

人对各种刺身和寿司如数家珍的，喜爱酒人士也逐渐成为了日本清酒的一部分人也许并不知道。清酒在亚洲的饮用习惯的。

的不同，在饮用时的温度也有不同。清酒适合温饮？何种适合冰饮？其整体的香气及酒的原料来区。若是属于口味浓厚、香气较高的清酒，本酿造酒、普通酒等，则适合为这几款酒在经过加热的过程，其香气带出，让酒质更浓郁醇香。

适合冰镇后饮用，这主要是因为清酒在温热的后，酒中的香气会因为温度的升高而散发逸失，若是清淡纤细的酒精，其口感风味容易因此而散失，所以比较适合冰饮或常温饮用。

最常见的温酒方法，是将欲饮用的清酒倒入清酒壶中，再放入 80 至 90 度的热水中，加热 3、4 分钟即可。这种隔水加热法最能保持酒质的原本风味，并让其渐渐散发出迷人的香气。

冰饮的方法也各有其不同的表现方式，较常见的是将欲饮用的杯子预先放入冰藏，要饮用时

的传导融入酒液中，以保存住纤细的口感。另外也有一种特制的酒杯，可以隔开酒液及冰块，将碎冰块放入酒杯的冰格后，再倒入清酒，当然最方便的方法就是将整樽的清酒放入冰箱中冰存，饮用时再取出即可。

无论冰饮、热饮，只要选对了酒，用适合自己的饮用方式细心品尝，就算无法像品酒师一样那么理性的分析口感与成分，但却也能感性的体会个中巧妙。

The Subtle Art of Sake

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For many, Sake is a beautiful accompaniment to Japanese cuisine, offering a hot, warm or cold addition to the food's distinctively simple and elegant dishes. However, the artistry to brewing and drinking Sake is far more complex than the average consumer thinks, so much so that there are now numerous books, articles and documentaries about the craft, in addition to international sommelier certifications which are expanding the drink's reach far beyond the borders of Japan.

In line with Japanese culinary tradition, the focus on precision and detail are paramount when creating the best sake. The process is laborious, requiring producers to choose only the best grains of rice, to pay meticulous attention to detail when removing the outer hull, and to use the correct steaming temperature and techniques. They must accomplish these steps all while ensuring the proper aromas, flavours, textures and fermentation processes are flawless. It is an art form that, until recently, was passed down from generation to generation and limited to one season only in Japan.

In stark contrast to its production, the basic ingredients for the drink are unbelievably simple. Rice, water and yeast aided by koji, a mould enzyme that assists with the fermentation process. Yet, even within the simple ingredients, subtle details make a big difference. For instance, using hard water can make a sake more full-bodied, while soft water creates one that is lighter-bodied.

Is Sake a Wine, Beer or Spirit?

Much like wine, different types of sake have varying favourable drinking temperatures. Some taste better chilled, while some cultivate better flavours when heated. Unlike wine, however, sake is brewed. Even though many call it 'rice wine', it is technically closer to beer in terms of production. It requires fermentation and saccharification—a process that converts starches into sugars—a step that also occurs in beer production. This is also the reason why



Sake Types and Grades

In a broad sense, sake can be separated into two categories: sake with added alcohol, and sake without added alcohol. Traditionally, alcohol was never added to sake, but when Japan had to ration rice during World War II, the brewers used it to compensate for the lack of rice. Nowadays, many prominent brands still add alcohol because it also helps to release aromatics and flavours within the rice.

In contrast, many cold sakes use rice that has been polished so that the outside layers of fats and proteins are taken away. The more the rice is polished, the more delicate and high-grade the sake becomes. Accordingly, the flavours also become delicate and subtle, meaning that chilled or cool temperatures are best for promoting these flavours.

Generally, Junmai-shu (pure rice) sake has a strong taste and aroma, while Honjozo-shu (genuine brew with distilled alcohol added) sake has a broad range of flavours and aromas that are brought out with heating. Ginjo-shu and Daiginjo-shu (special brew) sakes are best served chilled or at room temperature because of their delicate flavours and structure.

Terminology and Etiquette

For a more detailed guide to sake terminology and etiquette, please refer to the full guide.

tokuri. The traditional porcelain sakazuki, though, in our modern times, high-end restaurants serve pre-iced wine glasses to promote the drink. The use of wine glasses also drinking, which is a common mistake those not versed in sake. Frequently, people mistakenly drink the cup of sake as if they presume it to be a shot—which it most certainly is not.

Heating and Cooling

The most common way of heating sake is to pour sake into a heated wine pot with water until it is at the desired temperature, and then place the pot in a larger pot of water for 3-4 minutes. Placing the pot in water that is too hot will completely destroy the flavours and aromas, so it is best to err on the side of coolness.

For cold sake, the most common way is to pour sake into chilled cups. While quality sake, however, these temperatures vary and should be served according to the bottle's directions or sake sommelier's advice.

Regardless of your temperature preference, the predominant experience from drinking one of smoothness and subtlety. In Japanese cuisine, the first impression is one of simplicity, but the last

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