



**DISCOVER**

♦♦ **A WORLD OF** ♦♦

*Difference*

wines of  
portugal



250  
GRAPE  
VARIETIES



**MAKE  
A WORLD OF**

*Difference*

wines of  
portugal **P**



## **VINI PORTUGAL**

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ViniPortugal is an Inter-professional Association recognized by the Portuguese Ministry of Agriculture and in charge of representing the entire Portuguese wine sector. Portugal is a World waiting to be discovered ... The Wines of Portugal stand out for their wealth of grape varieties and diversity of terroirs, combined with the ancient wisdom and knowledge of its people. With more than 250 indigenous varieties, Portugal is the European country with the greatest diversity of grape varieties per square kilometer. It is ViniPortugal's Mission to promote this diversity around the world. As an Inter-professional Wine Association, we are proud to take this message to more than 20 countries spread across 4 continents, to help promote and to sell the Wines of Portugal.

In a small country, which is the 109th in the world in land area, Portugal contains 14 wine regions producing unique and distinct wines. From hot and dry to humid and cold climates, Portugal manages to produce many different styles of wines. To travel through this country is to be surrounded by unforgettable landscapes, to be delighted by its rich cuisine and to be embraced by the warmth of the Portuguese people while enjoying their great wines. Those who visit our country and our wine producers never forget the experience. We invite you to explore our World of diversity.

**Frederico Falcão**

ViniPortugal's Chairman of the Board

**For further information, visit the website:**

**[www.viniportugal.pt](http://www.viniportugal.pt)**

**or [www.winesofportugal.com](http://www.winesofportugal.com)**





# HONOUR

♦♦ A WORLD OF ♦♦

*difference*





Located in the Southwest corner of Europe, with just over 92,000 square kilometres, Portugal is a peaceful country of great natural beauty, offering visitors an unexpected quality and diversity of experiences.

From the beaches of the Algarve to the breath-taking mountains of the north, Portugal is a land of contrasts. In between lie verdant floodplains, rolling plains and cork forests. The east is dry with a continental climate, the west is milder with an ocean-influence and is greener, especially the lush northwest. Today, the country is linked and united as never before by a network of new roads - just one sign of the prosperity that has spread across Portugal since the late 1980's.

Here, the most beautiful and ancient historical monuments live in harmony with major contemporary architectural projects. Secular traditions go hand in hand with the latest technological innovations and the enthusiastic use of all that is new and original. The beauty and tranquillity of nature in its pure state do not silence the city bustle or the more contagious and cosmopolitan nightlife.

Though tradition still lies at Portugal's heart. Families spend time together, particularly during meal times. Friends enjoy festivals, dancing, fado music, café culture and eating out.

With family, friends, or simply alone, there is a smile awaiting us in every corner of Portugal as well as the certainty of finding a plentiful table dominated by a varied and creative cuisine. The richness and diversity of Portuguese wines has added a new and unexpected dimension. Food and wine are fundamental. The occasional modern restaurant apart, tradition rules: hearty portions of local dishes, meat, hams and sausages, seasonal game, an abundance of fish and seafood, the beloved salt cod (bacalhau), copious bread, rice and potatoes. Dessert is obligatory - 1001 delightful combinations of egg yolks with sugar: lots of sugar.

Always present, and always different, depending on the dish or occasion, wine intensifies and helps discovering new flavours, making every meal a truly unforgettable moment. Portugal's winemakers have been conservative in one respect - keeping faith with their grapes. And no wonder! Portugal's varieties are unique, with thrillingly different flavours. Yet quality-wise there has been no resting on traditional laurels. A quarter-century of investment, education, open-mindedness and flair has meant explosive change. Choice has multiplied too. Alongside the co-ops and large companies, a myriad of estates now make their own distinctive wines. Portugal truly offers a new dimension to the senses. We invite you to share unique moments and to take pleasure in your discovery.

## **THE FIRST DESIGNATED WINE REGION**

Douro Wine was the world's first designated and regulated wine region by 1756. Today, it is also a UNESCO world heritage site acknowledging its long tradition of viticulture and its landscape of outstanding beauty.

## **THE WINE REVOLUTION**

With the financial support of the World Bank, the Douro Valley was reorganised, to be followed by other regions, and a new appellation system was introduced for regional and quality wines. Thanks to extensive EU subsidies in the 90's, huge investment was possible in both vineyards and wineries - resulting in a revolutionary improvement in wine quality. Many private estates began to build facilities to make and bottle their own wines, rather than delivering their grapes or wines to co-operatives or large wine companies.

For centuries, sons have followed fathers into the family wine business, and have thereby maintained family traditions and customs. Today, new generations are still taking over family businesses, and benefiting from the experience of their predecessors. The difference is that this new generation of winemakers is highly trained, and enjoys a new professional status within the Portuguese wine trade. The schools Instituto Superior de Agronomia - ISA, in Lisbon, and the Universidade de Vila Real, in Vila Real, were the main responsables for the training of this new generation of winemakers. These schools changed mentalities, introduced new technics and technologies throughout the country, accelerating the modernization of traditional wine regions or even contributing the development of new wine regions. This new generation of grape-growers and winemakers considers itself to be guardian of a valuable and unique treasure: the plethora of indigenous grape varieties that makes Portuguese wines so distinctive.





## INDIGENOUS GRAPE VARIETIES

No other country has a range of indigenous grape varieties to match Portugal's. This huge palette of different grapes was introduced to Portugal over a long and exciting history of wine-making, traced by archaeologists back to the Bronze Age. Tartessians, Phoenicians, Romans, all left their winemaking mark here. And centuries of isolation then prevented further exchange with other wine producing countries such as Spain and France. So Portuguese growers concentrated on the fine flavours to be found in their own grape varieties.

The spectrum of characterful, top-quality grapes is impressive: Touriga Nacional, Touriga Franca, Trincadeira, Aragonez, Baga, Castelão, Alvarinho, Arinto, Fernão Pires, Encruzado and many others, responsible for the incomparable character of Portuguese wines. While much of the wine world concentrates on Cabernet Sauvignon and Chardonnay, in Portugal wine-lovers can enjoy a distinctive and impressive array of different flavours. Portugal has in excess of 250 indigenous grapes, only a few of which have travelled (in a very small way) anywhere else in the world. They don't know what they're missing!

# Geographical Indications & DOCs

PORTO E DOURO		
DOURO	DOC	03
PORTO	DOC	04
DURIENSE	IG	

DÃO		
LAFÕES	DOC	06
DÃO	DOC	07
TERRAS DO DÃO	IG	

BAIRRADA		
BAIRRADA	DOC	08
BEIRA ATLÂNTICO	IG	

LISBOA		
ENCOSTAS D'AIRE	DOC	10
ÓBIDOS	DOC	11
ALENQUER	DOC	12
ARRUDA	DOC	13
TORRES VEDRAS	DOC	14
LOURINHÃ	DOC	15
BUCELAS	DOC	16
CARCAVELOS	DOC	17
COLARES	DOC	18
LISBOA	IG	

TEJO		
DOTEJO	DOC	19
TEJO	IG	

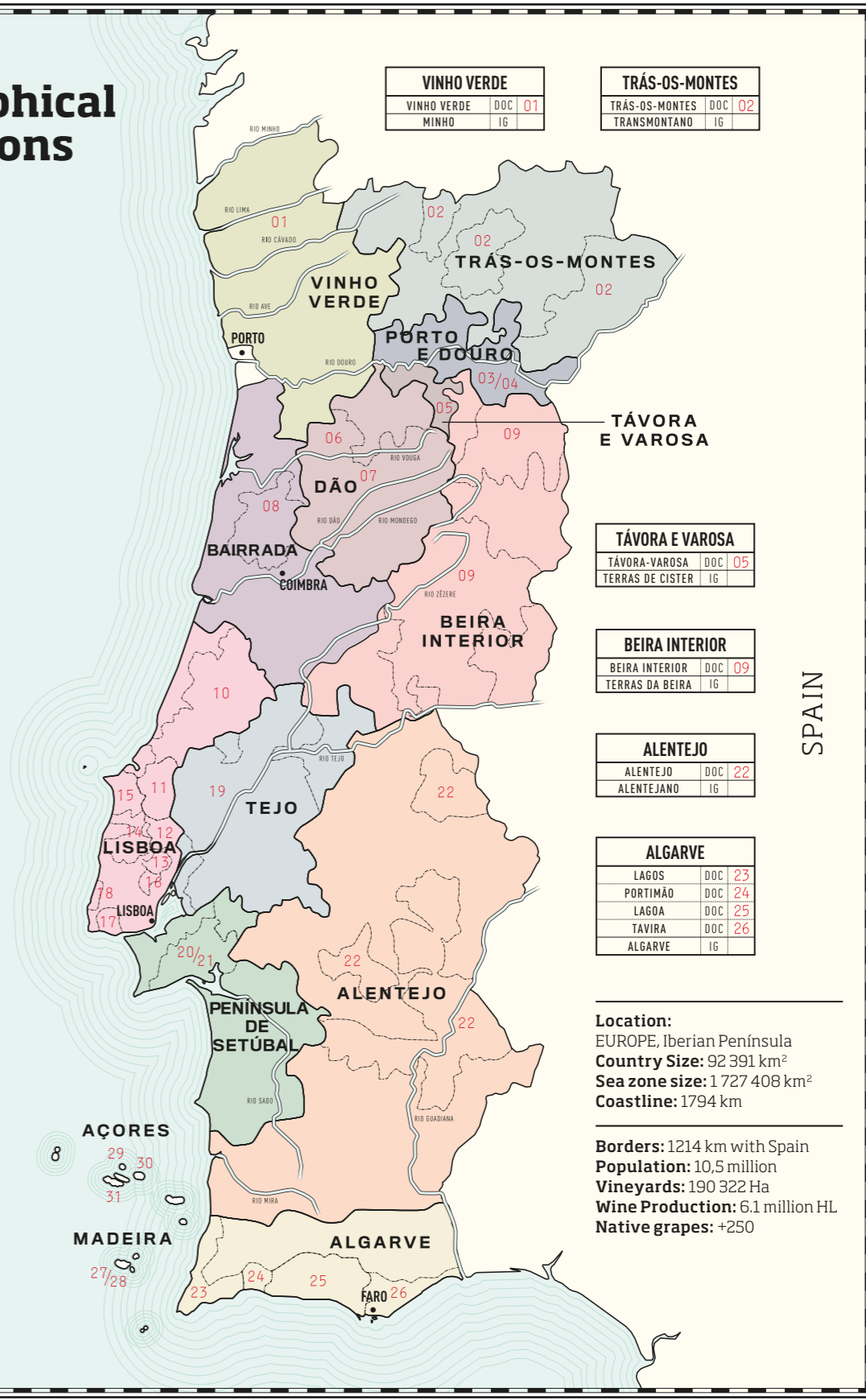
PENÍNSULA DE SETÚBAL		
PALMELA	DOC	20
SETÚBAL	DOC	21
PENÍNSULA DE SETÚBAL	IG	

AÇORES		
GRACIOSA	DOC	29
BISCOITOS	DOC	30
PICO	DOC	31
AÇORES	IG	

MADEIRA		
MADEIRA	DOC	27
MADEIRENSE	DOC	28
TERRAS MADEIRENSES	IG	

VINHO VERDE		
VINHO VERDE	DOC	01
MINHO	IG	

TRÁS-OS-MONTES		
TRÁS-OS-MONTES	DOC	02
TRANSMONTANO	IG	



TÁVORA E VAROSA		
TÁVORA-VAROSA	DOC	05
TERRAS DE CISTER	IG	

BEIRA INTERIOR		
BEIRA INTERIOR	DOC	09
TERRAS DA BEIRA	IG	

ALENTEJO		
ALENTEJO	DOC	22
ALENTEJANO	IG	

ALGARVE		
LAGOS	DOC	23
PORTIMÃO	DOC	24
LAGOA	DOC	25
TAVIRA	DOC	26
ALGARVE	IG	

**Location:**  
EUROPE, Iberian Península  
**Country Size:** 92 391 km<sup>2</sup>  
**Sea zone size:** 1 727 408 km<sup>2</sup>  
**Coastline:** 1794 km

**Borders:** 1214 km with Spain  
**Population:** 10,5 million  
**Vineyards:** 190 322 Ha  
**Wine Production:** 6.1 million HL  
**Native grapes:** +250

SPAIN





**CONQUER**

♦♦ A WORLD OF ♦♦

*Difference*





# PORTUGUESE GRAPES

## A TREASURE TROVE

### WHITE GRAPES

Portugal's native grape varieties are a national treasure. Exciting, distinctive, prized and savoured by generations of Portuguese wine-lovers. Ready to be discovered as fresh new flavours by wine drinkers elsewhere in the world. Here are just a few of the finest...



#### WHITE GRAPES

##### 1 ALVARINHO [All-va-REEN-yo]

Alvarinho makes characterful, rich, mineral white wines with predominant notes of peaches and citrus fruits, and sometimes tropical fruits and flowers. This high-quality white grape has long been prized in the north west of Portugal, and is commonly planted in the northern part of the Vinho Verde region, between the River Lima and the River Minho which forms the border with Spain. Its famous heartland is the Vinho Verde sub-region of Monção and Melgaço. Alvarinho wines are fuller in body and higher in alcohol than most Vinho Verde, and are often bottled as a single variety, and named on the label. These wines are delicious when first bottled and can improve with age. Growers elsewhere in Portugal have recognised Alvarinho's quality, and the variety is slowly spreading south.

##### 2 ARINTO | PEDERNÃ [Ah-rin-too]

Arinto | Pedernã makes elegant, mineral white wines with predominant flavours of apple and lemon, that are delicious when young and fresh but can gain complexity with age. Arinto is the main grape of the famous wines of Bucelas; fine, elegant whites from an area just north of Lisbon. It's a late-ripening grape with the great advantage that it keeps its marked freshness even in hot conditions. No wonder that it grows across much of the country, especially in hot region such as Alentejo to balance the lack of acidity. It often adds a crisp elegance to blends of other white varieties. It also succeeds in the cool Vinho Verde region, where it is known as Pedernã. Its naturally high acidity is also an advantage for the production of sparkling wines.



##### 3 ENCRUZADO [En-crew-Zah-doo]

Encruzado makes elegant, well-balanced and full-bodied whites with delicate floral and citrus aromas and sometimes an appealing mineral character. Delicious in a pure, un-oaked style, Encruzado also responds well to oak-fermentation or oak ageing, resulting in some serious, fine, well-structured wines that can mature and gain complexity over many years. You are most likely to find it in the Dão region in the center-north of the country, either as a single variety or in blends - these are some of Portugal's most exciting white wines. In the vineyard, even in hot conditions, Encruzado grapes keep their fresh acidity and ripen to perfection without becoming overly sweet.

##### 4 FERNÃO PIRES | MARIA GOMES [Fair-NOW PEE-ress]

Fernão Pires | Maria Gomes makes light, fruity, fragrant whites reminiscent of Muscat in flavour. The tastes of citrus fruits and floral aromas are freshest when picked early for drinking young. It is also used in sparkling wines, and can occasionally be harvested later to make sweet wines. Portugal's most cultivated white grape, it is widely grown across the country and especially along the western coast including the Setúbal Peninsula, Tejo, Lisboa and Bairrada. Sometimes known under the alias of Maria Gomes.

# PORTUGUESE GRAPES

## A TREASURE TROVE

### RED GRAPES



## RED GRAPES

### 1 BAGA [Ba-ga or Bug-uh]

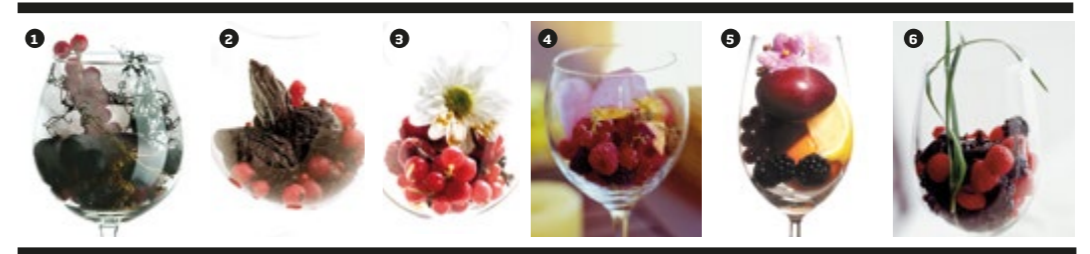
This late-ripening grape often makes lean, tannic reds that can be astringent in youth, but mature to complexity with age. In hotter years, or by skilful ripening and winemaking, Baga can produce rich, dense red wines, with cherry and damson fruit flavours when bottled. Through ageing the wine can achieve softer though more complex flavours of herbs, malt, cedar and tobacco leaf. Its heartland is Bairrada but it also grows elsewhere in the Beiras, including Dão. It is also used as a base for sparkling wine.

### 2 CASTELÃO [Kass-tell-ownh]

The most planted black grape of the southern part of Portugal can make firm, fine, raspberry-fruit wines that evolve to a cedar, cigar-box character. It is at its best in the Palmela region on the Setúbal Peninsula south of Lisbon.

### 3 TINTA RORIZ | ARAGONEZ [TEEN-tah ROAR-eez]

Tinta Roriz | Aragonez makes fine, elegant red wines with aromas of red fruits, plums and blackberries and firm tannins that provide a good ageing potential. Called Tinta Roriz in the north of Portugal, this is one of the top grapes for Port and Douro wines, also important in the Dão region. In the Alentejo it is called Aragonez and is generally used in blends with other varieties such like Trincadeira.



### 4 TOURIGA FRANCA [Too-REE-gah- FRAWN-cah]

Touriga Franca makes densely coloured, firm but rich, aromatic wines with floral overtones and blackberry fruit. It is one of the five officially recommended grapes for Port, and is also used in red Douro blends. Indeed it is the most widely planted grape in the Douro Valley and is generally used in blends.

### 5 TOURIGA NACIONAL [Too-REE-gah Nass-eyo-nal]

Touriga Nacional makes firm, richly coloured wines (and Port) with complex aromas and flavours reminiscent of violets, liquorice, ripe blackcurrants and raspberries, along with a subtle, herby hint of bergamot. It's a northern grape, by origin, but now it is grown all over Portugal with a potential to produce wines that age well.

### 6 TRINCADEIRA | TINTA AMARELA [Treen-ka-DAY-rah]

Trincadeira | Tinta Amarela can make reds with wonderfully bright raspberry fruit, spicy, peppery, herbal flavours, and very fresh acidity. This red grape grows all over Portugal, especially in dry, warm areas, but is probably at its best in the Alentejo. In the Douro region this grape is known as Tinta Amarela.





## THE STRENGTH OF THE BLEND

JOSÉ JOÃO SANTOS\*

If it is true that globalisation has enabled the shortening of barriers and distances whilst facilitating knowledge and experience transmission, among many other virtues. It is no less true that each of us is more receptive to learn and experience something that escapes the stereotypes. And wine is no exception.

The world wine consumer is stereotyped by something similar to an established taste, which has been created with particular insistence over the past 20 years or so. With the emergence of new producing countries, the dissemination of grape varieties of French origin proved to be rampant, yielding relatively similar wines made almost always from just one grape variety. With the topic of terroir pushed to the background, many organisations have focussed on selling varietal wines and using the grape type as the most compelling reason for the consumer to purchase the wine.

The more attentive oenophiles and consumers began to memorise the names of French grape varieties, considered “international” due to their prevalence across wine-producing countries. It was, in terms of marketing, a well conceived strategy and exceptionally promoted as evidenced by the huge success of most of the so called “New World” wine countries in multiple markets including, imagine (!), the traditional European ones.

The praising of a certain style and taste also led to the majority of wines available in the market being compartmentalized into two main classes: easy drinking white wines and red wines full of structure, colour and appealing fruit with a noticeable amount of oak ageing. Major international publications did not get tired of commending these wines, scoring them generously and thus encouraging the global wine industry to insist on these taste profiles and directing consumers towards a pre-defined style. But is the average wine consumer, and are we each obliged to conform to this way of drinking? For those who believe that drinking a wine is not the same as enjoying a soft drink or as uniform as tasting the oak ageing, there is another way. Full of differentiating options, equally tempting and, so much better, at a fair price.

These alternatives are boutique wines, in some cases, of small, medium and even substantial production. They are available in dozens of markets around the world and have had much of the worlds’ wine critics surrendering to the excellent quality and differentiation that is intrinsic to them. These are wines that express a small but diverse territory, combining ancient wisdom with the latest scientific and technical knowledge. And above all, these are wines that are born from an unusual and unique heritage of more than 250 indigenous varieties, an enormous genetic heritage of unique *Vitis Vinifera* varieties united in a single country. Yes, in Portugal you may also find Chardonnay, Sauvignon Blanc, Cabernet Sauvignon and Merlot, among other “international” grape varieties.





But they represent a very small percentage of the planted vineyards and are used almost always as salt and pepper. Portuguese wines are, in essence, the value of their indigenous grape varieties like Alvarinho, Encruzado, Baga and Touriga Nacional, to mention a few. These are grape varieties that make unique wines, outside the mainstream and for that reason are particularly exciting.

Portugal's wine heritage has another peculiarity in that it rarely expresses a single grape variety on its own. With few exceptions (such as Alvarinho and Encruzado, in the whites, and Touriga Nacional and Baga, in the reds), the strength of Portuguese wines is the blend. The art of making the final blend of a wine based on two, three, four and sometimes tens of different grape varieties! If in the past, the mixing of grape varieties in the vines almost always dictated the final blend, nowadays advances in viticulture, with compartmentalized grafting, allow the assessment of each grape variety's value. Leaving the winemaker in the comfort of the winery, to master the art of blending.

And there are many examples of successful combinations: the blend Arinto / Fernão Pires in white wines, is already a classic in regions like Bairrada, the Beiras, Lisbon or Tejo. Taking advantage of the Arinto grape to bring freshness and longevity and Fernão Pires, the most widely planted white grape variety in Portugal, to aromatically enrich the blend. We can also mention the combination Trincadeira / Aragonez, usual in the Alentejo and expressed in one of the icon wines of that region, the Pêra Manca red. The first grape variety bringing a depth of colour, floral nuances and a great aptitude for ageing, while the Aragonez contributes with red fruit flavours, spicy notes and an elegant finish. We could also point out another blend of grapes with proven results and recurrent in the Douro. This wine blends Touriga Nacional, bringing violet floral notes, good balance and ageing potential with Touriga Franca, a grape full of colour, fruit flavours and well defined tannins. The resultant blend produces full bodied but simultaneously elegant wines, the blend of Barca Velha and other Douro's Super Premium wines is largely based on this combination. But Portuguese grape varieties can also be blended with international varieties. If the former provides the structure and profile of the blend, the latter almost always act as salt and pepper of these wines, creating nuances of flavour that result in a broader taste profile. Blends such as Arinto / Chardonnay, Aragonez / Cabernet Sauvignon, and Touriga Nacional / Syrah are often used in wines that are designed to be drunk when bottled and suitable for more informal occasions.

The vast range of available options allows one to choose a Portuguese wine for any occasion; for everyday or for celebration and for any part of the meal, from appetisers to dessert. And acquiring a Portuguese wine costs far less than the high satisfaction that you will most likely give to whom you will be offering it to.







## EXAMPLES OF MORE PORTUGUESE WINE BLENDS

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### **VINHOS VERDES** Loureiro and Trajadura

A classic combination of two white varieties wherein the structure and freshness of the Loureiro is softened by the finer notes of Trajadura, making wines that are perfect to be served with lighter foods or as an aperitif.

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### **DOURO** Touriga Franca, Tinta Roriz and Touriga Nacional

Three grape varieties that are skilfully blended in most of the Douro wines. Touriga Franca provides intense fine aromas, Tinta Roriz (also known as Aragonez in Alentejo) gives structure and aromatic power and Touriga Nacional shapes the wine edges, making it more suitable for a variety of drinking occasions and adding floral notes that integrate well with red wild fruit flavours of the other two grape varieties.

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### **BAIRRADA** Cercial and Bical

Two of the most widely planted grape varieties, often used in white wines and also sparkling wines. Cercial is characterised by the delicate aromas and crisp acidity, while Bical has a more aromatically rich profile that adds interest to the blend.

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### **DÃO** Touriga Nacional, Alfrocheiro and Jaen

These three grape varieties are the backbone of the great Dão red grape heritage. Touriga Nacional needs no further introduction and Alfrocheiro is rich in colour and well balanced, counteracting the moderate and fragrant character of the Jaen grape.

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### **LISBOA AND TEJO** Arinto and Chardonnay, Touriga Nacional and Syrah

Lisboa and Tejo are two regions that consistently demonstrate how to perfectly combine the unique power of Portuguese grape varieties with the recognized qualities of the international varieties. In the first pair, the acidity and minerality of Arinto integrates well with the captivating richness of the Chardonnay. In the second pair, Touriga Nacional brings a structure and depth of flavour that softens Syrah's intense notes of black pepper.

### **PENÍNSULA DE SETÚBAL** Castelão and Touriga Nacional

Being the best known Portuguese region for the production of the famous Moscatel fortified wines, it has yet another emblematic grape variety that produces wines of great longevity, comparable to those made of Baga, in Bairrada. The robust character of the Castelão grape variety, known as Periquita in Setúbal, can be softened with the balance and floral scent of Touriga Nacional.

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### **ALENTEJO AND ALGARVE** Aragonez, Trincadeira and Alicante Bouschet

This trio of grape varieties are commonly found within the Alentejo red blends. The Alicante Bouschet, of French origin has found a second home in Alentejo and has become its terroir of reference in Portugal. This grape produces wines that are concentrated in colour and structure, and have good ageing potential. Aragonez produces full-bodied but elegant wines and Trincadeira delivers floral notes and acidity. When skilfully blended, these are grape varieties that know how to get bring out the best in each other. Further south, the Algarve has learned how to emulate the Alentejo experience and produces similar blends using these grape varieties.

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### **MADEIRA AND AÇORES** Malvasia Fina and Verdelho

Verdelho is a white grape variety that produces some of the best examples of Madeira wine and it is also the main variety of the vines protected from the elements in "curraletas" (stone wall enclosures made of black volcanic rock) in the volcanic islands of the Azores. It produces wines that are wonderfully aromatic and well balanced. The addition of Malvasia Fina to the blend ensures that the finished wine has moderate freshness and a more rounded taste.

\*Wine writer





## DOC REGIONS (OR DOP)

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At the top level of the European wine hierarchy, Portugal has 31 DOCs/DOPs. At the moment, both of these terms are used in Portugal, the traditional local 'DOC' (Denominação de Origem Controlada) meaning Controlled Denomination of Origin, while the new pan-European 'DOP' (Denominação de Origem Protegida) means Protected Denomination of Origin. Each of these regions has strictly defined geographical boundaries. N.B. the numbers on the map only go up to 28 because three of the regions, Douro and Port, Madeira and Madeirense, DOC Setúbal and DOC Palmela have the same 'footprint' and are numbered together. DOC regulations also prescribe maximum grape yields, recommended and permitted grape varieties and various other things, and all the wines have to be officially tasted, tested and approved.

## VINHO REGIONAL (OR IG OR IGP)

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The whole of the country is divided into 14 'Regional Wine' areas. Wines from these areas have for years been labelled in Portugal as Vinho Regional. Now the European Union has introduced new titles for this category of wine: 'IG', meaning 'Geographical Indication' or 'IGP' - 'Protected Geographical Indication.' Most Portuguese regions have chosen to keep the old denomination, VR. Rules for making Vinho Regional are much less stringent than those that govern DOC wines. Nevertheless, many prestigious Portuguese wines are classified as Vinho Regional. This is often because the producer has chosen to use grape varieties that are not permitted for the local DOC, or at least not in those particular combinations or proportions. The looser regulations for Vinho Regional give producers greater scope for individuality, although these wines still have to fulfil certain criteria as to grape variety, minimum alcohol content and so on.

## VINHO (WINE)

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Vinhos (table wines) are Portugal's simplest wines, subject to none of the rules stipulated for quality or regional wines. Note however, that a very few critically acclaimed wines are labelled simply as table wines. These tend to be from ambitious growers who have chosen to work outside the official rules, and have deliberately classified their wine as table wine.







## VINHO VERDE

### DOC VINHO VERDE

#### VINHO REGIONAL MINHO

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Across the vast expanse of northwest Portugal, a lush, green mantle flows from craggy mountain peaks, blanketing hinterland valleys as it sweeps down to the sea.

From Melgaço to Vale de Cambra, from Esposende to the granite mountains at Basto by the border with Trás-os-Montes, the land rises and falls. Here and there, towns and villages interrupt the vegetation. This densely populated, fertile land is the birthplace of Vinho Verde.

From this unique region and its native grapes comes a unique white wine. Light, fresh, young and delightfully aromatic, Vinho Verde suits all kinds of occasions: a sunny picnic, a restaurant meal or a romantic date.

Vinho Verde is great with salads, fish, seafood, vegetable dishes, citrus sauces and sushi. Outside of Portugal it is most common to see the white and the rose wines. Once you are within the country, one can also try the red variety of Vinho Verde. Similar to the white, this red wine has a light and fresh style that is best served chilled. It is a firm favourite with the locals in traditional restaurants, it provides a perfect match for grilled sardines. Vinho Verde can also be found in a semi sparkling style.

Climate varies considerably across the Vinho Verde region, and this is reflected in the nine sub regions, named after rivers or towns: Monção and Melgaço, Lima, Cávado, Ave, Basto, Sousa, Baião, Paiva and Amarante. Local grapes vary too. Alvarinho wines (made from the delicately aromatic, full-bodied Alvarinho grape) are a speciality of the sub-region Monção and Melgaço in the northern part of the Vinho Verde Region. Rainfall here is lower, and in the summer the temperatures are noticeably higher than in the rest of the region.

The Alvarinho grape in this microclimate gives a full-bodied dry wine with a complex, subtle, fresh aroma reminiscent of apricots, peaches and citrus fruits. Combined with an appealing mineral character.



To the south of Monção and Melgaço are the sub-regions Lima, Cávado and Ave. Here the main grape variety is the delicious Loureiro, Arinto and Trajadura are also commonly used. The wines here are typically fresh and aromatic, often with a scent of citrus and blossom. The hilly sub-regions of Basto and Sousa also produce light wines from various grape varieties. In the sub-regions Amarante and Baião, the Avesso grape gives crisp, dry white wines with rich flavours and a mineral character. Amarante and Paiva, the latter south of the River Douro, have a reputation for their red wines.

**Light, fresh, young and delightfully aromatic, Vinho Verde suits all kinds of occasion**

The quality of Vinho Verde and the local brandies has improved greatly over recent years, thanks in part to better training and renewed enthusiasm amongst today's producers; and in part to better grapes. Where once the grape vines were growing up trees and over high-flung pergolas, many of the region's vineyards today are trained along modern, wired rows. Here the grapes are better exposed to sunlight and breeze, and thus riper and healthier.

Some delicious wines are also made in the region under the more flexible rules of Vinho Regional Minho, sometimes blends of local and foreign grapes, sometimes oaked.

**Main white grapes for DOC:**

Alvarinho, Arinto (Pedernã), Avesso, Azal, Loureiro and Trajadura.

**Main red grapes for DOC:**

Alvarelhão, Amaral, Borraçal, Espadeiro, Padeiro, Pedral, Rabo de Anho and Vinhão.

## ON THE MENU IN THE VINHO VERDE REGION

- ✦ **Caldo verde** - a soup of finely sliced cabbage with chouriço
- ✦ **Broa de milho** - a chunky corn bread
- ✦ **Lampreia** - lamprey, in season in spring, an eel-like river fish
- ✦ **Cabrito** - goat often roasted in a wood-fired oven
- ✦ **Sarrabulho** - a stew containing pork, chicken or goat, the sauce bound with blood and flavoured with cumin; also as arroz de sarrabulho, made into a risotto
- ✦ **Huge portions of fine beef, veal, goat, pork, offal, hams and charcuterie**
- ✦ **More vegetables and salads than in some parts**
- ✦ **Often the scent of cumin or coriander seeds**
- ✦ **Fish and seafood, and bacalhau**
- ✦ **Doces conventuais** - small, sweet confections of egg yolks, sugar and sometimes ground almonds

## WINE ROUTES

**The Minho is criss-crossed by wine routes that take in many of the region's beauty spots.**

**Contact:** Comissão de Viticultura da Região dos Vinhos Verdes / Rota dos Vinhos Verdes,

Rua da Restauração, 318, Porto (Oporto)

**phone:** +351 226 077 300

**mail:** info@vinhoverde.pt

**site:** www.vinhoverde.pt





# TRÁS-OS-MONTES

## DOC TRÁS-OS-MONTES

VINHO REGIONAL TRANSMONTANO



### North of the Douro region, east of Vinho Verde Region.

Whichever way you approach Trás-os-Montes, up in Portugal's far northeastern corner, there are mountains to cross. Indeed, Trás-os-Montes means 'Beyond the Mountains', and once through those barriers (on modern roads and motorways), you find one of Portugal's most beautiful regions. This is a particular spot with unique characteristics, a mountainous zone with schistous soils, and some granitic spots. The scenery changes rapidly as you criss-cross the region. One can experience a mixture of moorland, pine forests, lush green valleys or ancient hills covered in a patchwork of grey-green olive groves, bright green vines, and fruit trees irrigated by little streams. Always high, the altitudes vary hugely between 350m to 700m, the climate is dry and very hot in the summer, and in winter the temperatures often dip below zero.

Vinho Regional Transmontano can be produced throughout the whole of the Trás-os-Montes region but there are three sub-regions where wines with denomination of origin Trás-os-Montes are permitted. In the Planalto Mirandês sub-region, it is the river Douro that influences vine growing to the south of Trás-os-Montes. Valpaços lies at the centre of the region, a hilly plateau crossed by many streams and rivers, including the River Tua on its way down to the Douro. The third permitted area is Chaves, bordering Spain to the north where the vineyards lie on the slopes of small valleys that lead towards the main river valley of the Tâmega. Made famous by its thermal springs, spas (some recently and grandly renovated) and is the source of some of Portugal's most famous mineral waters. When tasting the typical wine of Trás-os-Montes, the white wines are aromatic, well balanced with great intensity of fruity aromas. The red wines from this region tend to have a very consistent and deep intensity of colour and are very fruity in style. The warm growing conditions produce wines of higher than average alcohol though this is completely in balance with the overall robust structure of these wines.

A few years ago there were only a handful of private producers bottling their own wines, now there are more than 60. Many smallholders still deliver their grapes to co-operatives. Some old vineyards were grubbed up in response to EU grants, but there has been support in recent years to replant and restructure vineyards in a modern, quality-conscious way.



## ON THE MENU IN THE TRÁS-OS-MONTES REGION

- ✦ Olive oils of ever-increasing quality
- ✦ Pork from the rare breed Porco Bísaro
- ✦ Dark, smoky, paprika-rich cured hams
- ✦ Smoked sausages - chouriço, alheira, salpicão
- ✦ Posta Mirandesa - a huge steak from very young, long-horned cows
- ✦ Roasted goat cooked in wood-fired ovens
- ✦ Country soups and stews
- ✦ Cozido à Portuguesa - boiled meats with vegetables
- ✦ Dried, salted octopus and bacalhau
- ✦ Chestnuts, potatoes, fruit, mountain honeys

**Recommended white grapes for DOC include:** Côdega de Larinho, Fernão Pires, Gouveio, Malvasia Fina, Rabigato, Síria and Viosinho.

**Recommended red grapes for DOC include:** Bastardo; Marufo; Tinta Roriz; Touriga Franca; Touriga Nacional and Trincadeira.

## WINE ROUTES

**Contact:** Comissão Vitivinícola Regional de Trás-os-Montes,

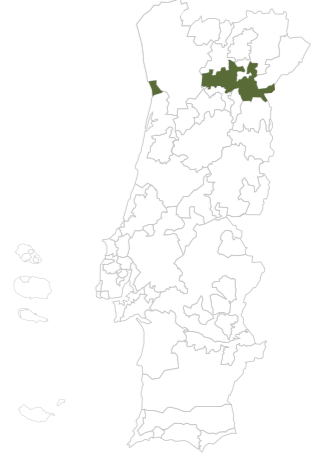
Luís Castro Saraiva, N.º 42 C, 5430-472 Valpaços

**phone:** +351 278 729 678

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**site:** www.cvrtm.pt





## PORTO AND DOURO

DOC DOURO

DOC PORTO

**VINHO REGIONAL DURIENSE**

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This wild and beautiful part of northern Portugal offers extraordinarily good conditions for wine grapes. The steeply shelved slopes of the River Douro, hill after hill stretching off to the horizon with narrow roads winding around their contours. Here, the vine terraces bask in the sun that provides the deal climatic conditions, heating the pure schist and granite soil that is typical within this region. Though life is not so easy for Douro winegrowers; the vine roots are forced down between layers of rock seeking out the limited water, while the schist absorbs and then radiates heat. For centuries, Douro growers have been supplying an eager world with Port. Now wine experts the world over recognise that the Douro region also offers ideal conditions for making unfortified wines of the highest quality, both red and white. Producers here are crafting stunning and highly distinctive wines that rank amongst Portugal's most intense and complex. There are separate DOCs for unfortified wine and for Port in the Douro, although geographically both lie within the same outer boundaries.

A plethora of different grape varieties is to be found in the Douro region. Some vineyards still have the traditional mix of varieties and some winemakers who believe this grape variety mix is the key to producing top quality wines. Others maintain that the best grapes for unfortified wines are three of the varieties grown nowadays in modern, single-variety vineyards for Port: Touriga Nacional, Touriga Franca and Tinta Roriz. Some also favour Sousão (or Vinhão) for the welcome acidity it brings to the blend. What is certain is that single variety plantings make the viticulturist's task easier, since pruning, vineyard treatments and picking can be done at the most appropriate time for a complete block of vines.

The traditional vineyard scenery, dominated by the old, narrow, stone-walled terraces has changed in many places, though preserved in the central section of the region by World Heritage Site status.

Elsewhere, bulldozers now sculpt modern terraces and mechanical diggers then separated by earth





# PORTO AND DOURO

rather than stonewalled banks. The wider rows providing room for tractors that help to speed-up the process of tending to each vine. On gentler slopes, modern vineyards are generally planted vertically, dispensing altogether with terracing. There are big changes in the wineries too, though the Douro Valley is probably the last of the world's major wine regions still to be pressing significant quantities of its grapes by foot - in shallow, open wine-fermenters, called lagares. In recent years there has been a widespread introduction of 'robotic lagares' designed to simulate the gentle action of the human foot, with excellent results.

The Douro region is divided into three geographical sections, Baixo Corgo, Cima Corgo and Douro Superior. The western most area, the Baixo Corgo, is the coolest of the three due to the cooling influence of the Atlantic Ocean and subsequently, its wines are lighter in style. The Cima Corgo, centred on the little town of Pinhão, is the heartland of the Douro, cut off by mountains from the maritime influence; it accounts for two-thirds of the Douro's vines. To the east, towards the Spanish border, the Douro Superior is wild and isolated and subject to extremes of climate; very cold winters and roasting hot summers. Vine-growing here has historically been limited and sparse.

However, there has been considerable planting in recent years as producers have begun to comprehend the potential of this region. A measure of how difficult it is to colonise the rocky terrain of the Douro with vines is that a mere 17 per cent of legally potential vineyard land is planted with vines.

Vintage Port is made in the best years, and is bottled after only two years in barrel, keeping it rich and red.

The base wine for Port is made and fortified in wineries in the Douro Valley, then either aged in the Douro region or is transported for ageing to the Port lodges of Vila Nova de Gaia, opposite Porto (or Oporto) at the mouth of the river. Port comes in a variety of styles, from young, fruity white, tawny and ruby to the finest and most expensive vintage Ports and aged tawnies. Vintage Port will benefit from ageing in bottle to add complexity. Single Quinta Vintage Ports come from individual estates. Colheita Ports also come from a single, stated year, and are aged for a minimum of seven years in

barrel before bottling. Tawny Port that specifies a number of years on the label (10, 20, 30, 40) is paler in colour, more mellow, subtle and complex as a result of the long ageing in barrel.

## ON THE MENU IN THE DOURO VALLEY

- ♣ **Pork** - the tasty rare breed Porco Bísaro
- ♣ **Porc offal** - every bit of it, including the ears and trotters
- ♣ **Garlic rice with beans**
- ♣ **Smoked hams and sausages, chouriço and alheira**
- ♣ **Roasted game** - goat, lamb and veal
- ♣ **Broa de milho (dense corn bread) and papas de milho (corn porridge)**
- ♣ **Bacalhau and salted octopus**
- ♣ **Mountain olive oils**
- ♣ **Chestnuts, potatoes, lemons, almonds, figs**
- ♣ **Doces conventuais** - eggy, sugary cakes and desserts

**Recommended white grapes for DOC include:** Viosinho, Malvasia Fina, Gouveio, Rabigato, Còdega Larinho, DonzELHO Branco, Esgana Cão and Folgazão.

**Recommended red grapes for DOC include:** Touriga Nacional, Tinta Roriz (Aragonez), Touriga Franca, Tinta Barroca, Tinto Cão, Sousão, Bastardo, Mourisco Tinto, Castelão, Rufete, Tinta Amarela (Trincadeira), and Tinta Francisca.





# PORTO AND DOURO

## WINE ROUTES

Many producers in the spectacular Douro Valley receive visitors.

For information and introductions, contact us.

**Contact:** Rota do Vinho do Porto, Largo da Estação,  
Apartado 113, 5050-237 Pêso da Régua

**phone:** +351 254 324 774

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**site:** [www.ivdp.pt/pt/rota-enoturismo/rota-dos-vinhos-do-douro-e-do-porto](http://www.ivdp.pt/pt/rota-enoturismo/rota-dos-vinhos-do-douro-e-do-porto)





# TÁVORA-VAROSA

## DOC TÁVORA-VAROSA

VINHO REGIONAL TERRAS DE CISTER



Cistercian monks, who built monasteries and churches amongst the vines, first planted wines in what is now DOC Távora-Varosa. Hence the name of this new Vinho Regional (covering precisely the same area as the DOC): Terras de Cister (Cistercian Country). The region is to be found over the mountains to the south of the Douro at the southern foot of the Serra da Nave, between the Paiva and Távora rivers. It's a remote and beautiful place, barely skirted by the new road running south from Vila Real in the Douro to Viseu in the Dão. Countless smallholdings are cut into terraces clinging to steep hillsides, and most of the population lives from farming - vines, maize, potatoes or apples, some also producing charcuterie or baking cakes, pies, biscuits and sweets.

Winters here are cold and wet whilst summers are hot and dry. The topography creates its own challenges with vines at an average altitude of 550m above sea level on granite and schist soils, and it is far harder to ripen grapes than in the nearby Douro and Dão regions. The grapes retain acidity and bright fruit characteristics due to the cool night time temperatures at altitude.

The predominant cooling influences of this region are perfect for growing grapes for sparkling wines. Indeed, Távora-Varosa was the first region in Portugal to be demarcated for sparkling wines, in 1989.

Approximately half of the grapes in the older vineyards are Malvasia Fina, but for a century or more Távora-Varosa has also had significant plantings of Chardonnay and Pinot Noir (two of the major grapes of the Champagne region of France) and ever more is being planted.

Some grapes for sparkling wine escape across the 'border' to a big sparkling wine company nearby in the Douro region. But many growers supply their grapes to a large, high-quality sparkling wine producer within the Távora-Varosa region.

There are also a selection of red and white wines produced here, but with the exception of the sparkling wines, most DOC Távora-Varosa is still sold locally.

**Recommended white grapes:** Malvasia Fina, Cerceal, Gouveio, Bical, Fernão Pires.

**Recommended red grapes:** Aragonez, Tinta Barroca, Touriga Franca, Touriga Nacional.



## ON THE MENU IN THE TÁVORA-VAROSA REGION

- ✦ **Chestnuts** - one of the region's most important crops made into caldo de castanha (chestnut soup), falachas de castanha (chestnut-flour buns) and used in many other dishes, savoury and sweet
- ✦ **Wild mushrooms and truffles**
- ✦ **Mountain game**
- ✦ **Cabritinho (young goat), or lamb, with rice or potatoes, roasted in wood-fired ovens**
- ✦ **Goat's cheese**
- ✦ **Pork in many ways, including ribs, smoked sausages, rojões (chunks of fried belly pork) and torresmos** - pork crackling served as nibbles
- ✦ **Presunto** - local cured and smoked hams
- ✦ **Bolas** - bready pasties filled with cured ham, sardines or bacalhau, or carne de vinha d'alhos - pork marinated and cooked in red wine and lots of garlic
- ✦ **Wonderful Arouquesa beef from the long-horned cattle**
- ✦ **Trout from the River Varosa, sometimes prepared 'de escabeche** - fried and layered with cooked onions in a sharp dressing
- ✦ **Broa de milho** - dense corn bread
- ✦ **Basulaque** - a mint flavoured dish traditionally of tripe and offal, now often also with added ham, sausages and chicken
- ✦ **Pears, cherries, oranges and apples, including the delicious Bravo d'Esmolfe**
- ✦ **Doces conventuais** - sugar-rich, eggy, often almondly sweets
- ✦ **Pão-de-ló** - simple, light sponge cake
- ✦ **Biscoitos de Teixeira** - lemon-flavoured sponge drops, and many other little biscuity cakes

## WINE ROUTES

The Rota das Vinhas de Cister proposes two routes, one combining visits to vineyards and monasteries, the other to vineyards and chestnut producers.

**Contact:** Rota das Vinhas de Cister, Casa Paço Dalvares, 3610-013, Tarouca

**phone:** +351 254 679 000

**mail:** rotavinhascister@sapo.pt





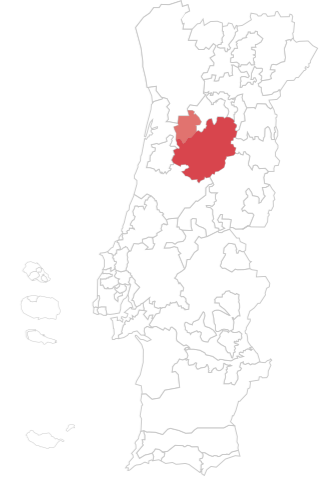
# DÃO AND LAFÕES

## DOC LAFÕES

## DOC DÃO

VINHO REGIONAL TERRAS DO DÃO

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### TERRAS DO DÃO

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Vinho Regional Terras do Dão covers the hilly and mountainous regions of DOC Dão and DOC Lafões, plus an area to the north of Dão and the east of Lafões. Terras de Lafões is an official VR sub-region of Terras do Dão.

The traditional vineyard scenery, dominated by the old, narrow, stonewalled terraces, has changed in many places, though preserved in the central section of the region by World Heritage.

### DOC DÃO

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The predominant characteristic that unites the wines of the Dão, whether red or white, is the delicious balance of all their constituent parts - acidity, alcohol, and concentration of flavour. These elements all combine to produce an elegant glass of wine.

The region might have been created with winemaking in mind - you couldn't wish for better conditions. Surrounded by the mountain chains of Caramulo, Buçaco, Nave and Estrela, the Dão region is totally protected from cold winds, summer rain clouds from the Atlantic, and even continental storms. Within its mountain walls, the Dão is full of contrasts; warmer in the west, cooler in the north and east, gently rolling hills merge with deep valleys, forests and mountain slopes. Climatically, the winters are cold and damp, and summers are generally sunny, warm and dry. Yet in late summer, the days become rapidly cooler, allowing long, slow ripening and the development of complex flavours.





# DÃO AND LAFÕES

The vineyards lie high in the hills, at an average of 400m to 500m above sea level, even sometimes as high as 800m, on decomposed schist or granite. Vineyards need to be carefully sited for best exposure to the sun to ensure perfect ripeness. This gives Dão wines an innate balance of bright, mineral acidity combined with a wonderful fragrance, character and intensity.

Once upon a time, some Dão wines lost much of their elegant, fruity character by excessive ageing in old barrels. With shorter ageing in today's newer oak barrels, or even un-oaked wines, the natural quality can shine through. Top red estate wines tend to contain at least fifty per cent of Touriga Nacional, the leading grape variety, and usually blended with either Alfrocheiro or Tinta Roriz.

Not all wines from the Dão use red varieties and there are ever improving white wines, especially from the Encruzado grape.

Most vineyards have been in the same family for generations. More than 30,000 grape-growers, some with very tiny plots, produce about half the DOC grapes. Co-operatives are very important here, nowadays employing modern technology. But individual producers, both large and small, led the revival in quality.

**Recommended white grapes:** Encruzado, Bical, Cercial Branco and Malvasia Fina.

**Recommended red grapes:** Touriga Nacional, Alfrocheiro, Jaen, Aragonez and Rufete.

## LAFÕES

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Tucked between the Dão and Vinho Verde regions along the valley of the River Vouga, Lafões is a small region with granite soils and a climate in transition between maritime and continental. Most grape-growers farm small or medium-sized plots of terraced vineyards, the vines trained high. Lafões makes a lighter style of red wines and fresh, crisp white wines.

**Recommended white grapes:** Arinto, Cercial, Dona Branca, Esgana Cão and Rabo de Ovelha.

**Recommended red grapes:** Amaral and Jaen.

## ON THE MENU IN THE DÃO AND LAFÕES REGION

- ✦ **Queijo da Serra da Estrela** - wonderful intensely flavoured ewe's milk cheeses from the central mountains
- ✦ **Requeijão, ewe's milk ricotta** - eaten for breakfast with cinnamon-flavoured pumpkin jam or dark mountain honey
- ✦ **Sopa da Beira or Caldo verde** - Vegetable soups, laced with smoked sausage
- ✦ **Arroz de pato** - a layered dish of rice, duck and other meats and vegetables
- ✦ **Other rice dishes, with trout, lamprey or gorse flowers**
- ✦ **Rancho à moda de Viseu** - boiled meats and vegetables
- ✦ **Migas à Lagareiro** - a bacalhau or salt octopus dish with cornbread crumbs, cowpeas, cabbage and olive oil
- ✦ **Morcela** - black sausage of rice or bread with various types of meat
- ✦ **Rojões** - fried chunks of belly pork
- ✦ **Corn or rye bread**
- ✦ **Maçã da Beira Alta and Maçã de Bravo de Esmolfe** - Excellent apples and a host of local sweet specialities

## WINE ROUTES

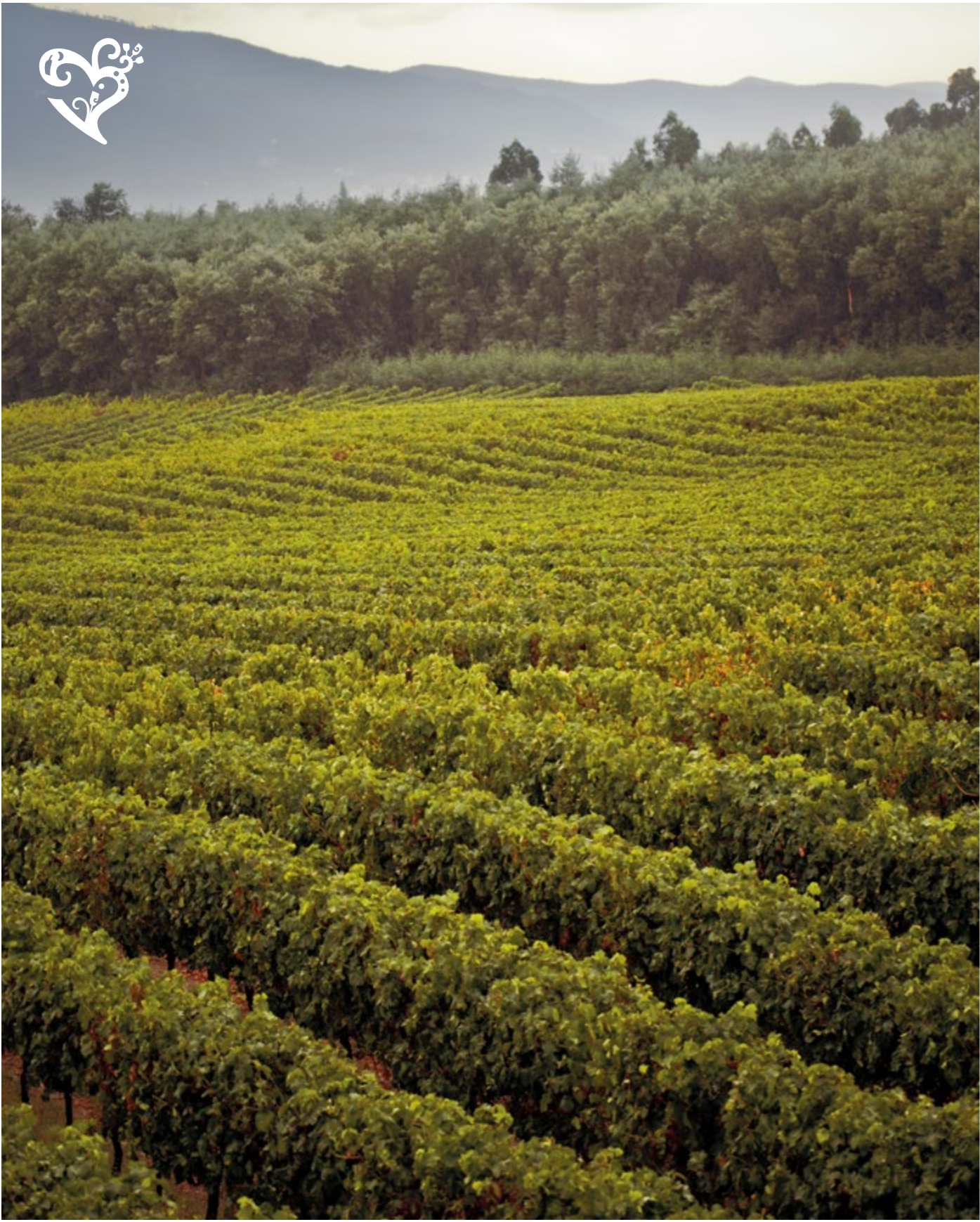
**Contact:** CVR do Dão, Solar do Vinho do Dão,  
Rua Dr Aristides de Sousa Mendes, Fontelo 3501-908 Viseu

**phone:** +351 232 410 060

**mail:** info@cvrdao.pt

**site:** www.cvrdao.pt

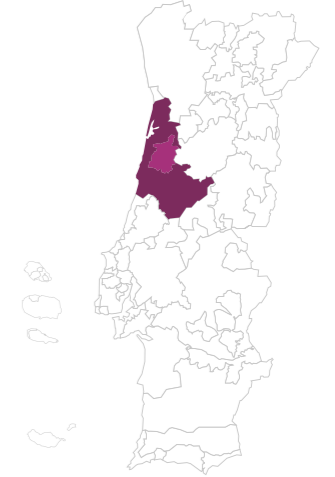




## **BAIRRADA** DOC BAIRRADA

### **VINHO REGIONAL BEIRA ATLÂNTICO**

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Beira Atlântico is a new Vinho Regional area consisting of a coastal region no more than 30 miles across for the most part. Stretching from just south of the city of Porto past golden surfing beaches, the rice fields and salt lagoons of Aveiro, encompassing the DOC vineyards of Bairrada, and then on to Figueira da Foz at the mouth of the River Mondego. The southern part of the region bulges out to the east, taking in the university city of Coimbra and rising to the delightful Serra da Lousã, and then down again into the basin of the meandering Rio Zêzere, which forms the border between the Vinho Regional Beira Atlântico area and the new eastern Vinho Regional area of Terras da Beira and DOC Bairrada.

## **DOC BAIRRADA**

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DOC Bairrada is approximately half way down the Vinho Regional area's coast and not far inland from the sea. Flat in the west, it rises in the east to small hills that are intensively farmed and sometimes wooded. This is the land of leitão, the delicious roast suckling pig, and also traditionally, of robust red wines made from the Baga grape. Red wines from Bairrada used to contain a minimum 85 per cent of Baga. The traditional style of Bairrada still exists, sometimes labelled as 'Bairrada Clássico' - and it can be one of Portugal's most exciting wines in the hands of a skilled grower and winemaker. Fully ripe Baga can make wines that are densely structured, complex, blackberry-fruited and aromatic, with marked acidity, firm tannins, and great ageing potential. Other growers have turned to alternative red Portuguese grapes such as Touriga Nacional but also, sometimes, international varieties such as Merlot, Cabernet Sauvignon and Syrah, all within the DOC.

Generally speaking, Bairrada wines can age extremely well, more than 10 years is commonplace. These aged wines provide a unique character including a fine bouquet of honey, smoke and spice.



Bairrada also makes white wines, from easy drinking aromatic styles to more austere wines that show appealing mineral and citrus fruit characteristics. Often un-oaked, though some of the better quality wines are capable of ageing to creamy, intense complexity. Traditionally made principally from Arinto, Bical, Cercial and Maria-Gomes, Bairrada white blends may now also include Chardonnay or Sauvignon Blanc.

There are also a great many delicious bottle-fermented sparkling wines from the traditional white trio plus sometimes Chardonnay, Baga, or muscatty-floral Maria Gomes. And some red sparkling wines as well – particularly good with leitão! Bairrada has a great heritage of sparkling wine production by the traditional, bottle-fermented method, a tradition that is developing and increasing in the 21st century. Currently the region accounts for around 65 per cent of the country's production of sparkling wines.

## ON THE MENU IN BAIRRADA AND THE BEIRA ATLÂNTICO REGION

- ✿ **Leitão** - tender, crispy-skinned roast suckling pig, especially in Bairrada
- ✿ **Wild duck from the marshes**
- ✿ **Chanfana** - goat or lamb, braised for hours in red wine and garlic
- ✿ **Rabaçal** - white cheeses from south of Coimbra, a mix of sheep and goats milk. Some styles are mild and others are strong
- ✿ **Fish or veal baked in a rock salt crust** - salt is mined on islands around Aveiro
- ✿ **Fish and seafood, fish soups, stews and fishy rice, from the sea, salt lagoons and rivers** - sea bass, rays, sardines, excellent mussels, eels, trout, lampreys in season
- ✿ **Rice from the rice fields of Aveiro, and all kinds of risottos**

- ✿ **Migas de Lousã** - a layered dish of beans, bread cornbread crumbs and turnip tops, moistened with olive oil
- ✿ **Ovos moles de Aveiro (Aveiro soft eggs)** - small sweets of egg yolk cooked in syrup, wrapped in communion wafers; queijadas de Tentúgal (delicate little cheesecake tarts), and around Coimbra, the eggy, almondy Pasteis de Santa Clara

**Most common white grapes for DOC include:** Maria Gomes (Fernão Pires), Bical, Arinto e Cercial.

**Most common red grapes for DOC include:** Baga, Touriga Nacional, Tinta Roriz.

## WINE ROUTES

**Contact:** Associação da Rota da Bairrada,  
Estação da Curia, Largo da Estação  
3780-541 Tamengos, Anadia  
**phone:** +351 231 503 105  
**mail:** geral@rotadabairrada.pt  
**web:** www.rotadabairrada.pt

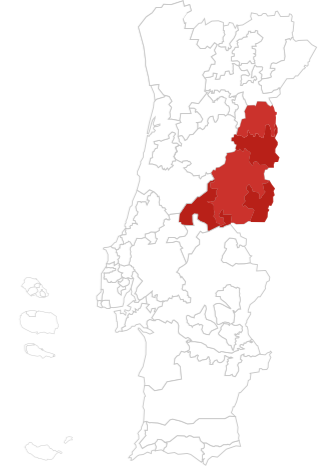




## **BEIRA INTERIOR**

### DOC BEIRA INTERIOR

**VINHO REGIONAL TERRAS DA BEIRA**



This countryside in this region is dotted with ancient villages and fortified towns many of which are surrounded by dramatic mountainous uplands strewn with granite boulders. A geography that dominates the border with Spain to the east.

The new Vinho Regional Terras da Beira stretches from the mediaeval town of Figueira de Castelo Rodrigo in the north to Castelo Branco in the south, from the wild eastern uplands by the Spanish border westward to the great barrier of the Serra da Estrela. The region encompasses the three enclaves of DOC Beira Interior: two of the areas are situated in the craggy northern landscape, around the towns of Pinhel and Castel Rodrigo, as well as Cova da Beira in the gentler countryside of the south, where grapes ripen more easily than in the vineyards on the mountain slopes.

New roads have drawn the outside world closer to the Beira Interior in recent years, but this is still a delightfully rural and unspoilt region, wide vistas sweeping from moorland to forest, from high crags to gentle valleys filled with fruit trees, hillsides and wild mountains where sheep and goats graze. The countryside is strewn with granite boulders, dotted with ancient villages and fortified towns built of granite blocks.

The Serra da Estrela is mainland Portugal's highest mountain range, a highly character-forming feature that gives the Beira Interior/Terras da Beira a more continental climate than the Dão region, westward across the mountains. It is hot and dry in summer and very cold in winter, with frequent snowfall.

The mountain slopes of the Beira Interior bear some of the highest vineyards in Portugal, located at 300m to 700 meters. The cool nights at this altitude acts to slow down the ripening cycle of the grapes, in spite of the heat during the day. This combination of altitude, granite soils and summer sun makes for a bold but bright style of wines with fresh and fruity characteristics.





# BEIRA INTERIOR

Top Portuguese grape varieties such as Tinta Roriz, Touriga Nacional and Touriga Franca thrive in this region, sometimes complemented with international varieties such as Syrah, Merlot and Cabernet Sauvignon. The premier local white grape is the Fonte Cal, an exclusive local treasure that can make rich, honeyed whites with steely fresh acidity. These wines are ideal to drink when young and are renowned for developing complexity with age. It may be blended with other Portuguese varieties, (Síria and Arinto) and/or with newcomers including Chardonnay and Riesling. There is also a selection of high quality sparkling wines and rosés from the Terras da Beira region

**Quality is definitely on the up, both amongst individual producers and co-operatives. Old vines can make for concentrated flavour.**

**Most common white grapes for DOC:** Síria, Arinto, Fonte Cal, Malvasia, Fernão Pires.

**Most common red grapes for DOC:** Touriga Nacional, Alfrocheiro, Trincadeira, Touriga Franca, Rufete, Bastardo, Marufo, Tinta Roriz (Aragonez).

## ON THE MENU IN THE BEIRA INTERIOR REGION

- ✦ **Wild mushrooms** - boletus (ceps), chanterelles, oyster mushrooms and wood blewits
- ✦ **Caldo de grão** - meaty chickpea soup
- ✦ **Bean soups and stews**
- ✦ **Game** - partridge, quail, hare, rabbit, wild boar, venison
- ✦ **River fish** - trout from the Zézere and Côa Rivers
- ✦ **Young, tender meat** - veal, goat cooked in garlic and lamb, all roasted in wood-fired ovens
- ✦ **Sausages** - farinheira and black pudding
- ✦ **Buchos de porco recheados** - pig's stomach with a garlic pork stuffing
- ✦ **Cheeses** - including the famous mountain ewe's cheese, Queijo da Serra da Estrela, and the similar Queijo de Castelo Branco, and the salty and powerful Queijo Picante da Beira Baixa

- ✦ **Requeijão** - ewe's-milk ricotta, with doce de abóbora (cinnamon-flavoured pumpkin jam) or dark mountain honey
- ✦ **Broa de Milho** - chunky corn bread
- ✦ **To finish, lemony tigelada or cinnamon-flavoured leite creme (set egg custards), egg-enriched rice puddings, or farófias (floating islands)**
- ✦ **Wonderful cherries, peaches, apples**

## WINE ROUTES

**Contact:** Comissão Vitivinícola Regional da Beira Interior,  
Avenida Cidade de Safed lote 7 1º, 6300-537 Guarda

**phone:** +351 271 224 129

**mail:** geral@cvrbi.pt

**site:** www.cvrbi.pt





## LISBOA

DOC ALENQUER

DOC ARRUDA

DOC BUCELAS

DOC CARCAVELOS

DOC COLARES

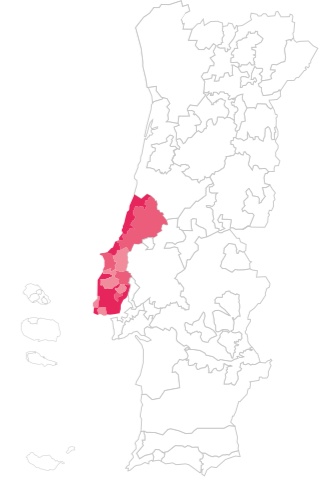
DOC ENCOSTAS D'AIRE

DOC LOURINHÃ

DOC ÓBIDOS

DOC TORRES VEDRAS

### VINHO REGIONAL LISBOA



Fresh sea breezes keep the windmills turning in this charming, hilly coastal region to the west and north of Lisbon. They also keep the vineyards cool, especially on the seaward side. The Lisbon region (which was known as Estremadura until the 2008 vintage) has more DOCs than any other wine region of Portugal; a total of nine, of which one is for aguardente (brandy) rather than wine. There are a growing number of private wine estates, but a great many small-scale producers deliver their grapes to large co-operatives. Many excellent wines are also sold as Vinho Regional Lisboa in addition to a large quantity of everyday drinking inexpensive wines, labelled as vinho (table wine).

It's hardly surprising that the two historic DOC regions west of Lisbon have dwindled in recent decades, the cost of land is at a high premium along the region's southern coast. Fast roads head into Lisbon from the fine sandy beaches to the smart commuter towns of Cascais and Estoril, littered with historic palaces, mansions and sought-after houses.



In the southern DOC of Carcavelos, long famous for its sweet wines, most of the vines have given way to buildings. DOC Colares has suffered a similar decline. The Colares region begins around the headland from Cascais, beyond the spectacular, golden surfing beach of Guincho, inland from Cabo da Roca, Europe's westernmost headland. The vines of Colares were famously planted deep into the sand dunes, protected by windbreaks; the high-acid, tannic reds legendary for their ageing potential. The main grape of Colares is the tannic Ramisco; scarcely found nowadays elsewhere in Portugal, even in Colares, only 10ha remain. White Colares production is largely based on Malvasia grapes.

DOC Bucelas is the third of the small, historic wine regions close to Lisbon. Though only 25km north of Lisbon's central Baixa district, it has survived and indeed grown in recent years, and justifiably so, producing as it does some of Portugal's finest white wines. Bucelas (white only, both still and sparkling) has a crisp, dry mineral character and is made predominantly from the Arinto grape. Bucelas wines can be enjoyed when first bottled or can develop complexity and finesse with two or three years of bottle ageing.

Just north of Bucelas, still inland, lies the small region of Arruda. This is a delightful, fairy-tale setting of hills, an ancient ruined castle, old Roman roads, historic windmills (nowadays also modern wind turbines), and vineyards, growing predominantly red grapes. Since 2002, DOC Arruda wines may include international grapes such as Cabernet Sauvignon, Syrah, Chardonnay as well as some of the most desirable grapes from elsewhere in Portugal, such as Touriga Nacional and Touriga Franca. The same applies to the other DOC regions in the central part of the Lisboa region: Alenquer, Torres Vedras and Óbidos where a wide variety of grape varieties are planted.

Heading north again from Arruda, still inland, in the countryside around the town of Alenquer, DOC Alenquer is protected from the harsh Atlantic Ocean winds by the chalky hills of the Serra de Montejunto. In this mild climate, grapes can ripen at their leisure, and in the best vintages can produce very good, concentrated red wines and whites with good, fresh acidity.

There is a group of highly motivated, quality-conscious producers in Alenquer, alongside some innovative winemaking techniques that is showing much promise for future success.

It's cooler to the seaward side of the Serra de Montejunto, in DOC Torres Vedras, especially on the region's western flank, where sea breezes are strongest. This is a source of light, dry white wines, including a low-alcohol white known as Vinho Leve. There are also a few lighter styles of red wines produced here.

Back inland, north of Alenquer resides the DOC Óbidos area, with the beautiful, walled medieval town of Óbidos on its north-western flank. The grape growing season is quite cool, and produces good, crisp whites (including Vinho Leve) and some of Portugal's finest sparkling wines, as well as some reds, which are light and elegant.

To the windswept west of Óbidos, Lourinhã is the DOC for brandy. The region's north-eastern tip reaches out to the busy fishing port of Peniche and the Cabo Carvoeiro headland. Northwards beyond the cape, an ancient pine forest, the Pinhal de Leiria fringes the surfing beaches. The pine forest is a natural barrier that has been responsible for curbing the spread of the sand dunes, taming the gusty ocean winds, and protecting the vineyards of Encostas de Aire, Lisboa's largest and northernmost DOC. This is hilly country, where pears, apples, peaches and figs compete for space with vineyards.

The region surrounds the pretty, cobbled town of Leiria, the famous pilgrimage centre of Fátima, and the fabulous monasteries at Batalha and Alcobaça, both UNESCO World Heritage sites. Both white and red wines are light, fresh and low in alcohol.

**Most common white grapes (variable according to the DOC) including:** Arinto, Fernão Pires, Malvasia (Colares), Rabo de Ovelha, Vital.

**Most common red grapes (variable according to the DOC) including:** Aragonez, Castelão, Ramisco (Colares), Tinta Miúda, Touriga Nacional.



## ON THE MENU IN THE LISBOA REGION

- ✿ **Sardinhas** - Cascais claims to have the best in the world
- ✿ **Plentiful fish and seafood from the open sea**
- ✿ **Caldeirada rica de peixe (fish stew), and fish soups**
- ✿ **Frango à piri-piri** - grilled chicken with a simple olive oil and chilli sauce
- ✿ **Pine nuts** - in sweet as well as savoury dishes
- ✿ **Pêra Rocha** - big, juicy, aromatic pears
- ✿ **Apples, peaches, figs**
- ✿ **Queijadas de Sintra** - small curd cheese tarts with egg yolks, ground almonds and cinnamon
- ✿ **Pastéis de feijão** - a bean, sugar and almond paste held together by egg yolks
- ✿ **Pastéis de Belém** - Lisbon's famous custard tarts
- ✿ **Brisas do Lis** - eggy, almondy sweets from Leiria
- ✿ **Nozes de Cascais** - caramel-coated eggy walnut sweets

## WINE ROUTES

Choose from the Rota dos Vinhos de Bucelas, or the Rota da Vinha e do Vinho de Lisboa, the latter offering three possibilities: Quintas de Alenquer, Linhas de Torres, and Óbidos.

**Contact:** Comissão Vitivinícola Regional da Região de Lisboa  
Rua Cândido dos Reis, 1, 2560-312 Torres Vedras  
**phone:** +351 261 316 724  
**mail:** cvr.lisboa@mail.telepac.pt  
**site:** [www.vinhosdelisboa.pt](http://www.vinhosdelisboa.pt)





## TEJO

### DOC DO TEJO

#### VINHO REGIONAL TEJO



The classic images of the Tejo region are willowy, watery meadows and flat, green farmland bisected by a wide, stately river. And indeed the region encompasses much of the course of the River Tagus (Tejo in Portuguese) as it flows down from the centre of Portugal into its gaping estuary by Lisbon. Away from the river, the Tejo region rises into drier, hillier country, clad in olive groves and orchards, as well as vineyards.

In recent years, new vine plantings in the Tejo region have been concentrated in these higher, drier areas, as priorities have shifted from quantity to quality. The two upland areas are the Charneca and the Bairro. The Charneca lies to the south-east of the river, bordering on the Alentejo, and is hotter and drier than the rest of the Tejo region. Soils here are sandy and production per vine is low (a plus for quality) and grapes ripen easily and early. To the north and east of the river, the uplands are known as the Bairro, where plains alternate with hills and ultimately reach up into the foothills of the mountain ranges of the Serra de Aire and Serra dos Candeeiros, by the border with the Lisboa region. Soils in the Bairro are mainly clay and limestone, with a patch of schist up near the charming mediaeval town of Tomar.

Some of the Tejo region's vines still grow in the Leziria, the fertile, alluvial plains where water is never far below the surface and the climate is moderated by the river. It takes a great commitment to produce fine wines in these conditions; conscientious pruning, trimming of exuberant foliage and snipping off excess grape bunches before they have time to develop. Many grape-growers deliver their crops to co-operatives and much of the produce is gentle, easy-drinking red, rosé and fruity, often aromatic white wines. Some grape farmers have switched to other crops - there's a ready market for the melons, strawberries, tomatoes, cereals, rice, vegetables and fruit that also grow with great ease in the riverlands.

There's no shortage of pasture for livestock here. Servicing studs of Lusitano horses, rearing of cattle for bull running and bull-fighting of the less terminal, Portuguese kind, and in the south by



the estuary there is a wetland nature reserve. At the region's heart, the city of Santarém, once a strategic fortress town on a plateau beside the river, is now a lively agricultural centre. And you'll be there in just an hour from Lisbon, glass in hand.

**As well as easy-quaffing reds, fragrant whites and fruity rosés, the Tejo has more complex wine from the hilly areas.**

**Most common white grapes DOC:** Fernão Pires (Maria Gomes), Galego-Dourado, Tringadeira-das-Pratas.

**Most common red grapes DOC:** Aragonéz (Tinta Roriz), Castelão (João de Santarém), Moreto, Negra-Mol, Rufete.

## ON THE MENU IN THE TEJO REGION

- ♣ **Sopa da Pedra** - 'stone soup' contains vegetables, pulses, garlic, potatoes, coriander, ham and sausages
- ♣ **Other vegetable soups and stews, and fresh vegetables in profusion**
- ♣ **Bready dishes, such as açorda or magusto, made with dense corn bread**
- ♣ **Arroz (rice) is a staple**
- ♣ **Tomatoes abound** - arroz de tomate (tomato rice) is on many menus
- ♣ **Favas com chouriço** - a broad bean stew
- ♣ **Beef dishes (those bulls again)**
- ♣ **Cabrito assado** - roasted goat cooked in garlic
- ♣ **Tagus eels and sável (shad)**
- ♣ **Queijo de Tomar** - tiny goat's cheeses, usually young and fresh, sometimes mature and nutty and sold in olive oil
- ♣ **Sweet melons various**
- ♣ **Fios de ovos** - egg threads, thin strands of egg poached in sugar syrup with split-second timing

## WINE ROUTES

The Tejo region has a number of excellent, carefully planned wine routes.

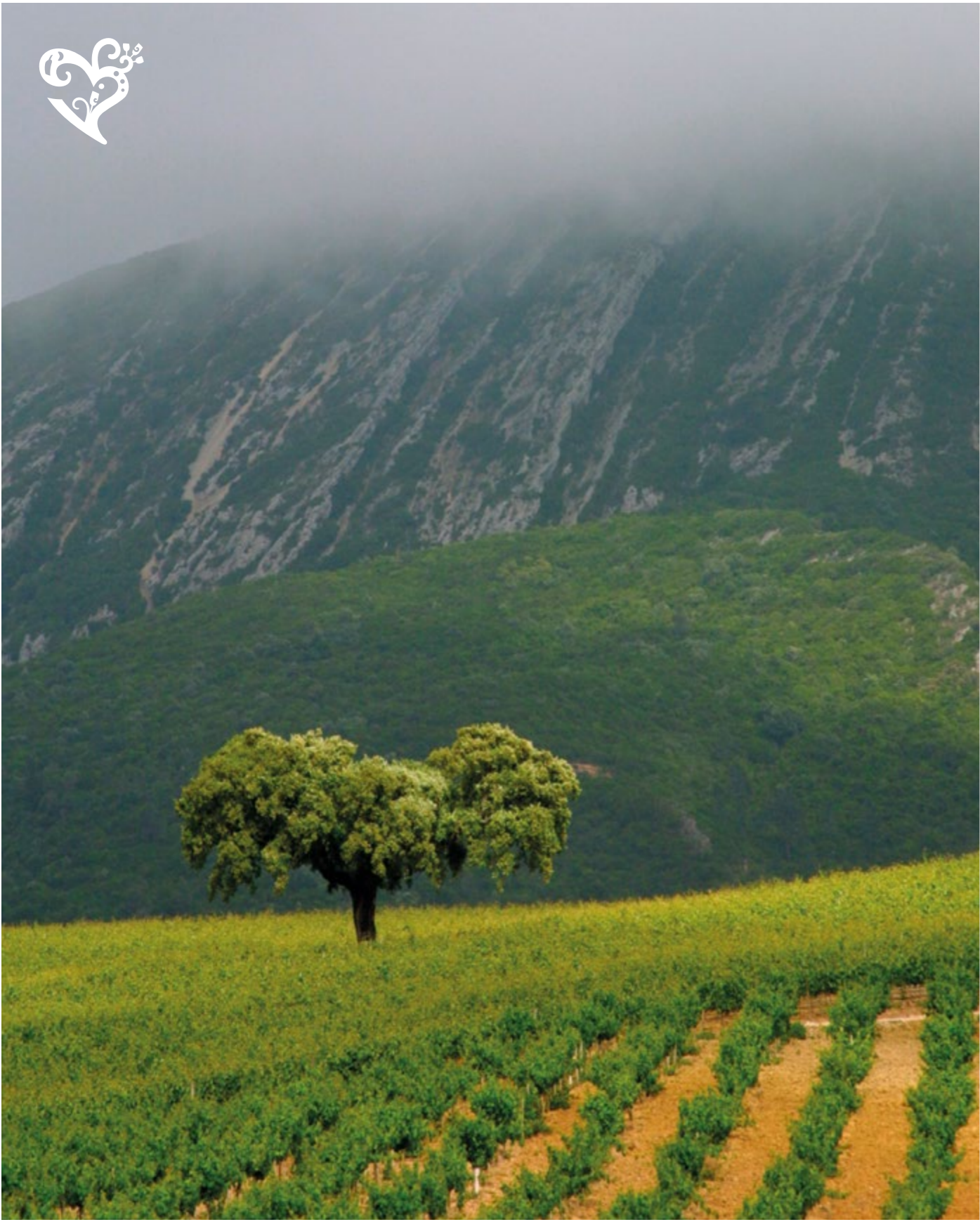
**Contact:** Rota dos Vinhos do Tejo, Comissão Vitivinícola Regional do Tejo, Rua de São Pedro, Apartado 393, São Pedro, 2001-905 Santarém

**phone:** + 351 243 309 400

**mail:** geral@rotavinhostejo.com or geral@cvrtejo.pt

**site:** www.rotavinhostejo.com or www.cvrtejo.pt





## **PENÍNSULA DE SETÚBAL** DOC SETÚBAL / PALMELA

**VINHO REGIONAL PENÍNSULA DE SETÚBAL**

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The heartland of this seaside region is the Setúbal Peninsula, across the Tagus bridges from Lisbon. It's a vibrant venue for Lisbon weekenders, and since the opening of the latest bridge, home to ever more commuters. In summer it is the smart Atlantic surf beaches and golf courses of the west that draw the crowds, as well as the sheltered southern coves beneath the wooded hills of the Arrábida Natural Park. In amongst the Arrábida woods are hilly pastures for the sheep that produce the stunning Azeitão cheeses, and vineyards of Moscatel grapes destined for one of Portugal's classic sweet wines, DOC Setúbal. The Peninsula has its own premier red grape, the Castelão, which dominates the fine red wines of Palmela. The grape variety seems more at home here than in the rest of Portugal. The two DOCs are confined to the Peninsula, but the VR Peninsula de Setúbal extends around the marshlands of the Sado Estuary (a haven for wading birds and a source of salt and rice), 60km down the Atlantic coast to the small town of Sines. The River Sado flows through the eastern side of the region, and strongly influences the terroir.

VR Peninsula de Setúbal can be made from a huge range of grapes, Portuguese and international, and wine styles can vary greatly.

Vineyards and winemaking are a thriving business in this region, despite growing pressure on land. Two of Portugal's largest and most forward-looking wine companies have significantly influenced the development of wine quality and styles. There are also a number of good wine co-operatives, and some smaller companies that are carving their own niche here.

DOC Palmela is required to contain at least 67 per cent Castelão, but it normally has more, supported by grapes including Aragonez, Cabernet Sauvignon, Syrah and Trincadeira. Outside the DOC Palmela and the Peninsula de Setúbal, Castelão grapes can be very hard to ripen. But Castelão is particularly happy here in the Peninsula's warm, sandy soils, and can ripen to perfection, producing lovely, fresh, fruity wines with moderate alcohol and ripe tannins.



# SETÚBAL AND PALMELA

With some bottle ageing these wines can evolve to show a complex, cedar, cigar-box character rather reminiscent of fine, mature Cabernet Sauvignon. Alongside plentiful red Palmela, white Palmela is in shorter supply, and can be appealingly dry and fragrant when blends include scented Fernão Pires and Moscatel de Setúbal grapes.

Many of the best grapes come from the limestone Arrábida hills high over the Península's southern coast. DOC Setúbal has to contain at least 67 per cent Moscatel de Setúbal (Muscat of Alexandria) grapes, or Moscatel Roxo (Red Muscat). Those that contain at least 85 per cent Moscatel are entitled to be labelled Moscatel de Setúbal, or Moscatel Roxo. Grapes for these sweet, fortified wines, whether red or white, are fermented with their skins and then grape brandy is added to stop the fermentation. The fragrant, flavourful skins are left to macerate in the wine for a further few months, and then the wine is drained off to be aged for a minimum of eighteen months in oak barrels. Sold at this stage, Setúbal is yellow, sweetly floral and citrus flavoured; Moscatel Roxo is darker, and rose-scented.

Only small quantities are further aged in wood to become, after 20 years, a dark nectar, with complex, intense aromas and flavours of nuts and dried fruits, citrus and honey. These wines rank amongst the world's greatest fortified Muscats.

**Recommended white grapes for DOC: for Setúbal:** Antão Vaz, Arinto, Fernão Pires, Malvasia Fina, Moscatel Galego Branco, Moscatel de Setúbal, Rabo de Ovelha, Roupeiro Branco, Verdelho, Viosinho; **for Palmela:** Alvarinho, Antão Vaz, Arinto, Fernão Pires, Loureiro, Malvasia Fina, Moscatel Galego Branco, Moscatel de Setúbal, Rabo de Ovelha, Roupeiro Branco, Verdelho, Viosinho.

**Recommended red grapes for DOC: for Setúbal:** Aragonez, Bastardo, Castelão, Touriga Franca, Touriga Nacional, Trincadeira, Moscatel Roxo; **for Palmela:** Alicante Bouschet, Aragonez, Bastardo, Castelão, Tinta Miúda, Tinto Cão, Touriga Nacional, Trincadeira.

## ON THE MENU IN THE PENÍNSULA DE SETÚBAL REGION

- ✿ **Queijo de Azeitão** - wonderful, small, intensely flavourful cheese made from sheep's milk
- ✿ **Salmonete** - one of the most flavourful fish, red mullet is the star catch
- ✿ **Feijoadas** - rich, bean-based stews
- ✿ **Ostras** - oysters cultivated in the estuaries of the Tagus and the Sado
- ✿ **Sardinhas** - Setúbal is the spot for grilled sardines
- ✿ **Pinhões** - this is a major production centre for pine nuts
- ✿ **Moscatel** - the grapes are delicious to eat as well as drink
- ✿ **Arroz** - rice from the wetlands of the estuaries, with seafood in arroz de marisco; and arroz doce (rice pudding), may be made with creamy ewe's milk, and flavoured with cinnamon
- ✿ **Salt** - buy the region's fine flor de sal crystals, or enjoy fish baked in a salt crust
- ✿ **Beans, bean stews, and rabbit cooked with beans**
- ✿ **Pears cooked in Moscatel wine**
- ✿ **Honey from the Arrábida hills**

## WINE ROUTES

A very helpful tasting and information centre will arrange winery visits and suggest routes.

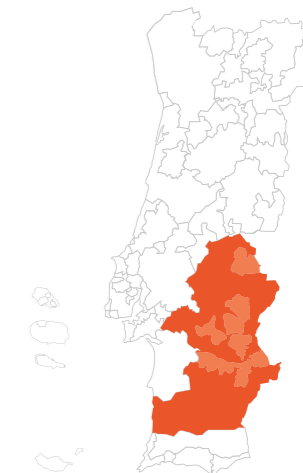
**Contact:** Casa Mãe da Rota de Vinhos da Península de Setúbal, Largo de São João, 2950-248 Palmela  
**phone:** + 351 212 334 398  
**mail:** rotavinhos.psetubal@mail.telepac.pt  
**site:** www.rotavinhospsetubal.com





## **ALENTEJO** DOC ALENTEJO

### **VINHO REGIONAL ALENTEJO**



This huge, sun-drenched area, covering much of the southern half of Portugal, has in recent years become an important source of bold, ripe and fruity red wines. No wonder that Alentejo wines often dominate the wine lists of Lisbon restaurants. The Alentejo attained its first sub-regions in 1989. Portugal's entry into the EU had brought long-overdue investment into vineyards and cellars. And modern technology, especially temperature control, made it possible to make good quality white wines as well as rich reds. The Alentejo region has some wonderful old vines that produce a lower yield (but higher quality) of characterful wines.

The Alentejo is vast and varied where only five per cent of the land is planted with vines. One of the most exciting areas is in the north-east corner, around the city of Portalegre and over towards the Spanish border. This high mountain country has a cooler climate than the rest of the Alentejo, and the potential to make elegant wines. The central Alentejo, wide, rolling country around the towns of Évora, Borba, Reguengos and Estremoz, is hot, and makes wines with a good balance of acidity. Even further south, in the sun drenched area around Beja, winemakers are producing some excellent wines. Soils vary greatly here, from granite and schist to chalk.

Between towns, you can drive for miles without seeing a soul, through cork and olive groves, past sweet-scented lavender fields, golden wheat, maize, sunflowers, vines and grazing livestock.

DOC Alentejo wines can be made only in certain small enclaves within the greater Vinho Regional Alentejo region. DOC Alentejo is divided into eight different sub-regions for the purpose of regulating grape growing and winemaking in the varying microclimates and terrains. Portalegre, Borba, Redondo, Vidigueira, Reguengos, Moura, Évora and Granja/Amareleja all produce DOC wines that are labelled DOC Alentejo, and sometimes qualified by the name of the sub-region as well.

An increasing number of regional wines are labelled 'Vinho Regional Alentejano'. Some of them are made outside the DOC areas, and some within but outside of the DOC rules. A long list of grapes is permitted for Vinho Regional Alentejo, including many foreign varieties, such as Syrah, which is increasingly gaining in importance.



The prettiest and most pleasant time to visit this region is April or May when everything is still green and aromatic, before the heat and drought of the summer months. Less than five per cent of the Portuguese population live in the Alentejo. Occasionally you catch sight of a whitewashed farmhouse atop a gentle hill, or 'Monte'. You may have noticed the word 'Monte' on wine labels; it is used here to mean farmhouse or estate. The Alentejo is famous for its beef, and for deliciously moist and flavoursome ham and pork from the black pigs that roam free in the cork forests, feeding on acorns.

**Recommended red grapes for DOC:** (variable according to sub-region) including Aragonez, Trincadeira, Castelão, Alfrocheiro and Alicante Bouschet.

**Recommended white grapes for DOC:** (variable according to sub-region) including Arinto, Antão Vaz, Roupeiro, Fernão Pires.

## ON THE MENU IN THE ALENTEJO

- ✦ **Porco preto** - the region's native black pig giving some of the world's best pork, offal and charcuterie
- ✦ **Carne de Porco à Alentejana** - marinated pork with clams, vegetables and sprinkled with coriander
- ✦ **Presunto** - cured hams; the best, indescribably unctuous and delicious, have DOP status and are fed on bolotas (acorns)
- ✦ **Açorda and migas** - bread-based dishes are popular, moistened by meat or fish juices, and/or fat, or crumbed and fried, with the addition of vegetables, meat, fish or seafood
- ✦ **Poejo** - pennyroyal, a mint-like herb, also leaf coriander, oregano and plenty of garlic
- ✦ **Sopa de cação** - dogfish bread soup with garlic and coriander leaf or pennyroyal
- ✦ **Espargos bravos** - wild asparagus

- ✦ **Lamb, goat, chicken, game in the autumn, including acorn-eating javalí, wild boar, and wonderful fish and seafood by the coast, and bacalhau**
- ✦ **Encharcada** - rich, syrup and egg dessert topped with cinnamon
- ✦ **Doces Conventuais** - eggy, often almondy 'convent sweets'
- ✦ **Elvas plums** - delicious sugar-preserved greengages, especially at Christmas

## WINE ROUTES

For help planning your route and booking appointments with producers.

**Contact:** Rota dos Vinhos do Alentejo,  
Praça Joaquim António de Aguiar, 20-21,  
Apartado 2146, 7001-901 Évora  
**phone:** +351 266 746 609 or 266 746 498  
**mail:** [rota@vinhosdoalentejo.pt](mailto:rota@vinhosdoalentejo.pt)  
**site:** [www.vinhosdoalentejo.pt](http://www.vinhosdoalentejo.pt)





## **ALGARVE** DOC LAGOA DOC LAGOS DOC PORTIMÃO DOC TAVIRA

### **VINHO REGIONAL ALGARVE**

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Over the last 50 years, many vineyards in the Algarve have made way for golf courses, hotel complexes, avocado and citrus trees. Though in recent times, new vineyards have been planted a little way inland from the coast. A combination of native Portuguese grapes and international varieties such as Syrah and Cabernet Sauvignon are flourishing in these growing conditions. At the same time there has also been an investment in wineries so that the most modern winemaking techniques can be employed.

Only one wine co-operative is still in action, in Lagoa, but there are a number of new private estates where quality is essential to their success. The finished wines have already found a ready market amongst the visitors to the Algarve in addition to export markets.

The Algarve has a prominent ambassador in - the British pop star Sir Cliff Richard, who owns a wine estate there. You might expect this southern-most region to be Portugal's hottest, but the sea keeps it cooler than the southern part of the Alentejo, just over the scenic hills of the northern Algarve, so that Algarve white wines as well as rosés can be fresh and appealing, and the reds have the potential to be aromatic and elegant.

There are four DOCs: Lagos, Portimão, Lagoa and Tavira, but the best wines tend to be Vinho Regional Algarve, taking advantage of the flexible rules and a wider and more interesting selection of permitted grape varieties.

**Recommended white grapes for DOC:** Siria, Arinto and Malvasia Fina (the latter only in Lagos).

**Recommended red grapes for DOC:** Negra Mole, Trincadeira and Castelão.



## ON THE MENU IN THE ALGARVE REGION

- ✦ **Wonderful fish and seafood from the open sea and the lagoons**, especially sardines, sole, gilt-head bream, and ameijoas and conquilhas (clams), and berbigões - small cockles
- ✦ **Cataplana** - mixed seafood, meat and vegetables cooked in a sealed, domed metal vessel
- ✦ **Frango à piri-piri** - a staple for tourists and locals, grilled chicken marinated in and served with a simple oil and chilli sauce
- ✦ **Tomatoes, sweet potatoes, and more salads and vegetables than in some other parts of Portugal**
- ✦ **Xerém** - corn-meal porridge of Arab origin, with pork and cockles
- ✦ **Prato de grão** - a delicious stew of chickpeas, tomato, garlic and cumin
- ✦ **Doces de amêndoa** - animal or fruit-shaped marzipan sweets, citrus flavoured
- ✦ **Morgado de figo and queijo de figo** - delicious cooked paste of dried figs, ground almonds, chocolate, lemon zest and cinnamon
- ✦ **Citrus fruits, almonds and figs**

## WINE ROUTES

The Rota dos Vinhos do Algarve will help you explore the region's vineyards as well as other attractions, both cultural and natural.

**Contact:** Comissão Vitivinícola Regional do Algarve  
Estrada Nacional 125, Bemparece,  
8400-112 Lagoa  
**phone:** +351 282 341 393  
**mail:** [cva@vinhosdoalgarve.pt](mailto:cva@vinhosdoalgarve.pt)  
**site:** [www.vinhosdoalgarve.pt](http://www.vinhosdoalgarve.pt)





## **MADEIRA** DOC MADEIRA DOC MADEIRENSE

### **IGP VINHO REGIONAL TERRAS MADEIRENSES**

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Off the coast of Africa, 1,000km from mainland Portugal, the semi-tropical island of Madeira has long been famous for its fortified wines, DOC Madeira. Madeira has chosen to use the new EU designations, DOC and IGP. More recently, along with its sandy neighbour Porto Santo, it has a second DOC for its unfortified wines, DOC Madeirense, and the islands also make unfortified wines labelled IGP Terras Madeirenses.

Madeira wine has been produced in the island since the settlement of the first explorers who first landed at the island in 1419. The wine production process has been subject to change throughout its history, though the fortified style of the wine has been an almost constant. Madeira wine has been exported to a large number of countries during its long history and this has helped to bring a wider recognition to the name of Madeira Island. In recent times, a number of classic European grape varieties have been planted here, but many of the original Americano vines remain. The locals still prefer to drink curiously scented table wines made from American hybrid grapes that are not permitted for use in DOC and IGP wines. This influx of new grape varieties has led to a selection of fresh, unfortified wines (DOC and IGP) made in a modern, government-financed winery. Verdelho is commonly used to make the white wines and the red wines tend to use the Tinta Negra grape. A wide variety of international and Portuguese-mainland grapes are being planted in these times of progress.

The climate in Madeira is largely influenced by the warmer currents within the Gulf Stream, and has an average temperature of 22°C in the summer and 16°C in winter.

A layer of cloud builds up over the mountainous interior during most days that interrupts the sunshine with a brief downpour of rain. This regular occurrence does not deter the many tourists who flock to this beautiful island. The combination of warm temperatures, a humid climate and fertile volcanic soil make for gently ripened grapes that produce a lighter style of wines with moderate alcohol. Early exporters of Madeira wines realised that their delicate produce travelled better when fortified with a little brandy.



They also discovered that something miraculous happened during long, hot sea voyages across the equator; the flavour of the wines became more intense as they acquired an appealing nutty character. Madeira producers learnt to mimic this phenomenon by ageing barrels of fortified wine in the sun, under glass roofs in their warehouses, for years at a time; a process they called canteiro. For their less expensive wines the winemakers discovered a short cut by using controlled heating in stoves (estufas), a process known as estufagem. Three months of estufagem is equivalent to four years of canteiro, although the results are less subtle.

Madeira's vineyards are fragmented into tiny plots along terraces carved into the volcanic slopes. Most vines are trained on pergolas and the grapes are harvested between mid-August and mid-October. The fermentation of the grape juice is interrupted by the addition of neutral alcohol once the yeasts have used up an appropriate amount of grape sugar to leave the desired sweetness. Traditionally, certain of the island's historic white grape varieties are associated with wines of specific sweetnesses: The Sercial grape is used for wines that finish dry, Verdelho is favoured for semi-dry wines, Bual (or Boal) is considered the best choice for a semi-sweet finish, and Malmsey (or Malvasia) is used for the sweetest wines. Only the very top DOC Madeira wines are still made from these four white grapes, plus, occasionally, Terrantez. Due to the limited space for vineyards in Madeira, these traditional grapes are in a relatively short supply and demand for Madeira wines is increasing. The solution to increasing the production of less expensive wine is to use a more plentiful red grape; Tinta Negra that produces Madeira wines of all sweetness levels.

Wines are categorised by method and length of ageing, as well as grape. Colheita or Single Harvest wines are made from the traditional white grapes or Tinta Negra and matured in oak barrels for at least five years. Vintage, Frasqueira or Garrafeira wines must be made by the canteiro method from one of the traditional white grapes and then wood-aged for 20 years.

**Authorized grapes for DOC Madeirense and IGP Terras Madeirenses white grapes:**

Verdelho, Malvasia Fina (Boal), Sercial, Malvasia, Folgasão (Terrantez), **red grapes:** Bastardo, Complexa, Deliciosa, Tinta Barroca, Tinta Negra, Touriga Francesa and Touriga Nacional.

**Recommended grapes for DOC Madeira:** Tinta Negra, Sercial, Boal, Malvasia, Terrantez and Verdelho.

## ON THE MENU ON MADEIRA

- ✿ **Bananas** - small, sweet and delicious, also served cooked, as vegetables
- ✿ **Anonas** - custard apples, tropical fruits with creamy, subtly flavoured white flesh and big brown seeds
- ✿ **Batatas doces** - sweet potatoes, as vegetables, or in stews, cakes and even bread
- ✿ **Bolo do caco** - Madeiran bread, soft and crusty, incorporating sweet potato
- ✿ **Atum** - tuna, king fish of the seas around Madeira
- ✿ **Lapas** - limpets served in garlic butter, very seasonal
- ✿ **Espetadas** - skewers of garlic infused meat, fish or vegetables
- ✿ **Carne vinha d'alhos** - pork marinated and cooked in wine, vinegar, bay, olive oil, chillies and lots of garlic
- ✿ **Milho frito** - herby chunks of polenta-like corn-meal, crisply fried
- ✿ **Espada** - the lightly flavoured black scabbard is the most common fish around Madeira
- ✿ **Bolo de mel** - Christmas cake with fruit and nuts, highly spiced and sweetened with molasses

## WINE ROUTES

Although there are no organised wine routes on Madeira, you may be able to get help **contacting wineries from:**

IVBAM - Instituto do Vinho, do Bordado e do Artesanato da Madeira,  
Rua Visconde de Anadia, 44, 9050-020 Funchal

**phone:** +351 291 211 615

**mail:** ivbam.sra@gov-madeira.pt

**site:** www.vinhomadeira.pt

**facebook:** www.facebook.com/VinhoMadeiraWine





## AÇORES

DÓC BISCOITOS

DOC GRACIOSA

DOC PICO

IGP VINHO REGIONAL AÇORES



Buffeted by the mid-Atlantic weather, on the same latitude as Lisbon, this little group of islands has a spectacular variety of scenery. From lush, green countryside and lakes to volcanic peaks caverns, sulphur pits and lava flows. The islands' historic vineyards are considered to be so special that a vineyard area on the island of Pico has been declared a UNESCO World Heritage Site. What makes these vineyards so special? Most vines on the Azores are grown within currais, a small dry stonewall enclosure made of black volcanic rock. Vines are planted in holes and cracks in the lava flows, and the walls protect the vines from Atlantic winds and salt spray. The vineyards of Pico are a particularly stunning example.

Vines have been planted in this way since the early 16th century, when the islands were a port of call for discoverers on their way to the New World. By the 18th century, the sweet, fortified Azores wines were famous and prized.

But vine diseases in the 19th century caused many vineyards to be abandoned or replanted with hybrid vines. It was not until the 1980's and 1990's that Verdelho and other classic grape varieties began to be more widely replanted. Today, three of the islands produce wine. Much of the island of Graciosa has DOC status for their lighter style of white wines, vinified at the local co-operative. There are two other DOC's for fortified wines; in some coastal areas of the island of Pico and in Biscoitos, a small area in the north of Terceira. A quantity of good quality, unfortified IGP Açores are produced on both Pico and Terceira, made, by a couple of small-scale private producers, and in Pico by the co-operative. Most wines are white, and thanks to the damp, temperate climate, are fresh in style. Vinho de cheiro, 'scented wine' made from hybrids, is drunk by locals and by nostalgic former residents in North America.

**Recommended white grapes for DOC include:** Arinto, Verdelho and Terrantez

**Recommended red grapes for DOC include:** Aragonez (Tinta Roriz), Castelão, Rufete and Saborinho

## ON THE MENU IN THE AZORES

- ✦ **Queijo do Pico** - small, pale, spicy cow's cheese
  - ✦ **Queijo de São Jorge** - large, firm cow's cheese, mid-way in style between Gouda and Cheddar, more aged styles are spicy
  - ✦ **Carne (de vaca)** - beef, the top meat of the islands
  - ✦ **Alcatra** - a speciality of the island of Terceira, meltingly tender marinated and slow-cooked beef
  - ✦ **Atum** - tuna, plentiful in these waters in summer, line caught
  - ✦ **Lapas** - delicious limpets, in the summer season
  - ✦ **Ananás** - pineapple, a major greenhouse crop on the island of São Miguel, often served with morcela (black pudding)
  - ✦ **Torresmos** - salty strips of pork crackling, served as nibbles in bars and restaurants
  - ✦ **Cozido das Furnas** - cooked in the hot earth of a crater lake on São Miguel, a stew of vegetables with meat or fish
  - ✦ **Pimenta da Jamaica** - allspice seasons many dishes, savoury and sweet
  - ✦ **Pão de milho** - fine-textured corn bread
  - ✦ **Massa sovada** - light, slightly sweet, lemony, brioche-like bread
- And a great variety of fresh fish and seafood, as well as bacalhau.

## WINE ROUTES

**Contact:** Comissão Vitivinícola Regional dos Açores, Avenida Machado Serpa, 9950-321 Madalena, Pico, Açores

**phone:** +351 292 623 605

**mail:** cvracores@hotmail.com

**site:** www.cvracores.pt





**TASTE**  
**A WORLD OF**  
*difference*







# PORTUGUESE WINE WITH FOOD

**Portugal has so many wine styles and flavours, including some fascinating flavours that you can find nowhere else in the world. Whatever the occasion, whatever the dish, you need look no further than Portugal for a suitable wine.** Of course, one can enjoy a good wine that has not been specifically chosen to pair with the food on your plate, and appreciate both in their own right. But some food and wine matches are better than the sum of their individual parts, and some foods will inevitably clash with certain wines. Generalisations are of limited use as the recipe for traditional dishes can vary, combined with the knowledge that Portuguese wines are so individual, even within their regions. Especially when one considers the ever-increasing number of 'Regional Wines' - **Vinhos Regionais**.

Growers and winemakers imprint their character upon their wines, and even for DOC wines there is great scope for variation of grape variety, and blends of two varieties or more. There are many facets within an individual wine that will influence the food that it will be most suited to accompany; the grape variety, acidity levels, fruitiness, oak, tannin, sweetness level and intensity.

So there you are, in front of the shelves, or perusing the wine list: how do you go about selecting the best wine for the occasion? Here are a few basic DIY pointers when choosing a wine. We invite you to experiment, and see if you agree!

Choose a fresh, high-acid white wine if the dish is high in acidity (perhaps owing to a salad dressing, vinegar, a lemony sauce, capers or tomatoes). A softer style of wine will taste much less intense alongside sharp-tasting food. White wines from the north of Portugal are likely to provide a good match. Wines from Vinho Verde, Dão, Bairrada, Beira Interior, Lafões, Terras da Beira, Beira Atlântico, Terras de Cister, Terras do Dão, Minho or, from the cool, breezy Lisboa wine region, Bucelas or Óbidos. Sparkling wines also benefit from a high acidity that will provide a good match for this type of food. There are many options to choose from Óbidos, Bairrada, Távora-Varosa, Douro, Dão, and the Beira Interior.

Aromatic, dry white wines can pair well with seafood and with lightly spiced Asian food, especially Indian or Thai, but not sweet and sour dishes. Aromatic wines are likely to be a good choice when

ginger, lemon grass, citrus zest, onions and sweet peppers are used as ingredients in a dish. Look out for wines containing the fragrant Fernão Pires grape; this is prevalent in the Vinho Regional Lisboa area, and, alias Maria Gomes (Bairrada). Other aromatic choices could be Alvarinho and Loureiro (Vinho Verde), and Moscatel, which is sometimes made dry, seco (Península de Setúbal).

It's true that white wines are usually the best choice with fish and seafood. But some sauces on white fish can create an excellent partnership with red wine; cooking the fish in red wine can make the pairing work better. Red wine is a local favourite with the Portuguese national fish bacalhau (salt cod), and with octopus or squid in a red wine sauce. Red wines, especially Baga/Bairrada are surprisingly good with fresh tuna, and red vinho verde can be a seriously wonderful match with grilled sardines. But Portuguese whites are considered the best match for salmon and sea trout. As an alternative, one might try a dry rosé to accompany swordfish.

A savoury dish that contains some gentle sweetness (maybe from vegetables, fruit, or a touch of honey) will harmonise better with a wine that itself has a touch of sweetness, or a vibrant fruit character that makes one's palette perceive a degree of sweetness. Try a branded Vinho Verde (rather than a dry estate wine) or a branded rosé. A soft, super-fruity Alentejo red might also make a good food match, even though it is a dry wine.

A dry wine will taste flat if it is served with the dessert course. This is the perfect occasion for a glass of vinho doce or licoroso: sweet Moscatel from Setúbal, or even Port or Madeira. A typical Moscatel will perfectly complement many of the flavours found in desserts, especially almonds, chocolate, coffee or citrus zest. Try LBV Port with coffee cake, or chocolate mousse. Malvasia or Malmsey Madeira pairs with the local honey cake, bolo de mel, tropical fruits, and desserts made with nuts or milk chocolate.

Red wines with lots of tannin are difficult to match with food. Tannin is the naturally occurring bitter taste one experiences when crunching a grape pip or when the tea bag has been left to stew in the pot. Some food ingredients make these tannins appear more bitter; egg yolks, cream, melted cheese, spinach, celery, dill, and many spices. In this instance, it is preferable to choose a white or rosé wine.



# PORTUGUESE WINE WITH FOOD

Fine, expensive reds may be very tannic when young, and all reds taste softer and less tannic as they age. Amongst Portugal's most tannic wines are the classic reds of Bairrada and Douro, and they will pair well with game, offal, meaty stews and other richly sauced meats.

If one prefers to drink red wine then a softer or lighter bodied wine can be paired with white meats and most simple red meat dishes. In this instance a robust and/or tannic red wine may overpower the flavours of these understated dishes. Try a smooth red Alentejo, a light, easy-going Ribatejo red, an elegant Palmela, Algarve or Alenquer, a light red from Óbidos, or a good, mature red from almost any of the regions. The fresh acidity of a red Dão can cut through the richness of some meat dishes.

Robust, gutsy reds from the Douro, Dão, Bairrada and Alentejo can overpower delicate food flavours. Powerful food flavours can completely mask the taste of gentle white wines and oak aged wines, red or white, can also dominate a subtle dish.

Cheeses come in many guises; their flavours will vary greatly. Many individual cheeses clash with individual wines. But some wine and cheese matches are divine. And the best cheese wines are just as likely to be dry or sweet white as red, Port or Madeira.

**White Vinho Verde** with Thai roast duck curry, smoked mackerel, salads, hummus

**Red Vinho Verde** with grilled sardines

**Bairrada/Baga** with fresh tuna, roast partridge, chilli con carne, soft goat's cheese

**Aragonez** with feijoada (bean stew) or cassoulet, Gorgonzola, thyme-flavoured dishes, lamb, liver, bacalhau

**Red Dão** with pork, roast suckling pig, kidneys, presunto (cured ham)

**Un-oaked or subtly oaked Touriga Nacional** with beef

**Setúbal** with tiramisu, Christmas pudding, banoffee pie, lemon tart

**Bual Madeira** with Roquefort, Stilton, Gjetöst

**Douro red** 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





## WHITE GRAPES



### ✦ ALVARINHO

If you like Albariño (Spain), Riesling (dry) or expressive Pinot Gris/Grigio.

An old grape variety of exceptional quality, it is deservedly famed for the varietal wines it produces in the Vinho Verde region, specifically in the two sub-regions of Monção and Melgaço. Alvarinho has a highly characteristic floral and fruity profile with notes of lime tree, balm mint, honeysuckle, peach, grapefruit and apple, all well-married with the high acidity typical of crisp white wines from north-west Portugal. The grapes yield balanced wines with good structure and moderate alcohol levels. Alvarinho's qualities are being "exported" to more southern wine regions such as the Setúbal Peninsula and Lisboa.

#### Food Pairing with Alvarinho:

A mainstay of the Minho region, Alvarinho provides the steely structure to most Vinho Verde white wines while being the personality and predominant grape in the wines of Monção. Its zesty freshness, bright citrus and green apple flavours, and refreshing personality make it a superb seafood wine, even a perfect pairing for fish and chips, where the wine's acidity is a refreshing foil to the battered crust. Foods from northern Asia also make a great match; from Japanese yakatori to Korean pickled banchan.

**Asian duet:** Vietnamese shredded chicken salad with cellophane noodles

**European duet:** Veal Piccata with lemon

**American duet:** Peruvian scallop ceviche with avocado

### ✦ ARINTO | PEDERNÃ

If you like Riesling (dry), Pinot Blanc or Chenin Blanc (dry).

One of Portugal's oldest indigenous varieties with a long tradition in the Bucelas region, Arinto has now spread to most wine regions due to its adaptability to different terrains and climates. Arinto, known as Pedernã in Vinho Verde, has crisp acidity as one of its key features combined with a distinctive mineral character, excellent structure and a velvety finish. Its aromas are relatively soft, with green apple and lemon being most commonly noted. Arinto yields wines that ages very well in the bottle, acquiring elegance and complexity.

#### Food Pairing with Arinto:

Arinto is a versatile white grape that can be paired with a variety of food. Its crunchy, youthful acidity makes it ideal to be paired with dressed salads, marinated antipasto, and simply prepared crustaceans such as crab and lobster. A perfect wine to match with grilled foods such as white fish fillets, quail, and vegetable brochettes, Arinto's inherent minerality and freshness bring out the delicate smokier elements while allowing the core flavours to shine. It is the perfect wine to take to a summer picnic, Arinto is a delightful accompaniment to a selection of sandwiches and salads, and from a charcuterie assortments to devilled eggs. Not to mention the endless assortment of olives!

**Asian duet:** Steamed fish with straw mushrooms and lemongrass

**European duet:** Shrimp and scallop terrine with tarragon aioli

**American duet:** Chicken salad with green apples and walnuts

# GREAT PORTUGUESE GRAPE VARIETIES AND FOOD

EVAN GOLDSTEIN MS\*



### ✦ ENCRUZADO

If you like Ripe White Burgundy, Tropical-styles of 'New World' or Vermentino (Italy).

Regarded by many winemakers as one of the great Portuguese varieties, Encruzado is capable of producing exceptional white wines. It is grown almost exclusively in the Dão and requires particular care and attention to extract its finest aromas. The resulting wines are voluptuous and complex with aromatic mineral notes and tropical fruit flavours; most notably green papaya, passion fruit, and melon. Encruzado ages well and shows nuances of hazelnut and vanilla, when fermented in oak barrels. It can be described as a fusion of the texture of Burgundian Chardonnay combined with the aromatics of the Portuguese grape Fernão Pires.

#### Food Pairing with Encruzado:

Encruzado is a flexible match for foods as it provides wines with a rich structure and delicate aromatic flavours. Avoid recipes that contain bold flavours with this grape, as its nuances can be easily lost. The wine pairs well with creamy risottos, simply cooked scallops, shrimp, and textured fish like Chilean sea bass or angler (monk-fish). Roasted root vegetables, a simple pasta al freddo or a classic French blanquette de veau would also be very successful matches. This wine can also accompany a cheese course; Encruzado is delightful with a range of semi soft and milder washed rind styles.

**Asian duet:** Congee with shredded chicken, grated ginger, and sesame seeds

**European duet:** Risotto with squash, chickpeas, and toasted almonds

**American duet:** Broiled Maine lobster with lime butter

### ✦ FERNÃO PIRES | MARIA GOMES

If you like Viognier, Roussanne or Torrontés.

Fernão Pires is another of Portugal's oldest varieties and one of the most cultivated grapes in Portugal. It can be found in almost all winegrowing regions, particularly in Tejo and Bairrada where it is known as Maria Gomes. A high-yield vine, Fernão Pires comes under criticism for producing one-dimensional wines that can be lacking in acidity and are prone to oxidation. Attentive care from a skilled winemaker can bring out its extraordinary intoxicating aromas and a capacity to produce distinctive wines with a rich character. It is typified with ripe citrus aromas and notes of mimosa, lime and orange tree. These characteristics place this variety within the family of aromatic grapes alongside Alvarinho, Loureiro and Moscatel.

#### Food Pairing with Fernão Pires | Maria Gomes:

Being mindful of the intoxicating fruit character of Fernão Pires is more likely to produce a successful food pairing. Examples of dishes that combine well with this wine include white fleshed fish served with mango salad, a coconut infused curry dish (lightly spiced), a loin of pork served with apricot chutney, or a pan roasted breast of chicken served with a plum mustard. Dishes with macadamia nuts, pine nuts, or cashews work well with this grape. And one need look no further for a perfect white wine for traditional empanadas, onion tart, or other savoury/sweet appetisers.

**Asian duet:** Peking duck with hoisin sauce, green onions, and pancakes

**European duet:** Moroccan lamb tagine with honey and raisins

**American duet:** Brazilian seafood stew with coconut and tomatoes





## RED GRAPES



### ✦ ARAGONEZ | TINTA RORIZ

If you like Tempranillo (especially from Ribera del Duero), Sangiovese or Carignan.

Tinta Roriz is the same grape as Spain's Tempranillo that produces varietal wines of extraordinary quality, hence its presence in two legendary wines produced on the Iberian Peninsula: the Portuguese Barca Velha and the Spanish Vega Sicilia. This grape has also been grown for centuries in the Alentejo, but under the name of Aragonez. In good years it produces full-bodied, inky and highly aromatic wines. The grape has fine and delicate aromas of pepper and berries. Aragonez has high yields and is indispensable in the blend of a good Port. This grape has shown good results in the Dão region, while the best blends of Alentejo generally reply upon ample percentages of Tinta Roriz, as do the dry reds of the Douro.

#### Food Pairing with Aragonez:

This varietal has a distinct range of styles across different regions with varying levels of tannins, acidity, and oak ageing. Classically paired with lamb, Tinta Roriz is also terrific with other red meats such as beef, roasted pork, sausages, and suckling pig, a classic dish in the Bairrada. Dishes that use a quantity of herbs pick up on the savoury balsamic character of the grape and the wine can hold its own with duck and venison. Rosé wines that incorporate Tinta Roriz pair well with Asian and Indian foods while the lighter un-oaked versions are ideal to pair with less oily fish such as sword fish, shark, and tuna. Finally, many vegetarian dishes, especially those with grilled vegetables, can make exceptional pairing choices.

**Asian duet:** Teriyaki chicken with grilled vegetables skewers

**European duet:** Broiled tuna served with black olive tapenade

**American duet:** Roasted chicken with buttermilk mashed potatoes

### ✦ BAGA

If you like medium-bodied Nebbiolo, Pinot Noir or Xinomavro.

Baga is one of the highest yielding Portuguese grape varieties, and is grown in selected areas of the country, though mostly concentrated in the Beiras area, especially in Bairrada and Dão. When grown in ideal conditions the grapes produce wines of deep colour, a good structure and powerful tannins that become finely balanced with bottle ageing. The aromas in the young wine are expressed as red cherry/berry fruit developing into red/black plum, tobacco and coffee bean flavours finishing with expansive complexity. The grape's ample acid allows for the production of quality sparkling wine, and the general consensus is that the best examples of this style in Portugal come from the region of Bairrada.

#### Food Pairing with Baga:

Baga, as a red wine is an acquired taste for many as it's not for the faint of heart. Characterised by fresh acidity and ample tannins that are reminiscent of Nebbiolo combined with some nuances that are clearly more like Pinot Noir. However, this grape variety can provide some fascinating matches with Portuguese foods. While it is locally traditional to pair with suckling pig, any other rich food will pair equally well; from pork belly to duck, from rich pastas to ribs and stews. Baga's high acidity enables it to pair well with some seafood such as squid and shrimp that has been prepared using red wine and it matches nicely with milder and higher acidity cheeses such as feta. When Baga is produced as a white sparkling wine, the food matching options are almost limitless; from tapas to spring rolls, and samosas to a variety of crudités.

**Asian duet:** Fried rice with Chinese sausage, char siu pork, and bok choy

**European duet:** Roast suckling pig (leitão, cochinillo, cochon de lait)

**American duet:** Slow-smoked southern BBQ beef ribs with mustard and vinegar



### ✦ CASTELÃO

If you like Barbera, ripe Cabernet Franc or Tempranillo (full-bodied Rioja).

The most widely grown red grape variety in Portugal is still often referred to as Periquita, although José Maria da Fonseca in the Setúbal Peninsula outside of Lisbon legally owns that name. It is highly adaptable to different climatic conditions and its remarkable versatility enables winemakers to make a range of distinctive wines; from the easy drinking reds and rosados to the powerful and intense red wines that are styled for lengthy cellaring. The variety is at its most expressive in the Setúbal Peninsula, where it makes robust and intense wines with aromas of red berries and blue flowers that benefits from the skilful use of oak ageing.

#### Food Pairing with Castelão:

Castelão is an ubiquitous grape in Portugal found not only in the Setúbal region but also in the Tejo and in Alentejo. While many styles are made across the various regions, as a general rule the wines retain a food friendly structure and acidity that pairs well with a variety of food. Examples are herbal scented recipes that use marinated meats or served with a stew garnished with fresh herbs, even grilled tuna, and dishes with capsaicin (peppers) can work together with this wine. Mexican food, especially enchiladas are a surprisingly good match. When drinking the Rosado Castelão it pairs well with some meatier fish dishes, especially those that include peppers, tomato, and spices within the recipe; such as the classic snapper veracruzana or Rhode Island's version of fried calamari that contains sautéed peppers.

**Asian duet:** Slow-roasted Korean short ribs marinated with garlic and soy sauce

**European duet:** Assorted French charcuterie, Italian salami, or Iberian chorizo/linguiça

**American duet:** Brazilian feijoada of beef, pork, and black beans

### ✦ TOURIGA FRANCA

If you like Malbec, Merlot blends or softer styles of Zinfandel.

Also known locally (though not legally) as Touriga Francesa, this is the most widely grown grape in the Douro Valley and is responsible for a large proportion of the grapes that contribute to making dry Douro wines and Port. Wine growers love Touriga Franca, as it is easy to cultivate, hardy and dependable for good yields. Touriga Franca shows delicate yet intense floral aromas with notes of black berry fruit combined with a full-bodied character and a vibrant ruby colour. It is one of the principal varieties used in Port blends, along with other highly regarded Douro varieties such as Tinta Roriz and Touriga Nacional. More recently the grape has been grown in the Alentejo, the Tejo, the Beiras, and the areas around Lisbon and despite its strength as a blending grape, it can produce excellent single varietal wines.

#### Food Pairing with Touriga Franca:

Single varietal Touriga Franca is not commonly found in Portugal though it is commonly used within blended red wines in many of the wine regions. To accompany this robust varietal requires rich red meat dishes, such as grilled or roast lamb and beef steaks; especially the more rustic cuts such as hangar or flank. Add a little piquant piri-piri (often found in Portugal due to its ties to Africa) or the fashionable, and tasty chimichurri sauce (the beef-friendly salsa of olive oil, oregano, shallots, and a hint of garlic) to ensure a magical pairing. Touriga Franca also pairs well with game such as quab and venison, and dishes with mushrooms such as morels, porcini, or Chinese black. Sausages and vegetable brochettes are other good pairing options.

**Asian duet:** Stir-fried Malaysian rice noodles with dark soy, pork, and shrimp

**European duet:** Greek Moussaka with spiced lamb, béchamel, and eggplant

**American duet:** Grilled south-western flank steak rubbed with ancho chilli paste





## RED GRAPES



### TOURIGA NACIONAL

If you like Cabernet Sauvignon/blends, elegant Petite Sirah or fuller-bodied Syrah/Shiraz.

In the past, Touriga Nacional was the dominant variety in the Dão region where it's said to have originated, and is largely responsible for the fame of Dão red wines. Today it is also one of the most important varieties in the Douro and is universally considered to be one of Portugal's, if not the world's, finest grape varieties. Touriga Nacional yields inky, full-bodied and powerful wines with exceptionally complex aromas. It frequently shows blackberry, blueberry, rockrose and rosemary notes. Its renown has ensured that this variety is grown throughout all regions of the country, from the northernmost corners to the southern Algarve. It has even received interest from overseas vine growers; and is now being planted in Australia and the USA, amongst other countries. Touriga Nacional wines age beautifully and achieve aromatic complexity with the use of skilful oak ageing.

#### Food Pairing with Touriga Nacional:

Port that has been blended using Touriga Nacional, is a horse of a different colour and will pair splendidly with chocolate, coffee, mocha, and nut based desserts. Port is also an ideal match for blue cheeses; from Cambozola to Roquefort. As the key driving varietal of Douro red blends, Touriga Nacional can be considered for any of the typical red wine pairings; red meat dishes such as stews, steaks and roasts and smoked or grilled meats will generally pair well. Beautiful with teriyaki or char-siu glazes it also matches well with combinations of meat and fruit (lamb with apricots, duck with prunes, chicken breast served with a sauce of raisins, orange zest, and pine nuts). And who needs great claret with a rib roast when you can have this grape?

**Asian duet:** Robata-grilled beef with rice and black mushrooms

**European duet:** Cassoulet with duck, sausage, and beans

**American duet:** Coffee crusted prime rib of beef with roast fingerling potatoes



### TRINCADEIRA | TINTA AMARELA

If you like Carignan, Grenache or Dolcetto.

Although Trincadeira is one of the most widespread Portuguese grape varieties, it performs better in hot, dry and very sunny areas, which makes it perfectly suited to regions such as the Alentejo. It is not easy to grow, however, as it is prone to irregular yields and disastrous moulds. But in most years Trincadeira yields great wines with excellent acidity, soft tannins and intense aromas of black plum and jammy blackberry, producing elegant and well-balanced wines. A Trincadeira blended with Aragonez in the Alentejo or with Touriga Nacional in the Douro, where it is known as Tinta Amarela, will result in a crowd-pleasing wine.

#### Food Pairing with Trincadeira:

This varietal is rarely seen as a soloist but adds a nice texture and soft floral notes to the wines of which it is a part. As it is not a grape variety with an excess of any particular characteristic, the addition of Trincadeira to a blend can help bring the other grape varieties into harmony and produce a food friendly wine. These wines can often pair well with soft cheeses, simple recipes of pork, lamb, and poultry; poussin, Cornish hens, and even turkey. Dishes with paprika, pimento, or other sweet/smoky spices also make a good match. Finally, rich grain based dishes (sauced polenta, cheesy grits, and creamy risottos) can be an ideal accompaniment as can a plate of charcuterie (pates, saucissons) or Italian salami.

**Asian duet:** Thai chicken satay with peanut sauce and cucumber salad

**European duet:** Paella with chicken, shellfish, and saffron

**American duet:** Argentinean empanadas stuffed with beef, onions, olives, and raisins

\*Master Sommelier Evan Goldstein is one of the US most prolific food and wine industry veterans. Evan's food and wine career started in the renowned kitchens of Paris and California. In 1984 he joined his mother, Chef and Author Joyce Goldstein, in opening the celebrated San Francisco restaurant Square One. In 1987 he became the eighth American and youngest ever at the time to pass the prestigious Master Sommelier examination. Since 1990 Evan has created wine education programs and service hospitality schools. Evan continues to train and examine candidates for the Court of Master Sommeliers as a Founding Board member. Evan is the author of Five Star Service: Your Guide to Hospitality Excellence (On Premise Communications Inc. publishers) and the critically acclaimed books, Perfect Pairings: A Master Sommelier's Practical Advice for Partnering Wine with Food and its sequel, Daring Pairings: A Master Sommelier Matches Distinctive Wines with Recipes from His Favorite Chefs, both published by the University of California Press. In addition, Goldstein co-authored numerous books with his mother Joyce Goldstein. Evan is a regular editorial contributor to America's Sommelier Journal, a contributing editor for Wine & Dine and Indulgence magazines in Singapore, is the American wine correspondent for Wine Review, South Korea's leading wine and food magazine, and is a recurring guest wine expert on NBC's syndicated television show "In Wine Country." He also makes regular guest appearances on the top-rated "Ronn Owens' Show" on KGO Radio, and on Saturday morning television's KPIX "Eyewitness News", both in San Francisco, and on the nationally syndicated Martha Stewart Radio, hosted by Sirius.





## GLOSSARY

# PORTUGUESE WINE-SPEAK

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✦ **A** **Adega** winery, cellar, wine company  
**Aguardente** brandy  
**Ano** year, vintage

✦ **B** **Bagaceira** spirit made from grape skins, pips etc remaining after pressing  
**Branco** white  
**Bruto** brut, 'dry' for a sparkling wine, less 4g sugar/l

✦ **C** **Casa** House  
**Casta** Grape variety  
**Cepa** Vine  
**Colheita** Vintage, harvest

✦ **D** **DOC** Denominação de Origem Controlada: a controlled region of origin. This is Portugal's top official quality category, with region-specific rules for grape varieties, winemaking techniques, alcohol content etc  
**Doce** Sweet  
**DOP** Same as DOC, a modern European alternative term, the P standing for Protegida (Protected)

✦ **E** **Engarrafado** Bottled  
**Escolha** Special selection  
**Espumante** Sparkling  
**Estágio** Bottle Maturation

✦ **G** **Garrafa** Bottle  
**Garrafeira** A fine wine with at least two years' maturation in cask and one in bottle, a wine shop

✦ **I** **IGP** A new EU alternative designation for Vinho Regional

✦ **L** **Lagar** Fermentation vat, often shallow, always open-topped, made of granite, marble, concrete or stainless steel, in which grapes are trodden by foot, or sometimes nowadays mechanically  
**Licoroso** Fortified dessert wine

✦ **M** **Meio Seco** Medium dry

✦ **Q** **Quinta** Farm, estate, property

✦ **R** **Reserva** A higher quality designation for DOCs, must be certified by the local wine commission

✦ **S** **Seco** Dry

✦ **T** **Tinto** Red

✦ **V** **Vinha** Vineyard  
**Vinho** Wine  
**Vinho Regional** Regional Wine. A more premium table wine from a specific large area, subject to very broad rules regarding grape varieties and production. Sometimes used for very high quality wines that don't fit the local DOC rules.





Lisbon Tasting Room



# AN OPEN INVITATION TO TASTE SOME PORTUGUESE WINES...

Come and try a selection of Portuguese wines at Wines of Portugal Tasting Rooms in the centres of Lisbon and Oporto. A warm welcome awaits you in these tasting rooms that are located behind the arches that line Lisbon's huge Terreiro do Paço square (also known as Praça do Comércio), and in the emblematic Rua das Flores in Oporto's Ribeira district. Admire the exhibits, taste some wines with us and discover more of the pleasures and diversity of Portuguese wines!



Oporto Tasting Room



♦ **Wines of Portugal** Lisbon Tasting Room  
Sala Ogival  
Terreiro do Paço, 1100-148 Lisboa  
Telephone: +351 213 420 690  
Mobile Phone: +351 967 143 959  
E-Mail: [provas.salalisboa@viniportugal.pt](mailto:provas.salalisboa@viniportugal.pt)

**Opening Hours**  
Open from Monday to Saturday, between 11am and 7pm  
and on Sundays from April to October

♦ **Wines of Portugal** Oporto Tasting Room  
Rua das Flores 8-12, 4050-262 Porto  
Telephone: +351 223 323 072  
E-mail: [provas.salaporto@viniportugal.pt](mailto:provas.salaporto@viniportugal.pt)

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