

Wine Club Tasting Notes

Torre do Frade Alto Alentejo Virgo Family Edition

Great balance between the fruit and the wood, a lot of red berries, like cherry and cranberry but also a bit of pepper and spicy aromas. On the palate, it is very smooth and sharp where you can feel the fruit punch from the back to the front. Medium bodied, elegant, refreshing and yummy!

Aged 15 months in French Oak, this wine will pair well with roasted pork or braised duck.

*Varietal: Red Blend of Syrah, Trincadeira, Alicante Bouschet, Aragonez
14.0% ABV*



January 2024

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Wine Club Food Pairing

Mushroom and Chorizo Riotto

- 1 tbsp oil
- 200g chorizo, peeled and chopped
- 300g arborio risotto rice
- 2 tbsp vinegar
- 1.2l chicken stock (fresh is best), heated until simmering
- 200g frozen peas
- 60g parmesan, finely grated, plus extra to serve
- Heat the oil in a large frying pan, tip in the chorizo and fry until it is crisp and all the oil has been released. Remove a quarter of the chorizo with a slotted spoon and set aside.
- Tip the rice into the pan, stir to coat it in the oil and toast , then pour in the vinegar. Once the vinegar has evaporated, add a ladleful of the stock, once absorbed, add a bit more. Continue doing this for about 20 mins until most of the stock has been absorbed.
- Tip in the peas, parmesan and the remaining stock. Give everything a good stir. Once the cheese has melted, season with black pepper, then divide between bowls, topping each portion with the remaining crisp chorizo and extra grated parmesan.

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Wine Club Tasting Notes

Torre do Frade Alentejo Vinho Branco Virgo

The first nose reveals a lot of tropical fruits, especially passion fruit. The mouth is light with a great minerality and crunchiness. The fruit is young and fresh in the mouth with another explosion of tropical aromas finishing long and ripe. This wine is fermented in stainless steel for about 7 months.

This Portuguese wine will marry perfectly with salads and seafood, also ideal for white meats and grilled fish without much seasoning.

*Varietal: 10% Viognier,
90% Verdelho
11.5% ABV*



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Wine Club Food Pairing

Sole Aux Meunier

- *·4 fillets sole or plaice, skin-on (about 140g/5oz each)*
- *·6 tbsp plain flour*
- *·3 tbsp light olive oil or sunflower oil*
- *·85g butter, ideally unsalted*
- *·1 lemon, juice only*
- *·2 tbsp small caper (optional)*

·STEP 1

- Check the fish for small bones and pull any out with tweezers. In a large shallow bowl, season the flour with a little salt and black pepper. Toss the fish in the flour, coating well, and shake off any excess.

·STEP 2

- Heat the oil in a large frying pan. Add the fish and cook, skin-side down, for 2 mins. Use a fish slice or large spatula to turn, then cook the other side for 1-2 mins until golden.

·STEP 3

- Remove the fish to a warmed plate, then season. Wipe out the pan with kitchen paper. Return the pan to the heat, then add the butter. Heat until it melts and begins to turn a light brown, then mix in the lemon juice and capers, if using. Swirl in the pan for a few secs, return fish to the pan and spoon over any juices. Serve immediately.

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Torre do Frade Alto Alentejo V de Virgo

The color is deep red due to the high percentage of Alicante Bouchet. This is the type of wine that needs time to breed before achieving the full pleasure mode. The first nose gives us red fresh fruit but after a couple of minutes the magic happens and the smoky, spicy and balsamic notes arrive. The palate grows and grows as time goes by. Very elegant with a dry finish.

Aged 20 months in French Oak, this wine will pair nicely with fat fishes, roasted and grilled red meats.

*Varietal: Red Blend of Syrah, Trincadeira, Alicante Bouschet, Aragonez
13.6% ABV*



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Wine Club Food Pairing

Oven Cooked Cod

- *·3 tbsp plain flour*
- *·4 cod loin fillets*
- *·2 tbsp olive oil*
- *·1 lemon, sliced*
- *·½ small bunch of thyme*

STEP 1

- Heat the oven to 220C/200C fan/gas 7. Tip the flour into a bowl and add some seasoning. Turn each cod fillet in the flour until evenly coated.

STEP 2

- Heat half the oil in a non-stick frying pan over a medium-high heat. Add the cod and fry on each side for 2 mins or until golden brown.

STEP 3

- Transfer the cod to a roasting tin. Arrange the lemon slices and thyme on and around the fish and drizzle with the remaining oil. Bake for 10 mins or until cooked through.

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Carrasvinas Verdejo

The grapes in this wine come from Verdejo vineyards planted in different areas of the Denomination of Origin Rueda. These vineyards are located in the village of Alcazarén, an area with very sandy soil and of low yield with an average of 2.000 kg per hectare. Harvest is usually carried out in the month of September when the grapes have reached their ideal ripening stage. One part of the grapes is harvested by hand in cages of 10 kg and unloaded directly in the reception area of the winery. The wire-trained vines are harvested by machine during night, taking advantage of the colder temperature to avoid oxidations.

On the nose, this wine is clean with high intensity of the varietal mixed with white fruit and tropical notes. On the palate, it is complex with acidity and well balanced bitterness.

*Varietal: 100% Verdejo
13% ABV*



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Gambas a La Plancha

- 1 lb of large fresh or thawed prawns (uncooked, unpeeled, heads on preferred)
 - 1 clove of garlic, chopped
 - 1 Tbsp olive oil
 - 1 Tbsp Lemon Juice
 - 1 Tbsp Carrasviñas Verdejo
 - 1 lemon cut into wedges
 - Coarse Salt
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- Mix the olive oil, lemon juice, Carrasviñas Verdejo (or other light style white wine) and chopped garlic in a bowl or squeeze bottle.
 - Heat a cast iron pan, grill, or thick frying pan.
 - Spread a layer of coarse salt on it and let it heat to medium-high to high.
 - Place the prawns in a single layer on top of the salt and cook for about 2 minutes.
 - Squeeze or sprinkle some of the oil mix on the shrimps – The oil evaporates immediately, but the aroma of garlic permeates the shrimp.
 - Turn the prawns over and cook for 1 to 2 minutes until shell is red and might have some burn spots.
 - Remove to a plate and serve with a lemon wedge.

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