



THE
ATHENÆUM
PALL MALL LONDON

WINE LUNCHEON

to be held on

Wednesday 15th February 2023 at 12:30pm

The wines and food of Portugal

Speakers:

Professor Kathleen Burk

Dr Jonathan Punt

Introduced by: Professor James Crabbe



MENU AND WINES

Aperitivo

Filipa Pato 3B Blanc De Blancs Sparkling NV
Amoreira da Gandara, Beiras
Filipa Pato



Trutas a moda de Bragança

[Trout Mousse with Ham]

Quinta do Soalheiro Primeiras Vinhas Alvarinho 2021
Alvaredo Melgaço, Vinho Verde
António Luís Cerdeira



Chanfana de Borrego à Moda de Coimbra, batatas cozidas, kãl

[Lamb in the Style of Coimbra, served with potatoes and kale]

Aphros Vinho Verde Tinto 2021
Vinho Verde DOC
Miguel Viseu and Tiago Sampaio

Quinta de Baixo Lagar de Baixo 2019
Bairrada DOC
Dirk Niepoort



Jesuitas, cerejas conservadas, gelado de canela,

[Puff Pastry Triangles with Meringue Topping, preserved cherries, cinnamon Ice cream]

Moscatel de Setúbal, Bacalhôa 2018
Moscatel de Setúbal DO
Filipa Tomaz da Costa



Café e chocolates

[Coffee and Chocolates]



Portuguese Wine Regions

PORTUGAL: SOME HISTORICAL TIME POINTS AND WINE FACTS

Portugal has the oldest surviving frontiers in Europe – intact for more than 7 centuries.

Portugal has more than 120 grape varieties, many of which are native (aka indigenous, autochthonous).

The Phoenicians introduced winemaking in the 8th Century BCE. It was refined in the 2nd Century BCE by the Romans, who, *inter alia*, introduced *amphorae*.

Wine production was interrupted by the Almoravid Muslims in the 8th Century CE.

Trading in cloth, wine, olive oil, and fruit was established between England and Portugal in the 13th Century, with English commercial communities in Oporto and Lisbon.

The Treaty of Windsor between England and Portugal in 1386 remains the World's oldest alliance between two nation states.

The Methuen Treaty of 1703 provided advantageous tariffs for Portuguese wines.

In the mid-18th Century the Marquês de Pombal, when Prime Minister of Portugal, instituted a number of measures regulating wine production, including those favouring the wine growers of the Douro and his own private interests, demarcation of vineyards with stone pillars, and eradication of elderberry trees to curb abuses.

In 1848 *oidium tuckeri* (aka powdery mildew) was identified in Régua and spread rapidly until dusting with sulphur was introduced.

In 1868 phylloxera reached the North of Portugal, but the vines of Colares were, and remain, immune, being deeply rooted through a protective layer of sand.

In 1986 Portugal joined the European Economic Community, which brought the country economic salvation, substantial investment in infrastructure and the wine industry, and also wine regulation. The two tiers are: Denominação de Origem Controlada (DOC)/Denominação de Origem Protegida (DOP), and Indicação Geográfica (IGP)/Vinho Regional.

Quality native grapes that were near extinction have recovered.

In 2017 Portugal was the World's 11th largest wine producer at 2.2% [vs Italy 19%: France 16%: Spain 14.7%].

In 2019 Portugal had 193,000 hectares of vineyards: the 8th largest in the World.

The five highest wine producing municipalities, by volume, are Torres Vedras (Lisboa), Almeirim (Tejo), Alijó (Douro), Palmela (Peninsula de Setúbal, and Alenquer (Lisboa).

There has been an upsurge of single estate (*quinta*) wines reflecting a growing urban Portuguese middle class.

At 43 litres wine consumption *per capita per annum*, the Portuguese are only third after Luxembourg and France. There is little interest in imported wines in Portugal.



Filipa Pato 3B Blanc De Blancs Sparkling NV 12.5% ABV



Filipa Pato

Grapes: 39% Maria Gomes, 38% Bical, 23% Cercial.

Region: Bairrada.

Oenologists: Filipa Pato and William Wouters.

Vinification: For centuries this region has been known to produce wines of excellent quality from these three native grape varieties. The vines are grown on gently sloping valleys directly influenced by the Atlantic climate.. The soil is chalk, clay and limestone. The grapes are harvested by hand and gently pressed before being bottled without filtration. The second fermentation occurs in the bottle and the wine matures for nine months on its lees. No dosage is added.

Character: On the nose there are mineral, fruity tones, with a background of lemon thyme, fennel and smokiness. On the palate there is a crisp salinity and limestone acidity with flavours of apples and quince,

Food pairing: Excellent as an aperitif. A good partner for oysters.

Soalheiro Primeiras Vinhas Alvarinho 2021 13% ABV



Sub-regions of Vinho Verde

Grape: 100% Alvarinho.

Region: Melgaço - Sub-Régião de Monção.

Oenologist: António Luis Cerdeira.

Vinification: The grapes are harvested manually, placed in small capacity boxes, and taken promptly to the cellar. Following pressing, the must is decanted within a period of 48 hours. Fermentation takes place in stainless steel vats at a controlled very low temperature, save for 15% of the total volume that is fermented in old oak barrels. The wine is matured over fine sediments until the May after the harvest.

Character: The wine is lemon coloured with a full elegance in the nose that develops and persists. On the palate, the wine is fresh, full bodied and offers an evolving complexity.

Food pairing: As an aperitif, or with seafood, river fish or poultry. In the Minho, freshwater elvers sautéed in *lardo* and seasoned with paprika and lemon juice might be on offer (*Angulas com Toucinho de Valença do Minho*).

Aphros Vinho Verde Tinto 2021 12% ABV



New Aphros cellar – architect Carvalho Araújo

Grape: 100% Vinhão.

Region: Vinho Verde DOC – Sub-region of Lima.

Oenologists: Miguel Viseu and Tiago Sampaio.

Vinification: The 20 hectare vineyard lies on gently inclined, South-facing slopes overlooking the River Lima. The vines grow alongside forests of acacia, oak, beech, pine, eucalyptus, chestnut orchards, and century-old monumental trees. Following manual harvest and destemming, spontaneous fermentation with indigenous yeasts takes place. Malolactic fermentation occurs. Parts of the processes involved can be seen on *YouTube* at “*Aphros Harvest 2016*”.

Character: The wine displays an opaque violet colour. On the nose, there is a concentrated aroma of red fruits, sour cherry, and cassis with hints of menthol. On the palate, there are firm, rounded tannins, balanced with a crisp acidity typical of the region.

Food pairing: Roast, grilled or casseroled white or red meats. In the Minho, one might be offered a stew comprising a mixture of beef, bacon, ham, pork liver, chicken, and pig’s blood added to polenta (*Papas de Sarrabulho*) and served with pig’s blood flour cakes (*Belouras - Farinhatos*). An alternative might be a dish of shredded duck, enhanced with pork, chorizo, bacon, and served with rice garnished with a crisp roast pig’s ear (*Arroz de Pato de Braga*).

Quinta de Baixo Lagar de Baixo Bairrada DOC 2019 12% ABV



Quinta de Baixo

Grape: 100% Baga

Region: Bairrada – Cordinhã, Cantanhede

Oenologist: Dirk Niepoort

Vinification: In 2019 there was some rain and intense cold in March, resulting in slow growth, ameliorated by a warm Spring and quick maturation of the grapes. At an early harvest ending on 26 September, a combination of grapes from very old and younger vines were manually harvested. Initial fermentation in stainless steel tanks with carbonic maceration for four weeks, was followed by malolactic fermentation in 2,500 litre barrels. The wine was matured in these large barrels for 22 months before bottling, unfiltered, in October 2021. The total production was 9,000 bottles.

Character: The wine is bright to the eye with a violet tinge. On the nose, there are red cherries and berries, floral bergamot notes, tangerine peel and some spice. To the palate, there are fresh, soft red fruits with some herbal, earthy notes. The wine has length and elegance.

Food pairing: An excellent companion to venison, hare, and a variety of game birds. Particular specialities of the wider Beiras region are suckling pig roasted in a wood-fired oven (*leitão assado*), roast kid (*cabrito assado no forno*), and a wine infused stew of elderly goat (*chanfana*).

Moscatel de Setúbal Bacalhôa 2018 17.5% ABV



Palácio da Bacalhôa

Filipa Tomaz da Costa

Grape: 100% Moscatel de Setúbal (Muscat).

Region: Península de Setúbal

Oenologist: Filipa Tomaz da Costa

Vinification: The grapes come mainly from vines growing on the clay-limestone soils of the Serra da Arrábida, an area where the vines are protected from the Southern warm winds with the effect that there is slow maturation of the grapes, resulting in wines with strong fruit aromas and balanced acidity. Initial fermentation is interrupted by addition of aguardente (wine spirit). The wine is left in contact with the skins during the Winter following the harvest. Maturation takes place over one year in used oak barrels.

Character: Golden brown to the eye, the nose encounters unmistakable Moscatel aromas of orange blossom, citrus tones, candied fruits, raisins and tea. The wine feels heavy on the mouth and discloses flavours of dried fruits, raisins and chocolate to the palate. Although sweet, there is a fresh, almost dry, finish.

Food pairing: Enjoyable as an aperitif when served chilled with a slice of lemon rind. Well suited to accompany dark chocolate dishes, and also pastries. Alternatively, as a digestif with a strong black coffee.

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