

# THAT LITTLE WINE BAR

## James The Sommelier – The Girls' Guide to Wine

*'Wine honors the soul, so honor it with yours.'*

### The Girls' Guide to Wine

I am now delving into uncharted waters. Creating a wine guide for men is relatively simple for a man but trying to suggest how women would most enjoy wine is tricky... at best... especially when you are *not* a woman. Let me know how it goes down ladies...

The world of wine is inundated with influential female winemakers, despite the fact that even in some regions of modern day Europe women are forbidden from entering cellars as tradition states menstruation can contaminate the wine. I know, I know... you do have it harder than men. Even so, from Nicole-Barbe Ponsardin (the widow responsible for Veuve-Cliquot champagne as we know it) to Mary Penfold (the driving force behind Penfolds wines), women have continued to shape and characterize the wine market.

As a block of trivia information, this is all well and good but it does not really scratch the surface of what women might like to drink. It may be time to micro manage the situation into something more akin to pairing. What wines would certain women prefer to drink?

If malls, designer logos, stilettos and neon lights make your head spin with glee then you are definitely a sparkling wine drinker. Champagne, in all its shapes and forms, will certainly add to any party or gathering and goes excellently with almost any light dishes or canapés. If something sweeter is more to your taste then a traditional Prosecco is probably more to your taste, or a fabulous pink bubbly.

Okay, so you're not a girl that is particularly interested in the next season's Prada label. Maybe you're more of the outdoors type; cycling, running, climbing... bungee-jumping pair very well with live, vivacious wines hiding plenty of surprising undertones. Pinot Grigios from north-eastern Italy will contain a level of acidity balanced with citrus fruits to go perfectly with that light salmon or chicken dish in the early evening.

Maybe you're a family girl. Devoid of any need for glitter during a high glass event, or refreshment after a hard day jumping out of planes your ideal wine would be one to be enjoyed by the whole family around the dinner table or with a group of friends catching up on gossip. A full, smooth, fruity blend of Cabernet-Shiraz from Australia's Barossa Valley or a South Africa Cab/Shiraz/Viognier would certainly set tongues wagging.

What about the businesswomen out there? Winding down in the evening but still wanting your wits about you in expectation of that next conference-call, you're not going to want anything too strong. In order to find that balance between relaxation and readiness alcohol percentage is the key. Zweigelt, a red Austrian grape, has under 12% alcohol as do some Italian Sangioveses. In most cases, lighter-bodied old world wines will be lower in alcohol than big fruity new world wines.

**TIPS: For guys out there, this could be your key to the door...**

For more information about wine join our wine classes at That Little Wine Bar, 54 Chow Thye Road,  
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