

## A'Roma Therapy Wine Club

Happy 2017, members o' the Wine Club ("Wine-o's")! Your Board is hard at work planning fun events for this year, such as a wine & chocolate tasting in February. Watch your email for details, but **SAVE THE DATE:** Thursday, February 16<sup>th</sup>.

In the meantime, read below about pairing wine with chocolate and peanut butter (yum!). It's the new meal-replacement diet!



### Peanut Butter, Chocolate and Wine!

Peanut butter cups are the Devil's candy to some: once you start, you can't stop! So why not add wine and make a meal out of it? What qualifies as a meal? You need protein, fat and carbohydrates. Peanut butter contains protein and fat, chocolate contains fat and carbohydrates, and wine contains carbohydrates. Perfect!

Like most foods, we've actually found some wine pairing suggestions.

Since confectionary chocolate is a sweet food, experts start with recommending a sweet wine. Typically, red wines pair better with chocolate. However, the fat content of the peanut butter (and milk chocolate) make some white wines complementary. In the tasting notes, look for mention of chocolate and nuts.

Try Port, Sherry and other dessert wines. Also experiment with Pinot Noir or a late harvest (sweeter) Riesling. Have fun!



**Save the Date!**  
**Feb. 16<sup>th</sup>: Wine & Chocolate**

### Malolactic Fermentation: What is it?

During wine making, lots of cool chemical stuff happens. Molecules move around and change, based on a number of influencers.

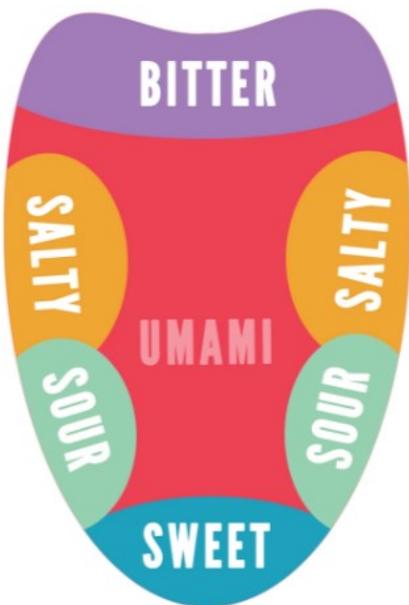
When a wine is tart, you taste the naturally occurring malic acid in it (the same component that makes Granny Smith apples sour).

When a second fermentation is applied to the wine, some of the malic acid turns into the smoother lactic acid (the same acid that makes sore muscles after unaccustomed activity). The lactic acid imparts a buttery feel to the wine. The level of butteriness depends on the length of the second fermentation.

### Your Tongue & its Tastes

Most of us grew up learning that the tongue is sensitive to four different tastes in different regions. This illustration shows a fifth taste (umami) which is a "meaty" flavor from glutamate and some amino acids present in foods. Some experts debate that there is a sixth "taste" (fat).

Another recent revelation is that taste buds (all 10,000 of them!) actually detect all flavors, not just the ones assigned to them in these diagrams. Take this easy test: put some salt on the tip of your tongue - what do you taste?



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Expires January 31, 2017



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