

# A guide to drinking wine at home

By Eric Asimov, *New York Times*

People who love wine generally consume more of it at home than anywhere else. And regardless of the quality of their glasses or the extent of their cellars, those who most enjoy wine at home share one attribute: a commitment to drinking it.

Many people who profess to value wine break out bottles only on special occasions, or on weekends. But people who really love wine think of it as an ordinary part of their meals, like salt or bread. Regular consumption is the single most important characteristic of the confident wine lover.

The benefits of commitment far outweigh a primer on proper glassware or schematics for pairing food and wine. Drinking wine regularly develops your critical ability and your sense of your own taste. And it helps answer the crucial question: Do you like wine enough to want to learn more about it? If you do like it, the repetition of pouring a glass with a meal becomes a pleasurable learning experience, which in turn leads to a greater sense of confidence. That, more than anything, improves the experience of drinking wine anywhere.

Regular wine consumption does not mean you need to drink a lot. It could be just a glass with dinner. Or a couple could share a bottle, which, like the 90-foot baseline in baseball, is just the right proportion: Two people can generally finish a bottle happily rather than woozily. Either way, or anywhere in between, regular drinking renders wine ordinary in the best sense rather than extraordinary.

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