



Wine Flight May 5th, 2010

The Art of Sangria



When the Romans swept through Spain around 200 BC, they planted vineyards throughout the region. A wine shipping trade began with the beautiful wines of Spain supplying much of Rome's drinking desires. The locals named their wine punches, in all their varieties, Sangria. Until modern times water was often unsafe to drink and that meant that the only safe liquid to drink was something with alcohol in it to kill the

Sangria (Spanish for *blood*) is a wine punch, which originated in Spain. It typically consists of a red wine, chopped or sliced fruit, a sweetener such as honey or simple syrup, a small amount of added brandy, triple sec, or other spirits and a carbonated beverage such as ginger ale or soda water.

The ingredients in Sangria vary: in most recipes, wine is the dominant ingredient and acts as a base. White wine can be used instead of red, in which case the result is called sangria blanca. In Spain, when sparkling white wine is used, it is typically Cava. In some parts of southern Spain, sangria is called zurra and is made with peaches or nectarines.

Crucial to all successful sangrias is to allow time for the fruit flavors to blend with the rest of the ingredients. Thus preparation consists of cutting the fruit in thin slices or small cubes, then mixing in advance all ingredients except for ice and carbonated sodas. After several hours in a refrigerator, the ice and any last-minute ingredients are added and the drinks are poured.

Red Sangria

- 1 bottle red wine (we used Carlo Rossi Burgundy)
- 1 lemon, cut into wedges
- 1 orange, cut into wedges
- 2 Tbsp sugar
- 1 shot brandy (or light rum)
- 2 C ginger ale or club soda

Pour wine in the pitcher and squeeze the juice wedges from the lemons and oranges into the wine. Toss in the fruit wedges (leaving out seeds if possible) and add sugar and rum. Chill overnight. Add ginger ale or club soda just before serving. Serves 12.

You can also add: sliced fresh strawberries or peaches, fresh blueberries, raspberries, kiwi, a shot or two of gin, ginger ale, citrus soda or lime juice. For the wine, you can use Cabernet Sauvignon, Merlot, Rioja reds, Zinfandel, or Shiraz



Peach Sangria

- 1 bottle white wine (we used Chateau Luzerne Chablis)
- ½ C peach schnapps
- ¼ - ½ C sugar
- 2 peaches, sliced
- 1 orange, sliced
- ½ mango, peeled and sliced
- ½ liter ginger ale

Pour wine and Schnapps in the pitcher and add sliced peaches, oranges, and mango. Next add sugar and stir gently. Chill mixture for at least one hour. Add ginger ale or club soda just before serving.



Happy Cinco de Mayo!

Cinco de Mayo (fifth of May) commemorates the Mexican army's unlikely victory over French forces at the Battle of Puebla on May 5, 1862. While Cinco de Mayo has limited significance nationwide in Mexico, the date is observed in the United States and other locations around the world as a celebration of Mexican heritage and pride. Cinco de Mayo is not Mexico's independence day, which actually is September 16, the most important national patriotic holiday in Mexico.