoy the wines, resulted in an industry slowdown. Market conditions have gradually recovered after 2000 and, today, the best restaurants and hotels have wine lists that feature some of the world's best wines, from top old and new world regions and producers. Thankfully, too, one rarely sees people adding nasty things to their wines. Despite this progress, however, Taiwan still lags behind the more sophisticated wine markets of Tokyo, Hong Kong and Singapore. Here are some tips that will help your wine appreciation.

Take Notes: Memory is a key factor in increasing your knowledge of wine as many consumers simply forget the wine they enjoyed last night or last week. I suggest you write down the name of the producer, grape and/or style of wine, region and vintage each time you enjoy a wine. This will help guide you the next time you pick a wine. Furthermore, I suggest you make simple tasting notes on the wine's: a) color, b) aroma, and c) flavor and texture.

Proper Technique for Drinking Wine: Wine is not water or milk and is best appreciated using the proper drinking technique, meaning that we never sip wine. If you take only a small sip, your taste sensation will be limited to a sweetness or sourness on the tip of the tongue. Instead, you should take in about 15-20% of your mouth's capacity and move the wine from side to side and front to back as you slowly swallow it. This is important because different areas of your mouth sense different flavors and textures, and to experience the entirety of the wine you must have sufficient wine and use all your mouth.

讓酒在嘴裡含有約1/4的份量，接著像漱口般的前後左右移動，然後才慢慢的吞入口中。這個品酒方式其實是重要的，因為酒在口中不同的位置會給予不同的風味及口感，若要完全的體驗它，你就必須用整個口腔來品嚐。

葡萄酒的最佳品嚐溫度：

在品嚐白酒時它的溫度基本上應該是冰冷的；當酒端到您眼前時，它的溫度若是在攝氏6-8度口感則較劣，但若能保持在攝氏10-12度，它的整體品質會最佳。以紅酒來看：薄酒最能發揮其風味的品嚐溫度介於攝氏12到14度，味道較淡或酸的紅酒則應在飲用時維持攝氏14到16度，至於濃郁度較高的紅酒品種如卡本內蘇維翁(Cabernet Sauvignon)、梅洛(Merlot)、及施赫(Syrah)，它們最佳的品酒溫度則是攝氏18度。在台灣，許多消費者所犯下的錯誤就是在喝紅酒時讓它溫度太高，約攝氏25到30度或本身的室內溫度，其實這麼高的溫度會將優質酒的口感破壞。建議您在飲用前先開瓶，以保留足夠“醒酒”時間，這樣可以使葡萄酒風味更佳。一般紅酒只需5到10分鐘的醒酒時間，然而口味較濃郁的則需一小時或更多的時間。

餐食與葡萄酒的搭配：

有些無年份的香檳或雪莉酒(全乾)非常適合作為餐前酒飲用；但絕大部分的葡萄酒，尤其是上好的品種，若搭配著食物一起享用會更加的香醇。餐食與葡萄酒搭配的基本規則就是要強調它們彼此的相同之處或對比。因此，當您在享用鱈魚搭配白(奶油)醬汁的料理時，點杯具濃烈香氣的夏多內(Chardonnay)，或酸度較高的西班牙葡萄酒阿爾巴利諾(Albarino)都很適合。滿載果香的乾澀白葡萄酒如來自法國或紐西蘭的白蘇維翁(Sauvignon Blanc又叫“長相思”)系列，用來搭配生魚片及其他海鮮料理則是非常恰當。另外，來自勃根地(Burgundy)、加州那帕(Napa)、智利及澳洲等產區的濃郁雪當利系列白酒，若用來搭配白醬的魚料理或白肉(如雞、小牛犢肉、豬)，也是相當合宜。

保存葡萄酒：

若沒有將葡萄酒確實恰當的保存；那麼我們之前提到的所有品酒小秘訣也就毫無意義了。尤其在夏天，要特別注意並小心收藏酒的方式，因為台灣的氣候非常炎熱，高溫或溫度的變動(當您將冷氣又開又關)，都會迅速地破壞葡萄酒的品質。

針對這個問題，最佳的解決方式就是建議您買個葡萄酒櫃。目前國內製造的酒櫃可放置大約100支葡萄酒，而價格則是在25,000元左右。這些酒櫃能將您鍾愛的葡萄酒保存在最理想的環境中。在不然，找一處涼爽陰暗的地方，將一瓶葡萄酒側身擺放(臥式)。若您將瓶身直立著擺放，經過一段時間後上方的橡木桶會變乾澀，讓空氣流入瓶中，過度的氧化則會使酒變質。避免讓陽光直接照射瓶身，尤其是白酒。只要您妥當的保存收藏葡萄酒，它會給予您最優雅、純正細膩的味覺體驗。



Serving Conditions: Basically, white wine is served chilled with the lesser whites served 6-8 C and the best whites served 10-12 C. The proper serving temperature for red wines is between 12-14 C for Beaujolais, 14-16 C for very light or acidic red wines, and 18 C for full-bodied red wines including Cabernet Sauvignon, Merlot and Syrah reds. In Taiwan, the biggest mistake many consumers make is to serve red wines too warm, at about 25-30 C or the average Taiwan room temperature. Temperatures this high will destroy even the best red wines. Red wines benefit from breathing time after opening, with simple reds needing only 5-10 minutes and the most full-bodied and complex red wines needs an hour or more.

Pairing with Food: Some wines, like non-vintage Champagne or dry Sherry, are perfect as aperitifs; but most wines, especially the best wines, benefit from being enjoyed with food. The most basic rule of wine and food pairing is to emphasize similarities or contrasts. Therefore, a sea bass in cream sauce goes beautifully with a rich creamy Chardonnay as well as an acidic, fresh Albarino from Spain. Aromatic, dry whites like Sauvignon Blanc wines from France or New Zealand are perfect with sashimi and a variety of shellfish, while full-bodied Chardonnays from Burgundy, Napa, Chile and Australia are lovely with elegant fish dishes with cream sauces as well as white meats (chicken, veal and pork).

You can also break the rules with beautiful results by enjoying a New Zealand or Pacific Northwest Pinot Noir, or young Burgundy, with oily fishes like grilled or baked tuna steak, cod and salmon. Red meats are best with red wines, with the rule being the heavier or fatter the meat, the more tannic the wine should be as the fat helps distinguish the flavor of the meat and tannins facilitate the digestion of fats. For dessert, the basic rule is your wine should be slightly sweeter than your dessert. But there are few absolute rules; as your expertise grows, you will increasingly be able to very deliciously break the rules.

Storage: All the best aforementioned efforts shall be for nil should you not store your wine properly. Be especially careful in the summer when temperatures in Taiwan are very high. High temperatures and temperature fluctuations (when people turn on and off their air conditioners) will quickly cause damage to wines.



Best case, I suggest you buy a wine cabinet. There are several locally produced wine cabinets that can hold about 100 bottles and be purchased for about NT\$25,000. These cabinets will keep the wines in an optimal environment. Otherwise, find a cool dark area and lay the bottles on their side. Standing a wine up too long will eventually result in the cork drying, air seeping in and spoilage to the wine. Also direct sunlight damages wines, especially white wines. Store your wine properly and it will reward you with superior performance.

前五名最佳推薦 Recommended BEST BUYS

I taste well over 1,500 different wines each year and here are some of my picks as the best wines in their class for 2008 that are all readily available throughout Taiwan. (Distributor tel. numbers noted.)

我每年都品嚐大約1,500種不同品牌的葡萄酒。接下來我要跟大家分享2008年各種酒的等級中，本人認為品質最優、最值得推薦的一些品牌。當然，您現在在台灣的市場也可以找的到。(下列附有批發商電話號碼)

封面故事 cover story



500元左右/以下的優質紅酒 Five Reds At/Under NT\$500



1. 銀影梅爾貝紅酒 (Argento, Malbec), 2006年(450元) - 梅爾貝葡萄酒來自阿根廷，可以說是全世界最有價值的葡萄酒之一。它有非常好的製造商，價格也相當合理。(02-2712-6660)

Argento, Malbec, 2006 (NT\$450) - Malbec wines from Mendoza, Argentina are among the best value wines in the world, this wine is from a very good producer and delivers a hearty red wine experience for a very reasonable price. (02-2712-6660)

2. Lurton, 梅爾貝 (Lurton, Malbec), 2006年(450元) - 這是另一支產自阿根廷，很有價值的梅爾貝系列酒。它是支充滿果香，醇厚的紅酒，搭配各式烤肉格外的美味。(02-2737-0123)

Lurton, Malbec, 2006 (NT\$450) - Another great value Malbec from Mendoza, this full-flavored and robust red wine is the perfect companion to all types of BBQ meats. (02-2737-0123)

3. Aromo, Carmenere, 2003年(400元) - 這是所有500元以下的紅酒中最有特色的一個：產地是智利，它的口感滑順、充滿果香、單寧酸含量低，很適合與北京烤鴨一同食用。(02-2737-0123)

Aromo, Carmenere, 2003 (NT\$400) - One of the most distinctive reds under NT\$500, this Chilean wine offers smooth and fruity flavors with soft tannins and is especially good with Beijing Duck. (02-2737-0123)

4. El Coto, Crianza Rioja, 2003年(500元) - 現在歐元如此的昂貴，已經越來越少大約500元左右的歐洲地區紅酒。這支極受大家歡迎的西班牙葡萄酒來自充滿歷史性的里歐哈地區，可以說是這當中品質最佳的紅酒，口感圓滑、有高雅的葡萄酒香。(02-2737-0123)

El Coto, Crianza Rioja, 2003 (NT\$500) - With the euro at record levels there are ever fewer drinkable European reds available at NT\$500, this very popular Spanish red from the historic Rioja region is perhaps the best with smooth and fruity elegance. (02-2737-0123)

5. Domaine Grand Estagnol, 2003年(450元) - 這支酒是產自於法國較不知名的地區Corbierre：它的口感濃度適中，有50%香濃果味的格納希(Grenache)，50%法國Carignan紅酒-它給予一種微辣的性感風情，當然也是一般法國紅酒中價格相當實在的一個。(02-2708-2567)

Domaine Grand Estagnol, 2003 (NT\$450) - From the lesser-known French wine region of Corbierre; this medium body 50% Grenache, 50% Carignan red offers a spicy-sexy drinking experience at unheard of price for a French red wine. (02-2708-2567)

500元以上的優質紅酒 Five Reds Over NT\$500

1. 小龍船波爾多紅葡萄酒, 2004年(600元) - 這是我所喜愛的低價位波爾多紅酒，也是由知名的龍船莊園所製造出產的第三支葡萄酒，口感極佳。(02-2712-6660)

Grand Bateau Rouge, 2004 (NT\$600) - My favorite low-price red Bordeaux wine, this is the third wine of the legendary Chateau Beychevelle and offers an elegantly balanced classic Bordeaux experience. (02-2712-6660)

2. 公牛血 (Dr. Wein, Bull's Blood), 2003年(800元) - 以這個價位看來這是一支台灣市場上最特別的紅酒Bull's Blood重口感，色澤深沉，產於匈牙利，已有超過600年的歷史。(02-7711-9898)

Dr. Wein, Bull's Blood, 2003 (NT\$800) - At the price this is one of the most special red wines in Taiwan; Bull's Blood is full body, flavorful wine that's Hungary's most famous style of red wine with a history of over 600 years. (02-7711-9898)

3. Zenato酒廠出產的Ripassa Valpolicella Superiore (DOC), 2005年(1,500元) - 產自於羅密歐與茱麗葉的家鄉義大利威奈托大區，質量優異的Valpolicella 很適合情侶之間共享。以古老的釀酒方式製造，口感格外的平順，果香十足，即使入喉以後，它的香味還是會停留口齒間很長的一段時間，感性非常。(03-211-8430)

Zenato, Ripassa Valpolicella Superiore (DOC), 2005 (NT\$1,500) - From the land of Romeo and Juliet, Veneto, this is indeed the perfect wine for romance as it is made using an ancient process and offers super smooth, sensual fruit flavors and a very long and smooth finish. (03-211-8430)

4. 瑞卡利男爵酒莊出產(Barone Ricasoli) 陳釀古典康帝干紅葡萄酒(DOCG), 2003年(1,400元) - 來自於全世界最古老的葡萄酒製造商：位於義大利托斯卡尼，自西元1141年起就開始釀造葡萄酒了。這裡大部份以釀造桑嬌維賽(Sangiovese)葡萄酒聞名，也是台灣地區最有貴族氣息的一支好酒。它口感超滑順厚實，後勁濃郁，也是我最鍾愛的紅酒之一。(02-2712-6660)

Barone Ricasoli, Rocca Guicciardi Chianti Classico Riserva (DOCG), 2003 (NT\$1,400) - From the world's oldest wine producer who has been making wines in Tuscany since 1141, this mostly Sangiovese wine one of the most noble red wines in Taiwan with super smooth and elegant black and red fruit flavors and a long graceful finish; one of my all-time favorite wines. (02-2712-6660)

5. 克拉克酒莊, 2004年(1,750元) - 由埃德蒙·德·羅斯柴爾德男爵買下，這家位於里斯特哈克-梅多克產區中心酒莊出產的1855年波爾多紅酒高雅華麗，絕對讓您自己和朋友感到格外尊貴。(02-2712-6660)

Chateau Clarke, 2004 (NT\$1,750) - Owned by Baron Edmond de Rothschild, this Listrac-Medoc chateau offers similar power, grace and balance to the great 1855 Class Classification Bordeaux wines for a fraction of the cost; this is a great wine to impress your friends as well as yourself. (02-2712-6660)



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幾支特選白葡萄酒 Some White Picks



1. 法國波爾多白酒 (Grand Bateau Blanc), 2004年(600元) - 和它出產的紅酒一般，這支優雅的波爾多葡萄酒價格實惠。我曾在許多場合中介紹這支白酒給大家品嚐，人們的反應都相當的好。它的口感平均散發出果香及花香，酸度也適中。(02-2712-6660)

Grand Bateau Blanc, 2004 (NT\$600) - Like its red wine counterpart, this is a terrific Bordeaux at a very reasonable price; I have served this wine at many events and it never fails to amaze people with its refined balance between fruitiness and acidity and lovely bouquet. (02-2712-6660)

2. 雨果精選白葡萄酒 (Hugel, Gentil), 2006年(700元) - 價格合理的葡萄酒來自阿爾薩斯最出名的酒製造商，這支高雅有清新果香的白酒含礦物質適合搭配多樣中式菜色一起食用。(02-2712-6660)

Hugel, Gentil, 2006 (NT\$700) - Reasonably-priced wine from Alsace's best known producer, this elegant, fruity white wine with attract hints of minerals is terrific with many types of Chinese cuisine. (02-2712-6660)

3. Bujdoso, Kesoiszuretelesu Tramini, 2006年(800元) - 這支酒以匈牙利文取名：是台灣目前最好的半甜葡萄酒，價位在1,000元以內，在世界級的評酒會中總是平均達到92+的高分囉！(02-7711-9898)

Bujdoso, Kesoiszuretelesu Tramini, 2006 (NT\$800) - Forget about the Hungarian name that few in Taiwan can pronounce, this is simply the best semi-sweet wines under NT\$1,000 that's available in Taiwan; this elegant white routinely earns scores of 92+ from the world's wine critics, including myself! (02-7711-9898)

4. 灰皮諾白葡萄酒 (Colterenzio, Pinot Grigio Classic) (DOC), 2005年(850元) - 這支酒是由葡萄酒界中最時尚的白葡萄品種灰皮諾所製成的優質品牌。來自靠近義大利北方的高山上，它的香氣十足，適合與各類海鮮做搭配。(03-211-8430)

Colterenzio, Pinot Grigio Classic (DOC), 2005 (NT\$850) - Made from the wine world's most fashionable white wine grape, Pinot Grigio, this wonderful wine from near the Alps in Northern Italy, offers an aromatic fruity experience that great with all types of seafood. (03-211-8430)



5. Forrest Estate酒莊出產的優質白蘇維翁 (Sauvignon Blanc), 2005年(850元) - 葡萄酒鑑賞家的真摯推薦！它的出產地來自於紐西蘭的小酒莊，因此特別受到尊敬。口感有令人興致高昂的水果香和礦物質，和另一支比較貴，也與比較知名的紐西蘭白蘇維翁酒相當類似。(02-2708-2567)

Forrest Estate, Sauvignon Blanc, 2005 (NT\$850) - Wine connoisseurs will not be surprised by this choice as this is one of the most respected small producers in New Zealand; this wine offers all the exciting zesty fruitiness and minerals of better know and more expensive New Zealand Sauvignon Blancs. (02-2708-2567)



艾哲爾(John H. Isacs)是一位享有盛譽的葡萄酒鑑賞家、作家和顧問亦是中/英文暢銷書-「愛吃客 ISACS Guide」作者。從2002-2006他總共出過了12本十分暢銷的葡萄酒書籍並榮獲台灣及亞洲區卓越台灣出版大獎。艾哲爾亦為「英卓美食網」的執行長-屬台灣知名的美食網站(www.enjoygourmet.com)他也是國內外商家與企業行號聘請的葡萄酒與美食相關顧問，曾旅行過80餘國，並居住於台灣和大陸超過20年以上。

Wine writer, advisor and media personality John H. Isacs is one of the region's most respected wine connoisseurs, writers and consultant, and the main author of the best-selling English/Chinese "ISACS Guides" gourmet wine and restaurant books. He has authored over a dozen books and, from 2002-2006, his wine books were the best-selling wine publications in Taiwan and Asia and received the distinguished Taiwan Publishers Award. John is also the founder of Enjoy International Inc., Taiwan's most popular network of digital gourmet content and services (www.enjoygourmet.com). He is a wine and food related consultant to dozens of international and local businesses and organizations, has traveled to over 80 countries, and lived in Taiwan and China for over 20 years.

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