

# Ep 154: Where to start with the Languedoc region, France with WSET wine educator Sam Povey (Part 2)



**Janina Doyle 00:00:08** Welcome to Eat Sleep Wine Repeat, a podcast for all you wine lovers, who, if you're like me, just cannot get enough of the good stuff. I'm Janina Doyle, your host, Brand Ambassador, Wine Educator, and Sommelier. So, stick with me as we dive deeper into this ever evolving, wonderful world of wine and wherever you are listening to this, cheers to you!

**Janina Doyle 00:00:31** Welcome back, wine Friends to Part two with Sam Povey. Now, I absolutely loved recording this episode with Sam. The Languedoc-Roussillon region in the south of France is one of the biggest wine regions in the world, and Sam has been down to the Languedoc several times. So, I asked him to share his experiences of some of the best places that either we need to go to in his opinion or wines that we must try. He just speaks at such ease about the wine regions and the only thing I can say is that I am gutted that our time was running out and I could not pick his brain anymore because this is actually an incredibly exciting region, abate, rather complicated. So, the vineyard surface area of the Languedoc is around 220,000 hectares. So, this region, it was actually, one of the first ever planted in France and it was a really important wine growing region. However, it's been known more in the recent past for its cooperatives and sadly for producing a lot of cheap plonk. But now more than ever, these wine regions are investing in equipment. They are controlling the yields, bringing the quality up to that of the world stage. So, it's definitely worth a dive into this area and an amazing place to visit, I mean not only for the sunshine and those Mediterranean breezes, but for the 220 kilometers of coastline, the hikes and mountainous walks. Of course, you have the Pyrenees here. There's the ancient monuments and the historic cities like Carcassonne, as you'll hear me mention, because I have the board game and Nîmes. So, there's also four different winds hitting this area. So, the Mistral, the Tramontane, The Autan wind, and the Marin wind. And so, with the sunshine and with all those breezes, this is a huge area for organics.

**Janina Doyle 00:02:45** But there's so much to discover with these regions because actually if you go more to the east side, this is the Mediterranean climate and you're gonna find those Rhône grape varieties planted there. But if you go to the Far West, climate has more of an effect from the Atlantic. You're actually gonna find some Bordeaux varieties planted here. A quick rundown of the grapes you are most likely to find in this region. So, if you look at Reds, we are talking Syrah, Grenache Noir, and Mourvèdre, also Merlot and Cabernet Sauvignon. And then for the whites we are looking at Grenache Blanc, Piquepoul, Marsanne, Roussanne, Viognier, Chardonnay, Sauvignon Blanc, Chenin Blanc. Now I think I've given the Languedoc a mini synopsis, but disclaimer, this episode is not touching on all of those wine regions, the sub regions I should say. Sam talks from his perspective, if you are quite new to

discovering this region, where are a few of the places you should go to, to start your Languedoc wine journey.

**Janina Doyle 00:03:54** Now, before we begin, a quick shout out as always to this season's sponsor, [Wickhams Wine](#), who as I mentioned in the last episode, they won best specialist retailer for the South and regional France with the Decanter Retailer Awards. So perfect timing for this episode. If you are inspired after you finish listening to Sam, you can try some of these wines. And if you use the code, EATSLEEP10, you're going to get yourself 10% off your first order. I was literally just drinking this week a bottle of their [La Loupe Grenache Blanc 2021](#). It's £10.80 a bottle, if I recall correctly. If you buy a mix six. And it was luxurious, exotic, peachy and floral. A beautiful explosion. So that was super fun, and we had that with a roasted lemon and garlic herb chicken, and it worked very, very nicely. So, I think it's about time that we go to the episode with Sam so he can give us all of his specific wine advice. So, pour yourself a glass of wine and enjoy.

**Janina Doyle 00:05:08** So now I wanna take us, let us go down to the south of France to the Languedoc region, which when I asked you, what are some of the most interesting regions or ones you love to talk about, this came up on your list and I haven't really talked about Languedoc because I don't even know where to start. Loads of appellations, lots of the AOCs, then a hell of a load of the IGPs and there's a whole load of grapes down there. It has a checkered history, but it's now got really good. But there's great value. There's a few incredibly priced, high-priced wines now coming out there like hmm, right, I think I introduced it in a very confusing way. How do you unconfuse us, Sam?

**Sam Povey 00:05:54** Yes. I mean, look, you're right to say, I suppose the confusion around the Languedoc comes from its size and this is an area the Languedoc and the Roussillon put together account for 220,000 hectares. Which to put that into perspective makes that almost twice the size of Bordeaux, larger than all of the vineyards in Australia or say South Africa. It has the breadth of growing environments and terroirs, I suppose we should say, uh, 'cause we are in France after all to, to produce a similar diversity of, of sort of style as somewhere like South Africa for instance, which does make it challenging to, to understand. And then in addition to that, we've got the fact that you have all of these, some of them relatively young appellations, so smaller areas that are producing a particular kind of style and quality of wine.

**Sam Povey 00:06:50** And so you kind of to not, you know, reveal behind the curtain. But you sort of sent me some list of questions beforehand and one of them was where do you think people should start? And it's a great question. I would really recommend two appellations in particular, just to give you a, a sort of a, a taster of the region with the asterisk that this is only a small part of what can be produced, and the first place is Faugères, in particular. So, if you want to try get an idea of what Languedoc does in terms of red wines, Faugères is a great place to start. It is right in the middle of the Languedoc. So if you think about the Languedoc and then the Roussillon as kind of an L that you've mirrored and flipped on its side, you're starting in Marseille in the East and you go all the way west over to effectively at that Carcassonne, and then you go down that shore bit of the L down past Perpignan and you're on the border with Spain, that's, that's the Languedoc.

**Sam Povey 00:07:49** And if we're on that long bit of the L, Faugères is basically right in the middle essentially. And then the other thing you need to do to understand the geography of Languedoc is the area on the coast is this large flat, very Mediterranean hot and sunny plain where you've got a lot of

agriculture and specifically lots of viticulture. And this is where a lot of the slightly cheaper wines will be produced with some notable exceptions. And if you go a bit further out, so you go further inland all the way around that L is where you tend to find the better-quality examples, a bit where you tend to find a lot of these appellations. So, Faugères inland on the middle, bit of that long part of the L essentially. And it's about 10 kilometers across, in size total, and this appellation based around the, the village of Faugères and the whole appellation is on these really, really solid schist soils.

**Sam Povey 00:08:46** So it's not quite as simple as that. So, you've got basically a balcony. So, it sits on this balcony that looks down over the coastal plain toward the Mediterranean on these schist soils. And what that means is that during the day it's very hot, the sun coming down, it gets very, very warm. The soils warm up as well because you essentially have almost pure kind of rock, pure schist, which promotes loads of loads of ripeness in the grapes and the wines themselves are blends. So, the reds are going to be this, what has become a classic combination, Grenache, Syrah and Mourvèdre and often a bit of Carignan as well. And you can get some other bits and pieces in there like Cinsault for instance. But, they're basically blends and Grenache and Syrah are the two most important components of, of those blends, usually. Various producers producer. And in addition to these kinda schisty soils, the ground is covered in what is called garrigue, which is this kind of sort of scrubby set of sort of scrubby herbs...

**Janina Doyle 00:09:51** Herby smelling rosemary, it's garlicy,

**Sam Povey 00:09:54** It's thyme, it's rosemary and juniper and boxwood. And you walk around the vineyard and you smell it, you can absolutely smell it. And so, the wine that is produced from the combination of the sun and the heat, the schist soils, which really make the life of vines quite difficult. And then this garrigue is rich and powerful and intense, but also with a savoury edge to it as well. They can be, they usually are slightly on the higher end of this sort of alcohol range. So, 14% is sort of fairly kind of typical, but the use of the blends and the use of the Syrah and a little bit of the Grenache adds enough facility to keep everything nicely, nicely balanced. So, if you want to try, you kind of, one of the best examples of reds from the Languedoc, I would go to Faugères to start.

**Janina Doyle 00:10:51** And they not only also they have really low yields there, which is why they're so good. But I've also heard that a lot of the producers there are organic and biodynamic as well, which of course a lot of people are wanting to try more of. So, I think, you know, that is, I completely agree with you that that's not a bad place to start.

**Sam Povey 00:11:11** And it's one of the, so obviously you have these, these designations of things like organic production, which is used widely through the Languedoc. And to be fair in a place that is relatively dry, it's easier to be organic, although lots of producers in decades previous were not. But Faugères is one of the, I think it was the first appellation in France to outlaw synthetic herbicides.

**Janina Doyle 00:11:36** Okay, okay.

**Sam Povey 00:11:37** Within the appellation itself. So, it doesn't matter organic not organic, you can't use these particular treatments in your vineyards if you want to call your wine Faugères, full stop.

**Janina Doyle 00:11:46** That's really interesting. And I suppose as well, one thing I've also heard is, I mean this whole region, the Languedoc has this big history of cooperatives, which is not always a bad thing. There's some great cooperatives, but in this region it's a lot more about the small guys.

**Sam Povey 00:12:00** Yeah, absolutely.

**Janina Doyle 00:12:01** Yeah, yeah. So, you can find some nice little treats.

**Sam Povey 00:12:04** Yeah, you really, really can. The wines are not going to be cheap, so don't expect anything for 10 pounds. But if you spend 15, 15 quid in the Faugères, you are gonna get a hell of a lot more wine than if you spent 15 pounds in Bordeaux, for instance. That's my, you know, my firmly held belief. And then for whites, which are important, I would start with Piquepoul, Picpoul de Pinet.

**Janina Doyle 00:12:28** Of course the, the lip smacker, the, the Muscadet of the South.

**Sam Povey 00:12:35** Yeah, absolutely. So, this is an area right on the coast. Not actually that far from, from Faugères really. So we are, we are going down from the balcony onto the plains and right to the coast and you're looking out over these coastal lagoons where they've got all the oyster beds and Picpoul de Pinet is, is one of the sort of earliest success stories in the Languedoc. I think one of the reasons for its success is its simplicity. It's, the Picpoul de Pinet is made entirely from a grape called Piquepoul, and they've done this lovely conjunctive labeling thing where, you know, it's, it's, it's a Piquepoul from, from Pinet essentially. And you get a really affordable, fresh, easy drinking, but not at all thin or sour white wine.

**Janina Doyle 00:13:21** Agreed.

**Sam Povey 00:13:21** People make a lot about the acidity and they, it's obviously called the lips, sort of the stung lips. It's not actually as acidic as people sort of say it is. We're not talking about, you know, Riesling or something like Chablis. And I actually think most of the time that's not a bad thing at all. It has enough acidity to be fresh, but not so much that it can be a little bit sour. And particularly for someone who is not a wine geek, it's a lovely, lovely style of wine. It's very easy to drink and we love it in the UK, so it produces half of all of the appellation white wine in Languedoc.

**Janina Doyle 00:14:01** Fun fact. Okay.

**Sam Povey 00:14:03** I think exports. So, it makes up something like 80% of white wine exports from Languedoc.

**Janina Doyle 00:14:08** That totally makes sense. Yeah.

**Sam Povey 00:14:10** And it really makes sense for us in the UK because we take the majority of the exports.

**Janina Doyle 00:14:16** Sorry, everyone around the world.

**Sam Povey 00:14:18** Yeah, sorry. The thing, it's like 56% of what is exported is, is sent to, sent to us in Britain. And so, you do see it a lot. It's very distinctive. It's got that fluted bottle and the, the Cathar cross. And I think they've done a fantastic job of, of making it an easy to understand, easy to identify, um, brand of wine essentially. And cooperatives have been a big part of that as well. And a lot of people, as you kind of alluded to, they kind of go, oh, cooperative, that's part of what the old Languedoc was. But the reality is that the cooperative model is a fantastic way of producing good value for money wine, that is at high quality if you are export orientated and, and you know that you are gonna be sending it to a market that knows it's wine and won't drink it unless it's good quality. And uh, I think it's found a good partner in the UK there.

**Janina Doyle 00:15:07** Yeah, I love that. Well, where to next? You've said the, a really good place for a red, really good place for a white, I mean sparkling?

**Sam Povey 00:15:17** Absolutely. So, if we go to the little corner of the L so we're over near Carcassonne, and by the way, if you're sort of looking at how to kind of get into the Languedoc, flying to uh, Toulouse is a great way of doing so, 'cause it's a big hub and flights are usually relatively cheap. And then you can, you can drive to Carcassonne, I think within about an hour or so. It doesn't take you very long.

**Janina Doyle 00:15:38** And can I just pause and say I've never been, have you been to Carcassonne?

**Sam Povey 00:15:41** Yes, yes, I have. it's amazing.

**Janina Doyle 00:15:42** I, I have the board game and ever since I got the board game where you see all these incredible medieval castles and bridges and everything, I'm like, and I've seen pictures of Carcassonne like, this is on my list, nothing to do with wine in terms of this town, but it's amazing that you can pair a medieval village with a wine region, which is right next door, right?

**Sam Povey 00:16:06** Yes. And I think if you, if you were just to Google Languedoc wine, one of the first photos that pops up is the ramparts of the kind of medieval fortified city of Carcassonne with some vines just next to it. And it is, it's one of those picture postcard images of wine that people assume all winery, all wine regions look like. And in reality, very few actually do, I think my retirement plan is to open a wine bar in Carcassonne where you can also play Carcassonne.

**Janina Doyle 00:16:38** I mean, why would you not do that?

**Sam Povey 00:16:40** And enjoy the wine from the region. I think that's, that's the, that's the retirement plan. Yeah.

**Janina Doyle 00:16:44** You may need to be quick though. I can't imagine that someone else hasn't had that idea either, because I mean...

**Sam Povey 00:16:48** Well you know, when I was there, I was looking, when I was there I was looking, I was like, surely, surely. So as far as I can tell, I can't see it.

**Janina Doyle 00:16:57** Alright, okay good. Right.

**Sam Povey 00:16:58** So, there's still a gap in the market.

**Janina Doyle 00:16:59** Still in play, that dream,

**Sam Povey 00:17:01** But if you want to go and explore some wine regions, I mean Carcassonne is a great way to get into Corbières, which is the largest appellation and that's a very large area that kind of extends sort of roughly from Carcassonne down toward the Mediterranean. But in particular, if you drive sort of due south, Southwest rather from Carcassonne up into the kind of foothills, not quite the foothills of the Pyrenees, but they're sort of into this slightly more mountainous area, you head into Limoux, which is very different from the rest of Languedoc because you have distinctly more altitude in this region and kind of going up toward 500 meters or so of altitude. And it makes a big, big difference in a place that is as warm as the Languedoc is. And it is home to some absolutely incredible sparkling wine and some absolutely incredible white wine. It's a little region within a region because it has its own grape varieties. So, for the sparkling wine, um, one of the most important grape varieties is Mauzac, which you won't find really anywhere outside of Limoux itself. And then it's complimented by Chenin Blanc and Chardonnay. And these grapes when put together produce some absolutely incredible um, sparkling wines.

**Janina Doyle 00:18:19** And you can taste that in their Blanquette de Limoux, which absolutely is a traditional method sparkling wine. And it's, well, and there's the big argument, did Limoux create the very first ever traditional method of sparkling wine?

**Sam Povey 00:18:33** Well, I mean probably not traditional method, but the first ever sparkling wine. Yes. As far as we know. Anyway, the earliest recorded instance of sparkling wine ever being produced is from 1544 and it's from the Abbey de Saint-Hilaire, so the Abbey of Saint-Hilaire, which is in Limoux. And basically, it's a purchase order from a local Duke to the Abbey asking for some flasks of Limoux. And it's described as being as effervescent or sparkling essentially.

**Janina Doyle 00:19:02** Very interesting. Yeah. The history.

**Sam Povey 00:19:04** You can go to the Abbey, and you can go to the, the sort of the wine cellar, although it feels a lot more like a cave to be honest with you, to see where the, the first sparkling wine, as far as we know, was ever made, almost certainly made by accident initially. And sort of re-fermentation.

**Janina Doyle 00:19:20** Everything was made by accident.

**Sam Povey 00:19:22** Yeah, exactly. Although you can try a style that is a little bit more like that because the, in addition to Blanquette de Limoux which is a traditional method, sparkling wine made from Mauzac, you can also try an ancestral, what they call ancestral method, which is essentially a Pét-nat. So, single fermentation in a bottle, usually a little bit sweet, which is how those first sparkling wines would've been. And to be honest, you know, it's not a style that will ever be super popular, but it's quite versatile and, and you know that it's the kind of thing that you want to have if you've got really, really spicy food or something that's a bit sweet.

**Janina Doyle 00:19:57** Gastronomic. Yeah. A little bit of extra sweet sweetness can help with a bit of spice or round things out.

**Sam Povey 00:20:02** Yeah. But you can, you can taste a bit of history.

**Janina Doyle 00:20:04** Precisely. And then of course you have Cremant de Limoux, which is using your Chardonnay and your Chenin Blanc, and I think Pinot Noir, which is really interesting. Because some of the best Pinot Noir is coming from this Limoux region, but with their reds in that appellation, they don't allow Pinot Noir.

**Sam Povey 00:20:23** Yes, I know, I know. It does seem like a weird choice. So, you can get red Limoux. But it is a blend of Bordeaux varieties and sort of a south of France variety. So, Syrah, Grenache Cabernet Sauvignon and

**Janina Doyle 00:20:45** Merlot.

**Sam Povey 00:20:46** Cabernet Franc, I believe maybe some Merlot as well. Uh, you know, these are, these are long blend lists and also a bit of Malbec as well I think is allowed in there. Uh, although I would have to double check. It does seem strange. Who knows, that may change in the future.

**Janina Doyle 00:20:55** Yeah, yeah.

**Sam Povey 00:20:57** This is one of the challenges of understanding the region because the system is, it can be a little bit complex, but producers like Domaine de Mouscaillo, for instance, makes some absolutely stunning Pinot Noir. It isn't labeled as Limoux, but it is from Limoux. And I would highly recommend giving it a try. It's sort of a, a slightly riper take on what you might find in Burgundy, but for so much less money and the quality is absolutely there. These are serious age worthy wines. So, if you like that slightly riper style that you might find from places like California or South Africa, for instance, it's a good one to try this just ever so slightly closer to home. And you do see it from time to time. I mean, I think that the wines from that producer that I just mentioned, Mouscaillo, you, they, you know, they were, they were on the Wine society until fairly recently, so you do see them from time to time and they're, you know, they're about sort of 16 or so pounds. And I, I would challenge you to find a better Pinot Noir for, for that money.

**Janina Doyle 00:21:54** Nice. Do they do any white or just red?

**Sam Povey 00:21:57** They do, yes. Yeah, absolutely. So still white wine is also very important in the region.

**Janina Doyle 00:22:02** Because, it's really interesting as well. The ruling in Limoux for the whites is the only appellation where the whites have to be oak aged. Nowhere else in the Languedoc has that ruling. I, so I, I find it, Limoux is really an interesting area just with their rulings alone.

**Sam Povey 00:22:17** No, it's doing its own thing. And I think, this is, this is the case actually in, in all of the Languedocers because they have spent the last 40 years focusing on quality and transforming the reputation of the region. They're figuring out what works and Limoux, because it is sort of a relatively small area, they have made quite a strong push towards this particular style of white wine. Now I should

say it has to be oaked. There's no, it doesn't, you don't have to necessarily use new oak, for example. It could be an old oak barrels, whether that kind of character is going to be the sort of, it won't be nearly as sort of vanillay as you might expect. So don't worry if you hate oaky wines. Not all the Limoux white is oaky and there's a tendency to focus on a much more restrained style, but the result is a wine that has this lovely texture, roundness and complexity. But with the altitude that you have, it's still got amazing acidity. So, it's nice and fresh, really well balanced, uh, as well. And again, the best quality examples from Limoux will not set you back more than about 15 or 16 pounds. And you know, that's not a cheap wine. But also, to get the quality that you do find, it is fantastic value for money. It represents great value.

**Janina Doyle 00:23:37** Now I want to literally pin you down. You have so much to say about this region, but I know, that you're in a rush. Everyone, he's leaving us and abandoning us. But...

**Sam Povey 00:23:47** So sorry,

**Janina Doyle 00:23:48** ...before I let you go, this is outrageous. But before you do that, I know you've also been to Terrasses du Larzac, which is this really kind of cool upcoming region. I feel like that deserves a mention because most people might say, actually I've never heard of that at all. So, can I get you to tell us a little bit more about that?

**Sam Povey 00:24:04** Yeah, if you're in Faugères, so you're on the balcony, so you're inland and you're about midway long, that long bit of the L and you just go a little bit further east, you will plunge down into Terrasses du Larzac, which is...

**Janina Doyle 00:24:16** Plunge.

**Sam Povey 00:24:17** Plunge, exactly. Um, because it is a slightly lower, slightly lower altitude. It's a region that's only it received its appellation in 2014. So, it's, it's less than 10, 10 years old in terms of the appellation itself and the name. And that's why people will probably not recognize it immediately because it's still building its kind of reputation. But it is home to some of the region's most iconic producers. And the main reason for that is the Causse du Larzac. So, these, this big limestone plateau that lives above the appellation. And what that does is it dumps a load of cold air into the vineyards at night. So, it cools things down and it increases that all important diurnal range, which just slows down the ripening, helps those grapes retain acidity and allows the producers to keep their grapes on the vine for longer and get that extra kind of concentration.

**Sam Povey 00:25:14** So Terrasses du Larzac, you'll only see it appended really to, to red wines in practice. And again, it is a blend of grapes, usually Grenache, Syrah, potentially with a bit of Carignan and Cinsault and Mourvèdre added in there as well. But it's a region that produces some of the most elegant age worthy reds. So, it's, it's a region that I've been really privileged to, to visit in the past. And there are some absolutely fantastic producers and a couple that I want to mention, Mas Des Agrunelles and you see the word Mas M A S in this region because it's not Chateau or Domaine, it's farm. So, Mas Des Agrunelles

**Janina Doyle 00:25:52** Okay, okay.



**Sam Povey 00:25:53** Yeah. So, you will see this in lots of places. So, Mas Des Agrunelles and Mas Jullien are probably two of the more iconic producers in this region. And they, they make extraordinary wines. They're not quite as big as Faugères and that's not necessarily a bad thing at all. But the interesting thing as well is that there are other producers that have been here for quite a long time that have a reputation, but don't carry the name Terrasses du Larzac and, and probably the most famous of this is Mas de Daumas Gassac.

**Janina Doyle 00:26:21** Oh. And he like, do you know what a beautiful place to end, I mean this is cult status, right?

**Sam Povey 00:26:28** Absolutely. A winery that really only got going in the 1970s, if I'm not mistaken, doesn't follow the rules of the appellations because they mainly plant grapes like Cabernet Sauvignon, Merlot and their blends are mad. I think they have at least 15 different grape varieties. All of these kind of experimental, um, blends that they do. But the quality of the wine is beyond doubt. And it is ultimately a function of the Terrasses du Larzac and, and the place where they are. And the fact that we have this amazing sort of diurnal range and all these moderating influences, the other parts of the Languedoc, if you go a bit further south towards the coast won't possess. So, it, I highly, highly recommend checking 'em out. And again, if you find yourself in the region, get yourself to a village called Aniane, Aniane, I think I'm saying that correctly.

**Janina Doyle 00:27:15** Okay.

**Sam Povey 00:27:15** Which is a great base to explore the region from.

**Janina Doyle 00:27:20** It's close to the coast. There's loads of mountains, loads of hills, amazing places to walk and hike. And then of course enjoy some beach time. Incredible wines of all different styles. We haven't even talked about the Vins de Naturales, the fortified sweet wines. It's actually got everything, hasn't it?

**Sam Povey 00:27:41** It's a lifetime of tasting and fortunately I've, I've got most of a lifetime left hopefully. So yeah, I'm looking forward to, to continuing to explore the region and, and there are new producers popping up all the time and people taking over all plots of vines from their parents. And those vines used to produce grapes that would go after the cooperative and, and otherwise be completely anonymous. And it, so it's changing very quickly whilst also being France's oldest wine region at the same time. It's a wonderful, wonderful place.

**Janina Doyle 00:28:07** And I think also for everybody, don't stress out too much about the wine regions, just try and find a producer that you like or find something that somebody's written about online, go to that producer because I think that's the point. There's so much variety, so much different terroir. So, look for a producer and get to know them rather than necessarily feeling like you have to go to the one region, you know?

**Sam Povey 00:28:29** Definitely.

**Janina Doyle 00:28:30** I think that's possibly a, a safer bit of advice. Sam, thank you so much. Oh my God.

**Sam Povey 00:28:33** You're very welcome. Thank you for having me.

**Janina Doyle 00:28:35** I'm gonna force you at some point to be on again 'cause you know, 'cause you're leaving us too quickly and you've got too much information. So that is absolutely amazing. Thank you so much and um, we'll speak again soon.

**Sam Povey 00:28:45** Thank you very much.

**Janina Doyle 00:28:45** See you soon. Bye. Now as I said at the beginning of this episode, I am gutted that I couldn't have kept Sam for another 15 minutes or an hour to tell us more about the regions within the Languedoc. But I hope that it gives you a base or just some inspiration or a reminder to look out for some of these wines next time you are looking to add to your wine rack. Now from memory, I don't think we touched on some of those appellations such as Pic Saint-Loup, this is a great region for Grenache, Syrah and Mourvèdre Blends. Another for these exact same regions to note down would be La Clape. But also, although this region is mostly known for its reds, the biggest percentage is red. There are some very interesting whites coming out of this area and these are focused on the Bourboulenc Blanc grape variety. So again, something else you might want to try,

**Janina Doyle 00:29:47** We didn't even touch on the Vin de Naturals. These are naturally sweet, fortified wines. They're made from either Muscat or Grenache. They are primarily found down in the Languedoc-Roussillon region. But you can also find some in the Southern Rhône Valley. However, lucky you guys, if you go back to episode 113, there is a dedicated episode to Fortified Wines of the world. And about 28 minutes in, I spend about 10 minutes going through the Vin de Naturals. if you want a full recap on all of these sweet fortified wines. But I promise you that we're gonna return to this region for another episode at some point in the future as there is so much to talk about. However, if perhaps you are still a little bit in doubt and you want some just good value wines, you may also want to look out for the Pays d'Oc wines.

**Janina Doyle 00:30:47** Now these are less strict, and they cover the whole Languedoc-Roussillon region. They very often focus on single varietal wines, and they can be labeled as such. And so, this may also aid you in your buying decisions, especially if you are looking for easy drinking, fruit friendly, wallet friendly, reliable wine. Now to finish off, I will quote a wine writer and publisher Frederick Koeppel, if that's how you pronounce his name. He said:

“French wine has been made for over 2000 years and there is something in the wine giving it the soul”.

Well, a rather poetic and subjective concept. But we all know with French wine, there is that deep history, the tradition, plenty of cultural significance. So, I shall leave you to drink some more Languedoc wines and let me know if you can taste the soil, the climate, the terroir, its soul.

**Janina Doyle 00:31:46** Now next week I will be taking us across to the town of Valdobbiandene and also Conegliano, where some very heroic viticulture takes place on incredibly steep hills. I visited this region a few weeks ago and I wanna share my thoughts, my advice to you all and itinerary for you as I promise after you listen, you are going to want to book your flights there seriously. And the wines, these are not the standard Prosecco wines you find on the supermarket shelf for 7, 8, 9 pounds. This is Prosecco Superiore, DOCG. So very different. Next week we'll be talking about the Rive, the Cartizze Hill, the Grand Cru site, these UNESCO Hills awarded for not just the beauty, the mosaic of different nature

and biodiversity, but its culture within humanity. But that is it for me today. Thank you to all of you guys for listening on every episode. And feel free to get in touch with me by email [janina@eatssleepwinerepeat.co.uk](mailto:janina@eatssleepwinerepeat.co.uk) or on Instagram [@eatssleep\\_winerepeat](https://www.instagram.com/eatssleep_winerepeat). And you know, if you are enjoying these podcasts, please don't forget to leave a rating on Spotify or a quick review on Apple Podcasts or whatever app you are listening to if it allows you, because this is just gonna make the podcast much more discoverable. And of course, do let your wine loving friends know where to join us. May you all have a very wonderful week filled with positive vibes, happiness, and of course very tasty wine. Until next week, wine friends, cheers to you.