

Ep 156: Wines of Brazil with Wine Communicator Luma Monteiro (Part 1)



Janina Doyle 00:00:07 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!

Hello wine lovers, wine friends, we are back with another episode and I am excited to introduce to you Luma Monteiro, although I am slightly scared because maybe she's even more enthusiastic and passionate than me talking about wine, but I shall let you guys decide.

So, she is a wine communicator. She has been featured by Drinks Retailing as one of the top 100 Most Influential People in drinks. She also recently won the emerging talent wine communicator award by the International Wine Spirits Challenge.

And so today, as Luma is from Brazil, we are taking things back home and we're going to be talking about the wine situation there. You'll get some ideas on if you're going to travel to Rio de Janeiro, where to fly next, what wine regions to visit, what wine styles you need to try. We'll be talking about Vinhos de Inverno. Okay, this is an indigenous and incredibly new, exciting, innovative way to grow vines in a climate that you would not assume is possible. So, you're going to find out all about that in this episode. We'll also be talking about the first DO in the southern hemisphere, which is dedicated exclusively to sparkling wines. So, you will be learning so much in this episode.

Now my wonderful sponsor of this season, [Wickhams Wine](#) does not have any Brazilian wines. Dan, if you're listening to this, of course, you're listening to this. Come on. Everyone wants Brazilian wine. Now you're gonna need to go and find one. But anyway, thank you as ever for being an incredible support to this podcast. Everybody, when you're not buying Brazilian wine, remember, you can use my code, EAT SLEEP10 for 10% off your first order. Right. Are you ready for some new wine information? Pour yourself a glass of wine and let's go.

Janina Doyle 00:02:36 I am gonna start the episode by asking you what sparked this incredible passion for wine? Because your passion, I think, meets mine. It's equal.

Luma Monteiro 00:02:45 Yeah, yes. Well, this is what we do and why we have to be very passionate about it.

Janina Doyle 00:02:53 That is the rules.

Luma Monteiro 00:02:56 So, when I was in Brazil, I was not working with wine. I've never worked with wine. And when I came to the UK, it was a hobby because I wanted to learn more. There was not a

wine culture, like people saying wow, I drink wine on a Tuesday night. You know, beer is really what dominates in Brazil.

And I was always curious, because I was thinking, I want you to learn more. When I go to a nice restaurant, I see the menu. I want to see what it is about. And I want you to understand what I'm drinking because imagine in Brazil that you have zero contact with any of these wines. And then somebody's like, "Oh, you have this Bordeaux here." You're like, "What is Bordeaux?" You know what I mean?

Like, I had no idea what Rioja was? Is Rioja a grape? Is Rioja a region? So, it was always a curiosity there. And then I did a course.

Janina Doyle 00:03:42 In Brazil?

Luma Monteiro 00:03:43 In Brazil, in Rio because I am from Rio. In Rio, there was a very good school. It's called the Association of Sommeliers from Rio or something like that. They are very respected. They have one in Rio. They have one in Sao Paulo. They have in the capitals, really. And they are very good.

And they form sommeliers as a profession. But they have this course where you can do it as an amateur, because you want to learn more. You don't need to do the service. You just did the wine bits. And I've really liked it. And then after that, I had a group of people. So, we meet up and we tried wines.

Janina Doyle 00:04:28 That's the wonderful thing about doing any of these courses, I guess anywhere in the world, whoever's in your group, you realise, oh, my God, we have the same passion, and then it's wonderful to share wine with them and continue your development. When was this? When did you do that first course?

Luma Monteiro 00:04:42 It was back eight or nine years ago.

Janina Doyle 00:04:47 Okay. Because was it big then? Because, again, the culture of drinking wine in Brazil, it's only really been in I think, from reading, in the last 10-15 years that lots of wines have actually been imported into Brazil because, I guess, before there were a lot of American hybrids or different species that were coming in. The grapes that were grown were not the *Vitis vinifera* grape varieties that we know about.

Luma Monteiro 00:05:14 Brazil is interesting. So, Brazil was not a wine production country. It was a wine consumer country. Wines have been produced in Brazil many, many years, back in five generations.

When Italians went to the south of Brazil, and they started leaving this off of Brazil, they brought with them vines. This is the reason we have *Vitis vinifera* in Brazil, really. But we have *Vitis lambrusca*, which the wines they drink for their own consumption. Because, you know, it's almost like Italians. When they go to places to live, they bring with them, I mean, in the past, they used to bring the grapes that are used to produce for themselves because they drink wine.

And this is what was happening in the south, I mean, I'm talking about many, many years ago. But then, when we had contact with *vinifera*, it was when the wine production started doing properly in Brazil. But it was not now, it was not 10 years ago.

What changed 10 years ago, until nowadays, I think as a production country is because the method got more sophisticated. So, they started doing wine seriously, and not just sparkling because sparkling has been done in Brazil for many, many years, especially with Moscatel.

Janina Doyle 00:06:40 Okay!

Luma Monteiro 00:06:41 It's award winning every year for the Moscato Sparkling, which is very similar in style to the Moscato d'asti. It's a sweet, low alcohol made by Moscatel. Same grapes, but now the producers, they started doing serious traditional methods with Chardonnay, Pinot Noir – we don't have Pinot Meunier in Brazil – or experimenting with new grapes. And they winemakers started travelling as well.

Janina Doyle 00:07:06 That's what it is.

Luma Monteiro 00:07:07 I mean, I'm not saying that is the majority, I'm saying that some producers started doing that. There's still a long way to go but I think change it a lot. As a consumer, Brazil don't have the cultural point.

This is what surprised me when I came to the UK because here people knows. If you say Bordeaux, people know what is a Bordeaux. If you say Rioja, people knows what Rioja is. While Brazil, it's very difficult. First of all, we don't have access to these wines because they arrive very expensive in Brazil.

Janina Doyle 00:07:42 The taxes.

Luma Monteiro 00:07:44 The taxes are horrible, monstrous in Brazil, so it's very, very difficult. But we have a lot of wines from South America, because in America, you have the agreement, the commercial agreement, which is called Mercosur. It's when you get these wines with zero taxes. So, we used to drink a lot of wines like Malbec from Argentina, wines from Uruguay, you see in Brazil, you can find it.

And what happened, I think, especially with COVID is people started drinking Brazilian wines because I think Brazilian were not drinking, even for Brazilians it is expensive because if you're doing wines in the south and you try to send these wines to the north, it's impossible. Brazil is huge and very expensive.

Janina Doyle 00:08:26 I've seen the map!

Luma Monteiro 00:08:28 It's huge. It's very difficult logistically to send things between states and is expensive. And also Brazilians don't drink a lot of wine. Nowadays, it's changing a little bit. Sao Paulo always has been drinking wine because Sao Paulo is the commercial centre of Brazil where the elite of Brazil make money. Rio is quite similar in style, but Rio is very hot. Sao Paulo has a lot of continental, Sao Paulo is huge so you have the continental in the middle. Rio is costal, it's hot so people drink beer.

Janina Doyle 00:09:03 Okay. Okay. Yeah. So, it's interesting. So, when you were going to restaurants, though, they did have some wines and some European wines and it was just, that was really the only opportunity that you tasted them and started going, hey, there's something different here.

Luma Monteiro 00:09:20 Exactly. Exactly.

Janina Doyle 00:09:23 When did you first drink Brazilian wine? Or should I say good Brazilian wine?

Luma Monteiro 00:09:30 Yeah, that's good. So, when I started having contact with Brazilian wines, really when I started my course because they commented about Brazilian wines and they were like, "Oh, this is a good producer." And I was like, "Oh, I've never tried this before, so let me try."

I remember some of the wines that I've tried in the beginning and it was amazing. I was surprised. One was Aurora, which I think are co-operative. I'm not sure. But Aurora is one of the ones that has an amazing Sparkle. It's in Valduga. Valduga is one of my favourite producers.

Janina Doyle 00:10:01 Okay, okay. I think I might have tried one of their wines because I think they're brought in, I'm gonna probably butcher this, but Cave Geisse ?

Luma Monteiro 00:10:12 Cave Geisse . Yeah. Yes!

Janina Doyle 00:10:19 That's what I meant, I'm sure that I tasted quite a few different sparklings. But the one that is definitely in my head because I just love the bottle as well. It was quite fat on the base. It's quite memorable and the quality is amazing. Cave Geisse. I've definitely tried.

Luma Monteiro 00:10:33 Cave Geisse.

Janina Doyle 00:10:35 Cave Geisse. Thank God, you're here. Now, we're going to talk about sparkling wines in a second. But actually the reason that we decided today to talk about Brazilian wines is because you've had an amazing experience recently getting to present maybe 30 bottles of Brazilian wine to Tim Atkin who, for anyone who doesn't know, is one of our top Master of Wines. Incredibly knowledgeable. So, that must have been so fun. So, I want to know, what wines did you show him? What did you choose? What did he think? Wow! Tell us everything.

Luma Monteiro 00:11:16 So, it's interesting because it started one year ago. I was in a tasting with Tim, it was a dinner. So, we were talking about everything. So, I was talking to him, because I was thinking, at the time, to join the MW course. I was chatting and then he said, there was no intention at all. It was just like a comment I said, "Oh, by the way, I saw were..." I don't know, he was in South America. He goes a lot of summers to South America. "Have you ever been to Brazil?"

And he was like, "Oh, I've been many, many years ago. How are the wines in Brazil?" I said, you know, it has changed a lot. If you went there 10 years ago, the wines changed, the producers changed, the style changed, they are much better. Still wines, in the past, we were never paying attention to that. And he was like, "Oh, really?" I said, "Yeah. You would be surprised." And he said, "Would you grab some producers and show me some wines?" I said, "Yeah, I can do that."

I told him I have some producers that I really like and I think they're really excelling in winemaking. I can send them a message; see if we can send some samples. And then we can do a tasting. He said, "Yeah, fine. Okay, grab the wines, and then we will schedule a date." "Fine." And then, you know, it was me after that. I was like, oh, wow! Let me now talk to all these producers that I really like, and that I really enjoy, and see if I can get the samples to show him.

And this was all last year. So, I contacted some producers. It was seven producers, I think, but they sent the whole range, which in the total was 35 wines. We were expecting to receive more wines this year. But you know, because of FedEx, DHL, whatever it is nowadays that I don't even know anymore, some of them didn't arrive on time, some were lost. These was the ones that I could grab. And then we were just trying to find a date. That was the challenge.

Janina Doyle 00:13:15 I know! Tim has promised to be on this podcast and I think we've been trying to find a date for a year. Everyone, by the way, at some point Tim is coming on, but you, my love, are always everywhere as well. So, tell us something about your journey.

Luma Monteiro 00:13:28 It's very difficult for us to find a date, actually, because every time I was in the UK, he was not in the UK and when he was in the UK, I was not in the UK. And then suddenly, we got a date and it was an amazing experience because I had the opportunity to present wines that I really believe in.

And I know that Brazil has a good path in front of us. But Brazilians are very resilient and they are very creative. And this is what I told him as a team, everything you're seeing here, we've been doing things in Brazil. I don't know, we go through struggles and then we do stuff with the struggles, which is amazing.

These were like amazing producers. The wines were showing very well. I was so happy. We had the sparklings from Valduga. We had amazing wines from Lidio Carraro, which is like one spectacular producer. The wines were so pure. They were not using oak at all. No using oak. I'm not saying I love oak, don't get me wrong, but you know, sometimes you can lose your hand with oak. And they were just showcasing like, no, we can do amazing wines without any oak.

And we had some more oak versions as well, which was amazing. Very well-done. Very well integrated. I think I had a feeling that Tim really enjoyed it and we were discussing what we are going to do next. He said: "Luma, we could do a top 50 Brazil", because he does the reports Top 50. He does Peru. Peru was the recent one he did. "It might be worth going to Brazil," he said. I said, "Yeah." And he was like, "Oh, how many days?" I said, "10 days! You're gonna go to the south, you go a little bit to the southeast."

Janina Doyle 00:15:06 Well, okay, actually, we should stop for one second and talk about where these wines actually have come from. So, as far as I know, unless you're going to tell me about something new that I don't know, basically, the majority is really down in the south of Brazil, where, you know, Uruguay starts.

So, we are talking in the southern area. Obviously, did many of your wines come from Serra Gaúcha? Or actually have some of the other wine regions really started spiking and producing top, top quality? Tell me because for me, when I talk to people about Brazil, this is my knowledge. I'm like, Serra Gaúcha is the region you want to go to, and within Serra Gaúcha there is the first DO which is Vale dos Vinhedos.

And I remember doing an episode with the original brand ambassador, not original, but the brand ambassador at the time of Miolo. So, anybody who wants to go back and hear about Miolo, that winery, wait, so I wrote it down, that was episode 28. My God, it goes so far! And she describes this as the Tuscany of Brazil.

So, this is the area. I'm like, this is it. There are so many other subregions now and I think Campanha right on the border of Uruguay is quite exciting. But that's it. I'm done. I've done with my knowledge now, I have to hand the rest over to you.

Luma Monteiro 00:16:35 So, the production is concentrated in the south. It's not just in the south, but it is concentrated in the south. The last time I looked at the figures, I think, between 85 and 90% of the whole production of Brazil is in the south and is in Rio Grande do Sul, which is the state where you have Campanha, where you have Serra Gaúcha. Serra Gaúcha is the most famous and the biggest one.

Janina Doyle 00:17:04 That's how you pronounce it? Oh, my God.

Luma Monteiro 00:17:12 You said correctly.

Janina Doyle 00:17:15 Yeah, your accent, which is correct. Everybody, you can say the crappy English way like me, or pay attention to Luma who will really tell you how to pronounce this. Anyway, carry on.

Luma Monteiro 00:17:29 So, the main state is Rio Grande do Sul. And the reason is because you have the climate. So, the South is cooler. And you have the altitude because all these vines and vineyards we are talking about are in altitude.

So, Serra means hills. So, Serra Gaúcha is like the hills. And of course, in side of the Rio Grande do Sul, you have Serra Gaúcha, Campanha, which is closer to Uruguay. But you also have Santa Catarina, which is another state doing amazing wines. We are still in the south.

And then, we can go to the north. North is very interesting even for me because the north is hot, proper arid, hot. It's crazy how they do it there but they do the wines near the river, which is Sao Francisco.

So, it's a very fertile land. So, sometimes they do two harvests per year. So, they will do two harvests. There was confusion before we're doing the southeast of Brazil. They harvest twice because there's a lot of grapes because it's very fertile and they do wine over there and the weather is hot proper but they manage the wines and the wines are good.

And then, you go to the southeast where before in Brazil, they never did wines in the southeast. Southeast has Sao Paulo and Minas. We don't do wine in Rio as far as I know. And then someone is going to listen of course, and say, gosh, we do wines in Rio.

Janina Doyle 00:19:02 There's always an outlier to every fact and everything you ever say when it comes to the world of wine, right?

Luma Monteiro 00:19:10 So, as far as I know. Sao Paulo and Minas – and Minas is where and then we are going to discuss, probably because I think it's one of the most interesting things I've seen coming out of Brazil, which is called Dupla Poda, which is the Vinhos de Inverno. It's the winter wines that allowed the southeast, which is Sao Paulo, Minas to make wines because before, it was never done there.

Janina Doyle 00:19:40 What is this Vinhos de Inverno, the winter vines, right? That's what it translates as?

Luma Monteiro 00:19:49 Yeah, so when I said in the beginning, Brazilians are creative and I swear to God, I'm so proud of this country. I'm a proud Brazilian.

Janina Doyle 00:19:56 Right. Make us proud for you. So, what are they doing?

Luma Monteiro 00:20:01 What are they doing in Minas, which is another state of the southeast – southeast is composed by Sao Paulo, Rio, states because we have these states I'm talking about the big states – Minas, Sao Paulo.

In Minas, there was this university where a teacher of the university is called Mauriello. I don't remember his surname. I have to check. He discovered and created a way of pruning the vines that you invert the cycle of the wine. So, instead of in summer, you have flowering. Winter, dormancy. The way they prune it, inverts it. So, winter is the harvest and dormancy is in summer.

Janina Doyle 00:20:45 Sorry, because I haven't actually been to Brazil. Is that because in your winter, anyway, it's still really hot there. Is that why?

Luma Monteiro 00:20:56 Sao Paulo can be slightly cooler in winter. But we are talking winter here to 16 degrees, which is cold for Brazil. Sometimes we go to 10 in Sao Paulo. South goes to zero or minus. But Sao Paulo southeast, the average is 15-20.

Janina Doyle 00:21:15 For everyone listening because it's like, oh my god, this is a bit of 'Oh, my head!' Right? Let's focus on this, right? So the idea of then making the vine cycle, the growing season happens through winter.

If your average temperature is about 15, 16. This is now what you're doing, basically creating a cool climate region in terms of the fact that if we think about England, it's like 14. Going to Champagne, it's around 15 and so on. So, you're creating a cool climate in a wine growing region by shutting it down during the summer when it's super, super hot.

Luma Monteiro 00:21:51 Exactly.

Janina Doyle 00:21:52 How?

Luma Monteiro 00:21:55 It's very technical for me as well. Probably we need to find Miolo and ask him. But what I know is the way you prune it. It is pruning. And you know, even in regions around the world, you can delay your budburst by pruning it, so I think the way they found to prune it is how you keep the dormancy.

Janina Doyle 00:22:19 Incredible. I mean, I guess this is something we don't need to know technically know. But that is crazy because I never heard of this. I assume this is the only place in the world where they are inverting the season.

Luma Monteiro 00:22:30 So, I would risk saying that it is the only place because I don't know anyone else doing that. And they started doing in Minas and then they went to Sao Paulo, right and there is one winery in Sao Paulo that I got last year. And this is what blew my mind because the producer, they got the Cover in Decanter Magazine last year because the Syrah got a gold medal.

Janina Doyle 00:22:54 Oh, what producer?

Luma Monteiro 00:22:56 Guaspari.

Janina Doyle 00:22:57 I am pretty sure that I have one of their whites in my fridge right now, which as we record everyone, I may open it up and this may have been at the beginning of the episode. I'm not sure I haven't decided yet. Maybe I'll have already spoken about this by the time I actually play this episode. I'm sure because I bought their Syrah.

And then I think their white is rich and it's so funny that people have probably already heard me talking by the time they get to this part. It is a blend of different grape varieties like a Chardonnay, maybe Viognier, Sauvignon Blanc or something, I think.

Luma Monteiro 00:23:22 I think so. I think they have a blend. I think they have one, just Sauvignon Blanc, which Tim tried. We had a Guaspari with him. We had a pure Viognier. 100% Viognier. And we had this Syrah. I think we had almost the whole range of reds from Guaspari. And Guaspari is in Sao Paulo.

Janina Doyle 00:23:56 I had no idea. I've just good old Google just to double check and it is the bottle in my fridge waiting for me. Guaspari's Vale da Pedra Branco. And it is a, good memory me.

Luma Monteiro 00:24:09 You've good knowing and good Portuguese as well.

Janina Doyle 00:24:12 Girl! It's Sauvignon Blanc, Chardonnay, and Viognier. And for everybody This wine is £24.99 from Go Brazil. If you're in the UK, that's for me, the place where I've gone and bought all of my Brazilian wines because they've got an amazing selection.

Luma Monteiro 00:24:32 Amazing producers there. Some of the wines he sent me, some of the wines for Tim, that I couldn't grab, the producers sent me because they were very expensive, he sent me from his stock, which is Nick from Go Brazil. Go Brazil is a great store to really look online and you can buy online. All these wines we're discussing, Guaspari, Miolo, Valduga, he has them all.

Janina Doyle 00:24:52 And daren't say Cave Geisse.

Luma Monteiro 00:24:57 You said it correctly. The founder of Cave Geisse, he was from Chile, and he actually worked in Brazil.

Janina Doyle 00:25:09 Yeah, I remember.

Luma Monteiro 00:25:11 And the wine is fabulous. And he was the only one, I'm going to give a spoiler alert now about our conversation, but he is the one that is allowed to use the New DO Altos de Pinto Bandeira. Giesse, Cave Giesse.

Janina Doyle 00:25:30 That makes sense, because from that region, I always knew he was the top producer. And funny enough, if anybody reads The World Atlas of Wine, Jancis Robinson, sadly it's only one page on Brazil. But that means it's a really easy read.

I remember when I was reading that she was talking about the Pinto Bandeira. But they were hoping because of the higher altitude parts, were producing some incredible sparkling wines to eventually get a DO. And they now have, right?

Luma Monteiro 00:26:00 They now have.

Janina Doyle 00:26:01 So, when did that DO come through?

Lum Monteiro 00:26:07 Oh, I don't remember! I don't know if it's three years. I know it's recent. If I say three years someone's going to say it's not been three years, as you don't know what you're talking about. Exactly, I don't know how old it is.

What I know And I think he's quite interesting with the DO is just four producers can use the DO of the Altos de Pinto Bandeira, and it's high altitude sparkling wines, and apparently, and I didn't know that they discovered that recently as well, which is also these, everything I'm saying is also in an article that Julie Shepard from Decanter, she wrote an article last magazine about Brazil. And she talks about Vinhos de Inverno, which is the winter wines.

And she talks about the DO, the new DO. The DO is the only DO in the southern hemisphere dedicated to sparkling wines. There is no other DO doing exclusively sparkling wines in the southern hemisphere, which I thought was like, wow, amazing.

Janina Doyle 00:27:11 That's amazing, because now you've got these inverted vines going on in Brazil and Sao Paulo, who would have believed it? It's cool to be able to say you've got this DO making exclusively sparkling wines in the southern hemisphere. It's great, these lovely little ticks.

So, I love the fact that already you've named dropped lots of amazing wineries and by the way, everybody listening, go to the show notes. There'll be a link to the transcript. So, all of these wineries or wine regions, you can actually double check and then look up because that will make your life easier. What else did you show Tim that now other people you can recommend or you can take us to one of the other wine regions?

Luma Monteiro 00:28:57 His comments were very nice. He was saying, some of the wines even we were not sure of, he was like, there was like there is potential here. This seems to be very consistent and nice. He got surprised, and actually me as well, the first time I tried a wine from Valduga called Sur Lie. The name is Sur Lie, exactly like...

Janina Doyle 00:28:21 Like on the lees.

Luma Monteiro 00:28:24 On the lees. And if I'm not wrong, it 36 months on the lees, that wine. The wine was lovely and it was like one of the highlights.

Janina Doyle 00:28:35 What was the great variety that they used?

Luma Monteiro 00:28:23 Chard and Pinot Noir. Maybe just Chard. No, I think, it was both I think it was a blend.

Janina Doyle 00:28:43 As a white wine.

Luma Monteiro 00:28:46 It was sparkling. Traditional method with the sparkling and that was lovely. And also he was really surprised was Teroldego, which is an Italian grape.

Janina Doyle 00:28:58 Say again.

Luma Monteiro 00:29:00 Teroldego. So I think it's a grape from Friuli Venezia Giulia. Now the Italians are going to be enraged. I don't know where it is from.

Janina Doyle 00:29:07 Getting yourself in so much trouble!

Luma Monteiro 00:29:10 But I am completely sure it is from the north. I'm not sure where in the north it is. The grape is Teroldego. It is a local indigenous grape from the region. And we do in Brazil. And it's not just one producer doing it.

And we tried the one from Lidio Carraro, which was lovely. We tried the one from Don Guireno, which was also very good. So, he was surprised that Brazil was using that grape. But now we're using a lot of Italian grapes anyway. So Sangiovese has recently got very high scores on the Decanter.

Janina Doyle 00:29:47 Interesting. And just to make sure that we don't upset the Italians. Good old Google has done it again. I'm on fire. It is from the Trentino Alto Adige region. So, yeah, you're completely right. Yep, you're completely right up in the north, but that specific region. Okay, everyone. Italians, is everyone okay?

Luma Monteiro 00:30:08 Everyone survived. No haters in my Insta, please!

Janina Doyle 00:30:14 Oh, I love it. Okay, so you're talking about quite a few Italian varieties there, logical as the Italians came over to the south. For me, I've always gone, Merlot is the red grape variety of Brazil. Is that losing favour now? Obviously, Merlot has always done well there. But are there other red grape varieties that are taking over?

Janina Monteiro 00:30:34 I don't know the figures to be honest. But we plant in the south, everything. So, we have Sauvignon Blanc, some of the most remarkable wines. So for example, one of the top wines from Miolo, which is Lote 43, 'Lot 43'. That is a Bordeaux blend.

So, we have most of the international grapes like Chardonnay, Sauvignon Blanc, Pinot Noir. We don't have Pinot Meunier because Pinot Meunier doesn't do well in Brazil.

Janina Doyle 00:31:03 Interesting.

Luma Monteiro 00:31:04 Yeah. So there is the majority. And I will say Merlot could be because Merlot does very well and goes very well in Brazil. But I think they started doing a lot of more diverse varieties like a lot of Sangiovese, Teroldego, which is very interesting. Cabernet Franc. Oh, my! This one, I put my feet on the ground and say. Cabernet Franc is one of the most remarkable wines I've had from Brazil. Casa Valduga has one Cabernet Franc that is absolutely delicious. The wine is delicious. That one is a must try.

And you know, I had a friend when I was doing my diploma. I had a friend in my course. She tried it in a restaurant and she sent me a picture. She will know when she'll listen to this. It was a Cabernet Franc and she was like, "Luma, this wine is amazing." And I said, "Yes, I told you." She has a great palette. And I was so proud. I said, "Yes, I told you it is amazing."

Janina Doyle 00:32:09 That's amazing. Okay, that's so exciting. Okay. So, everyone, look out for some Cabernet Franc. Check out some Italian varieties when there. The sparklings, of course, at the end of the day, for me, they're the calling card of Brazil. The majority, are they traditional method, because all the ones that I've ever tasted have been so I don't know whether that's just they're the ones coming into the UK. I know you mentioned there's like a Moscato d'asti equivalent, but there a lot of Charmat method?

Luma Monteiro 00:32:33 Producers do both. For example, Miolo, they have both. They have Charmat and they have traditional methods. I would risk to say that the high quality producers do traditional methods and don't do Charmat. But if you're a commercial, big producer, you are going to do both, and you are going to find it on the market.

I remember when I was in Brazil, but then I'm talking about 10 years ago, going to a shop with a sparkling I was finding was a traditional method. I don't know, really, but this is what I was always finding easier was the traditional method, then Charmat method.

Janina Doyle 00:33:08 Yeah, well, you'll see it on the label for anyone looking, it will say if it's a traditional method or not. What I want you to do for us now is you're from Rio, most likely when people fly in, they're going to fly to Rio and enjoy the place there. Where should they fly to? What's your recommendation? Like? I don't know whether you can give us this 2-3 day itinerary where someone can fly out of Rio, experience a wine region and then come back? Where would they fly to? What would they do?

Luma Monteiro 00:33:38 So, I would say, for you to experience and you have three days, you have to go to Vale do Vinhedos and you have to go to Serra Gaúcha because the concentration of the producers are there. And it's going to be easy for you to go between producers. It's concentrated.

Unless you have more days and then you can go here and there but I would say Vale dos Vinhedos and Serra Gaúcha, right? You have to fly. You have two options to fly there. You go to the capital of Portalegre. I've been studying wines for three years. All my geography from Brazil is gone.

No, but you go to Portalegre, I think it is, which is the biggest. Or you can go to Caxias do Sul. But you have more flights in Portalegre, really. This is what I did when I went to Portalegre. And from Portalegre, you have to get the bus or you have to get a private car and you go to the region.

Janina Doyle 00:34:43 How long does that take?

Luma Monteiro 00:34:44 I think it is 42 kilometres from Portalegre. 40 kilometres.

Janina Doyle 00:34:51 It's funny, isn't it? You know, when you go to wine regions and you forget like, you know what, I was just happy. I was excited.

Luma Monteiro 00:34:56 Yeah, I don't know. I need to check.

Janina Doyle 00:34:57 Okay, That's probably about what? An hour, hour and a half depending on the roads and traffic. Okay, that's fine.

Luma Monteiro 00:35:07 I will say what I did, and I think it was very cool. I didn't stay in Vale dos Vinhedos. Maybe if you have two or three days, stay there because then it's easier for you to go here. I went to Gramado, which is another city.

So, I arrived in Portalegre, I went to Gramado. Gramado is a beautiful town. I think it's a town in the south. And from there, you have many, many, many agencies doing day trips.

Janina Doyle 00:35:33 Right. Okay.

Luma Monteiro 00:35:34 So, it would be a different scenario for you because you're going to see something else, especially if you go in the time that they have, like the Cinema Festival, which is amazing and is the most important in Brazil. So, it's called Festival de Cinema de Gramado.

Janina Doyle 00:35:53 Okay. No, it's fine. Ah, look at you! You're going on Google now, aren't you?

Luma Monteiro 00:35:37 I'm learning. Normally in August.

Janina Doyle 00:36:01 Okay. All right. And so, what happens there?

Luma Monteiro 00:36:06 It is a cinema festival. So, it's an award, really, and then International. So, you notice filmmakers, they go to Gramado. It's the Cannes of Brazil. And then, a lot of things happen in the city because everyone goes there because of that.

I remember, the year I was there, we had this huge party nearby, where the DJ was David Guetta. Can you believe that? David Guetta in Brazil, man! It was amazing. Everything happens at the same time because the city gets on fire.

So, I love it there because I stay there and I do all these activities, and I did the day trips to producers. I visited Miolo, Peterlongo. Another curiosity about Peterlongo. That's a good one. Did you know that Peterlongo is the only producer that can use in their label for their top wine the word Champagne. I swear to God!

So, what happened is Peterlongo was doing sparkling and calling it champagne before Champagne region did their AOC, was an appellation. They are fighting for it even today. It was not easy. Because before Peterlongo, Champagne did all the sparklings. They made an agreement with the committee of Champagne.

I don't know more details about it. But now just the top cuvee of Peterlongo can be called Champagne. And it is in the label, "Peterlongo Champagne." Do you believe this? This is mind blowing. No one in the world can do that.

Janina Doyle 00:37:49 That's amazing. Thank you for that. I'll check that. Every day is a school day. I love it. And this also just goes to show when we say, by the way, no one in the world plants this but us, no one in the world can label something but us, it's like actually there's always an exception. So, when you say no one in the world can say champagne apart from Champagne. It's like, "Oh, apart from that one producer with that one bottle in Brazil now." Okay, good. Brilliant. What was your favourite winery to visit when you went to Vale dos Vinhedos?

Luma Monteiro 00:38:24 Now, there are more and more doing amazing wine tourism in Brazil. It is a must do now. Guaspari is very interesting but I have not been there. Valduga, interesting but I have not been there.

I was really interested in Miolo. I thought Miolo was so nice and they have all these activities. They do the cheese and wine masterclass. It's fun. And the time we went, I don't know if they are still doing it, but the money we paid on the entrance, you could go to the store and revert in wines.

Janina Doyle 00:38:58 What?

Luma Monteiro 00:39:00 I don't know how to do that. The money you pay...

Janina Doyle 00:39:02 Oh, to enter. They basically give back so you get the money off if you buy a wine.

Luma Monteiro 00:39:08 If you buy wine in the shop. And the shop is very cool and they have wine. They have a huge range of wines, which I think is also interesting because you can find what you like.

So, if you want a very easy drinking sparkling wine, you can have it. If you want a serious Bordeaux blend, you can have it. If you have a Rosé that you like very fruity. They have everything. I really enjoyed it. I think they are one of the biggest in Brazil. I think it is fun.

Janina Doyle 00:99:33 When I did the chat with Miolo, going back to Episode 28, they were the largest then. And I think then that sometimes it's really nice to go to one of the largest because they have the money to make the place look beautiful and obviously do activities.

I think that you had the opportunity to make your own wine. I think that was one of the activities they mentioned. Like, there's so much going on. And then, you got to find one of the small boutique wineries.

The best thing I can ever say about the contrast is when you go to, like, if you can manage to get into somebody's little garage, where he's got the dog running around, where health and safety doesn't matter, and they let you climb up ladders to look into the tanks whilst you're in your flip flops.

I mean, like, literally, that's the most beautiful experience when you can do the perfect, gorgeous, huge winery with everything on offer. And then you go to the hairy, dirty behind the garage somewhere kind of winery, so everybody does one big, one small at the very least, right?

Luma Monteiro 00:40:38 Yes, you have to because this is how you understand as well the differences. Even in wine, the styles change because when you were big, you did a certain style, and then when you were small, you were more free to do all the things. It's very interesting. I really agree with you. I think you have to do both, big and small.

Janina Doyle 00:40:55 To conclude on going to Vale dos Vinhedos, you obviously did day trips, do they have a wine route? Or do they have signs everywhere kind of telling people where wineries are? If someone was just to, literally, as well hire a car and drive along through the area, would they constantly see signs to this random winery, to that winery?

Luma Monteiro 00:41:18 I can't remember because it was many, many years ago. I would say yes because I know how organised they are. Wine tourism in Brazil goes a long way. I think South America, in general, they've been mastering wine tourism very well. And I would say they do because I can't remember because I remember we did the route but I was in a bus. Sorry, it was a private one 10 years ago. I can't remember seeing the boards many, many years ago.

Janina Doyle 00:41:50 But then, if they were doing that many, many years ago, it couldn't have only improved so you can already do day tours. I just say that because whenever I go through wine regions, I quite like it sometimes when I see this little sign for 'Winery dah-dah-dah,' 'Chateau dah-dah-dah.' And you're like, "Oh, what's that?"

I'm always like, if you've got the time, just drive down the route and see what it is as well and very often you can just turn up somewhere and even the small ones you just catch the winemaker who's also the vineyard worker and then he's like, "Oh, you know what? No one comes to see me. Sure." I mean, it's all chance and it's all luck. But then sometimes you get the most beautiful stories as well just turning up randomly to a place.

Luma Monteiro 00:42:28 Definitely. Serendipity, you know. Serendipity, this is my motto, and a tattoo.

Janina Doyle 00:42:35 Okay, there you go. Everyone, that's the way you need to do it.

Janina Doyle 00:42:43 So, Luma will be joining us next week for part two, and we will be coming closer to home in Europe, Italy, the wine region of Veneto. Now this is an incredible region for sparkling, for reds, for whites.

Hopefully, you've all listened to Episode 155 where I was telling you about the Conegliano Valdobbiadene Prosecco Superiore DOCG wines. But if we're talking about red wines, we're talking about Amarones. So, we are talking about the wine region, Valpolicella. If we're talking about white wines, we're talking about Soave and the Garganega grape.

So, Luma is going to be going into detail about those grape varieties. And so, my wine quote of this episode is actually said by the character, Myles Raymond, in the movie Sideways where he says:

“I'm not drinking any effing Merlot.”

And so next week's episode is exactly what you need if you sometimes feel that way.

Thank you everybody for listening as always, I absolutely love it when you send me feedback, send me emails, which you can do to janina@eatsleepwinerepeat.co.uk or on Instagram, direct message me at [@eatsleep_winerepeat](https://www.instagram.com/eatsleep_winerepeat).

Your reviews, your ratings on Apple podcasts and Spotify massively help the podcast to grow and be shown all over the world. So, please do take two moments if you are enjoying the podcast. And take a screenshot, put it across on your socials. Everybody knows where to find us. And so, as I prepare for next week's Italian episode, I raise my glass to you all, chin-chin, salute. Cheers to you!