

To moderate consumption, you can make a bottle last a week

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At a recent wine gathering we found ourselves politely sipping a wine we really didn't like, but one the host had generously offered to us. After nursing a single glass throughout the evening, we returned home unsated but satisfied that at least we didn't over-consume.

We know that sounds snobbish, but everyone has set a different threshold for what we enjoy and at a time when we are drinking less, we don't want to spend our allotment on an unappealing wine.

Perhaps you've adopted a similar philosophy. If you're reducing your intake, why compromise on quality? Consider this: rather than sharing a \$15 bottle with your partner over one dinner, enjoying a \$30 bottle every other evening costs the same while potentially doubling your pleasure.

Extend a \$40 bottle across several evenings, and the value improves further. Even a premium \$50 bottle, savored over five days, breaks down to just \$10 per day — a bargain compared to restaurant pricing. When moderating consumption, we prefer to indulge in selections we've carefully curated for our personal enjoyment.

If you intend to drink a special bottle over a week, you need to think about how best to preserve the wine so that it doesn't degrade with the last glass. Air is what ruins a wine over time. You'll be fine with just the cork if you intend to drink the wine over a few days. Otherwise, you should invest in a preservation system.

A Vacu Vin that pumps out the air costs less than \$20; a Coravin system that can stretch a wine over a month costs \$250. It's best to keep open wines chilled; you can store red wine in the refrigerator but let it come to room temperature before you drink it. You can make a bottle of wine last a week.

With that in mind, here are some wines, ranging in prices, that can deliver something special at each pour when served over time:

Larkmead Firebelle Red Blend 2023 (\$100)

We can't speak highly enough about this spectacular merlot-based blend from Napa Valley. The merlot gives the wine opulence and softness while the 23% cabernet sauvignon gives it lift and structure. The tannins are distinctly there but fine — an ideal match for a good steak. Generous and forward cherry, raspberry and dark chocolate aromas are followed by black cherry and cassis flavors with hints of cocoa and spice.

