



SINCE NEWSLETTER 2020
WINES
THE TASTE OF PORTUGAL

Welcome to our third number of Dr Grape's biweekly newsletter. Our aim is to compile wine related articles of interest, which will increase our readers knowledge and fondness of Portuguese Wines.

Included in this issue:

- Food Pairings – Learn from the Country which loves its food.
- Rooster of Barcelos Legend
- Dr Grape's Suggestions from our portfolio

Food Pairings – Learn from the Country which loves its food

Portugal has so many styles and flavors of wine, in fact some fascinating flavors that you won't find anywhere else in the world. Whatever the occasion, whatever the dish, you no longer need to look for a suitable wine.



Of course, you can enjoy a good wine that does not relate to the food on your plate, and enjoy both, without considering the combined effect. But some combinations of food and wine are better than the sum of their parts, and some foods occasionally conflict with certain wines. Generalizations are of limited use. Dishes and recipes vary, and Portuguese



wines are so individualized, even within their respective regions, with emphasis on the increasing number of '*Vinhos Regionais*' - Regional Wines.

Producers and winemakers imprint their character, and even for DOP wines there is great scope for variation in grape variety and combinations of two varieties or more.

The grape variety is one of the main things (along with the level of acidity, fruitiness, oak, tannin, level of sweetness and intensity) that influences the combination of food and wine.



How to select the best wine Pairing?

Fish

Yes, it is true that white wines are usually the first choice with fish and seafood.

But some sauces on white fish can negotiate a marriage with red wine; cooking fish in red wine also solves the problem.

Red wine is a local favorite with Portuguese national fish cod, and with octopus or squid in red wine sauce; Red wine, especially Baga / Bairrada, is surprisingly good with fresh tuna.

And red Vinho Verde can seriously go well with grilled sardines.



But Portuguese whites are the best for salmon and sea trout. And you can try a dry rosé with swordfish.



Seafood and Asian spices

Aromatic dry whites can star with seafood and with Asian spices, especially Indian or Thai (but not sweet and savory Asian dishes). Ginger, lemongrass, citrus zest, onions and peppers as ingredients in a dish are all possible partners for aromatic grapes. Be on the lookout for wines containing the fragrant Fernão Pires grape variety - there are lots in the Lisbon Regional Wine area, and, indeed Maria Gomes, in Bairrada); other aromatic options may be Alvarinho and Loureiro (Vinho Verde), and Moscatel, which is sometimes made dry (Península de Setúbal).





Red Meat and Game Meat

Red wines with a lot of tannin are difficult to match with food. Tannin has that bitter, mouth-watering taste when, for example, you chew a grape seed. Some food ingredients make the tannin taste more bitter: egg yolks, cream, melted cheese, spinach, celery, dill and many spices. Therefore, it is better to choose a white or rosé wine. Fine, expensive reds can be very tannic when young, and all reds taste smoother, less tannic, as they age. More tannic may be the classic Bairrada reds and the great reds of the Douro. These may be best with game, offal, meat stews and other richly seasoned meats.



White meat

White meats (if you want to drink red) and simply cooked red meats may be better with softer or lighter reds. Big and/or tannic reds can dominate them. Try a smooth red from the Alentejo, a light and relaxed Ribatejo red, an elegant Palmela, Algarve or Alenquer, a light red from Óbidos, or a good mature red from almost any region. The lively acidity of a Dão red can pleasantly compensate for the fat of some meats. Big, bold reds can overpower delicate food flavours. Powerful food flavours can destroy soft white wines. In the big, bold category are the serious reds from the Douro, Dão, Bairrada and Alentejo. Wines with lots of oak, red or white, can also dominate a subtle dish.





Other Suggestions

- **White Vinho Verde** with Thai Roast Duck Curry, Smoked Mackerel, Salads, Hummus
- **Red Vinho Verde** with grilled sardines
- **Bairrada / Baga** with fresh tuna, roasted partridge, chili with meat, soft goat cheese
- **Aragonez** with bean stew or cassoulet, gorgonzola, thyme dishes, lamb, liver, codfish
- **Dão Red Wine** with pork, roast suckling pig, kidneys, ham
- **Touriga Nacional in oak subtly or not** with beef
- **Setúbal** with tiramisu, Christmas pudding, banoffee tart, lemon tart
- **Bual Madeira** with Roquefort, Stilton, Gjetöst
- **Douro Red Wine** with Fresh Goat's Cheese, Old Gouda, Stilton
- **10 Year Old Tawny Port** with Queijo da Serra, Stilton, Walnuts
- **Ruby or Vintage Port** with Queijo da Serra

Sources:

[Gastronomy - winesofportugal.com](http://Gastronomy-winesofportugal.com)

[Portuguese Wines | Dr Grape Ltd](#)



Rooster of Barcelos Legend

The Rooster of Barcelos

Our Verdegarr Brand Proudly displays the “Rooster of Barcelos” in its label. What is the story behind this iconic Portuguese Rooster?



Barcelos is an ancient Portuguese city from the 12th century, in Braga District in the Minho Province, in the north of Portugal and is part of one of the many Ways to Santiago used in Portugal.

Legend has it that in the Middle Ages, in Barcelos, a robbery took place, and the inhabitants were restless because the culprit could not be found. One night, a Galician pilgrim on his way to Santiago de Compostela decided to stay overnight in a local hostel and was reported as a criminal to the judge by one of the inhabitants. The authorities decided to arrest him and, despite his oaths of innocence, nobody believed that the Galician was on his way to Santiago de Compostela to fulfill a promise and that he was a fervent devotee of Santiago,



Saint Paul and Our Lady of Fatima. The pilgrim was arrested and later sentenced to hang. On the day of his hanging, the pilgrim asked, as his last wish, to go and speak to the judge. Brought before the judge, who was having a banquet with some friends at the time, the condemned man knelt down and insisted on his innocence, begging not to be hanged.



Since no one believed him, the pilgrim pointed to the roasted rooster on the table and said:

“It is as certain I am innocent as that rooster crows when they hang me!”

Everyone around the table laughed at the statement. Later, to everyone’s amazement, legend has it that, the rooster stood up and crowed. What seemed impossible, however, became reality!

The judge ran to the gallows to prevent the hanging, and when he saw that the rope knot prevented the strangulation, he immediately had the rooster released, letting the pilgrim leave in peace, in the direction of Santiago de Compostela.

A few years later, the pilgrim returned to Barcelos and erected a monument in honor of Santiago and the Virgin Mary, since he assumed that Santiago had protected him from the gallows.

This legend is said to have passed from generation to generation, until today, and over time the figure of the Barcelos rooster has undergone modifications, until it became the colored image, and is today, one of the symbols of Portugal.

Sources:

[The Rooster of Barcelos - Portugal.com](http://TheRoosterofBarcelos-Portugal.com)



Dr Grape's Suggestions from our portfolio

Verdegar Vinho Verde White Escolha



Nothing is more Portuguese than the Rooster of Barcelos legend. Nothing except Vinho Verde. Verdegar is an honest wine that's highly rated and one of the best quality/price ratios you can find on the market today. A must try. The Rooster could not lie, and neither can Dr Grape.

Colour: Citrine, clear appearance

Aroma: Citric Fruits, green apples and pear.

Taste: Fresh, crispy, good acidity and balanced. Well fruity, green apples, pear and citric fruits flavours.

Pairs With: To accompany seafood, appetizers and light dishes.

Serve at temperatures between 7-9°C

Protected from sunlight, humidity and high temperatures. Preferably store up.

Buy this wine from Dr Grape:

[Verdegar Vinho Verde White Escolha | Dr Grape](#)



Dr Grape
Taste of Portugal

Verdegar Vinho Verde Espadeiro Rosé



Nothing is more Portuguese than the Rooster of Barcelos legend. Nothing except Vinho Verde. Verdegar is an honest wine that's highly rated and one of the best quality/price ratios you can find on the market today. A must try. The Rooster could not lie, and neither can Dr Grape.

Colour: Rosé colour with orange highlights.

Aroma: Grapes and Strawberries.

Taste: Fresh, delicate acidity and smooth taste of strawberries. Fruity, elegant and with a good finish.

Pairs With: To accompany seafood, appetizers and light dishes.

Serve at temperatures between 8-10°C

Protected from sunlight, humidity and high temperatures. Preferably store up.

But this wine from Dr Grape:

[Verdegar Vinho Verde Espadeiro Rosé | Dr Grape](#)