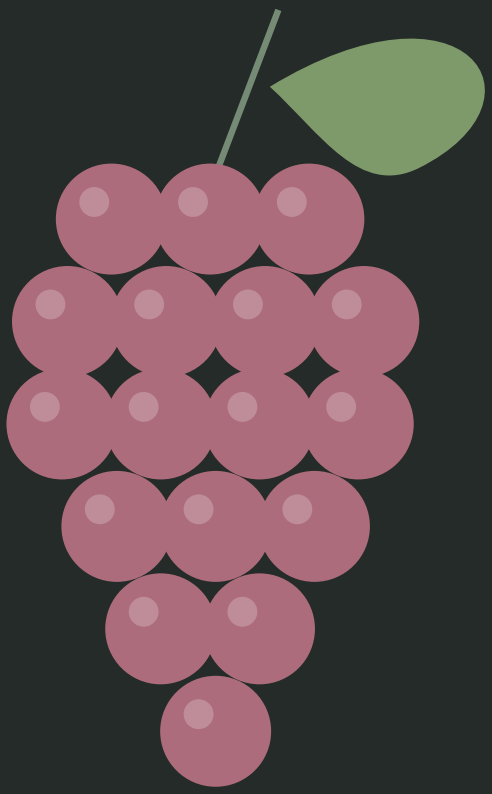
EXPANDED EDITION • VISUAL ENCYCLOPEDIA

THE ILLUSTRATED WINE GUIDE

FROM VINEYARD TO TABLE

Portugal in depth: 14 regions, 24 grapes, harvest seasons, winemaking, sparkling wines, Port, Madeira, tasting and food pairing.



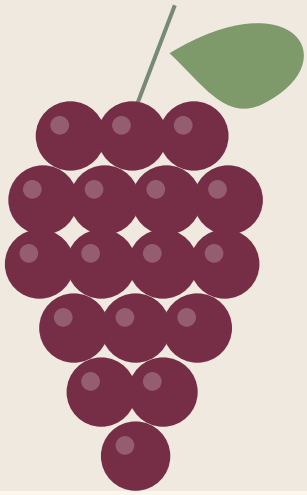
132 PAGES | ORIGINAL ILLUSTRATIONS

REFERENCE GUIDE · OCTOBER 2026

INDEPENDENT EDITION · ENGLISH

FROM VINEYARD TO TABLE

Portugal in a glass



This expanded edition brings together vine growing, cellar techniques, harvests, 14 regions, 24 grape varieties, food and serving. Its illustrations and educational text are original; it does not reproduce any commercial book.

HOW TO USE THIS GUIDE

Each page works as a standalone reference. Use the contents list, compare grape profiles and treat the harvest charts as general orientation.

HOW TO READ THE RATINGS

Aroma, body, acidity and tannin are broad tendencies, not laboratory results. Food pairings are starting points, not universal rules.

Editorial note: Institutional sources appear at the end. Production regulations and technical details should always be checked against official sources before professional use.

CONTENTS

The book in eight parts

132 reference pages, original illustrations and institutional sources.

01 **THE VINE AND HARVEST** 05–16

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02 **HOW WINE IS MADE** 17–35

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03 **PORTUGAL’S 14 REGIONS** 36–64

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06 **SERVE, BUY AND STORE** 116–125

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07 **GLOSSARY** 126–129

Viticulture, winemaking, tasting and label terminology.

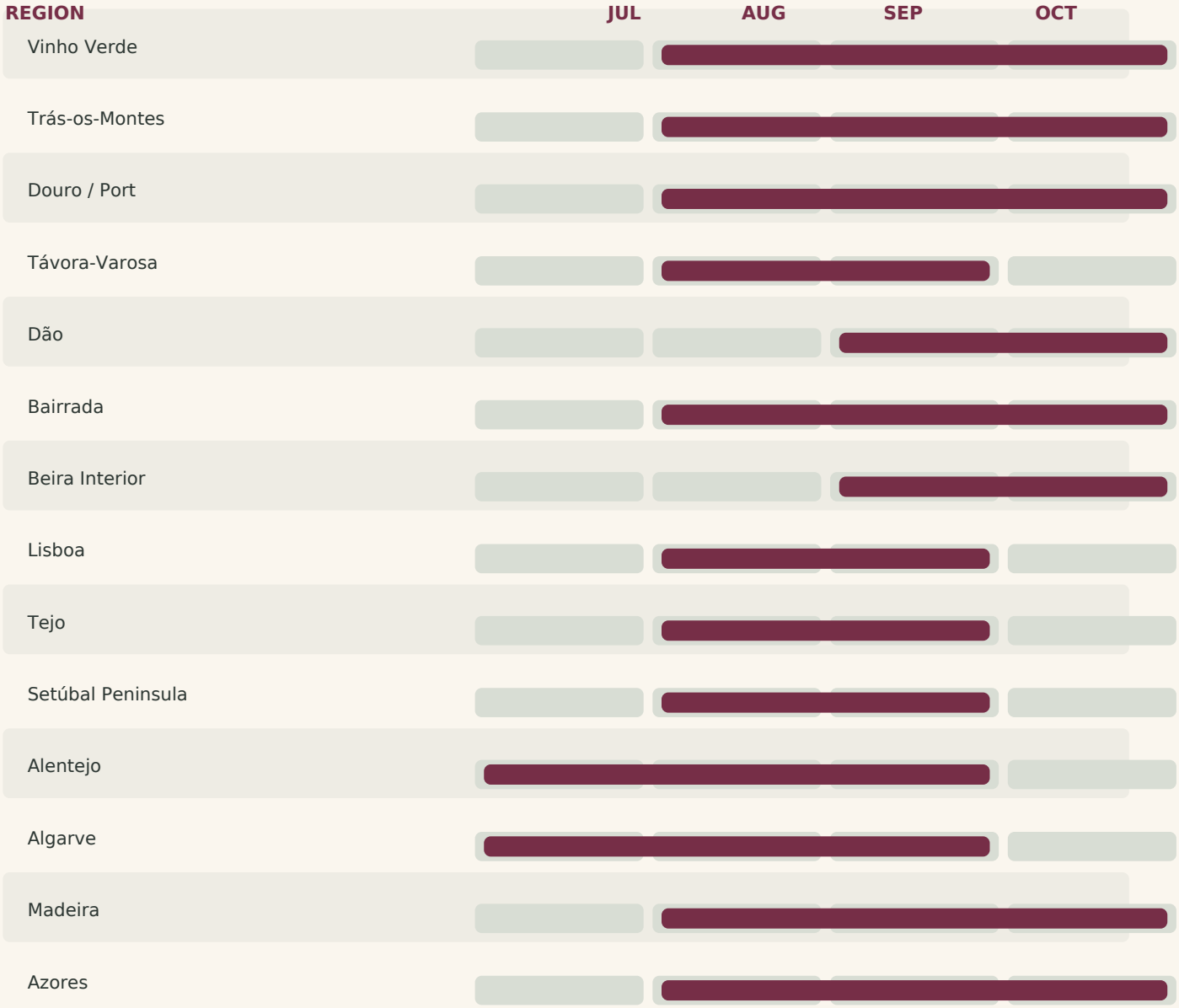
08 **SOURCES AND METHODS** 130–132

Institutions, data limitations and further reading.

QUICK REFERENCE

When does harvest begin in Portugal?

Broad seasonal patterns. Timing varies with vintage, altitude, grape and wine style.



Important: shaded spans show possible harvest months, not continuous activity or official dates. July in Alentejo and Algarve applies to especially early sites, such as sparkling-wine base grapes. Actual vineyard schedules can fall outside these ranges. Sources: IVV, Wines of Portugal and regional seasonal reports.

01 / VINE / CARD 01

What is terroir?

One grape variety, many possible interpretations



Wine identity reflects an interaction among climate, soil, water, slope, vine, vintage and grower choices. Terroir means far more than simply 'earth'.

UNDERSTAND

Altitude may moderate heat and help retain acidity. Atlantic proximity affects humidity and wind; slope aspect changes sunlight. Soil mainly influences water supply and nutrients.

TRY THIS

Compare a refreshing white from Minho with a high-altitude white from Beira Interior at the same serving temperature. Note acidity, body and aroma.

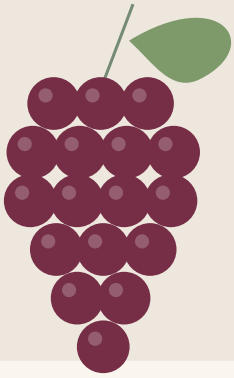
COMMON MISCONCEPTION

A 'mineral' flavour does not prove that specific rock minerals entered the wine. Minerality is a sensory descriptor.

01 / VINE / CARD 02

Anatomy of a grape

Understanding each berry explains cellar decisions



A grape consists of skin, pulp and seeds; the cluster also has stems. Pulp supplies juice, sugar and acids; skins contain much of the pigment, tannin and aroma material.

UNDERSTAND

For red wine, skin contact extracts colour and structure. Pressing white grapes early limits extraction. Red grapes can even produce white wine when the skins are removed promptly.

TRY THIS

Squeeze a pale grape and a dark grape separately. Compare the colour of the juice with the colour of the skins; most red varieties have relatively pale juice.

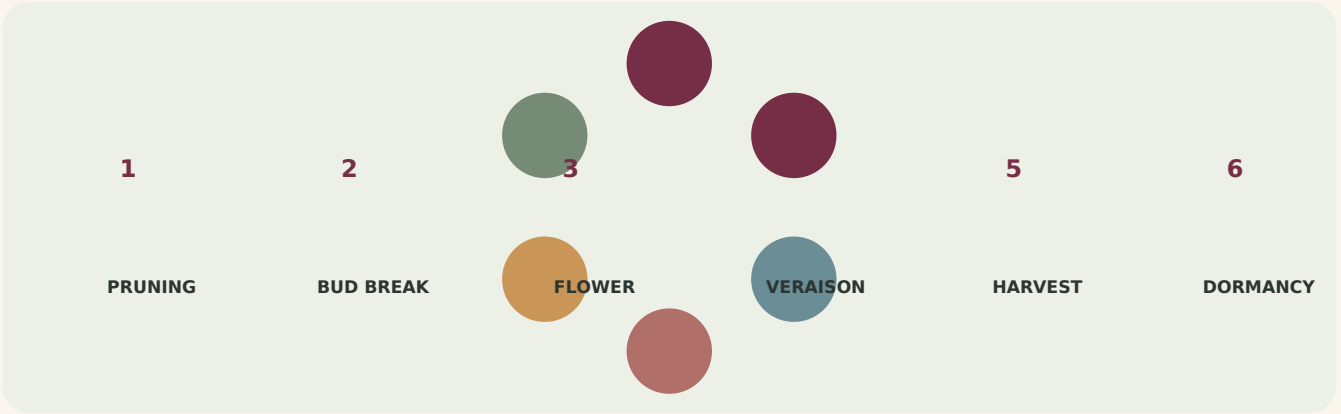
COMMON MISCONCEPTION

More extraction is not always better: unripe tannins and crushed seeds can add harsh bitterness.

01 / VINE / CARD 03

The annual vine cycle

Six stages from winter rest to ripeness



Vines are dormant in winter. After pruning come bud break, shoot growth, flowering, fruit set, veraison, ripening and harvest, followed by leaf fall and rest.

UNDERSTAND

Timing changes with latitude, altitude, variety and each year's weather. Frost, rain at flowering and extreme summer heat affect both crop size and quality.

TRY THIS

Follow a local vineyard from spring to harvest. Weather forecasts matter throughout the cycle, not merely in the weeks before picking.

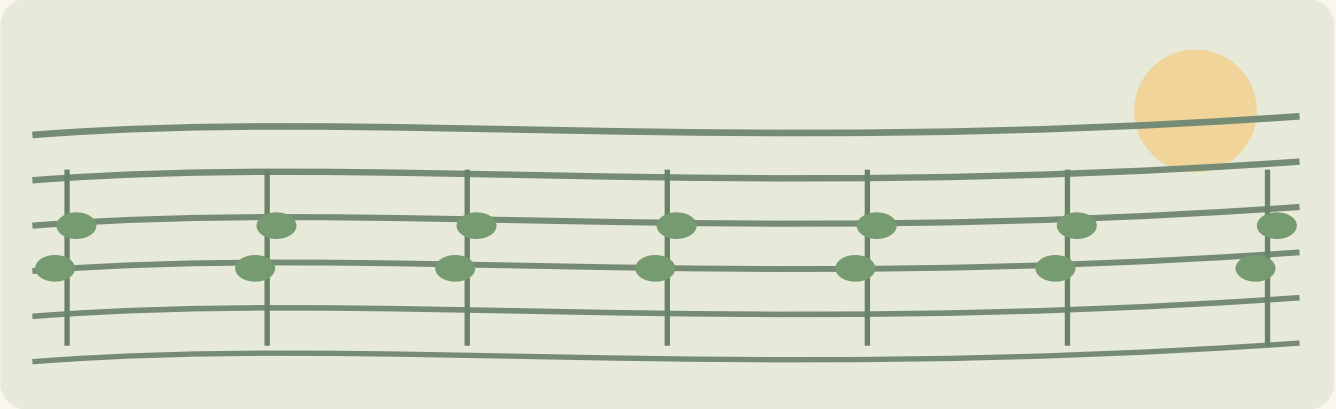
COMMON MISCONCEPTION

Vineyard calendars are never rigid: two nearby parcels can ripen weeks apart.

01 / VINE / CARD 04

Pruning and vine training

Wine production starts long before September



Winter pruning sets bud numbers and vine structure. Training, trellising and canopy management balance yield, disease risk, sunlight and the exposure of the clusters.

UNDERSTAND

Cordon, Guyot, bush vines and pergolas each suit different sites and levels of mechanisation. In hot areas, leaves can protect grapes from sunburn.

TRY THIS

In a vineyard, notice cluster height, row direction, leaf density and airflow. Ask why that architecture fits the climate.

COMMON MISCONCEPTION

A visually tidy vineyard is not necessarily healthier; excessive pruning or leaf removal can upset the balance.

01 / VINE / CARD 05

Granite, schist and limestone

Soil shapes the vine's access to water



Granite-derived soils occur in Dão and Minho; Douro is known for schist; Bairrada has significant clay-limestone areas. All regions also contain local variations.

UNDERSTAND

Texture, depth, drainage, organic matter and water retention are more useful than a direct equation between rock and flavour. Surface heat storage also affects ripening.

TRY THIS

Ask a grower about the soil profile and available water during ripening. Compare vineyard sites within the same region.

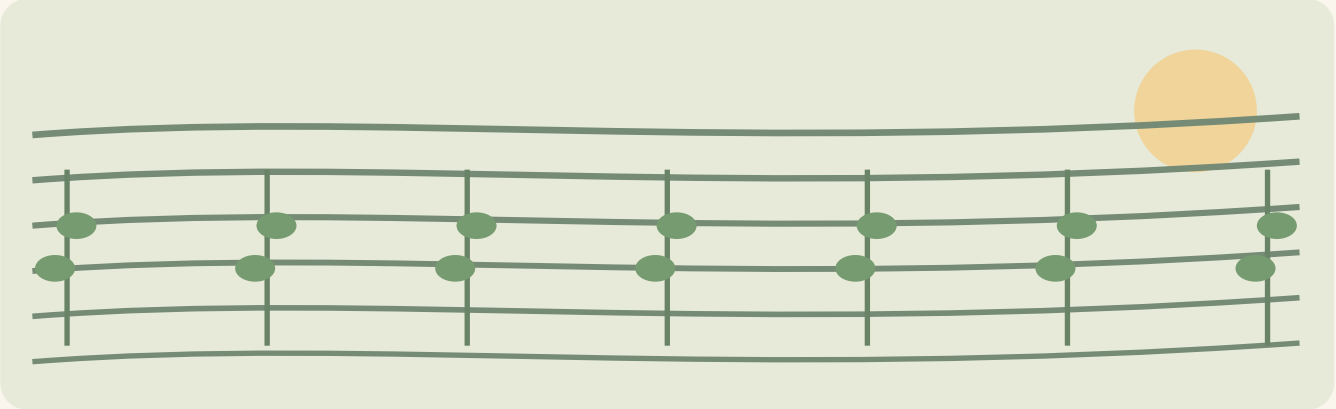
COMMON MISCONCEPTION

'It tastes like granite' is a tasting metaphor, not geological proof.

01 / VINE / CARD 06

Climate and microclimate

Temperature, rainfall and wind all matter



Atlantic locations are often humid with relatively moderated temperatures. Inland sites can be hotter and drier in summer, with a greater gap between day and night.

UNDERSTAND

Cool nights may preserve acidity and aromas, depending on variety and water status. Wind dries foliage and reduces some disease risks, but can damage flowers and shoots.

TRY THIS

Taste a wine from coastal Lisboa beside one from a high inland plateau. Observe freshness, fruit ripeness and concentration.

COMMON MISCONCEPTION

Hot climate does not inevitably mean heavy wine: picking date and winemaking choices can change the outcome.

01 / VINE / CARD 07

Vines and water

Drought tolerance has limits



Vines withstand some water deficit; moderate stress may reduce excessive growth. Severe drought, however, can arrest ripening and damage crop quality.

UNDERSTAND

Ground cover, soil conservation and irrigation where permitted help regulate water stress. Mediterranean heat waves and evaporation make water availability critical.

TRY THIS

Look for leaf condition, ground cover and sunburn in vineyards during different seasons. Ask how any supplemental irrigation is decided.

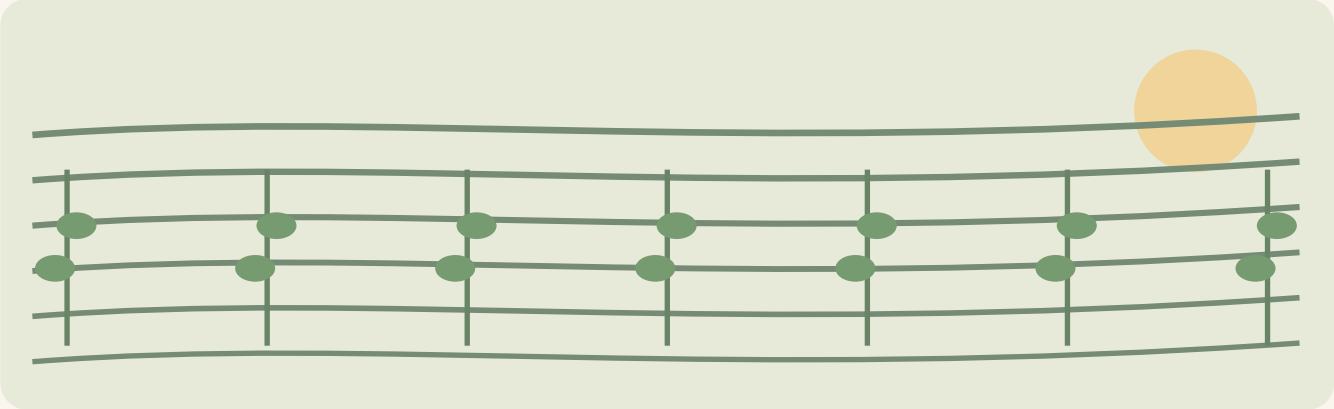
COMMON MISCONCEPTION

'Less water always means better wine' is false. Dehydration may boost sugar without improving balance.

01 / VINE / CARD 08

Pests, disease and healthy fruit

Protecting the harvest without losing balance



Downy mildew, powdery mildew, botrytis and trunk diseases need monitoring. Their severity varies with rain, humidity, temperature, training and grape susceptibility.

UNDERSTAND

Prevention combines inspection, canopy ventilation and authorised plant-protection methods. Prolonged wet weather can force a change in the harvest date.

TRY THIS

Before visiting a harvest, read about the season's growing conditions and ask which disease pressures affected the vintage.

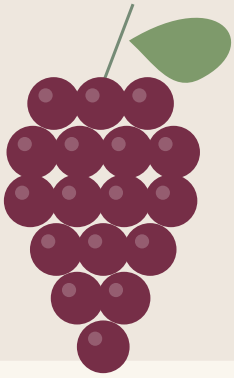
COMMON MISCONCEPTION

Organic growing does not mean no treatments; it means using practices and products allowed under a specific standard.

01 / VINE / CARD 09

Ripeness and laboratory tests

Sugar alone cannot determine harvest day



Technological ripeness considers sugar, acidity and pH. Phenolic ripeness tracks tannin and pigment, especially in reds; aromatic ripeness concerns flavours and their precursors.

UNDERSTAND

A refractometer estimates soluble solids. Cellars may test titratable acidity, pH and sugar, while tasting berries and checking vineyard health. The target style determines the ideal balance.

TRY THIS

Compare an early-picked sparkling base wine with a red intended for ageing. Their desired ripeness dates will differ.

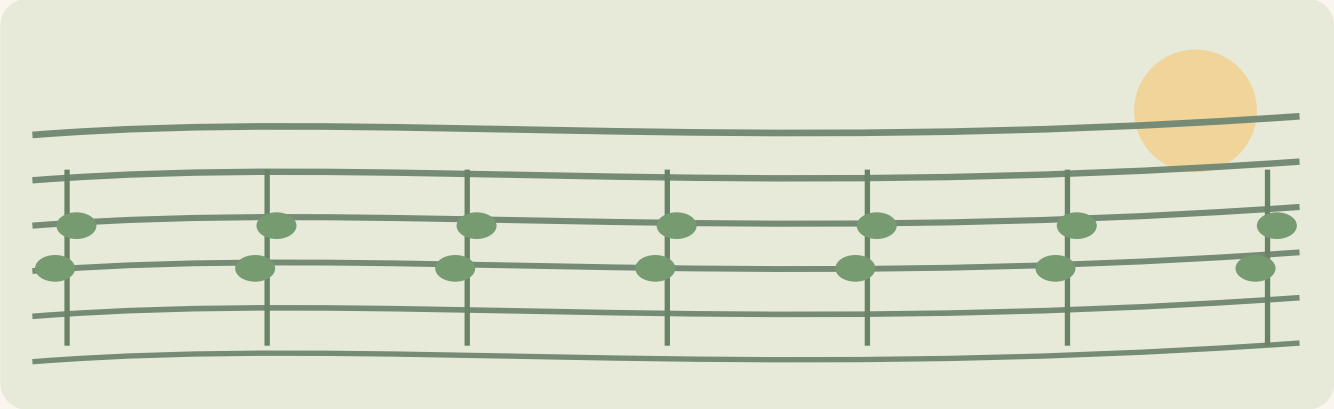
COMMON MISCONCEPTION

High sugar is not proof of quality. Excess potential alcohol can reduce a wine's freshness and harmony.

01 / VINE / CARD 10

Hand versus machine harvesting

Selection, speed and logistics all affect quality



Hand picking allows detailed bunch selection and is important on steep terraces or uneven parcels. Mechanical harvesters are fast on suitable terrain and vine systems.

UNDERSTAND

At the winery, fruit is typically weighed, sampled, sorted and processed rapidly. Picking during cool nights can limit oxidation and keep fruit temperatures down.

TRY THIS

Ask how many hours pass between cutting and processing, and whether individual parcels are kept separate.

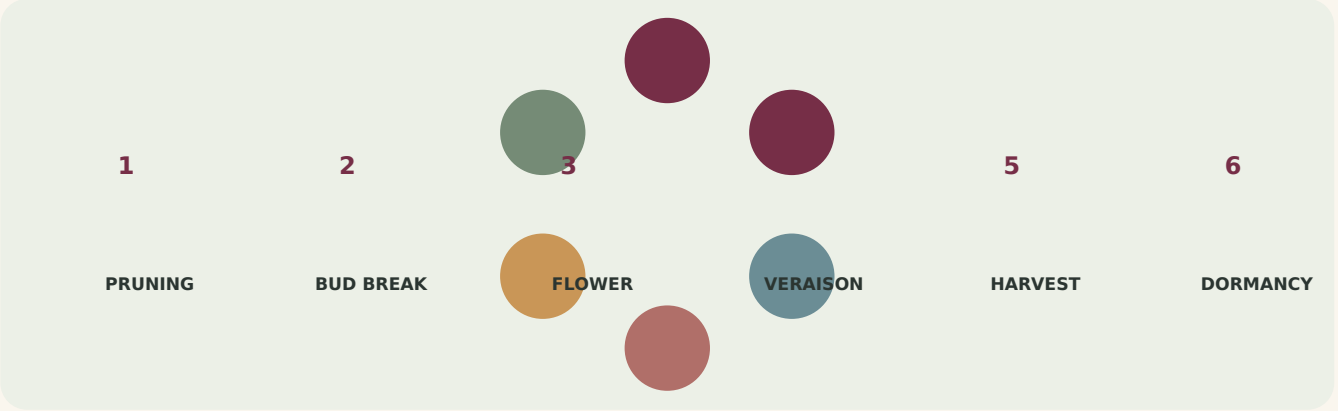
COMMON MISCONCEPTION

Hand harvesting is not automatically better: slow, hot hand picking may perform worse than carefully managed mechanisation.

01 / VINE / CARD 11

Portugal's harvest calendar

Typical windows - not official fixed dates



In warm coastal areas some grapes are picked in August, or earlier for certain sparkling bases. Cool regions and high vineyards can continue into October.

UNDERSTAND

Regional windows combine many varieties, altitudes and wine styles. Heat, rain, berry chemistry and producer choices shift the dates each year.

TRY THIS

Contact estates directly before booking a harvest visit. The second half of September often offers activity across several regions.

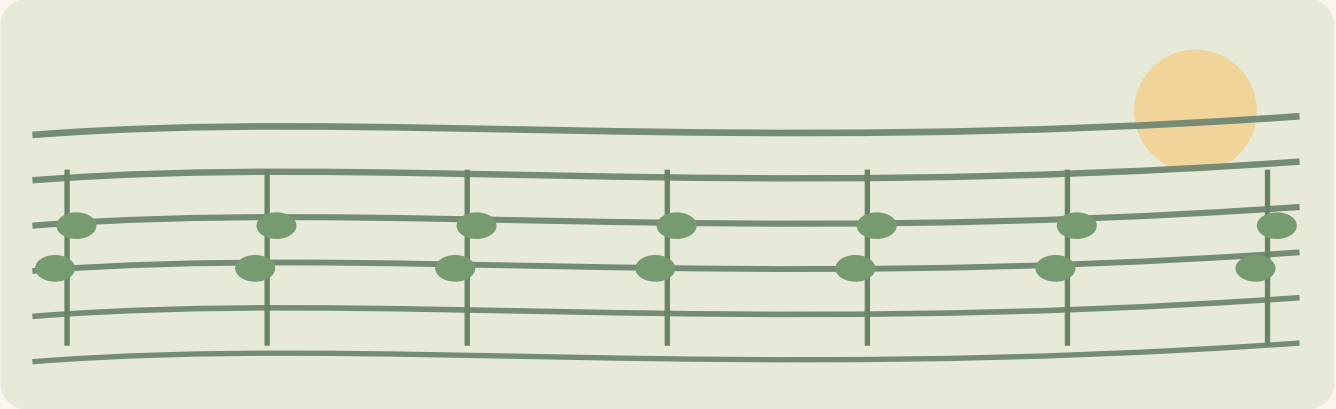
COMMON MISCONCEPTION

These broad teaching windows are not an official 2026 or 2027 harvest forecast for any estate.

01 / VINE / CARD 12

Sustainability in vineyards

Water, soil, energy and people all count



A wine's environmental footprint involves soil health, biodiversity, water, winery energy, bottle weight, transport and working conditions - not merely a label or certification.

UNDERSTAND

Organic, integrated and biodynamic farming follow different approaches. None alone replaces transparent and measurable results.

TRY THIS

Look for specific evidence: water use per hectare, cover crops, lighter packaging, energy sources and labour practices.

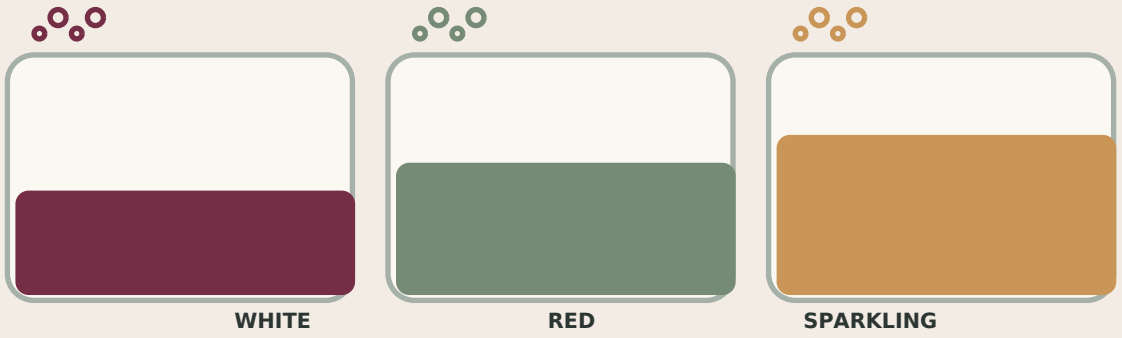
COMMON MISCONCEPTION

Words such as 'natural', 'artisan' and 'sustainable' cannot by themselves guarantee quality or a lower footprint.

02 / WINERY / CARD 01

From grapes to bottle

A chain of decisions rather than one recipe



After picking, grapes may be sorted, destemmed, crushed and pressed according to the style. Juice or must ferments, then moves through clarification, stabilisation, maturation and bottling.

UNDERSTAND

Temperature, oxygen, skin contact, vessel type and time change texture, colour, aroma and ageing potential. Small decisions can create very different wines.

TRY THIS

Taste two wines from the same grape. Look for primary fruit, extraction, oak, lees contact and freshness as clues to the technique.

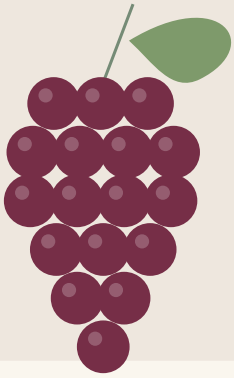
COMMON MISCONCEPTION

There is no single 'traditional' or 'correct' process suitable for every style.

02 / WINERY / CARD 02

Sorting, destemming and crushing

Three choices that shape extraction



Sorting removes unwanted bunches or berries. Destemming removes the cluster stems; gentle crushing opens skins to release juice. Some producers ferment whole bunches.

UNDERSTAND

Ripe stems can add structure and herbal or spicy notes, while green stems can cause astringency. Excess crushing can extract bitter compounds and damage seeds.

TRY THIS

Taste a whole-bunch red beside a destemmed red from the same region. Compare fragrance, tannins and perceived freshness.

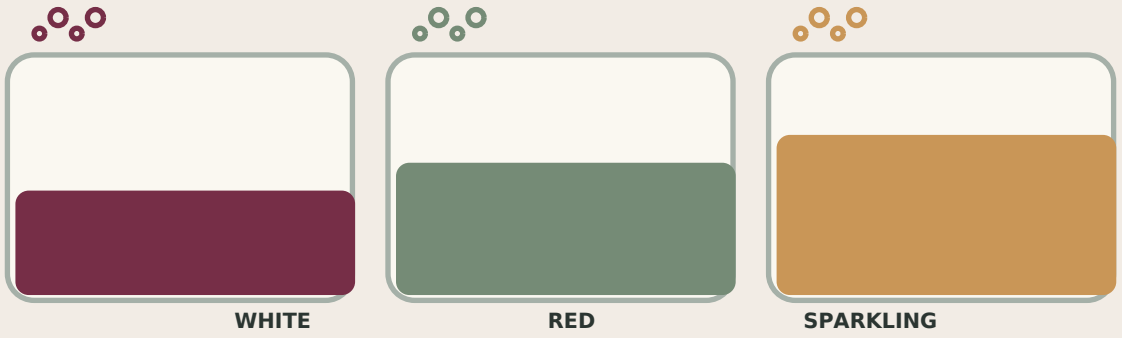
COMMON MISCONCEPTION

Traditional foot treading does not mean violent crushing: extraction can be careful and deliberate.

02 / WINERY / CARD 03

Pressing

Separating juice and solids at the right moment



Pneumatic and other presses produce juice at different pressures and yields. For whites, early pressing often limits colour and tannin; reds are commonly pressed after maceration.

UNDERSTAND

Free-run and press fractions can differ in taste and chemistry. Winemakers may keep them separate and decide later whether to blend them.

TRY THIS

On a cellar tour, ask when press juice is separated and how each fraction contributes to the final wine.

COMMON MISCONCEPTION

Higher pressure may improve yield but is not necessarily a quality advantage.

02 / WINERY / CARD 04

Alcoholic fermentation

Yeast converts sugar into alcohol, gas and heat



Yeasts convert grape sugars mainly into ethanol and carbon dioxide, generating heat and many aroma compounds. Fermentation management is central to wine style.

UNDERSTAND

Temperature, yeast selection or native populations, nutrients and oxygen management influence fermentation speed and aromas. Sugars and density are measured during the process.

TRY THIS

Ask to see a fermentation log: compare temperature curves for a fruity white and an extracted red.

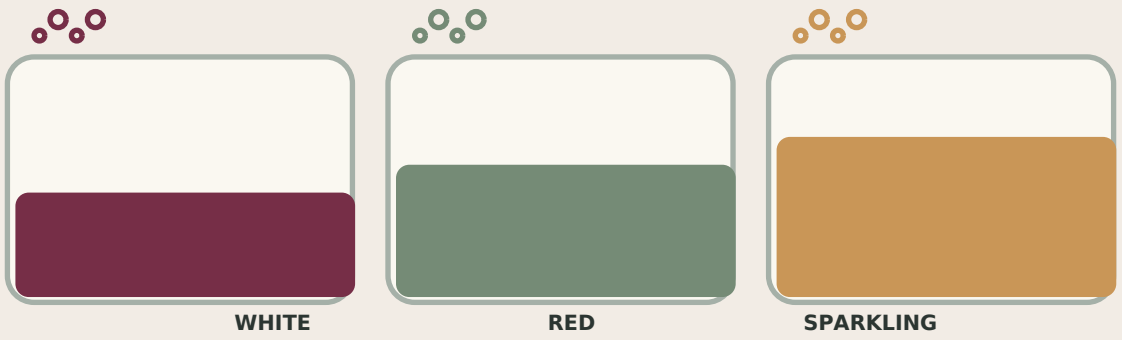
COMMON MISCONCEPTION

Fermentation is not simply a matter of leaving grapes alone; even minimal-intervention winemaking requires close monitoring.

02 / WINERY / CARD 05

White-wine fermentation

Protecting aroma while shaping texture



White wines generally ferment juice separated from skins, often in stainless steel or wood. Cooler temperatures may help retain delicate aromas, while lees decisions shape mouthfeel.

UNDERSTAND

Brief skin contact can extract aroma precursors; early pressing offers delicacy. Barrel fermentation and tank fermentation are stylistic choices rather than quality rankings.

TRY THIS

Compare an unoaked Arinto with barrel-fermented Encruzado. Assess richness, toast, acidity and finish.

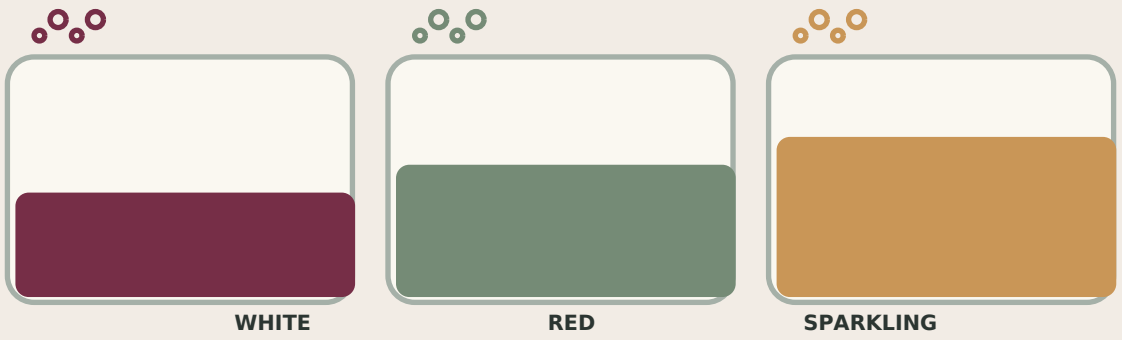
COMMON MISCONCEPTION

Excessively low temperature can slow or stall fermentation; the coldest setting is not automatically the best.

02 / WINERY / CARD 06

Red-wine fermentation

Colour and tannin depend on skin contact



Red must ferments with grape skins, allowing extraction of pigments, tannins and flavours. The duration and intensity of contact determine much of the wine's structure.

UNDERSTAND

Pump-overs, punch-downs, cap management and temperature control offer different extraction patterns. Whole-bunch fermentation can also influence texture and aroma.

TRY THIS

Compare a gently extracted Baga with a deeply extracted Touriga Nacional. Consider whether tannin feels fine, grippy or drying.

COMMON MISCONCEPTION

Dark colour alone does not prove higher quality or greater ageing potential.

02 / WINERY / CARD 07

Rosé and pale reds

Skin-contact time sets much of the colour



Rosé may come from limited maceration or direct pressing of red grapes. Portuguese clarete represents another pale, often lighter-bodied red style, with varied traditions.

UNDERSTAND

Variety, ripeness and extraction affect colour and texture; different regions and producers use distinct methods.

TRY THIS

Taste two dry rosés side by side. Compare colour, red-berry aroma, body and food versatility.

COMMON MISCONCEPTION

Darker rosé is not necessarily sweeter, stronger or more serious than a pale one.

02 / WINERY / CARD 08

Malolactic fermentation

From sharper malic acid to softer lactic acid



Certain bacteria convert malic acid into lactic acid, generally softening acidity. This often follows alcoholic fermentation in reds and is selective in whites.

UNDERSTAND

Malolactic conversion affects texture and can produce buttery notes, although not all wines undergoing it smell buttery. Cellars control temperature and microbiology.

TRY THIS

Try a crisp Arinto without malolactic conversion next to a textured, barrel-aged white that has undergone it.

COMMON MISCONCEPTION

It is a bacterial conversion, not a second alcoholic fermentation.

02 / WINERY / CARD 09

Lees ageing and bâtonnage

Texture without relying only on oak



Fine lees are yeast remnants and particles that settle after fermentation. Managed contact can give mouthfeel, complexity and protection against oxidation.

UNDERSTAND

Bâtonnage means stirring fine lees. It can add richness, but the decision depends on wine, microbiological stability and desired texture.

TRY THIS

Compare a stainless-steel white aged briefly on lees with a similar wine bottled quickly after fermentation.

COMMON MISCONCEPTION

Lees ageing does not automatically make a wine heavy, creamy or superior.

02 / WINERY / CARD 10

Steel, oak, concrete and amphora

The vessel shapes the ageing environment



Stainless steel allows precise temperature control and generally limits oxygen ingress. Wood can transmit oxygen and contribute aromas; concrete and clay bring other thermal and oxygen properties.

UNDERSTAND

Barrel size, age, toast and oak origin matter. Neutral vessels also differ in permeability, cleaning demands and capacity.

TRY THIS

Taste a wine aged in used oak beside one aged in steel. Identify which differences come from oxygen, wood flavour or texture.

COMMON MISCONCEPTION

'Amphora' or 'concrete egg' is a vessel description, not proof of low-intervention wine.

02 / WINERY / CARD 11

Clarification, filtration and stability

Making wine clean and reliable



Sedimentation, fining and filtration can remove suspended particles or unwanted compounds. Stabilisation reduces the risk of later deposits, haze or unwanted microbial changes.

UNDERSTAND

Different approaches aim to retain aroma while ensuring predictable bottling and transport. Cold stability and microbiological stability are separate issues.

TRY THIS

Ask why a producer chooses light filtration, no filtration or a particular fining agent for a wine.

COMMON MISCONCEPTION

Crystals or harmless sediment are not necessarily faults; equally, an unfiltered wine is not automatically better.

02 / WINERY / CARD 12

Oxygen: friend and foe

Amount, timing and style make the difference





Small, controlled oxygen exposure can help develop some red wines. Excess oxygen, particularly in delicate young whites, can dull fruit and accelerate oxidative character.

UNDERSTAND

Winemakers manage air during pressing, transfers, barrel ageing and bottling. Sulphur dioxide may help protect wine, within applicable limits.

TRY THIS

Compare the aroma of a just-opened structured red after 10 and 30 minutes of air contact.

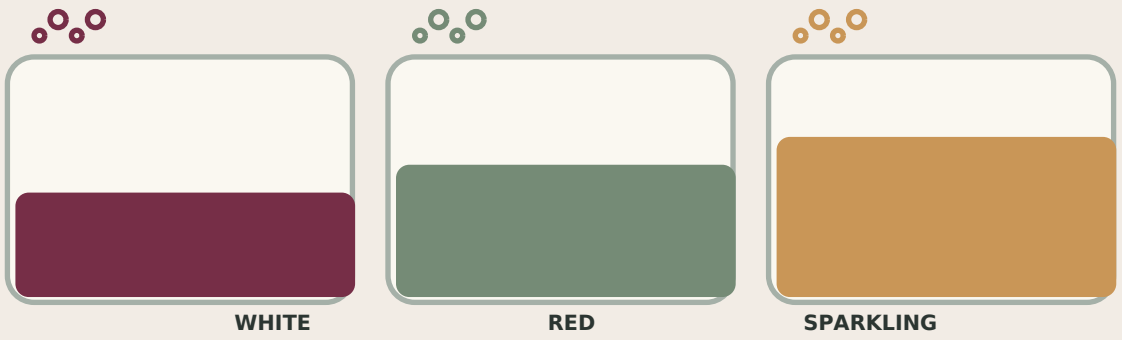
COMMON MISCONCEPTION

Oxidative styles are intentional; accidental oxidation in a fresh wine is a different matter.

02 / WINERY / CARD 13

Traditional-method sparkling wine

The second fermentation occurs in the bottle



A dry base wine undergoes a second fermentation in a sealed bottle. Carbon dioxide dissolves into the wine; subsequent lees ageing can add bread, biscuit and nutty complexity.

UNDERSTAND

Riddling moves sediment toward the neck, disgorgement removes it, and dosage sets the final style. Pressure and ageing requirements depend on category.

TRY THIS

Compare a young traditional-method Portuguese sparkling wine with one aged longer on lees. Focus on texture and autolytic aroma.

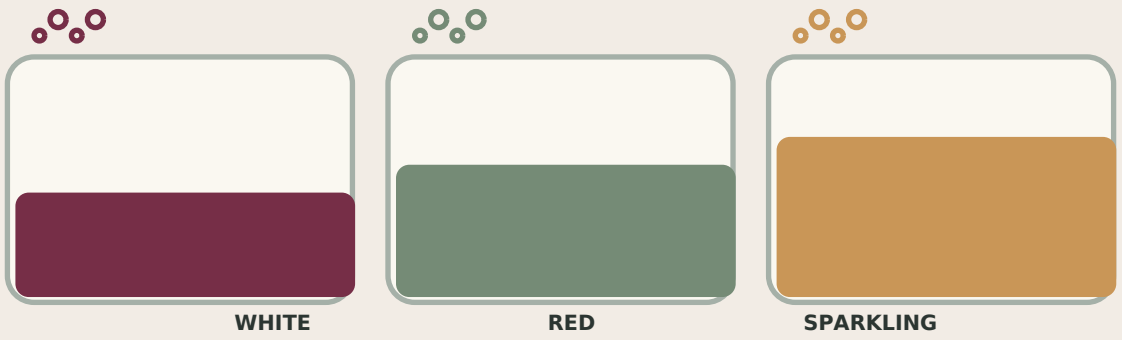
COMMON MISCONCEPTION

Not all sparkling wines are Champagne; origin and production method are distinct facts.

02 / WINERY / CARD 14

Tank-method sparkling and alternatives

Bubbles do not tell the whole story



In tank-method production, secondary fermentation happens in a pressurised vessel before bottling. Other methods use retained fermentation carbon dioxide or carbonation.

UNDERSTAND

Tank production can protect fresh fruit aromas; the traditional method often highlights lees complexity. Neither method alone decides overall quality.

TRY THIS

Taste a fruit-forward tank-method fizz against a lees-aged classic-method wine, without knowing which is more expensive.

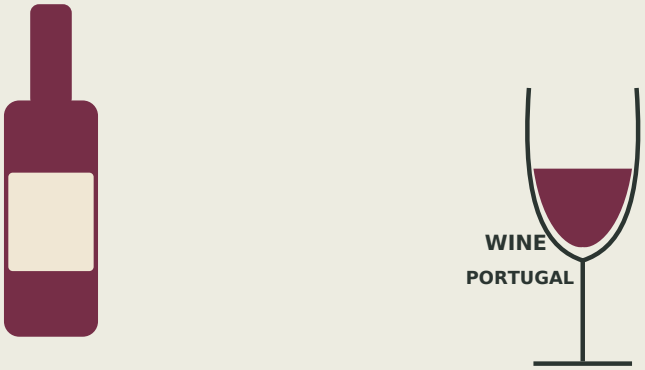
COMMON MISCONCEPTION

Big bubbles are not a universal sign of low quality: glassware and serving temperature also affect appearance.

02 / WINERY / CARD 15

Port wine: fortification

Fermentation is stopped with grape spirit



In Port production, adding controlled quantities of wine spirit stops fermentation while retaining some of the grapes' natural sugar. Production belongs to the delimited Douro region.

UNDERSTAND

According to the IVDP, the spirit commonly has around 77% alcohol; finished Port generally contains about 18-22%. Timing determines sweetness, then blending and ageing follow.

TRY THIS

Compare young Ruby with aged Tawny: look for dark fruit in one and nuts, dried fruit and oxidative notes in the other.

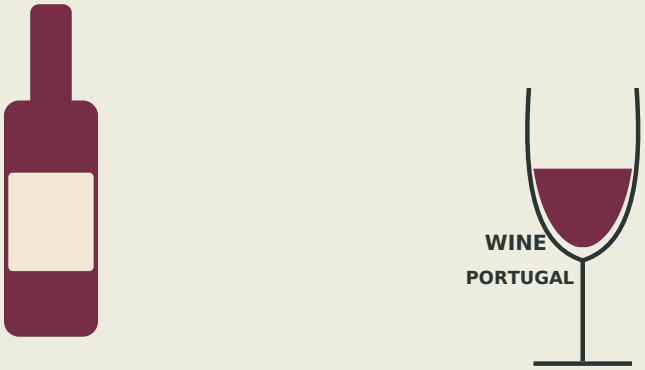
COMMON MISCONCEPTION

Port is not simply red wine mixed with brandy at the end: fortification timing is essential.

02 / WINERY / CARD 16

Port styles: Ruby, Tawny, LBV, Vintage

Ageing style changes more than colour



Ruby retains a fruit-led character; Tawny develops oxidative notes through wood ageing. LBV is from one vintage and usually more approachable young; Vintage is a special ageing category.

UNDERSTAND

An age-indicated Tawny is a blend with the sensory characteristics of the stated age, not entirely wine of that age. Colheita is a single-year wood-aged Port.

TRY THIS

Taste a 10-year Tawny, Ruby Reserve and LBV together. Note fruit, nuts, tannin, sweetness and length.

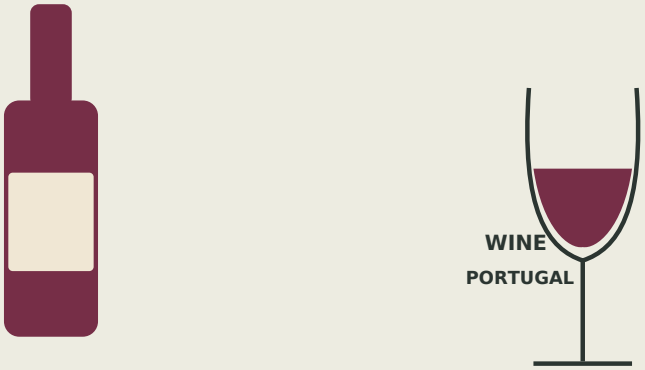
COMMON MISCONCEPTION

Age categories and bottling periods are regulated; consult IVDP for current legal requirements.

02 / WINERY / CARD 17

Madeira wine

Controlled heat, oxidation and remarkable stability



Madeira is fortified wine matured using processes involving heat and controlled oxidation. Two traditional approaches are estufagem and the slower canteiro system.

UNDERSTAND

Styles range from dry to sweet. Sercial is generally associated with dry, Verdelho medium-dry, Boal medium-sweet and Malvasia sweet styles, with detailed rules and exceptions.

TRY THIS

Taste a dry Madeira as an aperitif and a medium-sweet one with blue cheese or nut dessert; notice the balancing acidity.

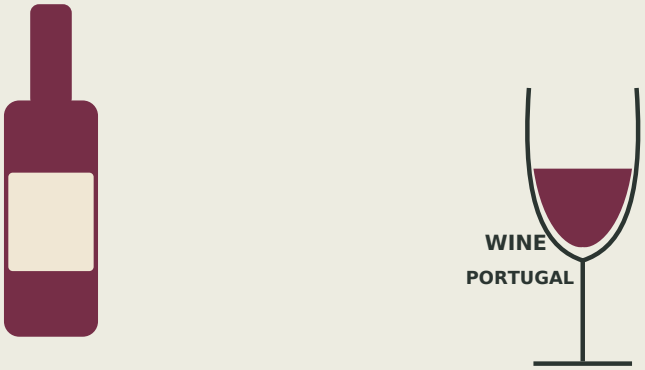
COMMON MISCONCEPTION

Madeira is not 'heated Port': origin, regulations, technique and taste are different.

02 / WINERY / CARD 18

Alentejo wine made in clay pots

Traditional talha vessels in modern winemaking



Vinho de talha is closely associated with Alentejo. Grapes and must ferment in large clay vessels, with different techniques and legal requirements according to producer and category.

UNDERSTAND

The wines can have distinctive texture or rusticity, but many are delicate and controlled. Handling skins, sealing clay vessels and running off the wine are crucial choices.

TRY THIS

Taste a talha wine next to a steel-aged Alentejo white or red. Compare texture, oxidation, aroma and pairing with local appetisers.

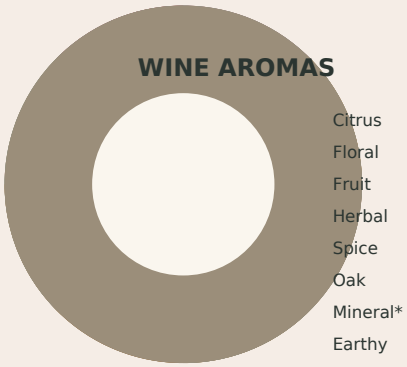
COMMON MISCONCEPTION

A wine made in clay is not necessarily cloudy or oxidised; practices and styles vary.

02 / WINERY / CARD 19

Wine faults and sensory deviations

Recognise signs before rejecting a bottle



Wet-cardboard smell may indicate TCA cork taint; rotten egg or rubber can signal reduction; cooked fruit and unwanted nuttiness in a young white may suggest oxidation.

UNDERSTAND

Perception depends on concentration, temperature and each taster. Evolution notes are expected in some deliberately oxidative wines; one flawed bottle need not represent the producer.

TRY THIS

If you suspect a fault at a restaurant, request a discreet second opinion or compare another bottle of the same wine.

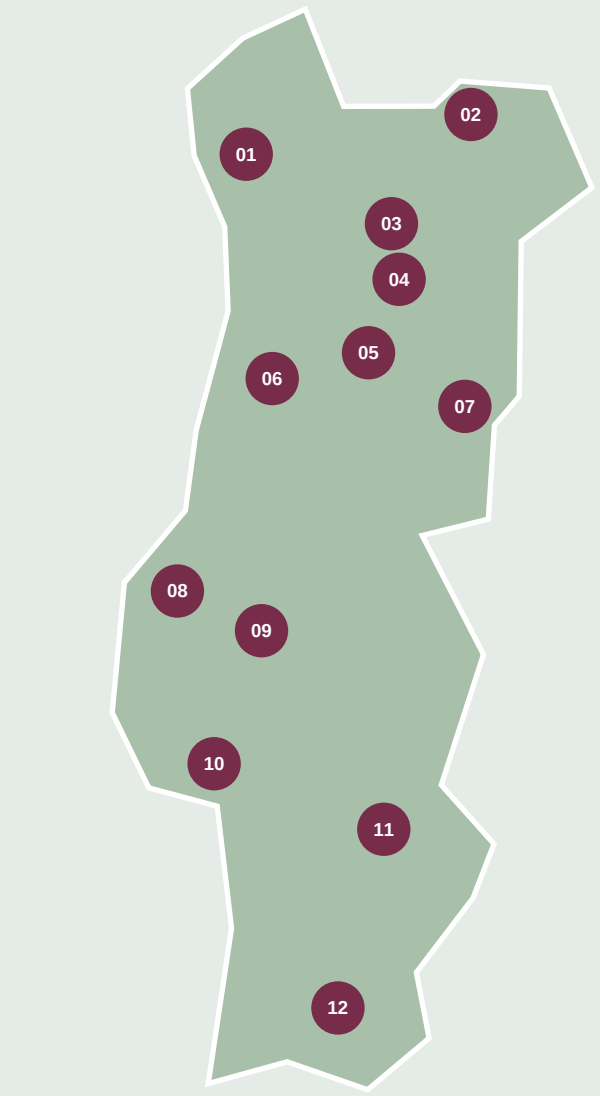
COMMON MISCONCEPTION

Sediment, crystals and mild haze alone do not mean wine is unsafe.

03 / THE REGIONS

Portugal: 14 wine regions

Real mainland Portugal outline; approximate locations, not PDO/PGI boundaries.



01 Vinho Verde

02 Trás-os-Montes

03 Douro and Port

04 Távora-Varosa

05 Dão

06 Bairrada

07 Beira Interior

08 Lisbon

09 Tejo

10 Setúbal Peninsula

11 Alentejo

12 Algarve

THE ISLANDS / INSET LOCATIONS

13 MADEIRA · 32.7°N, 16.9°W

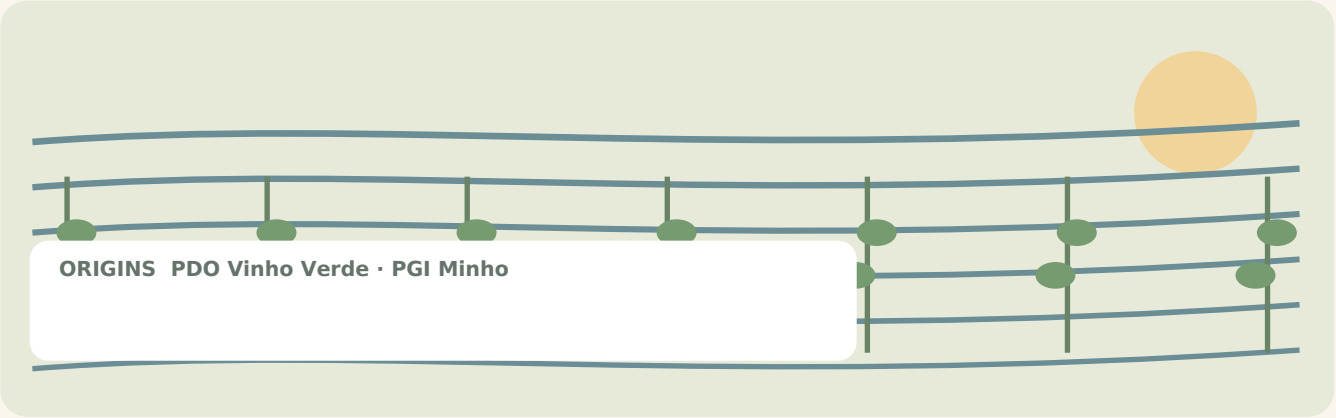
14 AZORES · 38.6°N, 28.0°W

Islands shown separately, not to mainland scale.

03 / REGION 01

Vinho Verde

Atlantic freshness in the northwest



ORIGINS PDO Vinho Verde · PGI Minho

TERRITORY

Climate. Cool, moist Atlantic climate influenced by valleys and hills.

Soils. Predominantly granite-derived soils with local variation.

Key areas. Monção e Melgaço · Lima · Cávado · Amarante · Baião

GRAPES AND WINES

Signature grapes: Alvarinho, Loureiro, Arinto, Avesso, Azal, Vinhão.

Styles. Light or serious whites, local reds, rosé and sparkling wine.

SENSORY SIGNATURE

Lime, citrus, white flowers, herbs and lively acidity; Alvarinho may have greater body.

AT THE TABLE

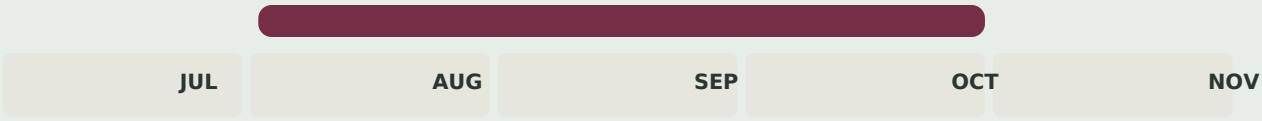
Grilled fish, clams à Bulhão Pato, herbed salads, sardines with Vinhão.

03 / REGION 01 / HARVEST

Vinho Verde: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Early plots may start in late August; September is common, sometimes extending to October.

WHAT CHANGES ON THE GROUND

Monção e Melgaço can produce concentrated Alvarinho; coastal zones often show more maritime influence.

WHAT TO LOOK FOR IN THE GLASS

Lime, citrus, white flowers, herbs and lively acidity; Alvarinho may have greater body.

Suggested food: Grilled fish, clams à Bulhão Pato, herbed salads, sardines with Vinhão.

REGIONAL NOTE

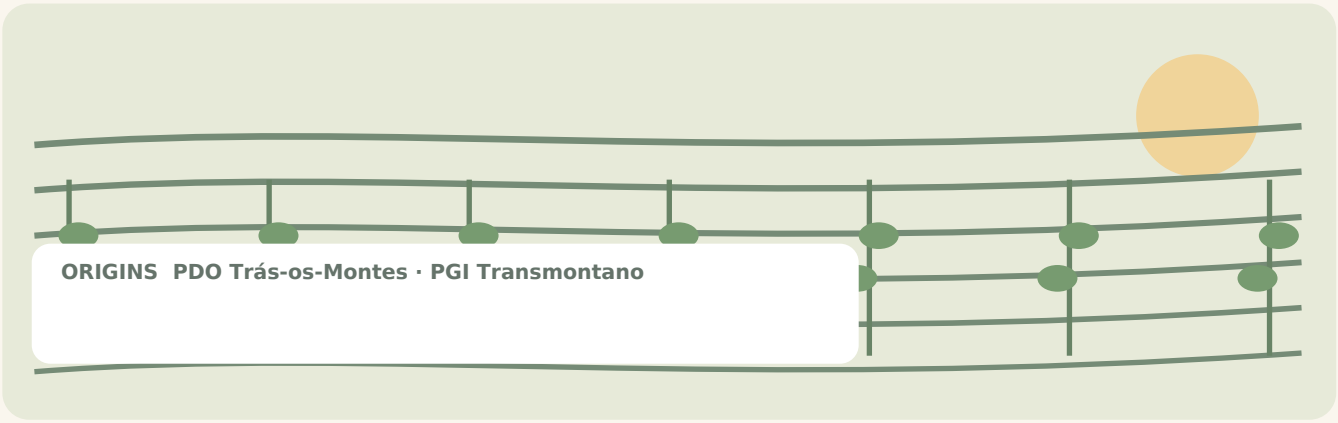
Not all Vinho Verde is fizzy, young or light: ageworthy and oak-matured versions exist.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 02

Trás-os-Montes

Altitude and continental climate in the northeast



ORIGINS PDO Trás-os-Montes · PGI Transmontano

TERRITORY

Climate. Continental: cold winters, hot summers and pronounced day/night differences.

Soils. Schist, granite and other soils across subzones.

Key areas. Chaves · Valpaços · Planalto Mirandês

GRAPES AND WINES

Signature grapes: Trincadeira, Tinta Roriz, Touriga Nacional, Códega do Larinho, Gouveio.

Styles. Characterful reds, high-altitude whites and local blends.

SENSORY SIGNATURE

Black fruit, dried herbs and spice; energetic whites when altitude preserves acidity.

AT THE TABLE

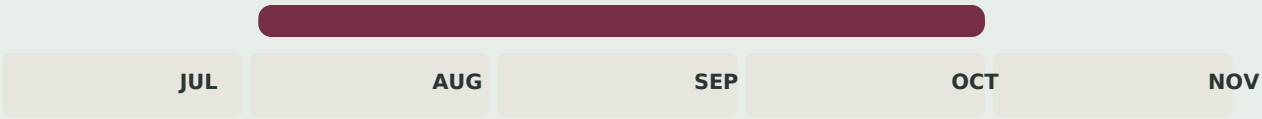
Smoked meats, beef steaks, roast kid, mushrooms and mature cheese.

03 / REGION 02 / HARVEST

Trás-os-Montes: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Warm sites may start in late August; high vineyards can harvest in September and October.

WHAT CHANGES ON THE GROUND

Sheltered valleys and high plateaus ripen very differently within the same region.

WHAT TO LOOK FOR IN THE GLASS

Black fruit, dried herbs and spice; energetic whites when altitude preserves acidity.

Suggested food: Smoked meats, beef steaks, roast kid, mushrooms and mature cheese.

REGIONAL NOTE

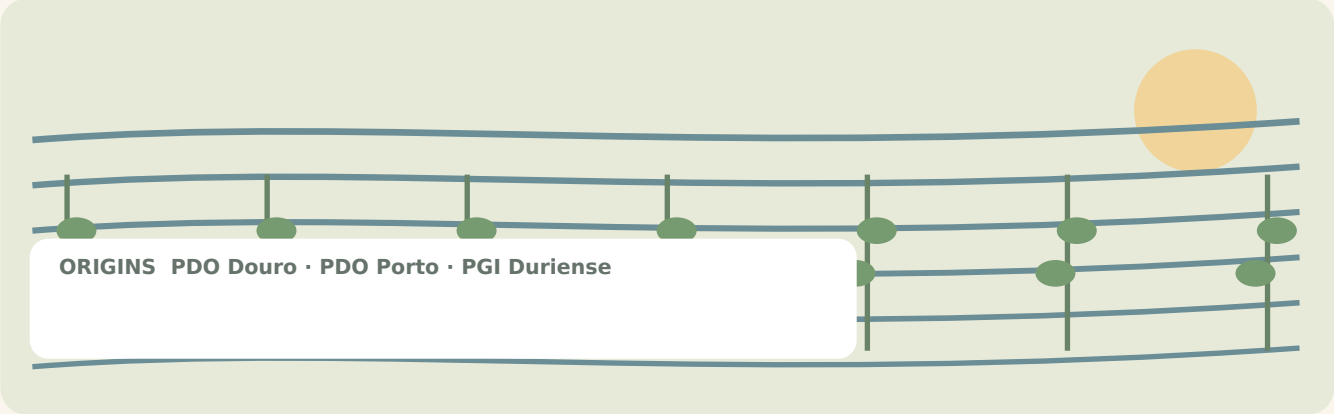
Transmontano is a geographical indication; PDO rules differ. Check the label.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 03

Douro and Port

Schist slopes beside the Douro River



TERRITORY

Climate. Hot dry inland summers; major variations in altitude and subregion.

Soils. Schist-dominated slopes with terraces and platforms.

Key areas. Baixo Corgo · Cima Corgo · Douro Superior

GRAPES AND WINES

Signature grapes: Touriga Nacional, Touriga Franca, Tinta Roriz, Tinta Barroca, Rabigato, Viosinho.

Styles. Structured dry reds, high-altitude whites, rosés and fortified Port.

SENSORY SIGNATURE

Dark fruit and spice in reds; citrus, freshness and texture in carefully made whites.

AT THE TABLE

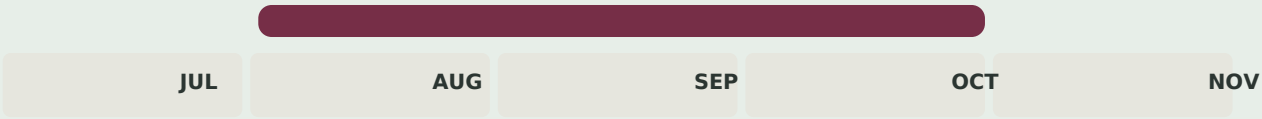
Roast kid, beef, duck rice; aged Tawny with nuts and egg desserts.

03 / REGION 03 / HARVEST

Douro and Port: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Some early vineyards start in late August; high parcels can continue into October.

WHAT CHANGES ON THE GROUND

Climate and water vary greatly from Baixo Corgo to Douro Superior; altitude is critical.

WHAT TO LOOK FOR IN THE GLASS

Dark fruit and spice in reds; citrus, freshness and texture in carefully made whites.

Suggested food: Roast kid, beef, duck rice; aged Tawny with nuts and egg desserts.

REGIONAL NOTE

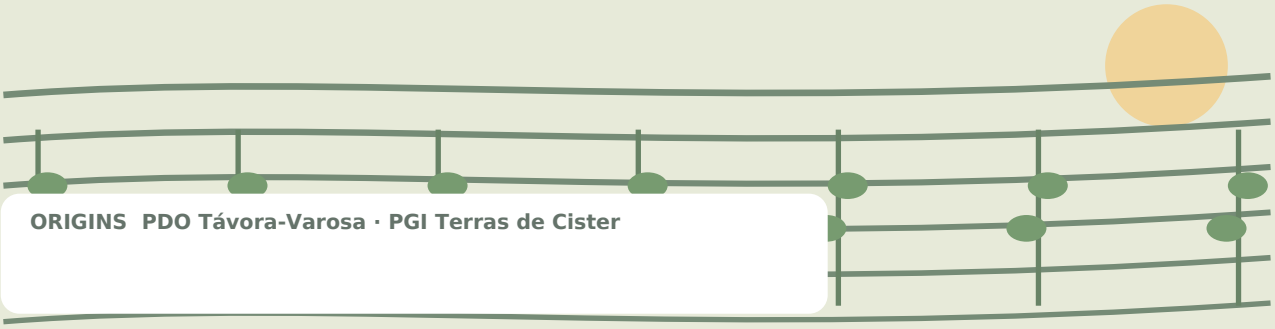
Port is defined by fortification and its PDO rules, not by being made in Porto city.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 04

Távora-Varosa

High-valley country for sparkling wine



ORIGINS PDO Távora-Varosa · PGI Terras de Cister

TERRITORY

Climate. Continental influences, elevated vineyards and cool nights.

Soils. Granite and mixed formations in valleys and plateaus.

Key areas. Tarouca · Lamego · Armamar

GRAPES AND WINES

Signature grapes: Malvasia Fina, Gouveio, Cerceal, Pinot Noir, Chardonnay.

Styles. Traditional-method sparkling wines, dry whites and local reds.

SENSORY SIGNATURE

Green apple, lemon and blossom, with yeasty notes after extended lees ageing.

AT THE TABLE

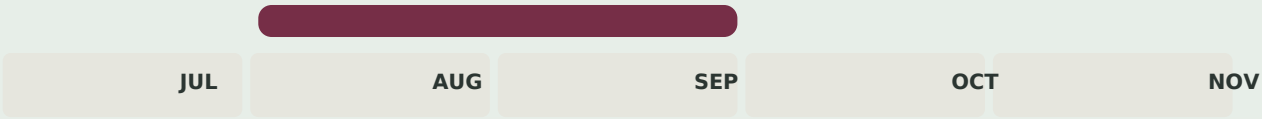
Roast suckling pig, shellfish, fried starters and soft cheeses.

03 / REGION 04 / HARVEST

Távora-Varosa: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Sparkling base wines are often picked relatively early, from August into September.

WHAT CHANGES ON THE GROUND

High sites and cool nights help retain acidity, while yearly weather shifts picking dates.

WHAT TO LOOK FOR IN THE GLASS

Green apple, lemon and blossom, with yeasty notes after extended lees ageing.

Suggested food: Roast suckling pig, shellfish, fried starters and soft cheeses.

REGIONAL NOTE

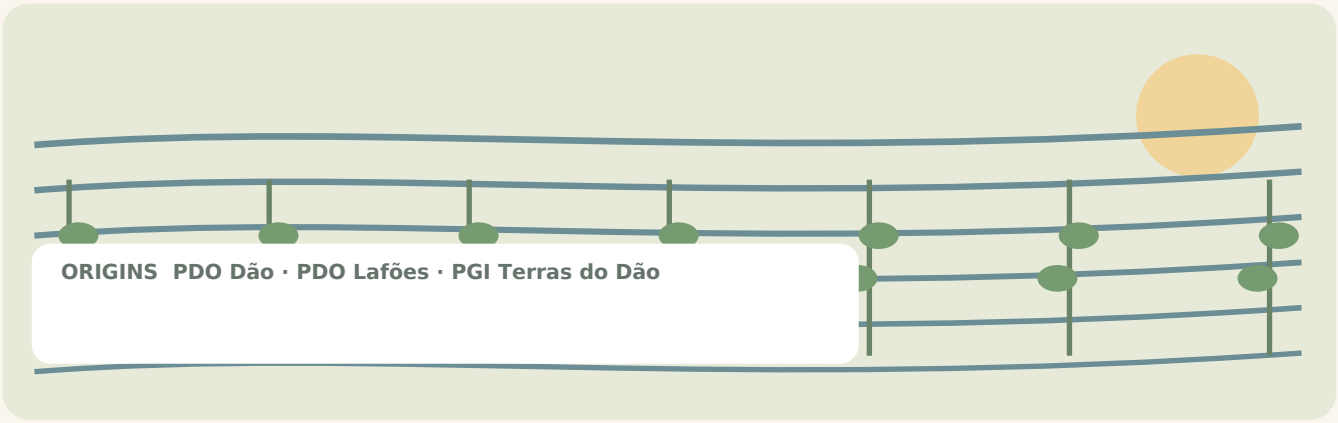
An early Portuguese region to be recognised for origin-designated sparkling wines.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 05

Dão

Granite, mountains and restrained elegance



ORIGINS PDO Dão · PDO Lafões · PGI Terras do Dão

TERRITORY

Climate. Mountain shelter and altitude moderate a continental influence.

Soils. Mostly granite-origin soils and numerous small parcels.

Key areas. Viseu · Nelas · Mangualde · Penalva do Castelo

GRAPES AND WINES

Signature grapes: Touriga Nacional, Alfrocheiro, Jaen, Encruzado, Bical.

Styles. Elegant structured reds and ageworthy Encruzado whites.

SENSORY SIGNATURE

Violet, red fruit, pine and spice; whites with citrus and a textured, sometimes mineral impression.

AT THE TABLE

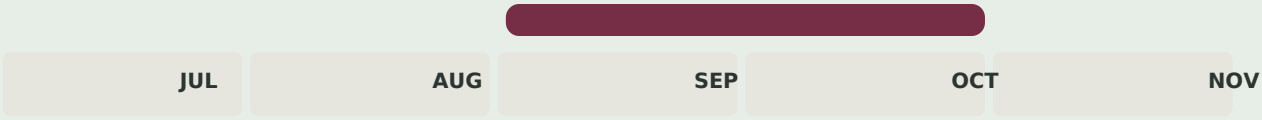
Veal, roast kid, wild-mushroom rice and lightly spiced sausages.

03 / REGION 05 / HARVEST

Dão: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



September is usual; higher plots may continue into October.

WHAT CHANGES ON THE GROUND

Aspect, altitude and valley shelter control the balance of ripe fruit and lively acidity.

WHAT TO LOOK FOR IN THE GLASS

Violet, red fruit, pine and spice; whites with citrus and a textured, sometimes mineral impression.

Suggested food: Veal, roast kid, wild-mushroom rice and lightly spiced sausages.

REGIONAL NOTE

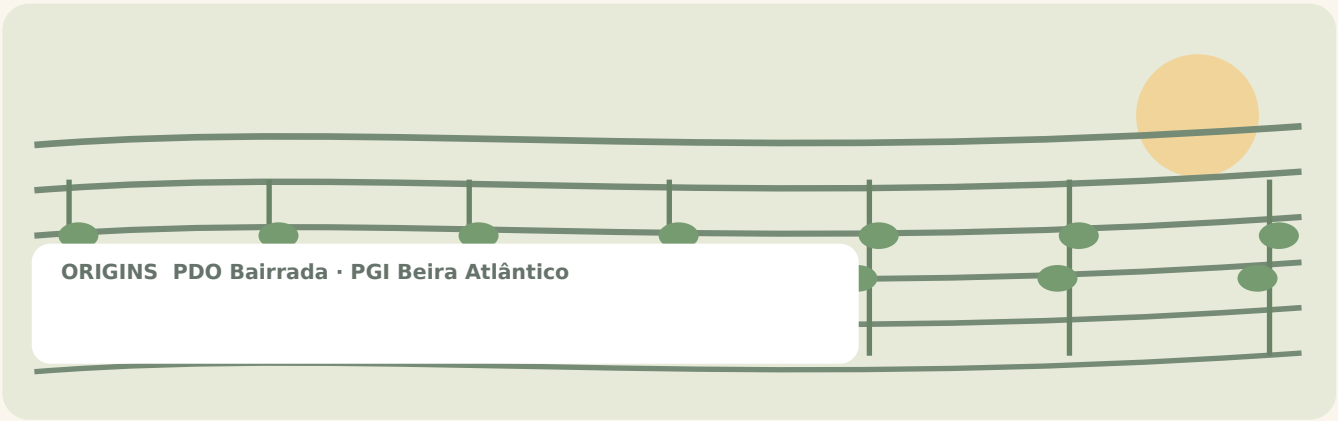
Encruzado and Touriga Nacional are signature grapes, but many wines are blends.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 06

Bairrada

Baga, fresh acidity and sparkling wine



ORIGINS PDO Bairrada · PGI Beira Atlântico

TERRITORY

Climate. Atlantic moderation and humidity, especially nearer the coast.

Soils. Clay-limestone, sand and other soil types.

Key areas. Anadia · Mealhada · Cantanhede

GRAPES AND WINES

Signature grapes: Baga, Bical, Maria Gomes, Arinto, Cercial.

Styles. Acid- and tannin-driven Baga reds, sparkling wines and fresh whites.

SENSORY SIGNATURE

Tart cherry, herbs and earthy nuance in reds, with striking ageing potential.

AT THE TABLE

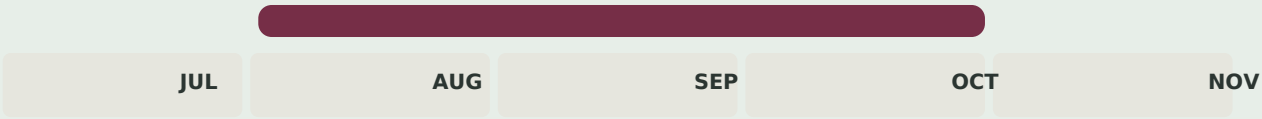
Bairrada suckling pig, oily fish, grilled tuna and cheese.

03 / REGION 06 / HARVEST

Bairrada: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Sparkling grapes may be harvested from August; Baga and cooler plots through September, perhaps October.

WHAT CHANGES ON THE GROUND

Baga can ripen late and requires attention to tannin maturity and autumn humidity.

WHAT TO LOOK FOR IN THE GLASS

Tart cherry, herbs and earthy nuance in reds, with striking ageing potential.

Suggested food: Bairrada suckling pig, oily fish, grilled tuna and cheese.

REGIONAL NOTE

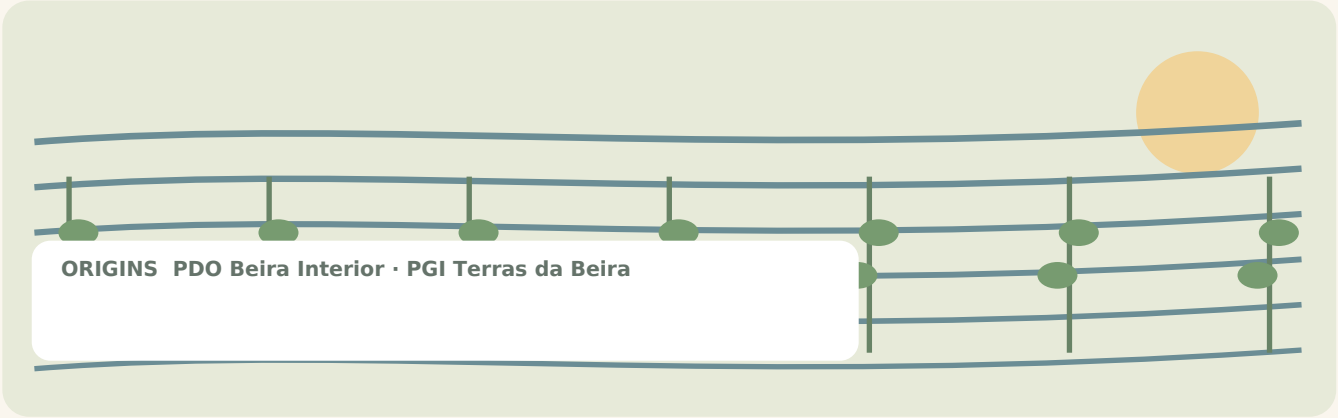
Bairrada sparkling wines are historic food wines, not just aperitifs.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 07

Beira Interior

High plateaus and cool nights



ORIGINS PDO Beira Interior · PGI Terras da Beira

TERRITORY

Climate. Continental high-altitude vineyards with sharp temperature contrasts.

Soils. Granite, schist and other varied local formations.

Key areas. Castelo Rodrigo · Pinhel · Cova da Beira

GRAPES AND WINES

Signature grapes: Síria, Fonte Cal, Rufete, Touriga Nacional, Arinto.

Styles. Fresh high-altitude whites and reds based on Rufete and Touriga or blends.

SENSORY SIGNATURE

Stone fruit, citrus and dried herbs; reds range from elegant to concentrated.

AT THE TABLE

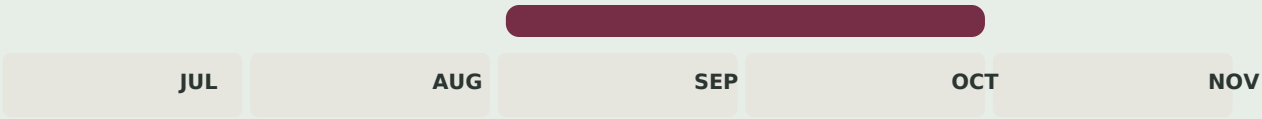
Roast lamb, Serra cheese, smoked sausages and game.

03 / REGION 07 / HARVEST

Beira Interior: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



September is typical; late varieties and high plots can run into October.

WHAT CHANGES ON THE GROUND

Warm Cova da Beira sites contrast with much cooler plateaus.

WHAT TO LOOK FOR IN THE GLASS

Stone fruit, citrus and dried herbs; reds range from elegant to concentrated.

Suggested food: Roast lamb, Serra cheese, smoked sausages and game.

REGIONAL NOTE

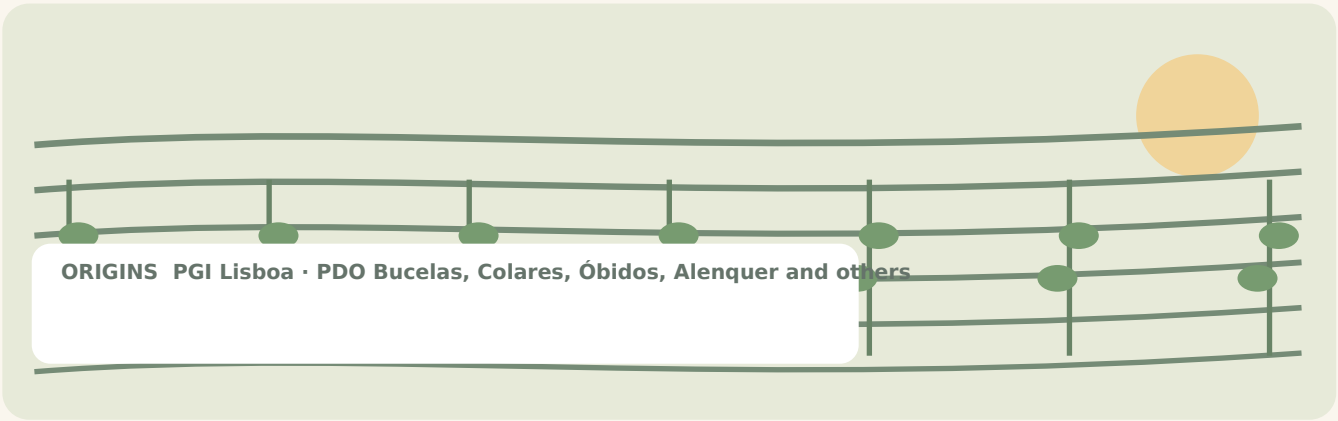
Altitude allows some vineyards to combine ample sunlight with retained acidity.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 08

Lisboa

Atlantic coast and numerous local appellations



TERRITORY

Climate. Strong coastal influence, though inland valleys may be much warmer.

Soils. Limestone, clay, sand and other soils.

Key areas. Bucelas · Colares · Alenquer · Torres Vedras · Óbidos

GRAPES AND WINES

Signature grapes: Arinto, Fernão Pires, Vital, Ramisco, Castelão, Touriga Nacional.

Styles. Arinto whites, sparkling wines, Atlantic reds and rare local styles.

SENSORY SIGNATURE

Citrus, apple and a saline impression in some whites; distinctive Ramisco structure.

AT THE TABLE

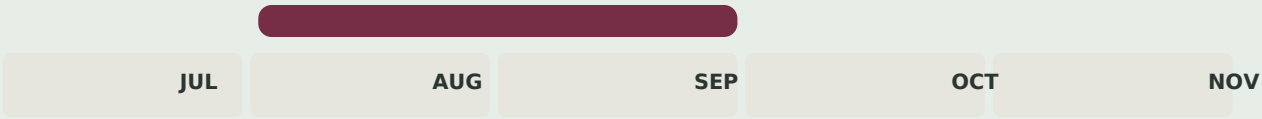
Sea fish, shellfish, fish stew and lightly roasted dishes.

03 / REGION 08 / HARVEST

Lisboa: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Late August and September are common, with cooler coast/hotter inland differences.

WHAT CHANGES ON THE GROUND

Ocean-facing sandy Colares differs markedly from sheltered inland Alenquer.

WHAT TO LOOK FOR IN THE GLASS

Citrus, apple and a saline impression in some whites; distinctive Ramisco structure.

Suggested food: Sea fish, shellfish, fish stew and lightly roasted dishes.

REGIONAL NOTE

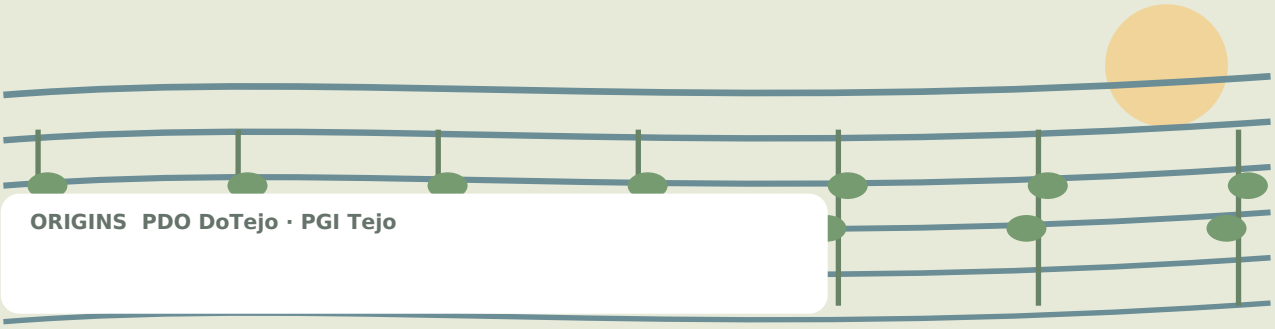
Lisboa PGI encompasses numerous smaller PDO areas; it is not a single PDO.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 09

Tejo

Floodplain, sandy heath and clay-limestone hills



ORIGINS PDO DoTejo · PGI Tejo

TERRITORY

Climate. River influence alongside hotter inland conditions.

Soils. Alluvial floodplain, sandy charneca and clay-limestone bairro.

Key areas. Santarém · Almeirim · Cartaxo · Tomar

GRAPES AND WINES

Signature grapes: Fernão Pires, Arinto, Castelão, Trincadeira, Touriga Nacional.

Styles. Fruit-focused whites, balanced reds, varietals and blends.

SENSORY SIGNATURE

Pear, flower and citrus in whites; red berries and gentle spice in reds.

AT THE TABLE

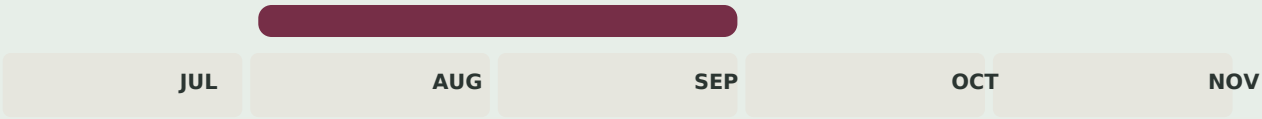
Sopa da pedra, eel, codfish and roast meats.

03 / REGION 09 / HARVEST

Tejo: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Warm sites may begin in August; much picking continues throughout September.

WHAT CHANGES ON THE GROUND

Floodplain, sandy heath and clay-limestone hills differ strongly in soil and water.

WHAT TO LOOK FOR IN THE GLASS

Pear, flower and citrus in whites; red berries and gentle spice in reds.

Suggested food: Sopa da pedra, eel, codfish and roast meats.

REGIONAL NOTE

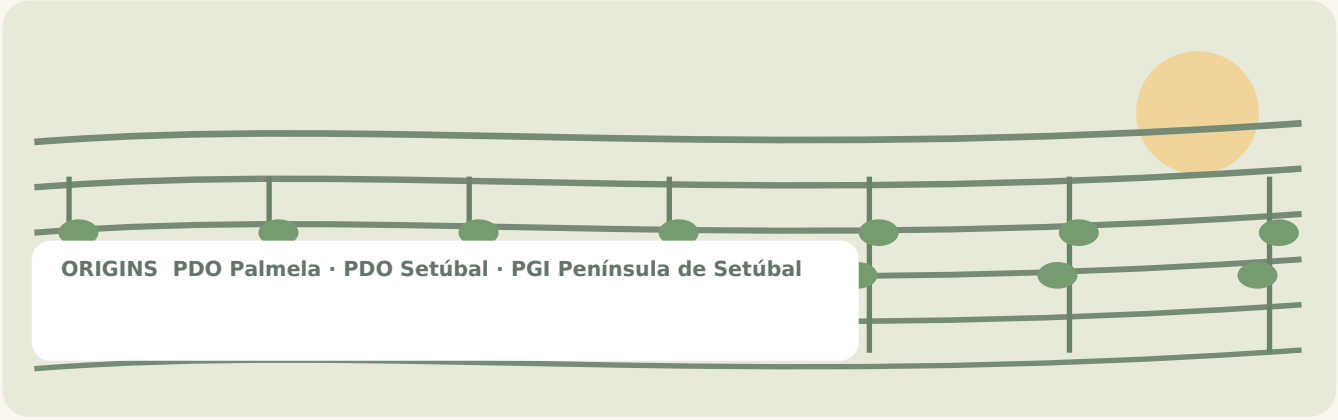
Fernão Pires has long regional roots and can support many wine styles.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 10

Península de Setúbal

Castelão, sandy vineyards and Moscatel



TERRITORY

Climate. Atlantic moderation near Arrábida with hot summers elsewhere.

Soils. Palmela sands and limestone near hills, alongside other soils.

Key areas. Palmela · Azeitão · Setúbal

GRAPES AND WINES

Signature grapes: Castelão, Moscatel de Setúbal, Arinto, Fernão Pires, Touriga Nacional.

Styles. Castelão reds and blends, whites, and fortified Moscatel de Setúbal.

SENSORY SIGNATURE

Red fruit and spice in Castelão; orange peel, flowers and honey in Moscatel.

AT THE TABLE

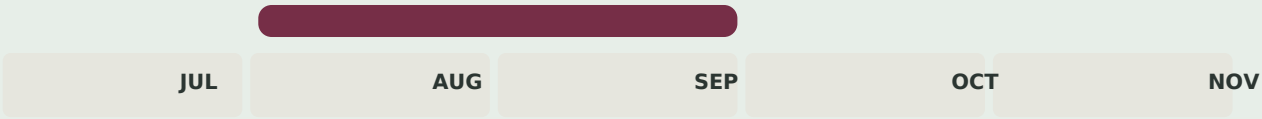
Setúbal fried cuttlefish, Azeitão cheese, local fish and citrus desserts.

03 / REGION 10 / HARVEST

Península de Setúbal: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Harvest may start in August and extend through September, including Moscatel selections.

WHAT CHANGES ON THE GROUND

Warm Palmela sands contrast with more maritime Arrábida-facing slopes.

WHAT TO LOOK FOR IN THE GLASS

Red fruit and spice in Castelão; orange peel, flowers and honey in Moscatel.

Suggested food: Setúbal fried cuttlefish, Azeitão cheese, local fish and citrus desserts.

REGIONAL NOTE

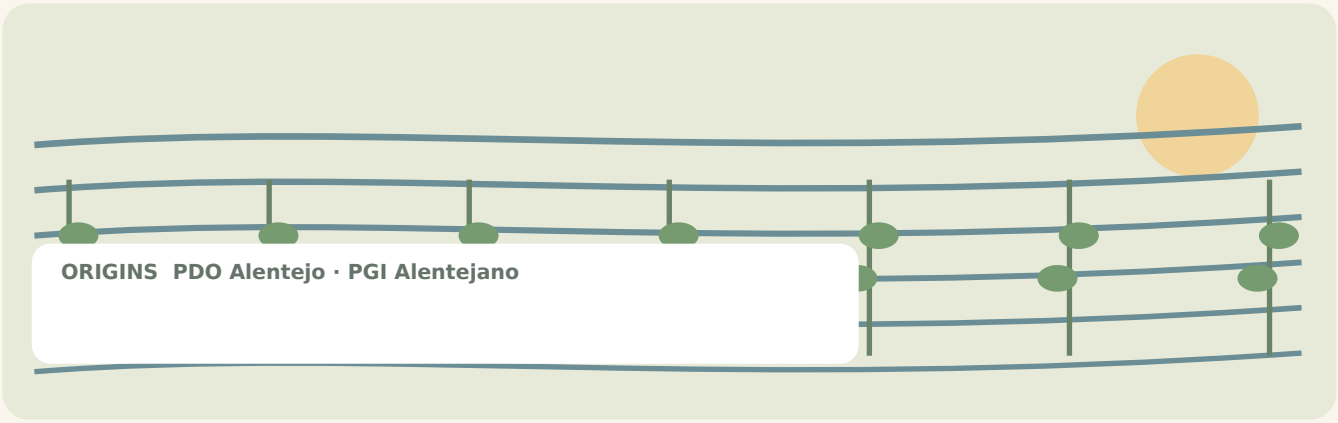
Fortified Moscatel de Setúbal differs from a dry Muscat white wine.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 11

Alentejo

Heat, contrasting elevations and clay-pot wine



ORIGINS PDO Alentejo · PGI Alentejano

TERRITORY

Climate. Mediterranean: hot dry summers, with cooler nights at some higher sites.

Soils. Schist, granite, clay and limestone across the region.

Key areas. Portalegre · Borba · Redondo · Reguengos · Vidigueira · Évora

GRAPES AND WINES

Signature grapes: Antão Vaz, Aragonez, Trincadeira, Alicante Bouschet, Arinto.

Styles. Generous or fresh whites, ripe-fruited reds and traditional talha wines.

SENSORY SIGNATURE

Plum, herbs and spice in reds; yellow fruit and volume in Antão Vaz whites.

AT THE TABLE

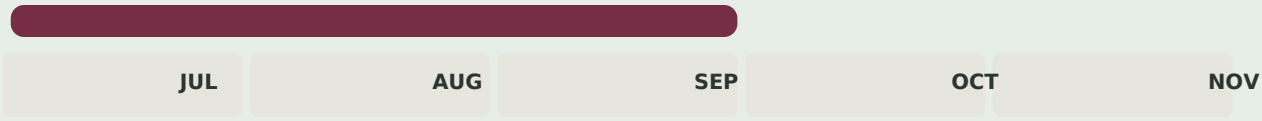
Migas, açorda, pork with clams, lamb and sheep cheeses.

03 / REGION 11 / HARVEST

Alentejo: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Some early/sparkling-base plots begin in July or August; much harvest is August-September.

WHAT CHANGES ON THE GROUND

Higher Portalegre sites can be markedly fresher than hot plains.

WHAT TO LOOK FOR IN THE GLASS

Plum, herbs and spice in reds; yellow fruit and volume in Antão Vaz whites.

Suggested food: Migas, açorda, pork with clams, lamb and sheep cheeses.

REGIONAL NOTE

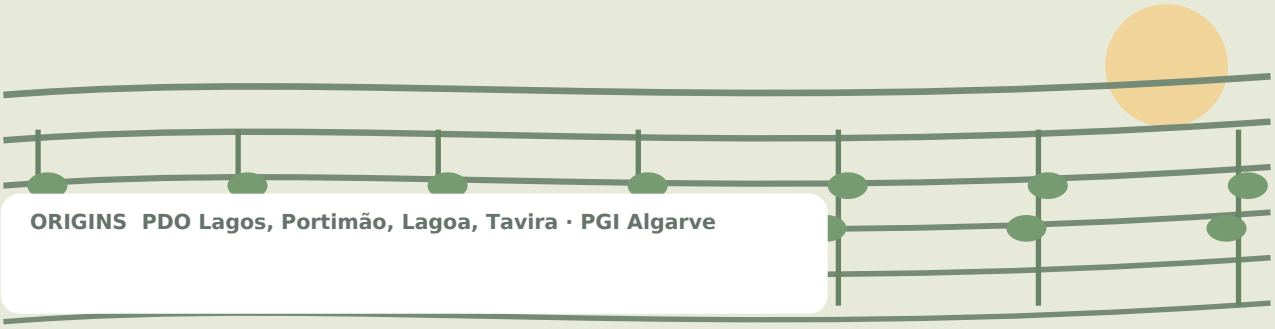
Talha fermentation is part of local heritage, alongside diverse contemporary methods.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 12

Algarve

Sun-ripened grapes with coastal freshness



ORIGINS PDO Lagos, Portimão, Lagoa, Tavira · PGI Algarve

TERRITORY

Climate. Mediterranean sunshine tempered by maritime influences.

Soils. Limestone, clay, sandstone and other distinct local soils.

Key areas. Lagos · Portimão · Silves · Tavira

GRAPES AND WINES

Signature grapes: Negra Mole, Castelão, Aragonez, Arinto, Síria.

Styles. Fruity whites, Mediterranean rosés and soft or structured reds.

SENSORY SIGNATURE

Ripe fruit and Mediterranean herbs; citrus and floral notes in whites.

AT THE TABLE

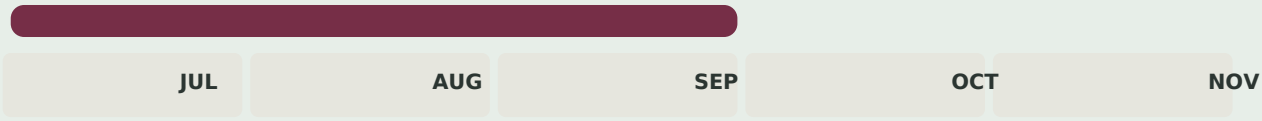
Seafood cataplana, grilled fish, small clams and regional fish stew.

03 / REGION 12 / HARVEST

Algarve: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Earliest sparkling-base grapes may start in July; most harvest falls in August-September.

WHAT CHANGES ON THE GROUND

Western/eastern Algarve, altitude and exposure change ripening patterns.

WHAT TO LOOK FOR IN THE GLASS

Ripe fruit and Mediterranean herbs; citrus and floral notes in whites.

Suggested food: Seafood cataplana, grilled fish, small clams and regional fish stew.

REGIONAL NOTE

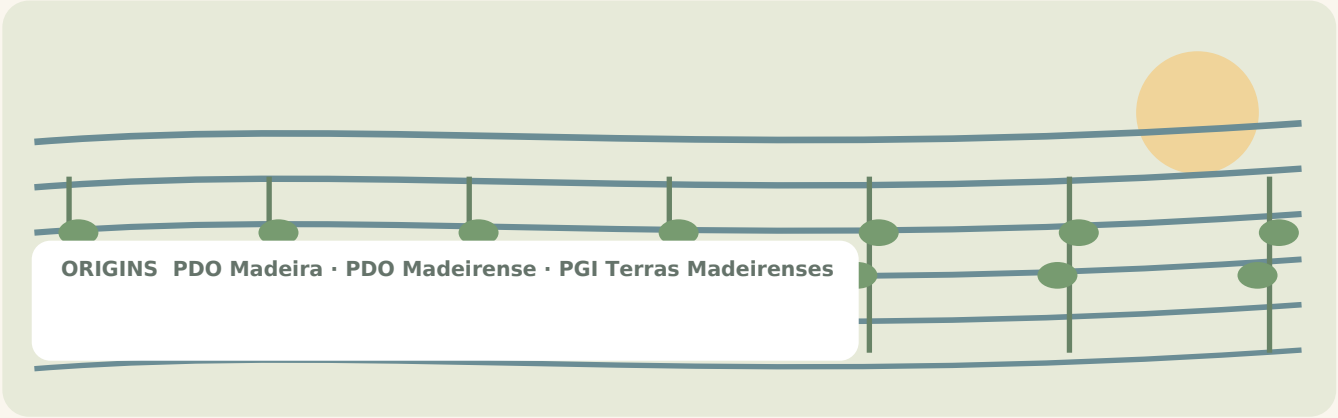
Negra Mole is an historic Algarve variety known for lighter, delicate styles.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 13

Madeira

Island wines with exceptional longevity



TERRITORY

Climate. Mountainous island: sharp changes in humidity, aspect and elevation.

Soils. Volcanic soils with steep terraced vineyards.

Key areas. Câmara de Lobos · São Vicente · Estreito de Câmara de Lobos

GRAPES AND WINES

Signature grapes: Sercial, Verdelho, Boal, Malvasia, Tinta Negra.

Styles. Fortified Madeira with specialised ageing, plus still island wines.

SENSORY SIGNATURE

Intense acidity with citrus peel, nuts, spice or caramel according to style.

AT THE TABLE

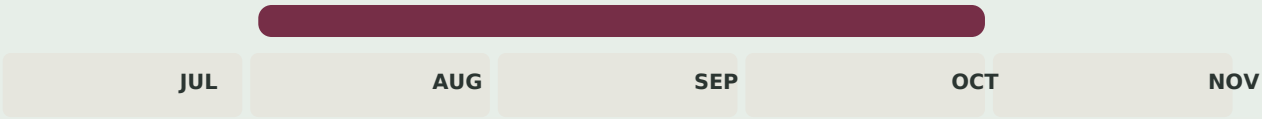
Honey cake, blue cheese, savoury starters and walnuts.

03 / REGION 13 / HARVEST

Madeira: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



Lower sites can begin in August; later or higher parcels in September-October.

WHAT CHANGES ON THE GROUND

Neighbouring vineyards at different elevations may ripen very differently.

WHAT TO LOOK FOR IN THE GLASS

Intense acidity with citrus peel, nuts, spice or caramel according to style.

Suggested food: Honey cake, blue cheese, savoury starters and walnuts.

REGIONAL NOTE

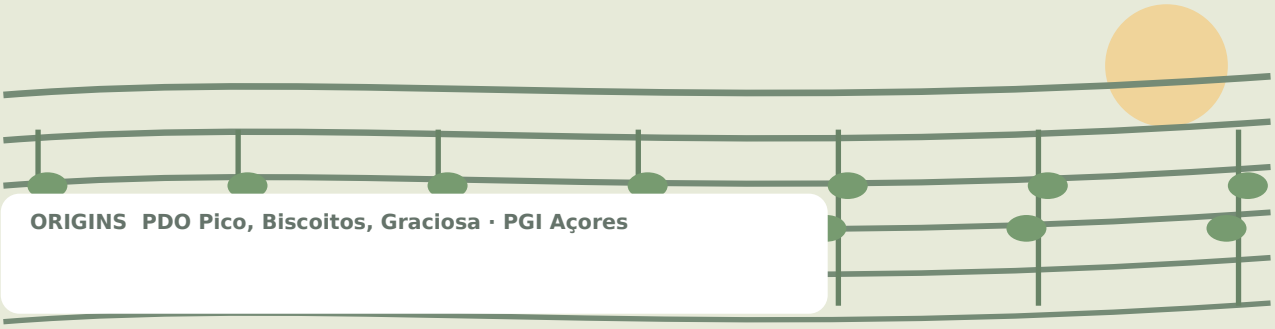
Canteiro and estufagem are distinctive ageing methods for fortified Madeira.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

03 / REGION 14

Azores

Volcanic stone vineyards beside the Atlantic



ORIGINS PDO Pico, Biscoitos, Graciosa · PGI Açores

TERRITORY

Climate. Humid, windy ocean climate; full ripeness can be a challenge.

Soils. Volcanic basalt; stone-walled currais shelter vines.

Key areas. Pico · Terceira/Biscoitos · Graciosa

GRAPES AND WINES

Signature grapes: Arinto dos Açores, Verdelho, Terrantez do Pico.

Styles. Bracing, sensory-saline whites and historic fortified wines.

SENSORY SIGNATURE

Lemon, apple, a marine impression and lively acidity; ripeness varies by vintage.

AT THE TABLE

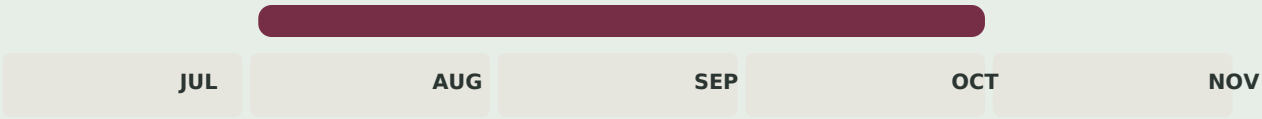
Grilled limpets, barnacles, fresh fish and São Jorge cheese.

03 / REGION 14 / HARVEST

Azores: from vine to table

Approximate timing, local factors, tasting clues and bottle choices.

INDICATIVE HARVEST WINDOW



September is typical, sometimes from late August into October in specific sites.

WHAT CHANGES ON THE GROUND

Pico and other islands differ; wind, rain and sunshine strongly affect yields.

WHAT TO LOOK FOR IN THE GLASS

Lemon, apple, a marine impression and lively acidity; ripeness varies by vintage.

Suggested food: Grilled limpets, barnacles, fresh fish and São Jorge cheese.

REGIONAL NOTE

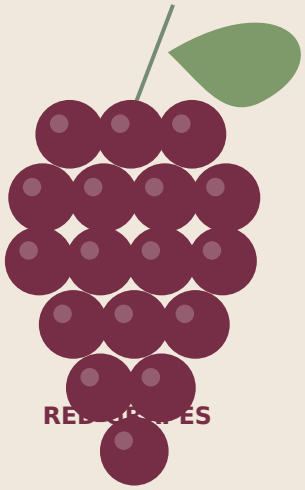
Pico vineyard culture within its basalt enclosure landscape is UNESCO-listed.

Planning a harvest visit? Check directly with the estate, producer or regional wine commission: the exact date cannot be inferred from the region name.

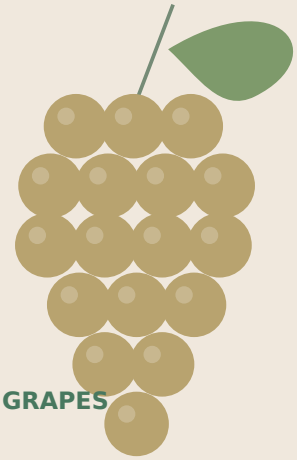
04 / GRAPES

24 varieties that reveal Portugal

Portugal has more than 250 identified native grape varieties; this atlas selects 24 of particular educational interest.



RED GRAPES



WHITE GRAPES

READING THE RATINGS

Acidity, body, aromatic intensity and tannin/texture use illustrative scores from 1 to 5. The same grape can produce quite different wines depending on region, ripeness and winemaking.

UNDERSTANDING GRAPE NAMES

Aragonez and Tinta Roriz name the same grape. Maria Gomes is used for Fernão Pires in some places. Arinto dos Açores is a different variety from mainland Arinto.

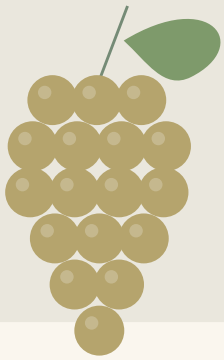
Every profile covers typical aromas, structure, vineyard and cellar choices, food matches and a caution. These descriptors are common patterns, not mandatory characteristics.

04 / GRAPE 01

Alvarinho

WHITE • Vinho Verde (Monção e Melgaço), elsewhere

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	4/5
BODY	4/5
AROMA	4/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Lime, orange peel, peach and white blossom.

Concentrated, taut whites; good ageing in suitable sites and vintages.

VINEYARD AND CELLAR

Freshness combines with body and expressive varietal character.

Typical choices: Tank for precision; lees or discreet oak for texture.

FOOD PAIRINGS

Seafood rice, sea bass, goat cheese.

TAKE CARE

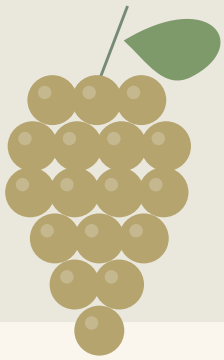
Not every Alvarinho is light or slightly sparkling.

04 / GRAPE 02

Loureiro

WHITE • Minho, especially Atlantic valleys

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	4/5
BODY	2/5
AROMA	5/5
TEXTURE	2/5

AROMA AND PALATE

Aromas: Orange blossom, bay leaf, lemon and apple.

Elegant, perfumed and refreshingly acidic.

VINEYARD AND CELLAR

Can be light but remarkably precise and occasionally long-lived.

Typical choices: Careful picking and cool fermentation; steel is common.

FOOD PAIRINGS

Prawns, salads, clams and summer appetisers.

TAKE CARE

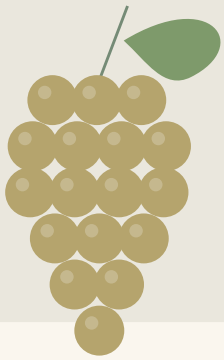
Aromatic does not mean sweet.

04 / GRAPE 03

Arinto

WHITE • Bucelas, Bairrada, Vinho Verde, Alentejo

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	5/5
BODY	3/5
AROMA	3/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Lemon, lime, green apple and a wet-stone impression.

High acidity supports balance and bottle ageing.

VINEYARD AND CELLAR

Often retains freshness in warmer Portuguese regions.

Typical choices: Steel works well; fuller wines benefit from lees or oak.

FOOD PAIRINGS

Baked fish, cod and lemon-based sauces.

TAKE CARE

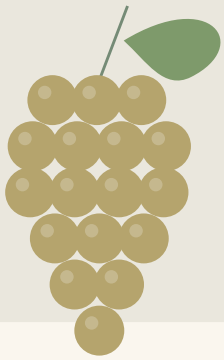
Mineral impressions are not proof of rock transfer.

04 / GRAPE 04

Encruzado

WHITE • Dão

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	4/5
BODY	4/5
AROMA	3/5
TEXTURE	4/5

AROMA AND PALATE

Aromas: Pear, citrus and flowers; nutty nuances with age.

Structured white with notable cellaring potential.

VINEYARD AND CELLAR

Acidity and texture suit both lean and full styles.

Typical choices: Fine lees and subtle barrel fermentation can work well.

FOOD PAIRINGS

Cod with cream, poultry and mushrooms.

TAKE CARE

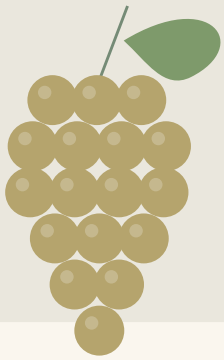
Body does not necessarily mean low acidity.

04 / GRAPE 05

Fernão Pires / Maria Gomes

WHITE • Tejo, Bairrada and elsewhere

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	3/5
AROMA	4/5
TEXTURE	2/5

AROMA AND PALATE

Aromas: Flowers, citrus, tropical fruit and anise.

Versatile in young whites, blends and sparkling bases.

VINEYARD AND CELLAR

Ripens relatively early; acidity depends on site and date.

Typical choices: Harvest for freshness; stainless steel is common.

FOOD PAIRINGS

Fried fish, salads and mildly spiced Asian dishes.

TAKE CARE

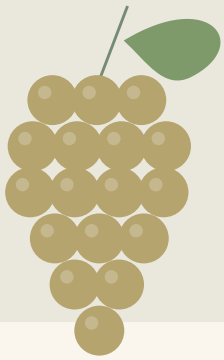
Overripeness may reduce vibrancy.

04 / GRAPE 06

Antão Vaz

WHITE • Alentejo, especially Vidigueira

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TEXTURE	4/5

AROMA AND PALATE

Aromas: Melon, pineapple, yellow fruit and citrus.

Broad, ripe wines, sometimes also bright and energetic.

VINEYARD AND CELLAR

Altitude and harvest date determine acid balance.

Typical choices: Steel highlights fruit; oak creates volume and depth.

FOOD PAIRINGS

Roast chicken, white meats and açorda.

TAKE CARE

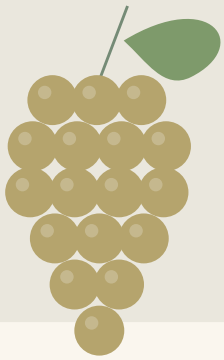
Monitor alcohol and acidity in warm vintages.

04 / GRAPE 07

Bical

WHITE • Bairrada and Dão

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	4/5
BODY	3/5
AROMA	3/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Peach, apple and citrus; honey with age.

Dry whites or complex sparkling wines.

VINEYARD AND CELLAR

Combines acidity and texture; ageing varies by origin.

Typical choices: Excellent sparkling base; suitable for careful maturation.

FOOD PAIRINGS

Suckling pig, oily fish and mild cheese.

TAKE CARE

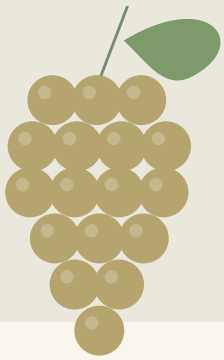
The grape name does not guarantee a single style.

04 / GRAPE 08

Gouveio

WHITE • Douro and Trás-os-Montes

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	3/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Pear, white flowers, melon and citrus.

Brings structure and equilibrium to white blends.

VINEYARD AND CELLAR

Higher elevations can protect vivacity; good varietal potential.

Typical choices: Steel fermentation or modest oak maturation.

FOOD PAIRINGS

Cod, grilled octopus and seafood pasta.

TAKE CARE

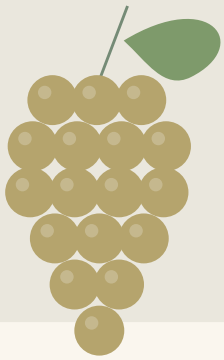
Alcohol cannot be predicted from grape name alone.

04 / GRAPE 09

Rabigato

WHITE • Douro

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	5/5
BODY	3/5
AROMA	2/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Lemon, green apple, herbs and delicate flowers.

Bracing acidity gives Douro whites definition.

VINEYARD AND CELLAR

High vineyards yield tension and long finishes.

Typical choices: Controlled fermentation, lees; blends with Gouveio/Viosinho.

FOOD PAIRINGS

Trout, river fish and shellfish.

TAKE CARE

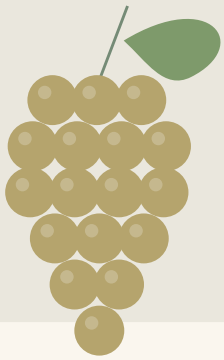
Youthful austerity need not imply low quality.

04 / GRAPE 10

Viosinho

WHITE • Douro and Trás-os-Montes

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: White blossom, pear, peach and citrus.

Fragrant but structured; a useful Douro blending grape.

VINEYARD AND CELLAR

Adds body and aromatic harmony alongside Rabigato.

Typical choices: Careful fermentation and subtle maturation.

FOOD PAIRINGS

Poultry, roast fish and soft cheeses.

TAKE CARE

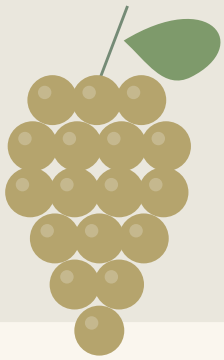
Acidity depends strongly on harvest timing.

04 / GRAPE 11

Síria

WHITE • Beira Interior and interior regions

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	3/5
AROMA	3/5
TEXTURE	2/5

AROMA AND PALATE

Aromas: Apple, lime, herbs and flowers.

Often elegant and floral at altitude.

VINEYARD AND CELLAR

Also called Roupeiro; fresh picking is important.

Typical choices: Aroma-protective steel; useful in blends.

FOOD PAIRINGS

Fresh cheese, fish and oven-baked snacks.

TAKE CARE

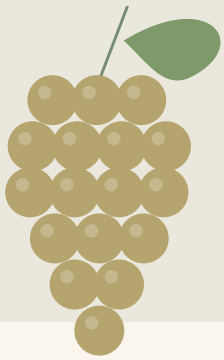
Late picking may compromise acidity.

04 / GRAPE 12

Verdelho

WHITE • Azores, Madeira and some mainland sites

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	4/5
BODY	3/5
AROMA	4/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Citrus, herbs and a sensory saline impression.

May be a dry oceanic white or part of fortified Madeira tradition.

VINEYARD AND CELLAR

Wine styles differ significantly by place and method.

Typical choices: Steel for dry whites; specialised maturation for Madeira.

FOOD PAIRINGS

Limpets, grilled fish and aged cheese.

TAKE CARE

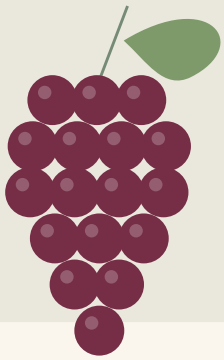
Always check whether the wine is still or fortified.

04 / GRAPE 13

Touriga Nacional

RED • Dão, Douro and much of Portugal

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	5/5
AROMA	5/5
TANNIN	5/5

AROMA AND PALATE

Aromas: Violet, blackberry, bergamot and dark berries.

Highly aromatic, deeply coloured, tannic and ageworthy.

VINEYARD AND CELLAR

Extraction and alcohol must be controlled for elegance.

Typical choices: Tailored maceration and oak suited to wine intensity.

FOOD PAIRINGS

Beef, lamb and roast mushrooms.

TAKE CARE

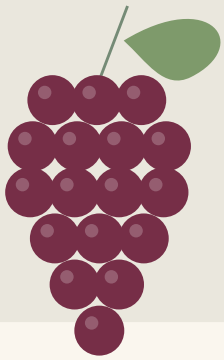
It need not always be a high-alcohol red.

04 / GRAPE 14

Touriga Franca

RED • Douro

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TANNIN	4/5

AROMA AND PALATE

Aromas: Blackberry, plum, flowers and soft spice.

Core Douro blend component offering fragrance and balance.

VINEYARD AND CELLAR

Good fruit, colour and tannin, often with relative softness.

Typical choices: Natural partner to Touriga Nacional and Tinta Roriz.

FOOD PAIRINGS

Roast kid, roast meat and mature cheese.

TAKE CARE

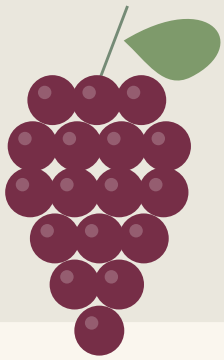
Styles can differ substantially outside Douro.

04 / GRAPE 15

Aragonez / Tinta Roriz

RED • Douro, Alentejo and other regions

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TANNIN	4/5

AROMA AND PALATE

Aromas: Cherry, plum, spices and leathery notes with maturity.

Portuguese names for the variety called Tempranillo in Spain.

VINEYARD AND CELLAR

Relatively early ripening permits diverse wine styles.

Typical choices: Steel or oak; single grape or blends; harvest timing matters.

FOOD PAIRINGS

Bean stews, lamb, steaks and baked cod.

TAKE CARE

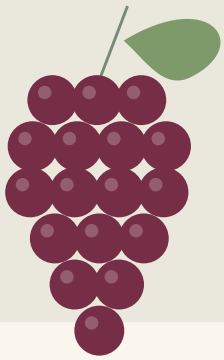
Different regional names do not imply identical wines.

04 / GRAPE 16

Baga

RED • Bairrada

RED



ILLUSTRATIVE PROFILE

ACIDITY	5/5
BODY	3/5
AROMA	3/5
TANNIN	5/5

AROMA AND PALATE

Aromas: Sour cherry, plum, leaves, earth and spice.

High acidity and tannin suit long-lived reds and sparkling.

VINEYARD AND CELLAR

Sensitive to harvest conditions; finest versions are elegant.

Typical choices: Gentle extraction when needed; extended ageing.

FOOD PAIRINGS

Roast suckling pig, tuna and game birds.

TAKE CARE

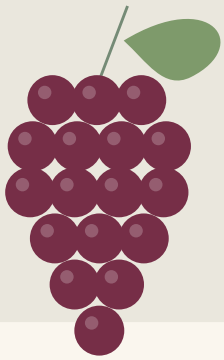
Young wines can be austere; consider fruit as well as tannin.

04 / GRAPE 17

Castelão

RED • Península de Setúbal, Tejo and elsewhere

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	3/5
AROMA	4/5
TANNIN	3/5

AROMA AND PALATE

Aromas: Strawberry, cherry, herbs and spices.

Linked to Palmela sands, with a wide style range.

VINEYARD AND CELLAR

Can be light or surprisingly deep depending on vineyard.

Typical choices: Varietal or blends; moderate oak for structured styles.

FOOD PAIRINGS

Fried cuttlefish, grilled meat and mushrooms.

TAKE CARE

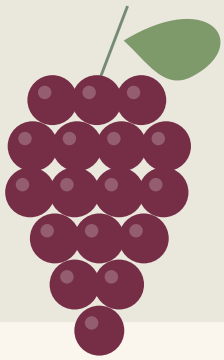
Do not assume every Castelão is a simple early-drinking red.

04 / GRAPE 18

Trincadeira / Tinta Amarela

RED • Alentejo, Douro and Trás-os-Montes

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TANNIN	4/5

AROMA AND PALATE

Aromas: Plum, dried herbs, pepper and red fruit.

Fragrant, spicy reds whose quality depends on ripeness.

VINEYARD AND CELLAR

Vineyard health and picking decisions are especially important.

Typical choices: Balanced extraction and close monitoring of fruit maturity.

FOOD PAIRINGS

Pork, rich stews and herb dishes.

TAKE CARE

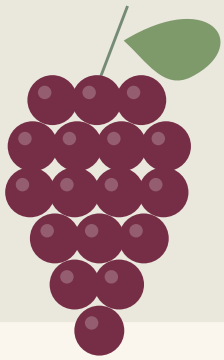
Can be prone to rot and problems from late harvest.

04 / GRAPE 19

Alfrocheiro

RED • Dão and other regions

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	4/5
AROMA	4/5
TANNIN	3/5

AROMA AND PALATE

Aromas: Forest berries, blackberry, flowers and spice.

Good colour, fruit and balance; common in Dão blends.

VINEYARD AND CELLAR

Can be generous and elegant without severe tannins.

Typical choices: Steel, measured extraction and discreet oak.

FOOD PAIRINGS

Iberian pork, veal and mushrooms.

TAKE CARE

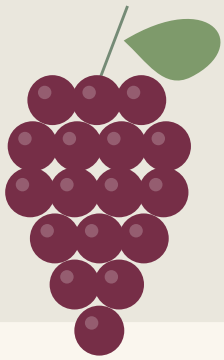
Aroma and structure vary with climate and cropping level.

04 / GRAPE 20

Jaen

RED • Dão

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	3/5
AROMA	4/5
TANNIN	3/5

AROMA AND PALATE

Aromas: Cherry, raspberry and delicate spices.

Expressive fruit and moderate texture.

VINEYARD AND CELLAR

Often accessible younger than highly tannic varieties.

Typical choices: Restrained extraction, fruit preservation and blending.

FOOD PAIRINGS

Duck rice, sausages and poultry.

TAKE CARE

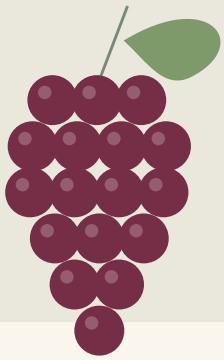
Very hot sites may lessen finesse.

04 / GRAPE 21

Alicante Bouschet

RED • Alentejo and other regions

RED



ILLUSTRATIVE PROFILE

ACIDITY	3/5
BODY	5/5
AROMA	4/5
TANNIN	5/5

AROMA AND PALATE

Aromas: Black fruit, cocoa, spices and plum.

A teinturier grape with coloured pulp and intense structure.

VINEYARD AND CELLAR

Adds concentration to blends or makes robust varietal reds.

Typical choices: Manage tannin, alcohol and oak integration.

FOOD PAIRINGS

Game, lamb and hearty braised dishes.

TAKE CARE

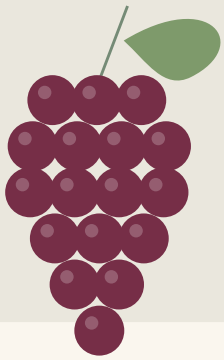
More colour does not automatically mean better quality.

04 / GRAPE 22

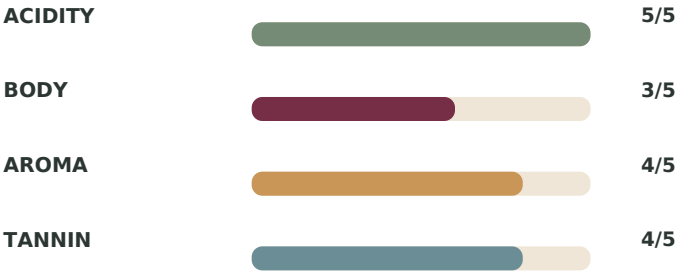
Vinhão

RED • Vinho Verde and northwest Portugal

RED



ILLUSTRATIVE PROFILE



AROMA AND PALATE

Aromas: Sharp berries, dark fruit and leafy notes.

Deep colour, lively acidity and strong food affinity.

VINEYARD AND CELLAR

Produces firm reds well suited to fatty regional dishes.

Typical choices: Manage extraction while retaining its defining acidity.

FOOD PAIRINGS

Sardines, lamprey, pork and smoked sausages.

TAKE CARE

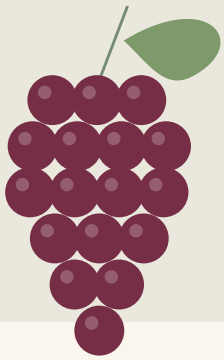
Marked acidity is part of its profile, not necessarily a fault.

04 / GRAPE 23

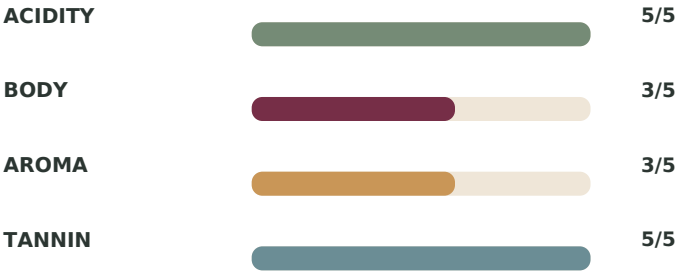
Ramisco

RED • Colares, Lisboa

RED



ILLUSTRATIVE PROFILE



AROMA AND PALATE

Aromas: Red berries, dried leaf, earth and resin.

Rare Atlantic variety from historic Colares vineyards.

VINEYARD AND CELLAR

High tannin and acidity can confer remarkable longevity.

Typical choices: Careful ageing and serving with food suit its structure.

FOOD PAIRINGS

Roast meat, game birds and mushroom dishes.

TAKE CARE

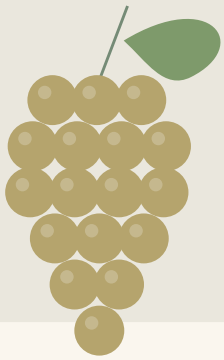
Small production and vintage variation require context.

04 / GRAPE 24

Arinto dos Açores

WHITE • Pico and other Azorean islands

WHITE



ILLUSTRATIVE PROFILE

ACIDITY	5/5
BODY	3/5
AROMA	4/5
TEXTURE	3/5

AROMA AND PALATE

Aromas: Citrus, apple, herbs and a saline impression.

Distinct from mainland Arinto; linked to volcanic Atlantic viticulture.

VINEYARD AND CELLAR

Can show piercing acidity and maritime sensory notes.

Typical choices: Gentle pressing, steel and perhaps lees contact.

FOOD PAIRINGS

Limpets, rock fish and shellfish.

TAKE CARE

Do not confuse it with the Arinto of Bucelas.

04 / PRACTICE

Why blend grape varieties?

Blending aims to balance aroma, acidity, weight and structure.



DOURO WHITE

Rabigato can supply tension; Gouveio brings volume and Viosinho perfume. The ideal proportions depend on vintage, altitude and the desired style.

DOURO RED

Touriga Nacional can add fragrance and structure, Touriga Franca balance and Tinta Roriz fruit. A blend is more than a list of grapes.

Exercise: compare a varietal wine with a blend at similar price and age, preferably blind. Rather than assuming one is better, ask which is more balanced for the occasion. In Portugal, exemplary blends and single-varietal wines coexist.

05 / FOOD PAIRING

The guiding rule of food pairing

Balance weight, acidity, tannin and sweetness



A pairing succeeds when neither wine nor dish becomes unpleasant and both retain their identity. Consider intensity, fat, salt, acidity, heat, sweetness, texture and cooking method.

WHY IT WORKS

The headline ingredient is not enough: cod cooked in cream calls for something different from simply boiled cod because sauce and fat change the dish.

PRACTICAL EXPERIMENT

Match intensity first; then decide whether to complement or contrast flavours.

COMMON MISTAKE

Matching only by colour - white with fish, red with meat - is too simplistic.

05 / FOOD PAIRING

Acidity: the versatile tool

Refresh the palate and match lemon or tomato



A bright, acidic wine refreshes the palate after fried, cured or creamy food. When a dish contains vinegar, tomato or lemon, a low-acid wine may seem flat.

WHY IT WORKS

Brut sparkling, Arinto, Loureiro, Baga and some coastal reds offer acidity, though the actual bottle style is what matters.

PRACTICAL EXPERIMENT

Try sparkling wine with suckling pig or Arinto with fried cuttlefish and notice the cleansing effect.

COMMON MISTAKE

Extremely tart wine with a very acidic dish may also be tiring; taste them together.

05 / FOOD PAIRING

Tannins, protein and fat

When a structured red can help



Red-wine tannin interacts with mouth proteins, causing a drying sensation. Rich meats and fats can soften perceived astringency, supporting firmer reds.

WHY IT WORKS

The texture and cooking method matter: lean, delicate meat and intensely tannic wine may be less harmonious than the traditional red-meat rule implies.

PRACTICAL EXPERIMENT

Compare a mature Baga with steak and with a plain salad. Pay attention to how food changes the tannin.

COMMON MISTAKE

A powerful red is not automatically a better match for every meat dish.

05 / FOOD PAIRING

Salt, sweetness and chilli

Three factors that change the wine



Salt can make fruit and sweetness seem stronger; sweet dishes often make dry wines appear more acidic or bitter. Alcohol can magnify chilli heat.

WHY IT WORKS

A sweet dessert generally needs a wine at least comparably sweet; low-alcohol fresh wines often suit spicy foods better than hot, tannic reds.

PRACTICAL EXPERIMENT

Taste dry white with salted cheese, then with an egg dessert; note how the balance shifts.

COMMON MISTAKE

There is no universal rule for chilli: temperature, acidity and sweetness all matter.

05 / FOOD PAIRING

Affinity or contrast

Two valid routes at the table



Affinity echoes a dish feature, such as herbal wine with herbal food. Contrast uses a fresh, acidic wine to offset oily or creamy textures.

WHY IT WORKS

Neither approach is always superior. A good pairing respects both intensity and the aftertaste of the dish.

PRACTICAL EXPERIMENT

Choose a rich white for creamy cod as affinity, then a brisk sparkling wine for contrast. Decide which you prefer.

COMMON MISTAKE

A clever theoretical pairing that tastes unbalanced is not successful in practice.

05 / DISH 01

Amêijoas à Bulhão Pato

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Clams, garlic, coriander, lemon and briny broth.

FIRST CHOICE

Fresh Loureiro or Alvarinho

WHY IT WORKS

Acidity cuts the olive oil; herbs and citrus echo the sauce.

ALTERNATIVE

Arinto from Bucelas; brut sparkling wine.

Serving note: Serve cool, not icy; taste with bread and broth.

AVOID: Very tannic red wine can overwhelm delicate clams.

05 / DISH 02

Sardinhas assadas

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Oily sardines, salt and smoky grill flavour.

FIRST CHOICE

Vinhão red Vinho Verde or dry rosé

WHY IT WORKS

Bright acidity cuts through fish oils and matches flavour intensity.

ALTERNATIVE

High-acid Arinto white.

Serving note: Peppers and vinegar make adequate wine acidity crucial.

AVOID: Heavily oaked new-barrel wines can overpower sardines.

05 / DISH 03

Bacalhau à Brás

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Salted cod, egg, fried potato and olives.

FIRST CHOICE

Textured Arinto or gently made Encruzado

WHY IT WORKS

Freshness balances oil and salt, while texture meets the egg.

ALTERNATIVE

Light young Baga, served lightly chilled.

Serving note: Salt levels in the cod can change the match.

AVOID: Very sweet whites and harshly tannic reds may clash.

05 / DISH 04

Bacalhau com natas

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Cream sauce, potato, cod and baked flavours.

FIRST CHOICE

Structured Encruzado or subtly oaked white

WHY IT WORKS

Body meets the sauce; acidity keeps richness in check.

ALTERNATIVE

Bical aged on fine lees.

Serving note: Pair with the cream sauce rather than fish alone.

AVOID: Very lean, icy-cold whites can seem too slight.

05 / DISH 05

Polvo à lagareiro

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Octopus, olive oil, garlic and roast potato.

FIRST CHOICE

Douro white with Rabigato and Gouveio

WHY IT WORKS

Texture and acidity handle the oil without dominating octopus.

ALTERNATIVE

Light, unoaked Dão red.

Serving note: Roasted garlic can call for extra wine structure.

AVOID: Severely tannic reds may dry the palate.

05 / DISH 06

Arroz de marisco

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Shellfish broth, tomato, seafood and gentle spice.

FIRST CHOICE

Alvarinho or crisp dry rosé

WHY IT WORKS

The wine needs freshness and enough concentration for the broth.

ALTERNATIVE

Bairrada brut sparkling wine.

Serving note: Tomato and chilli can change the best choice.

AVOID: Powerfully tannic reds can fight with crustaceans.

05 / DISH 07

Cataplana algarvia

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Seafood, tomato, onion, herbs and fragrant stock.

FIRST CHOICE

Arinto or crisp Algarve white

WHY IT WORKS

Citrus and acidity match shellfish while body supports the sauce.

ALTERNATIVE

Dry, Atlantic-style Verdelho.

Serving note: Consider whether fish, meat or shellfish dominates the pot.

AVOID: Excess alcohol may magnify heat from chilli.

05 / DISH 08

Choco frito de Setúbal

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Fried cuttlefish in batter, usually with lemon.

FIRST CHOICE

Arinto white or brut sparkling wine

WHY IT WORKS

Bubbles and acidity clear the oily impression of frying.

ALTERNATIVE

Light Castelão red at 14-15°C.

Serving note: Extra lemon calls for brisk acidity in the glass.

AVOID: Heavily extracted reds make the meal feel weighty.

05 / DISH 09

Leitão à Bairrada

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Roast suckling pig with crisp skin, fat and pepper.

FIRST CHOICE

Bairrada brut sparkling wine

WHY IT WORKS

Effervescence and acidity contrast with fat and crackling.

ALTERNATIVE

Elegant Baga red with good acidity.

Serving note: Treat skin and pepper as seriously as the meat itself.

AVOID: Hot, sweet-tasting alcoholic reds can tire the palate.

05 / DISH 10

Arroz de pato

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Duck, smoked sausage and oven-browned rice.

FIRST CHOICE

Dão red with Jaen and Touriga Nacional

WHY IT WORKS

Moderate tannin and fruit echo duck and roasted flavours.

ALTERNATIVE

Mature Baga red.

Serving note: Extra-salty rice calls for gentler tannin.

AVOID: Very light whites may vanish beside chouriço.

05 / DISH 11

Cabrito assado

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Roast young goat, garlic, rosemary and potatoes.

FIRST CHOICE

Douro red based on Touriga Franca

WHY IT WORKS

Fruit and structure support meat and aromatic herbs.

ALTERNATIVE

Dão red with Touriga Nacional and Alfrocheiro.

Serving note: Very young, delicate meat needs less force than strongly seasoned roast.

AVOID: Very youthful, hard reds can dominate tender meat.

05 / DISH 12

Carne de porco à alentejana

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Pork, clams, garlic, coriander and potatoes.

FIRST CHOICE

Fresh Alentejo red with Trincadeira

WHY IT WORKS

Gentle fruit and spice suit pork without eclipsing clams.

ALTERNATIVE

Alentejo white with Arinto and Antão Vaz.

Serving note: More clams can tip the choice toward white.

AVOID: Excess oak and tannin interfere with clam salinity.

05 / DISH 13

Migas com entrecosto

One primary match, one alternative and the reasoning behind each.



DISH PROFILE: Pork ribs, garlic, bread and rich roasted flavours.

FIRST CHOICE

Alentejo red with Aragonez and Trincadeira

WHY IT WORKS

Fruit, moderate tannin and acidity accompany pork and bread.

ALTERNATIVE

Fresh Douro red.

Serving note: Serve the red around 15-17°C for balance.

AVOID: Hot, high-alcohol reds exaggerate the fatty impression.

05 / DISH 14

Cozido à portuguesa

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Mixed meats, vegetables, sausages and broth.

FIRST CHOICE

Balanced Dão red

WHY IT WORKS

Acidity and medium tannin offer flexibility across ingredients.

ALTERNATIVE

Mature Bairrada Baga.

Serving note: Focus on overall harmony instead of a perfect match for every component.

AVOID: Very concentrated wines can overpower subtle vegetables.

05 / DISH 15

Posta mirandesa

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Thick grilled beef, salt and potatoes.

FIRST CHOICE

Structured Trás-os-Montes red

WHY IT WORKS

Tannin and acidity balance fat and protein without hiding beef flavour.

ALTERNATIVE

Touriga Nacional from Douro or Dão.

Serving note: For well-done beef, avoid aggressive tannins.

AVOID: Sweet wine may conflict with savoury meat.

05 / DISH 16

Queijo da Serra

One primary match, one alternative and the reasoning behind each.





DISH PROFILE: Rich, creamy sheep cheese with intense flavour.

FIRST CHOICE

10-year Tawny Port or textured Dão white

WHY IT WORKS

Intensity and salt invite a concentrated wine; acidity or measured sweetness gives contrast.

ALTERNATIVE

Brut sparkling wine for a refreshing alternative.

Serving note: Taste the cheese first: maturity changes the pairing.

AVOID: Very tannic young red can cause unpleasant dryness.

05 / EXTRA 01

A Portuguese cheese board

Fresh, creamy and aged cheeses need different approaches



UNDERSTAND

Fresh goat or sheep cheeses often suit crisp whites. Soft creamy cheeses may welcome sparkling wine or textured whites. Hard-aged cheeses need more flavour, and can work with Madeira or Tawny.

TRY THIS

Build a board with fresh cheese, Azeitão, São Jorge and a very mature hard cheese. Compare three different wine styles.

POINT TO REMEMBER

It is a mistake to assume all cheese should be paired with red. Salt, fat and texture are decisive.

05 / EXTRA 02

Egg-and-almond desserts

Balance sugar with richness



UNDERSTAND

Pão de ló, ovos moles, toucinho do céu and traditional convent sweets benefit from wines that have sweetness and acidity. Moscatel de Setúbal or Tawny Port may work, depending on dessert intensity.

TRY THIS

Taste the dessert first. If it is very sweet, the wine generally needs comparable sweetness and sufficient acidity.

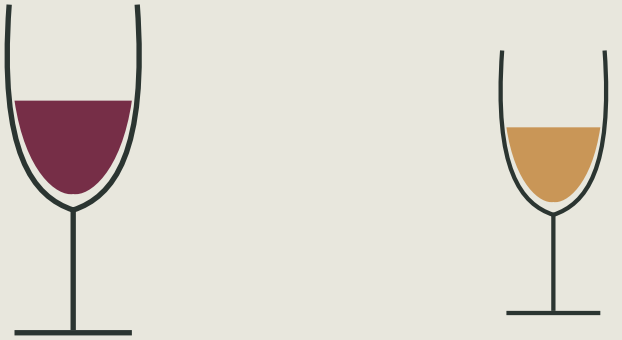
POINT TO REMEMBER

Dry white wine can seem sharp and thin next to a very sugary dessert.

05 / EXTRA 03

Chocolate and red berries

No single universal classic pairing



UNDERSTAND

Intense dark chocolate may suit fruit-led Ruby or LBV Port; milk chocolate may need a gentler match; white chocolate behaves more like a rich sweet dessert.

TRY THIS

Try fresh red berries with brut rosé sparkling wine if the dish itself is not very sweet.

POINT TO REMEMBER

Cocoa tannins and red-wine tannins can amplify bitterness. Check the taste, not the cliché.

05 / EXTRA 04

A complete Portuguese menu

A progression from lighter to stronger wines





UNDERSTAND

Start with clams and Loureiro; follow with baked fish and Arinto, then roast kid with Douro red and mature cheese with Tawny Port. Each course increases weight or intensity.

TRY THIS

For groups use fewer bottles: one vivid-acid white and one moderate-tannin red offer flexibility. Provide water and alcohol-free options.

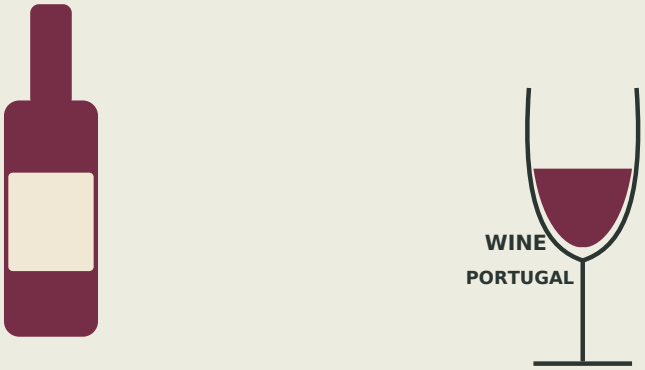
POINT TO REMEMBER

Good serving temperatures and moderation matter more than prescribing a new bottle with each course.

06 / SERVICE / CARD 01

Reading a wine label

Origin, producer, vintage, style and alcohol



A label may show region, PDO/PGI status, producer, variety, vintage, alcohol strength and bottler. Some information appears on the back label or in digital form as required.

UNDERSTAND

PDO indicates origin and conformity to certification rules; it does not guarantee personal taste. Terms such as Reserva or Garrafeira have context-specific requirements.

TRY THIS

In a shop identify wine type, origin and producer first, then look for grape, oak and style clues. Alcohol level suggests weight but not quality.

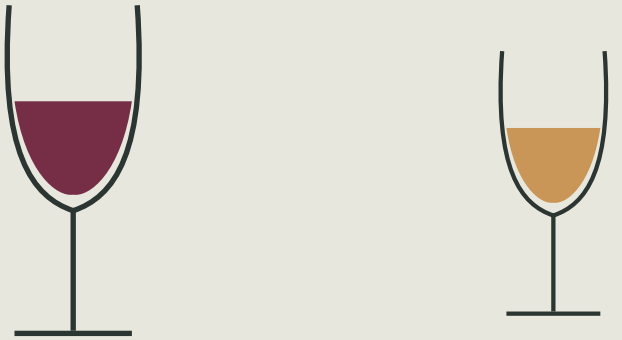
COMMON MISCONCEPTION

Do not judge only by medals, heavy bottles or elaborate packaging.

06 / SERVICE / CARD 02

Serving temperature

Temperature adjusts what you perceive



Light whites and sparkling wines benefit from cool service. Full-bodied whites may show more character a little warmer; light reds often suit a slight chill.

UNDERSTAND

Useful starting points: sparkling 6-9°C; light white 8-11°C; structured white 10-13°C; light red 13-15°C; fuller red 15-18°C. These are guides, not absolute rules.

TRY THIS

Cool an overly warm bottle in ice and water. Let an overly chilled glass warm naturally before tasting again.

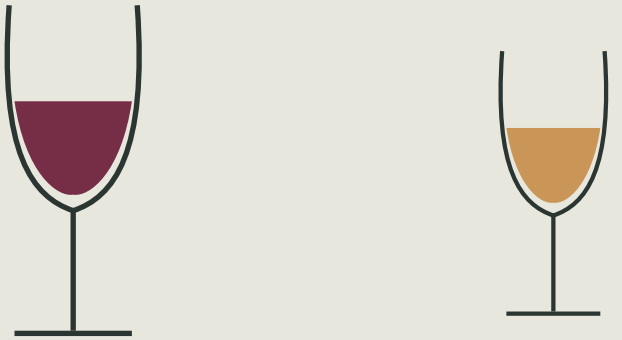
COMMON MISCONCEPTION

'Room temperature' can be much too warm in a Portuguese summer.

06 / SERVICE / CARD 03

Wine glasses and bowl shape

The same wine can seem different



Glass size and shape affect how aromas gather and how wine reaches the palate. A clean medium-sized bowl with a modestly tapered rim suits many still wines.

UNDERSTAND

Tulip-shaped glasses can present sparkling wine's bubbles and aromas better than very narrow flutes. Huge glasses are not always practical for tasting flights.

TRY THIS

Use identical glasses for a comparison. Avoid scented detergent or stale cupboard smells that interfere with aromas.

COMMON MISCONCEPTION

You do not need a full collection of specialist glasses to enjoy different wine styles.

06 / SERVICE / CARD 04

Decant or aerate?

Two techniques with different goals





Decanting may separate sediment from mature bottles. Aeration increases air contact to change aroma and texture in some young wines.

UNDERSTAND

Old delicate wines can lose fragrance with prolonged exposure; structured young wines may open with air. There is no universal number of hours.

TRY THIS

Taste before decanting and again 15 minutes later. For sediment, pour slowly using a light source behind the bottle.

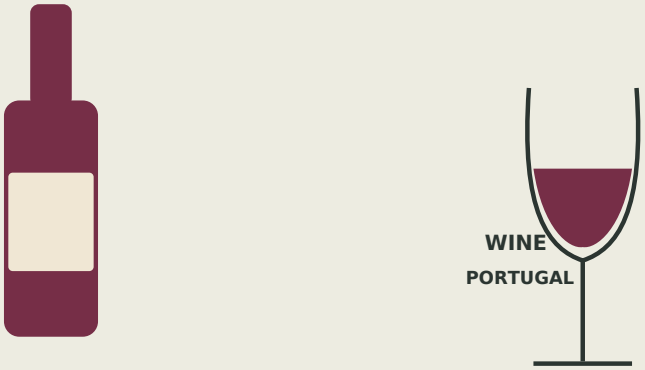
COMMON MISCONCEPTION

Do not aerate every red automatically or assume an old bottle needs lengthy decanting.

06 / SERVICE / CARD 05

Storing bottles at home

Stable temperature matters most



Good storage protects against excessive heat, strong light, vibration and rapid temperature swings. Bottle position depends on closure type and intended storage time.

UNDERSTAND

A stable cellar or cabinet beats a place that heats daily. A domestic fridge helps short-term storage but is not ideal for long ageing of natural-cork bottles.

TRY THIS

Separate ready-to-drink bottles from those worth cellaring. Record purchase date, planned drinking window and actual storage conditions.

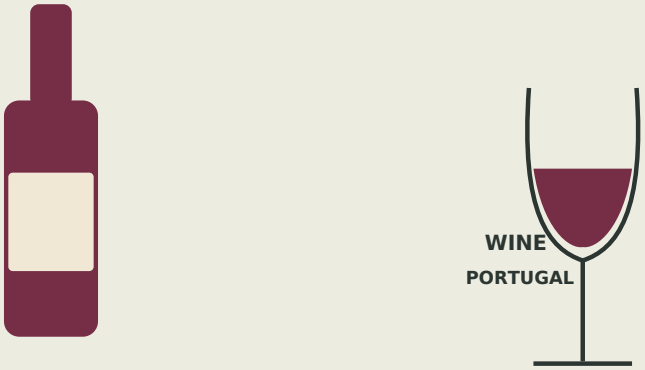
COMMON MISCONCEPTION

Most wines are intended to be enjoyed relatively young; age is not automatically an improvement.

06 / SERVICE / CARD 06

After opening a bottle

Oxygen and temperature drive change



Opened wine evolves faster. Resealing, limiting air and refrigerating help preserve quality, including for red wines. Longevity varies by style and original condition.

UNDERSTAND

Many still wines remain pleasant for roughly 2-4 days in a refrigerator, but this is highly variable. Sparkling wine needs a pressure stopper; sweet and fortified styles may last longer.

TRY THIS

Taste the same wine over three days and note changes in fruit and freshness. Follow IVDP-specific guidance for Port.

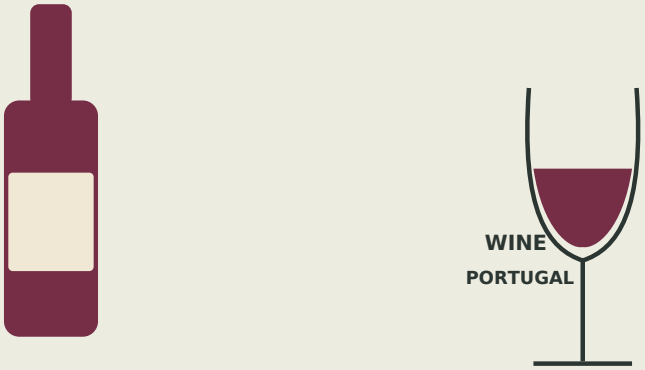
COMMON MISCONCEPTION

Suggested storage periods are not guarantees of consistent quality or safety.

06 / SERVICE / CARD 07

Buying well without overspending

Start with the occasion, not the price



Cost, medals and famous origins do not guarantee a good pairing. Decide the profile you want: acidity, body, tannin, sweetness, ageing potential and quantity needed.

UNDERSTAND

Try different regions and grapes. Check storage conditions in the shop; ask whether a wine is ready now or meant for cellaring.

TRY THIS

Compare a red and a white at the same price but with contrasting styles. Write down what justifies your preference.

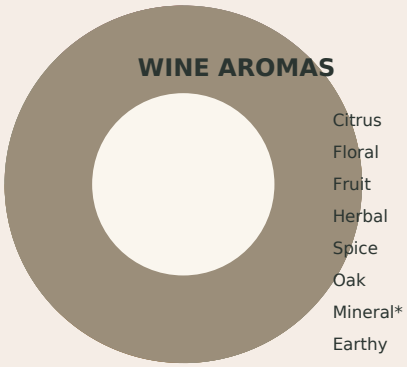
COMMON MISCONCEPTION

A modest wine can be excellent value, and an expensive wine may not suit your palate.

06 / SERVICE / CARD 08

Organising a comparative tasting

A small method produces useful learning



Choose three or four wines with one main contrast: grape, region, oak or age. Pour small servings into comparable glasses; remove strong room odours.

UNDERSTAND

Record appearance, aroma, acidity, body, tannin and length. Retaste after a few minutes; relative impressions matter more than a single score.

TRY THIS

Try Alvarinho vs Loureiro, Baga vs Touriga Nacional, or oak-aged vs unoaked whites - both with and without food.

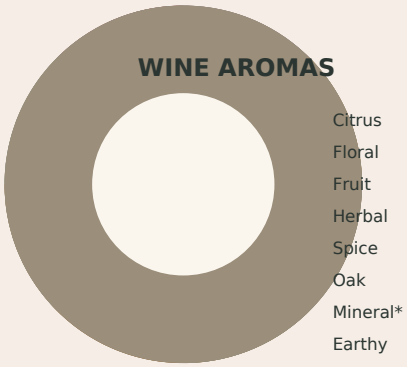
COMMON MISCONCEPTION

Smelling coffee between wines is rarely more helpful than taking water and short breaks.

06 / SERVICE / CARD 09

A five-step tasting card

Describing helps identify personal preferences



Observe clarity and colour; smell before and after swirling; sip; assess acidity, alcohol, body and tannin; finally note finish and overall balance.

UNDERSTAND

Use simple repeatable vocabulary. Whites reward attention to freshness and texture; reds to tannin quantity and quality; sweet wines to sugar balanced by acidity.

TRY THIS

Keep a phone note with wine, variety, region, vintage, temperature, aromas, structure, food and personal verdict.

COMMON MISCONCEPTION

A long list of aromas is less useful than a short, accurate description.

06 / SERVICE / CARD 10

Alcohol, health and responsible enjoyment

Wine education is not advice to drink





Alcohol carries health risks, and no level of consumption is entirely risk-free. Enjoying wine culture does not require frequent drinking or large servings.

UNDERSTAND

Avoid alcohol during pregnancy, before driving or using machinery, and when medicines or medical conditions make it unsafe. Include water, food and alcohol-free choices.

TRY THIS

In tastings, small samples and spitting are normal. Explore acidity and texture in non-alcoholic food pairings too.

COMMON MISCONCEPTION

This educational guide is not a substitute for professional health advice or current law.

07 / GLOSSARY 01

In the vineyard

Concise definitions to consult while tasting and learning.

BUD BREAK
Opening of vine buds at the beginning of spring growth.

AMPELOGRAPHY
Description and identification of grape varieties.

BERRY
One individual grape within a bunch.

COVER CROP
Planted or natural vegetation that protects and structures soil.

POOR FRUIT SET
Failure of vine flowers to fertilise or develop into berries.

STEM / RACHIS
Framework holding berries together in a bunch.

SUNBURN
Grape injury from excessive heat and sun exposure.

PHENOLIC RIPENESS
Development of grape tannins, pigments and related compounds.

MICROCLIMATE
Specific climatic conditions within a plot or exposure.

VERAISON
Onset of berry softening and colour change.

HARVEST
Picking grapes for winemaking or consumption.

07 / GLOSSARY 02

In the winery

Concise definitions to consult while tasting and learning.

AUTOLYSIS
Yeast breakdown after fermentation, relevant to some sparkling wines.

BÂTONNAGE
Deliberate stirring of fine lees during maturation.

FINE LEES
Yeast particles and solids that settle after fermentation.

CLARIFICATION
Removing or reducing suspended particles from must or wine.

DESTEMMING
Separating berries from the structure of a bunch.

ALCOHOLIC FERMENTATION
Yeast transformation of sugar into alcohol, carbon dioxide and other compounds.

MALOLACTIC CONVERSION
Bacterial change of malic acid into lactic acid.

MACERATION
Contact of wine or must with skins and other grape solids.

PUMP-OVER
Circulation of fermenting juice over the red-wine cap.

RACKING
Moving wine away from sediment or between ageing vessels.

BASE WINE
Wine intended for another process, e.g. sparkling production.

07 / GLOSSARY 03

In the glass

Concise definitions to consult while tasting and learning.

ACIDITY
Grape and wine acids and their palate effect, essential for freshness.

ASTRINGENCY
Dry-mouth sensation, mainly from tannins interacting with saliva.

PRIMARY AROMA
Aromas related to grape variety and growing environment.

SECONDARY AROMA
Aromas created or modified during fermentation and production.

TERTIARY AROMA
Aromas linked to bottle evolution and extended maturation.

BODY
Perceived weight and volume in the mouth.

BALANCE
Integration of acid, alcohol, tannin, sweetness and flavour.

FINISH / LENGTH
Duration of flavour sensations after swallowing or spitting.

REDUCTION
Processes and aromas associated with limited oxygen availability.

TANNIN
Phenolic compounds shaping structure and dryness.

TERROIR
Interaction of environment, vine, vintage and human decisions.

07 / GLOSSARY 04

On the label

Concise definitions to consult while tasting and learning.

PDO / DOP
Protected Designation of Origin; controlled geographical and production rules.

PGI / IGP
Protected Geographical Indication; a distinct geographical framework.

DOC
Traditional Portuguese designation associated with controlled origin.

FORTIFIED WINE
Wine made with added wine-derived spirit under specified rules.

LBV
Late Bottled Vintage, a Port from one harvest bottled later.

BLEND
Deliberate combination of wines, varieties, plots or vessels.

TRADITIONAL METHOD
Sparkling winemaking by a second fermentation in the bottle.

SINGLE VARIETAL
Wine primarily identified with one grape variety, subject to rules.

TAWNY
Port style marked by oxidative ageing and nutty notes.

TALHA
Traditional large clay vessel used in certain winemaking.

VINTAGE PORT
Special Port category from one vintage, governed by specific rules.

08 / SOURCES

Reference institutions

Selected sources listed in the original edition as of 31 October 2026.

IVV - Instituto da Vinha e do Vinho

Wine-region maps; PDO/PGI distinction; sector regulations.

https://www.ivv.gov.pt/regioes-vitivinicolas/mapa-das-regioes/

Wines of Portugal / ViniPortugal

Profiles of 14 regions, grapes, terminology and gastronomy.

https://winesofportugal.com/pt/descobrir/regioes-vitivinicolas/

Wines of Portugal - Grape varieties

White and red grape selections and biodiversity.

https://winesofportugal.com/pt/vinhos-portugueses/castas/

Wines of Portugal - Gastronomy

Ways to match Portuguese wines and foods.

https://winesofportugal.com/pt/descobrir/gastronomia/

IVDP - Port winemaking

Fortification process and ageing.

https://www.ivdp.pt/pt/vinhos/vinhos-do-porto/vinificacao/

IVDP - Special Port categories

LBV, Vintage, Tawny and other terms.

https://www.ivdp.pt/pt/vinhos/vinhos-do-porto/categorias-especiais/

08 / SOURCES

Method and limitations

A learning guide, not a technical or regulatory certification document.

IVDP - Choosing and enjoying Port

Serving temperatures and storage after opening.

https://digital.ivdp.pt/e-protecao-do-consumidor/escolher-e-apreciar/vinhos-do-porto/

IVV - 2026/27 harvest forecast

Illustrates how picking conditions vary among regions and years.

https://www.ivv.gov.pt/noticias/previsao-de-colheita-campanha-2026-2027/

ADVID - 2025 viticultural year

Douro case study: harvest dates and climate factors.

https://www.advid.pt/

Vinho Verde regional wine commission

Regional reports and seasonal harvest information.

https://www.vinhoverde.pt/

IVDP - Douro grape varieties

Characteristics of important Douro grapes.

https://www.ivdp.pt/pt/vinha/castas/

Method note: Regional harvest dates are broad seasonal ranges for comparison, not official dates or forecasts for 2026 or 2027. Grape scores are editorial teaching aids, not measured statistics. All maps and diagrams are schematic.

08 / SOURCES

Two traditions with special rules

Further details from institutional sources, as noted on 31 October 2026.

MADEIRA / MATURATION METHODS

The Madeira Wine Institute distinguishes two methods. With estufagem, wine is heated in a controlled way at roughly 45-50°C for at least three months, followed by at least 90 days resting at ambient temperature. With canteiro, wine ages in casks, often on upper warehouse floors, in a slower, oxidative process.

These methods are not interchangeable: categories, minimum durations and release dates are governed by specific requirements.

OFFICIAL SOURCE / IVBAM

https://vinhomadeira.com/o-vinho-madeira/vinificacao-e-envelhecimento

ALENTEJO / VINHO DE TALHA IN 2026

Notice 21429/2026/2, published on 31 August 2026, specified conditions for using “Vinho de Talha” with the Alentejo PDO or Alentejano PGI. Requirements include fermentation in traditional clay vessels and keeping the grape solids until at least 11 November of the harvest year, together with authorised-grape provisions.

Regulatory source: Diário da República, Notice 21429/2026/2.

https://diariodarepublica.pt/dr/detalhe/aviso/21429-2026-1164123780

06 / FOOD PAIRINGS • 133

Portugal at the world’s table

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

A companion chapter on pairing Portuguese wines with Norwegian, Italian and Indian cuisine, cheeses, cured meats and snacks.

Fat and salt. Sparkling wines and crisp whites refresh the palate; sweet Port can contrast with blue cheese.

Chilli heat. Prefer moderate alcohol, soft tannins and fruit; a little residual sugar may soften heat.

Smoke and curing. Choose structured whites, food-friendly rosés or lively-acid reds.

Tomato and lemon. Match the dish’s acidity: Arinto and Loureiro are good starting points.

Roast meat. Dão, Douro and Alentejo reds suit richer dishes; avoid excess tannin with delicate food.

Desserts. Wine should be at least as sweet as dessert: consider Port, Moscatel de Setúbal or Madeira.

These are editorial pairing hypotheses, not guarantees for every producer, vintage or recipe. Sauce, sweetness, temperature and preparation change the best match.

06 / FOOD PAIRINGS • 134

1 · Norwegian cuisine

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Oily fish, cured and smoked products, fermented flavours and winter dishes.

Dish / cheese / style Portuguese wine Why / alternative

Gravlaks Young Loureiro or Alvarinho Citrus acidity balances rich salmon; brut sparkling is another option.

Røkelaks Bairrada brut sparkling Bubbles lift smoky salmon; dry Arinto also works.

Rakfisk Lively Alvarinho; brut sparkling Acidity counters salt and fermentation; a slightly off-dry white may suit sour cream.

Lutefisk Encruzado or structured Arinto Texture and acidity without aggressive tannin; adjust for bacon or sauce.

Skrei / fresh cod Bucelas Arinto For delicate fish, butter and lemon; Avesso is an alternative.

Klippfisk Douro white or mature Alvarinho Extra structure for salt, olive oil and tomato.

Cold shrimp and shellfish Vinho Verde Loureiro Freshness for lemon, mayonnaise and briny flavours.

Fårikål Moderately tannic Dão red Acidity for broth and body for lamb; Encruzado also possible.

Pinnekjøtt Ripe Douro or Dão red Structure for salted fatty lamb; avoid excessive oak.

Kjøttkaker Soft Alentejo red Fruit and texture for brown gravy; light Dão red as alternative.

Reindeer with berries Elegant Dão red Earthiness and acidity link game and berries; mature Baga is an option.

Brunost / Gjetost Madeira Boal Caramel notes, sweetness and acidity meet the cheese.

Sweet mustard, jam and creamy sauces can call for more fruit or residual sugar.

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2 · Italian cuisine

PORTUGAL × INTERNATIONAL CUISINE

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Sauce and intensity matter more than the shape of the pasta.

Dish / cheese / style Portuguese wine Why / alternative

Margherita pizza Light Baga or young Dão red Acidity matches tomato; little oak.

Mushroom pizza Elegant Dão red Earthy flavours; structured Encruzado as alternative.

Pasta al pomodoro Dry Arinto or light Baga Freshness for tomato acidity.

Carbonara Bairrada brut sparkling Bubbles cut egg, cheese and guanciale; unoaked Encruzado also works.

Cacio e pepe Dão Encruzado Texture and acidity for Pecorino and pepper.

Pesto genovese Vinho Verde Loureiro Herbal lift; lightly oaked Alvarinho as alternative.

Mushroom risotto Slightly mature Encruzado Body and savoury notes; light Dão red.

Lasagne Bolognese Dão or moderate Douro red Balances tomato, meat and cheese.

Osso buco Ripe Douro red Structure for braised meat; Dão Reserva as alternative.

Vitello tonnato Arinto or Alvarinho Acidity for tuna and caper sauce.

Vongole / seafood pasta Loureiro or Arinto For brine, garlic and lemon; dry sparkling also works.

Tiramisu Moscatel de Setúbal Sweetness with coffee and citrus; medium-sweet Madeira.

Spicy arrabbiata often suits fresh rosé or aromatic white better than a hot, tannic red.

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3 · Indian cuisine

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Chilli, yoghurt, spices, sweetness and serving temperature guide the pairing.

Dish / cheese / style Portuguese wine Why / alternative

Butter chicken Round Alvarinho or aromatic Fernão Fruit and acidity for creamy sauce; avoid heavy Pires oak.

Mild chicken tikka masala Fresh Alentejo rosé Fruit and freshness for tomato and spice.

Tandoori chicken Bairrada sparkling rosé Freshness for char and spice; dry rosé also works.

Chicken / vegetable korma Lightly oaked Antão Vaz Body for cream and nuts; textured Alvarinho.

Fragrant biryani Loureiro or Fernão Pires Aromatics meet cardamom and herbs; light rosé.

Palak / saag paneer Arinto or young Encruzado Freshness and body without tannin.

Dal tadka Light Dão red or Dão white Moderate structure for earthy lentils; mind the chilli.

Chana masala Fresh Arinto or dry rosé Acidity for tomato and spices.

Goan fish curry Alvarinho or Loureiro Citrus acidity for fish, coconut and spice.

Mild lamb rogan josh Soft Dão red Fruit and moderate tannins; gently extracted Douro.

Very hot vindaloo Low-alcohol, slightly off-dry Vinho A little sweetness and freshness help; wine Verde cannot eliminate heat.

Samosas / pakoras Portuguese brut sparkling Bubbles and acidity counter frying; fresh rosé.

High alcohol and strong tannins can amplify chilli heat. These are plausible pairings, not guaranteed matches.

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4 · Portuguese and international cheeses

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Match texture, salt and intensity rather than origin alone.

Dish / cheese / style Portuguese wine Why / alternative

Creamy Serra da Estrela 10-year Tawny Port or Encruzado Sweet–salty contrast or full-bodied white.

Azeitão Moscatel de Setúbal or soft Castelão For aromatic, creamy cheese.

Fresh goat cheese Loureiro / Arinto Acidity for fresh lactic flavours.

Aged chèvre Alvarinho or Dão white Balanced acidity and concentration.

Brie / Camembert Bairrada brut sparkling Bubbles cut creamy texture.

Parmigiano Reggiano Ripe Douro red or Tawny Port Concentration for umami and aged crystals.

Pecorino Romano Structured Arinto Freshness for salt and fat.

Gorgonzola / Stilton Ruby, LBV or Tawny Port Sweetness contrasts with salty blue cheese.

Roquefort Madeira Boal or LBV Port Sweetness and acidity stand up to intense salt.

Aged Gouda 10/20-year Tawny Port Nutty and caramel notes meet ageing.

Jarlsberg Dão white or dry sparkling Acidity for semi-hard nutty cheese.

Norwegian Brunost Madeira Boal Caramel-on-caramel harmony.

For a mixed cheese board, serve contrasting wines such as brut sparkling and Tawny Port. Honey and chutney alter the sweetness balance.

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5 · Cured meats and small bites

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

From Portuguese presunto and Italian prosciutto to Norwegian cured lamb.

Dish / cheese / style Portuguese wine Why / alternative

Alentejo black-pig presunto Bairrada sparkling or light Dão red Acidity cuts fat and respects curing.

Presunto de Chaves Fresh Dão red Balances salt, fat and fruit.

Prosciutto di Parma Vinho Verde Alvarinho or sparkling Freshness for delicacy and salt.

Smoked Italian speck Structured Douro white Body for smoke; gastronomic rosé as option.

Bresaola Elegant Dão red Moderate tannin for lean cured beef.

Fenalår Dão red or brut sparkling Fruit and acidity for cured salted lamb.

Portuguese salpicão Young Bairrada Baga Acidity and fruit for smoke and fat.

Grilled chouriço Fruity Alentejo red Fruit for paprika and fat; avoid high alcohol if spicy.

Morcela Medium-bodied Douro red Structure for intensity and spice.

Salami Bairrada sparkling rosé Bubbles and acidity for fat and pepper.

Liver pâté Madeira Verdelho or Dão white Acidity and texture; adjust to pâté sweetness.

Olives and salted almonds Dry Madeira Sercial Dryness and acidity for salty snacks.

Hummus Loureiro or Vinho Verde white Freshness for lemon and tahini.

Croquettes / cod fritters Brut sparkling or Arinto Cuts fried richness and matches salt.

Indicative serving temperatures: sparkling 6–9°C; light whites 8–11°C; full whites 10–13°C; light reds 13–15°C; full reds 15–18°C.

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6 · Quick index by Portuguese wine

PORTUGAL × INTERNATIONAL CUISINE

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Already have the bottle? Find a suitable dish.

Wine / style Norway and Italy India, cheeses and snacks

Loureiro / Vinho Verde Gravlaks, shellfish, pesto Biryani, hummus, fresh goat cheese

Alvarinho Rakfisk, skrei, prosciutto Goan fish curry, mild butter chicken, chèvre

Arinto / Bucelas Lemon skrei, tomato pasta Chana masala, Pecorino, fried bites

Encruzado / Dão white Lutefisk, mushroom risotto Mild korma, Serra da Estrela

Bairrada sparkling Røkelaks, carbonara Samosas, Brie, presunto, croquettes

Elegant Dão red Fårikål, reindeer, mushroom pizza Mild rogan josh, fenalår, bresaola

Douro red Pinnekjøtt, osso buco Mild lamb dishes, aged Parmigiano

Soft Alentejo red Kjøttkaker, lasagne Chouriço, mild tikka

Baga / Bairrada red Game, tomato pizza Salpicão, aged cheeses

Moscatel de Setúbal Tiramisu, citrus desserts Azeitão, almond desserts

Ruby / LBV Port Chocolate desserts Gorgonzola, Stilton, Roquefort

Tawny Port Aged cheese, walnuts Serra da Estrela, aged Gouda

Madeira Boal Brunost, nuts Roquefort, caramel desserts

Madeira Sercial Olives, almonds, shellfish Savoury aperitifs and pâtés

Editorial basis: Portuguese wine and food pairing principles from Wines of Portugal / ViniPortugal and the Vinho Verde regional commission, with general spice-and-wine guidance. Pairings to Norwegian and Italian dishes are editorial extrapolations, not sensory evaluations of specific bottles.

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Discover new wines · food pairings

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Suggestions beyond your Wine Database and cellar. Named producers and labels are illustrative examples, not vintage-specific verified recommendations.

How to use

1. Choose a dish. 2. Check wines already in your cellar. 3. Check your Wine Database. 4. Explore the outside examples below. 5. Verify the technical sheet, vintage, availability and sweetness before buying.

Pinnekjøtt

Styles: Dão tinto, Baga da Bairrada

Wines to discover: Quinta dos Roques Dão Tinto; Luís Pato Baga

Why: Fresh acidity and moderate tannin help with salted lamb and fat.

Gravlaks

Styles: Loureiro, Alvarinho

Wines to discover: Anselmo Mendes Muros Antigos Loureiro; Soalheiro Alvarinho

Why: Citrus freshness cuts cured salmon richness and complements dill.

Skrei com manteiga / Skrei with butter

Styles: Arinto, Encruzado

Wines to discover: Quinta dos Carvalhais Encruzado; Quinta da Romeira Bucelas Arinto

Why: Acidity balances butter while texture supports delicate cod.

Carbonara

Styles: Espumante bruto da Bairrada, Encruzado

Wines to discover: Luís Pato Espumante Bruto; Quinta dos Carvalhais Encruzado

Why: Bubbles or a textured white refresh egg, cheese and guanciale.

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Spaghetti alle vongole

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Styles: Arinto, Loureiro

Wines to discover: Quinta da Romeira Bucelas Arinto; Anselmo Mendes Muros Antigos Loureiro

Why: Fresh acidity complements clams, garlic and olive oil.

Butter chicken

Styles: Loureiro, branco aromático pouco alcoólico

Wines to discover: Anselmo Mendes Muros Antigos Loureiro; Soalheiro Alvarinho

Why: Aromatic freshness offsets cream and gentle spice; choose less alcohol if hot.

Pad Thai

Styles: Alvarinho fresco, Loureiro

Wines to discover: Soalheiro Alvarinho; Anselmo Mendes Muros Antigos Loureiro

Why: Citrus and acidity suit lime, herbs and sweet-sour sauce.

Queijo azul / Blue cheese

Styles: Porto Tawny ou LBV

Wines to discover: Taylor’s 10 Year Old Tawny Port; Graham’s Late Bottled Vintage

Why: Sweetness contrasts the salt and intensity of blue cheese.

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Presunto / Prosciutto

PORTUGAL × INTERNATIONAL CUISINE

WINEANDME • DISCOVER NEW WINES

Styles: Espumante bruto, Alvarinho

Wines to discover: Luís Pato Espumante Bruto; Soalheiro Alvarinho

Why: Acidity refreshes cured ham fat and salt.

Brunost

Styles: Madeira Boal

Wines to discover: Blandy’s 10 Year Old Bual Madeira

Why: Caramel and nutty notes echo the cheese; acidity prevents heaviness.

Editorial notes

Pairings are editorial proposals based on wine style and dish ingredients. They are not claims of Norwegian availability or evidence that particular bottles were tasted. Recipes and vintages vary. Validate with producer technical sheets, Wines of Portugal and current restaurant menus.

WINEANDME • PORTUGAL • FOOD PAIRINGS 3