

Ep 157: The wines and grapes of the Veneto wine region, Italy, with Wine Communicator Luma Monteiro (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 00:00:35 Hello, wine friends and welcome back to part two with wine communicator, Luma Monteiro. Now if you did not check out last week's episode, go back. We were talking about the exciting wines of Brazil. But today we are in the north eastern corner of Italy, talking about the wines that come out of Veneto.

So, we'll be talking about Valpolicella, Amarone, and Soave. We will not be discussing Prosecco as that got an episode all to itself, literally two episodes ago. So, today, when you're listening, we'll be decoding what is the difference between Valpolicella, Valpolicella Ripasso, Amarone della Valpolicella. All of these are using the great variety Corvina, and also Rondinella, and Molinara.

So, we'll be talking about those grape varieties. You will understand Recioto, the sweet wine. Both Recioto and Amarone are made in the Appassimento method. So, this is where the grapes are dried. The white wine of this region is Soave made from the Garganega grape. So, you know the rules. Pour yourself a glass of wine, unless of course you are driving. And enjoy the episode.

Janina Doyle 00:01:47 Okay, I want to take us to the Veneto region in Italy now, because you recently were there working very hard drinking lots of Venetian wine so you could talk to us about it. Right? That was the point. Yes?

Luma Monteiro 00:02:07 Exactly. Exactly. I was preparing for this podcast.

Janina Doyle 00:20:10 Everybody has a hard life working in the wine industry but we gotta do what we got to do. How many days were you out there?

Luma Monteiro 00:02:18 So, the trip was eight days and was part of my award for IWSC that I got the award this year of emerging talent wine communicator.

Janina Doyle 00:02:30 Yes, you did you. I didn't realise that this was part of the trip.

Luma Monteiro 00:02:34 It was part of the trip.

Janina Doyle 00:02:36 Let's just take a little shout out. Everybody, stop. Congratulations!

Luma Monteiro 00:02:39 Thank you.

Janina Doyle 00:02:41 Just to make it clear again. What did you win so that everyone can hear you. What did you win this year?

Luma Monteiro 00:02:46 So I won the IWSC award. It is called Emerging Talent Wine Communicator. And it was amazing because like I had an amazing partner with me shortlisted. And it was a women's shortlist which was beautiful, wine professionals, writers. You know, it was absolutely stunning. And I was shocked. I have to say I was shocked. And part of the award was, like I said, I wanted to discover more local Italian wines.

Janina Doyle 00:03:18 Okay.

Luma Monteiro 00:03:19 The award was sponsored by Prosecco Conegliano Valdobbiadene Superiore. You've been there.

Janina Doyle 00:03:25 Yes.

Luma Monteiro 00:03:26 I just didn't go there again, because I did the big triple like you did. And I visited the region, which is stunning, it's absolutely incredible.

Janina Doyle 00:03:35 Exactly. Anyone who hasn't checked out my episode, two episodes ago, I'm talking all about those Prosecco hills. And it's heroic viticulture, isn't it?

Luma Monteiro 00:03:46 Yes, it is. And dangerous as well.

Janina Doyle 00:03:49 Honestly, I literally just picked some grapes for 35 minutes in my winery in England on flat land. And my back was aching like anything. And we did it in 25 degrees heat. And I was like, how can you do this for the whole day? Just really, it's shocking.

Anyway, you were like, I've been there, done that, beautiful tick. So, you were like, can I just go slightly to the south of that region? Is that what you just said, Can I stick in Veneto but can I just go a little bit down?

Luma Monteiro 00:04:21 Let me just tell you. But I know because that was part of what I said what it was going to do with the award. So, I did Veneto. So, I stayed in, based in Verona. And then, I did Tuscany. I was based in Siena. And I did Bologna, which I was trying Lambruscos. Lambruscos were the thing that really...

Janina Doyle 00:04:41 So, you did this all in one trip?

Luma Monteiro 00:00:08 Exactly. It was all the wine and you study it and you know it in theory, but I was like no, you know, I want to go there. I want to know. Do the locals drink it? How is their perception of the wine?

Janina Doyle 00:04:55 Yeah. So, what was your discovery? So, you stayed in Verona but I think you didn't actually visit wine regions, did you?

Luma Monteiro 00:05:01 No, not in Verona.

Janina Doyle 00:05:03 So, when you were in Verona, what was the point of Verona? What did you do there?

Luma Monteiro 00:05:07 So, in Verona what I was trying to do is try the maximum of wines, I could from the region that makes sense for me to put in a format that I could remember this and share because I was sharing, I was posting on Instagram. Whoever saw this trip was like, I was intense. It's intense sharing and posting.

Janina Doyle 00:05:29 I love it! Well, now you have to repeat it for everyone who hasn't seen it on your Instagram. And I will put in the shownotes Luma's Instagram, because she puts out really easy to understand educational content, hence why you won the emerging talent communicator award, right? So, okay, you tasted all these wines. It's a hard job, but someone has to do it.

Luma Monteiro 00:05:50 Someone has to do it.

Janina Doyle 00:05:52 Where do we start? Do you want to talk to us about the red wines of Veneto?

Luma Monteiro 00:05:56 Yeah. So, let's try to put them, because this is what I was trying to make sense as well, like, oh, how am I going to understand what's going on here? Well, it's not super difficult.

Janina Doyle 00:06:07 No.

Luma Monteiro 00:06:08 So, all the reds from the Veneto are done by certain grapes, the main one is Corvina. And people might have heard that because of Amarone, which is the most famous wine from Veneto, and we're going to discuss that.

So, Corvina is the main grape. It's the structure. It's aromatic. It's complex. It's the grape that everyone uses for all the regions. We're gonna discuss the different wines. And then you have Corvinone, which is in Italian, big Corvina, but it's not the same grape, they are different grapes. So, this one is for more body. This is what Corvinone is for. It's always a blend, right? It's very rare you find as a varietal.

Janina Doyle 00:06:50 No single variety.

Luma Monteiro 00:06:51 It is all a blend. So, Corvina, Corvinone. And then you have Rondinella, which is used less, less but you get a good chunk of the blend. And to a very lesser extent, let's say, Molinara, used less and less.

Janina Doyle 00:07:12 It's interesting, because when I first started studying for me, so I mean, this is now going back 12-13 years ago, they used to teach you that Molinara was used more than Corvinone. And it's gone the other way around.

So, it's really interesting. And I guess that goes to show the development because they are trying to be a lot more serious because I mean, it's interesting that you're going to tell us about, the wines are incredible. But this whole region officially has some of the highest yields accepted in any appellation. It's got super fertile land, so the grapes grow like crazy.

So, you have to find the hills and you have to find the regions on the hills. And then it gets interesting and I guess this whole thing of swapping and kind of kicking out Molinara a little bit, poor Molinara, little tart grape, but no one likes it, get out. But now, obviously they've decided right, what really are the better grape varieties.

Luma Monteiro 00:08:12 And so, there is a blend, right? That's what you're going to taste when you taste a red wine in Veneto and the famous ones. And what happened is the main wines, and I'm not

talking about very small regional ones, I'm talking about the main ones. It's Valpolicella, made in the town. And you have Bardolino, right?

They use the same grapes. The difference is Bardolino is more, you have to generalise sometimes otherwise, you can't make sense of things, Bardolino is more entry level. It's more...

Janina Doyle 00:08:45 Every day...

Luma Monteiro 00:08:48 It's an everyday wine. Exactly.

Janina Doyle 00:08:47 Softer, more everyday. I mean, from my understanding and tell me if I'm wrong, they use, actually, a little less Corvina. And I know that they can actually allow in a little bit of white grape varieties, and jumping ahead, we'll get onto Garganega, the grape variety, but that can be used.

So, when they're not using the Corvina, they're losing some of that structure. They're losing a little of that complexity. So that was always my understanding of Bardolino, the region.

Luma Monteiro 00:09:17 Exactly. And interestingly enough, it's not easy to find Bardolino in Verona because when I wanted to be in Verona, I wanted to be based somewhere that I could find because if you go to Bardolino, you can imagine that you're just going to drink Bardolino. And if you go to Valpolicella, you're just going to drink from Valpolicella.

And I wanted to have a bigger scenario. You know what I mean? Like, a bigger view.

Janina Doyle 00:09:39 Yeah.

Luma Monteiro 00:09:40 I was struggling to find Bardolino there. While Valpolicella, you find it everywhere. Every restaurant, you're going to find Valpolicella.

Janina Doyle 00:09:47 Also a question. The Bardolino Rosé.

Luma Monteiro 00:09:50 Chiacetto.

Janina Doyle 00:09:42 I can never pronounce the C in the hatred. Chiacetto. Because it's a bit darker, fruited. It's like a darker colour. Maybe a little bit more herbaceous and crunchy fruit. I hardly drank any.

Luma Monteiro 00:10:03 In Verona, it was difficult to find and I was really trying to find it because I wanted to try it. It was like, I'm up to it. Darker Rosé. Some people when they see a Rosé dark, they'll be like, oh no. They like the province or style that it's very pale but there is a beauty in this kind of dark Rosé, isn't there? Which is very like... Yeah.

Janina Doyle 00:10:24 We know that the dark colour doesn't mean sweet. That's the problem.

Luma Monteiro 00:10:28 Exactly.

Janina Doyle 00:10:29 This is still dry and it can be really crunchy fruit but actually more body, more intensity.

Luma Monteiro 00:10:37 Wine fruitiness.

Janina Doyle 00:10:38 Did you manage to find any?

Luma Monteiro 00:10:40 I saw one in one store and one guy gave me a little bit of a sip and I was like, wow, that is lovely.

Janina Doyle 00:10:47 I do know that there is a Bardolino in Waitrose, because I've seen it and everybody in the UK. So, there is one. Don't ask me what producer but there is one. I could say that.

Luma Monteiro 00:10:57 Oh no, Bardolino is nice. It's very good wine.

Janina Doyle 00:11:00 Yeah. And good value.

Luma Monteiro 00:11:01 It's different towns, Bardolino and Valpolicella.

Janina Doyle 00:11:08 And Bardolino is right by Lake Garda, which also actually, so it's an amazing place to visit. So, you can enjoy it. I have been to this region, except I got to Lake Garda on the foggiest of days. You could not see anything in front of you.

So, my experience of Lake Garda, when I see it on the internet and it's so blue, and there's beautiful green trees with lovely bushes of red flowers, and everything is insanely beautiful. I'm like, literally, I could have been in a pond just like round the corner from my house. It was so sad.

But yeah, I am aware, so they tell me, even though I've been there, that Lake Garda is beautiful. And then Bardolino is right next door. Whereas you've got to go a little bit further east, haven't you, to get Valpolicella.

Luma Monteiro 00:11:50 Yeah. Yeah. Exactly. Exactly. And then when we go to Valpolicella, and then Valpolicella is where things get very complicated. Not complicated. So, we're going to just un-complicate it now. It's not complicated at all.

Janina Doyle 00:11:59 No. Exactly. You're going to talk about what people need to look at on the labels, right, to know what they get.

Luma Monteiro 00:12:04 Exactly. Right.

Janina Doyle 00:12:07 Yes.

Luma Monteiro 00:12:08 So, now we've separated them both. Bardolino has Chiaretto, which is the Rosé. Bardolino has a Bardolino Classico, which Italy has a lot of, which is the original, the limited area where the DO started. When they expanded it, for example, the same in Chianti. When you have Chianti Classico, which is the regional regional one where Chianti was produced, and then when they extended it, they called it Chianti because it's a larger area.

Janina Doyle 00:12:34 And to be fair tip, number one, if you have the opportunity and you see Classico versus it not being on the label, just go Classico, because basically, if it's not it overexpanded because of popularity and they went, oh, we don't care that this is not the specific terroir or the soils. It's not the best area, but we just kind of need to make more juice.

So, basically, Classico is guaranteeing you that it's planted on the original place that has terroir specific characteristics. It's going to be better most likely. That's what it's going to be.

Luma Monteiro 00:13:10 Exactly. Exactly. Bardolino will have the same here. So, we left the Bardolino now because...

Janina Doyle 00:13:12 Bardolino, done.

Luma Monteiro 00:13:14 Bardolino, done. And then we have Valpolicella. What happens for Valpolicella is you have the classifications and then you have Valpolicella, you have a Valpolicella Classico. Because they are all growing in complexity in concentration in flavour, so Classico and then you have Valpolicella Classico Superiore because Superiore goes a little bit in oak. If you like oak go for that, and a little bit more alcohol, right?

So, this is Valpolicella going in three levels. And then you have a difference in style. It's not DOC. Well, actually it is a DOCG but the region is the same but the style is going to change when we go Amarone and we go Recioto.

Janina Doyle 00:13:56 When I get very excited.

Luma Monteiro 00:13:57 And then we're going to complicate it a little bit because we have Valpolicella Ripasso. Ripasso, we're going to talk after.

Janina Doyle 00:14:01 Exactly, that makes sense.

Luma Monteiro 00:14:04 What we are going to do now is separate them out, what the producers do in Valpolicella, when they want to do a bigger body wine, bigger, bolder and they increase the alcohol. They have to do something with these grapes because the grapes are going to be what they have to do.

There is nothing else you can do. They have a maximum of alcohol. They will achieve etc. flavours. So, what they do is they dry these grapes. So they get the grapes from Valpolicella and dry them. So, they harvest it and they dry it in... I forgot the name.

Janina Doyle 00:14:35 Fruttai. Exactly.

Luma Monteiro 00:14:437 Fruttai.

Janina Doyle 00:14:38 These ventilated rooms, drying rooms.

Luma Monteiro 00:14:41 And they have these straw mats. They put the grapes there and these grapes are going to dry. So, these can take, like, some producers go three months. It depends.

Janina Doyle 00:14:51 I know. Yeah, I think some of them even go up to 120 days. Is that four months? Yes, three to four months is standard, isn't it? Yeah.

Luma Monteiro 00:15:00 Yeah, exactly. Because this is not suddenly you turn these grapes. This is a process because they shrink slowly and they start losing water. So, what's going to happen is they're going to be very concentrated, right, everything, flavour, acidity, sugar. Everything gets concentrated with the water evaporating. Bye-bye.

Janina Doyle 00:15:24 Bye-bye!

Luma Monteiro 00:15:45 Bye-bye, water. Bye, water.

Janina Doyle 00:15:39 We don't need you. You just get in the way. You get in the way of all the alcohol content that we need.

Luma Monteiro 00:15:39 What is going to happen with these wines are, we want these grapes more concentrated, the wines will have, of course, the sugar. More sugar. So, when we convert this, it's going to be alcoholic wines.

So, we have two ways to go with these grapes. You make dry wine, which is Amarone, because you are going to ferment all the sugar. Through dryness, you're going to convert all the sugar to alcohol. So, Amarone is 16% alcohol.

Janina Doyle 00:16:10 Very often, isn't it?

Luma Monteiro 00:16:11 Very often.

Janina Doyle 00:16:11 I mean, this is not this is not for the light hearted. It's not for a Monday lunch.

Luma Monteiro 00:16:12 No. Let me tell you something. When I was in Verona, I wanted to tell this here because I was meant to actually write a post about it. Amarone is a meditation wine. You know why? Because you drink it and you start meditating about your life. You start thinking philosophical. You go everything political.

Janina Doyle 00:16:38 And don't even get started if we go on to the second bottle. But most people don't make it onto the second bottle.

Luma Monteiro 00:16:42 No.

Janina Doyle 00:16:43 And you're so right. Officially, you can find Amarone from 14%. But you're so right, I don't think I've ever seen anything under 15. I mean, you've lost 50% of the content of the grape. You've got raisins now. And then, you're going to ferment that. And of course, the more sugar, the more alcohol. So, this is the fullest bodied wine you're gonna find in Italy. Big, right?

Luma Monteiro 00:17:13 Exactly. And the other variation is when you don't use these grapes, when you don't convert all the sugar to alcohol, then you have a sweet wine because you still have residual sugar, which is Recioto della Valpolicella.

So, Recioto is a sweet wine. The fermentation didn't go on to the end, so the fermentation stopped. So, you have sugar, you have residual sugar in this big, big wine. So, they are both big, bold wines, quite similar in profile of flavours because they will have like Christmas pudding raisins. They're strong wines.

But Recioto is going to be sweet and Amarone is going to be dry. And there was a curiosity there. And I don't know if you know that. Probably you know that. The first wine that they did with raisin grapes was Recioto. Recioto was the first wine.

Janina Doyle 00:18:02 Yes, exactly. Because I think this is the other thing. Everyone needs to know. Hundreds of years ago, everyone was just drinking sweet wine. The same way was Champagne. Champagne had hundreds of grams worth of sugar. People loved sweet wines, right?

Luma Monteiro 00:18:17 Exactly. Exactly. And there was one producer. Oh, my God! What is the name of the producer?

Janina Doyle 00:18:20 This is Catina di Negrar that actually first produced Amarone. Is this what we're talking about?

Luma Monteiro 00:18:28 No. It is another producer. It was the first one to produce Amarone. And apparently, the stories are...

Janina Doyle 00:18:20 Again, this is what I've heard. But again, remember how things are different. They had a different name. They were called Catina Sociale Valpolicella. It was a co-op that I think has now changed its name.

Luma Monteiro 00:18:44 Yeah, it could be.

Janina Doyle 00:18:45 Yeah, I'm sure of that.

Luma Monteiro 00:18:47 First producer of Amarone. They were the famous ones. But again, there were two. Bertani was one of the pioneers because it was not just one.

Janina Doyle 00:18:58 Right. And of course, it depends on where you look on Google as to who was actually the first.

Luma Monteiro 00:19:12 Of course. It is. It is a blurred line because what happened is apparently, I think there was a little bit of tale on it and I think I wrote a post about it, it was by mistake, because they forgot the Recioto.

Janina Doyle 00:19:17 And it just carried on fermenting.

Luma Monteiro 00:19:20 And it carried on fermenting and then you had it dry. In the beginning, it was called Recioto della Valpolicella Amarone, because Amarone is bitter. So, in their minds was like, oh, we forgot the Recioto and it's not sweet anymore. It's Amaro, it's bitter because it's dry. And then with time, that the Recioto, because it was very confusing. They took Recioto out and it's Amarone della Valpolicella.

Janina Doyle 00:19:49 Just as you said, like Amaro means bitter but they say Amarone because it means 'Great Bitter', so to actually say oh, yeah, actually, we've realised this is a really good bitter, AKA, a really good dry wine.

Luma Monteiro 00:20:02 Yeah, exactly.

Janina Doyle 00:20:04 It's fascinating. But it's funny, isn't it? So, a lot of the wines, I mean, again, the bubbles in Champagne, were created by accident.

Luma Monteiro 00:20:11 Serendipity.

Janina Doyle 00:20:12 They were trying to get rid of the bubbles at all times. Bubbles were bad, which is hilarious. The two of the most premium, amazing wines in the world, Champagne and Amarone della Valpolicella, are both created by accident. I love it.

Luma Monteiro 00:20:24 And then with all that separated, we're talking about Valpolicella, we're talking about Amarone, which is a style. It is a DOCG. Amarone della Valpolicella is a DOCG, while Valpolicella is DOC. Just to be clear, but they wanted something in the middle.

Janina Doyle 00:20:40 A poor man's Amarone.

Luma Monteiro 00:20:42 Exactly. Because Amarone is a bold wine, you need food with it.

Janina Doyle 00:20:45 And it's not just that. Think about it. How expensive is Amarone? I mean, you can find £30 Amarones that are okay. But really, if you want something that's actually going to be exciting and interesting and really true, it's at least £50.

But these are from the best grapes, from slopes, hand harvested, you've lost 50% of your liquid, 50% of your profit already. And then you've aged for at least two years. Or of course, if it's a Reserva, it's four years. So, you've got to make your money back. So, you have to understand that it's going to be very expensive to get something that tastes of really good quality.

Luma Monteiro 00:21:25 Exactly. Exactly.

Janina Doyle 00:20:04 So, here lies the poor man's Amarone.

Luma Monteiro 00:21:32 Exactly. What they did is, well, Valpolicella is Valpolicella and then Amarone is this bold wine. Can we do something in the middle?

And in the middle is Valpolicella Ripasso. Apparently, it is in Verona the most drunk style. This is a style. For Valpolicella Ripasso, there's nothing more than to increase the concentration of the wine and the flavours because you pass the wine, the Valpolicella wine on the lees, on the grapes that you did Amarone. So, you did Amarone, you separated the juice. You still have liquid in the grape, right?

Janina Doyle 00:22:10 Yeah, a little bit less juice with the skins. Right.

Luma Monteiro 00:22:15 So, you get this Valpolicella Ripasso put with the lees, with the grape's skins, everything from Amarone, and you ferment it again, because what's going to happen is you're going to have a little bit of sugar, right?

Janina Doyle 00:22:26 Still hanging around with it.

Luma Monteiro 00:22:28 Yeah, so this will ferment again. So, you will increase the body of your Valpolicella and the alcohol of your Valpolicella because you are passing. That is the reason for Ripasso. Ripasso is pass through. So, you repass, you pass through the lees and the grapes of Amarone, and then you have Valpolicella Ripasso. And I have to say, tried it there. The wine is absolutely spectacular.

Janina Doyle 00:22:51 I love it. I love it. So, I guess, this is where we should also talk about so when you have your Valpolicella Classico, your Bardolinos, because of the grapes used, it's a red cherried, it's a fruity wine, something a little bit herbaceous with the little almond bitterness. That's that kind of style. And the young, young wines you can actually chill. Once you've done Amarone, you get the raisins, the chocolate, the power and the spices. And the Ripasso is somewhere in between, isn't it?

Luma Monteiro 00:23:20 Exactly. Yeah, exactly. And apparently, the most drunk by Italians in Verona, it's Ripasso. It's the style they like the most because it's in the middle. If you want a bit more serious, but you don't want an Amarone, that's where you go.

Janina Doyle 00:23:34 And can afford it a little bit more.

Luma Monteiro 00:23:136 Exactly.

Janina Doyle 00:23:37 I went to Allegrini many, many years ago and so they do a stunning Ripasso. I think it's called Palazzo della Torre. I used to sell it as a Sommelier as well. It's this Palazzo della Torre on

the top of the label and then there's loads of writing. It's a quite catchy bottle. It's quite a unique label. Sorry. Yeah.

Palazzo Della Torre, it's always been a really special wine. I'm not sure how expensive that is. It's not the cheapest, sadly. I'm going to look it up, Palazzo della Torre. It has always been one of my favourites, actually.

Luma Monteiro 00:24:08 Allegrini is a great producer, isn't? They are amazing.

Janina Doyle 00:24:11 For everything. And now, we have done everything. Have we done all the reds, kinds of the reds that people need to know about?

Luma Monteiro 00:24:18 Reds done. Yeah.

Janina Doyle 00:24:19 Okay, good. Tick. So, now we need to go over to the whites while I do the Palazzo Della Torre and see who's selling it and for what price? Okay, all right. Okay. Only £20.99. I say only.

I'm sorry. I appreciate it actually. We don't just drink £20 wine every day. But when you want something special, guaranteed special but you're not going to go up to that £50 mark, yeah, £20.99 for Palazzo della Torre. Yeah, okay, there we go. So, then once we've gone past, if we actually continue going east, we then get to Soave, the region Soave, don't we, which is white wine county?

Luma Monteiro 00:25:01 Yes, I have to say, like, I've tried many Soaves before and I was like, this one is stunning, it's one of the best wines from Italy, the white wines. And when it was there, I was even more in love because Soave, the grape is Garganega. That is a grape of Soave.

But they get this salinity on the palate, you know, a little bit like mineral. It's very mineral, but full of flavour. And even like, you know, when you age it, it ages beautifully. Soave ages beautifully. Have a Soave Classico. Well, you know, good producer. We've been trying some older vintages and it was absolutely stunning. There is a wine, Soave Classico, Inama, this producer Inama, you probably have seen the label.

Janina Doyle 00:25:46 Yep!

Luma Monteiro 00:25:47 You know what I'm talking about. It was more artsy, isn't it? It is white with this art scene with a very fine line is black and it changes. Because they have Soave and they have Soave Classico, they have their single vineyards. Gosh, this wine, I swear to God, even when I was in Siena, I found this wine in a wine bar. I was like, "This is what I'm going to drink tonight."

Janina Doyle 00:26:07 I love it. I mean, Pieropan as well. You're most likely to find Pieropan. I mean, come on, potentially undisputed champion. I don't know. But of course, you've got all these, you know, lots of other producers now producing super high quality. But Pieropan was probably one of my first.

I remember when, it's a special one for me, anyway. My brother took me out for my birthday one time and paid the bill and took me to a really posh place in London. And then, I think he regretted it because he let me choose the wine. And it was La Rocca. That single vineyard of Pieropan.

Luma Monteiro 00:26:37 Yeah.

Janina Doyle 00:26:38 And so, yeah, he wasn't happy when he saw the bill at the end. And that's also why it's a special memory because it was a beautiful wine. I drink with my brother. He paid for it all. And I got to choose. So, yeah, Pieropan.

So, also for me as well, when I was doing my level three WSET, I remember having trying to visualise these grapes and regions and how do I remember them. And I actually remember, I probably can find it in my, in fact everyone, if I can find it, I'll take a screenshot and I'll put it up on Instagram somewhere. I drew with pencil a volcano because there's lots of volcanic soils, which is why it has this kind of minerality and salinity. And I remember drawing like a test tube with these little bubbles coming out to tell me that it had really good acidity.

I drew a little flower because it often has orange blossom or floral notes and a kind of chamomile. And then, I remember drawing a lemon, that one's boring or something like that. But you know, so I can actively remember the volcano and especially the test tube lab acidity thing.

I think it's really stuck in my mind. Garganega has always been this grape variety that I drink very rarely, but I know what it tastes like. And I know that and it has that richness of aromatics and body, doesn't it? And if it can go to peachiness as well if it's a richer style, but such a beautiful grape variety, isn't it?

Luma Monteiro 00:28:06 It's a beautiful grape. It's the ability of ageing that I think is ageing charmingly. It's beautiful. Any opportunity to try Soave is truly — And I was drinking Soave even when I went to Siena because it was so, like, you know when you go and you're like, "Yes! Yes, I remember how spectacular it is," because I think here, I don't drink much Soave.

Janina Doyle 00:28:31 No?

Luma Monteiro 00:28:31 No, because they're not...

Janina Doyle 00:28:32 It's not typical...

Luma Monteiro 00:28:33 But now I made a promise to myself. That was like, you know what? Next summer because, for me, it gives me motivation — next summer for me is going to be Soave.

Janina Doyle 00:28:47 Okay! The summer of Soave.

Luma Monteiro 00:28:49 The summer of Soave.

Janina Doyle 00:28:49 Well, are you going to drink just dried or you're going to drink some of their sweets because they have, of course, Recioto di Soave.

Luma Monteiro 00:29:07 Yes! Yes! Very rare to find, Recioto di Soave.

Janina Doyle 00:29:01 Yeah. Yep.

Luma Monteiro 00:29:02 Definitely. This grape is beautiful. They can do whatever they want to do with it.

Janina Doyle 00:29:07 I used to sell a really nice Recioto di Soave and it was owned by, if I'm not wrong, three sisters, four sisters. I always loved the story. I used to sell it as a sommelier, and the winery is called Suavia. Suavia.

Actually, it's kind of a little bit like Soave. So, for people to kind of try and remember that producer, they're quite modern, very exciting. Their labels are quite fun as well. And so, yes, they do a really nice sweet wine. And again, everyone, it's kind of made in a similar way of drying the grapes, the appassimento method.

So, yeah, God, when we talk about this and you realise all the different styles that you can have. And it's a beautiful place of the world because again, because you've got the hills, haven't you?

Luma Monteiro 00:29:51 Exactly. Exactly. Exactly. Exactly. My God!

Janina Doyle 00:29:54 Was there any other producers that blew you away? Are there some of them stuck in your mind?

Luma Monteiro 00:29:59 Let me remember. So, from Soave...

Janina Doyle 00:30:05 Well, from anywhere.

Luma Monteiro 00:30:07 Anselmi was very good.

Janina Doyle 00:30:09 Okay. To be fair, yes, no, without a doubt. And you can get a lot of their wines in England because they're brought in by Bibendum. So, one of the big, big importers. So that helps.

Luma Monteiro 00:30:23 Okay. So, exactly. Valpolicella, Quintarelli.

Janina Doyle 00:30:28 Oh, God, I can't believe! Quintarelli, I remember, drinking one of the 2005s. It made my knees go weak. I think it was one of my first blog posts that I ever did when I really started talking about wine. But Quintarelli is the king. And then, you have Dal Forno, who trained under him.

Luma Monteiro 00:30:46 Yes.

Janina Doyle 00:30:46 But then he almost, not overtook him, but different styles. But you know, the teacher becomes the master. So, a lot of people, I think from my memory, and it's because I do not drink enough Amarone, Dal Forno went a lot more powerful, whereas Quinteralli has always been a little bit more restrained with this powerful style. But oh my god, yes, of course, if anyone wants to really go for the leaders of Amarone, it's these two. Right?

Luma Monteiro 00:31:11 Exactly. Exactly. And you know, the traditional one is that you are not going to do the full experience if you don't try Masi. Masi.

Janina Doyle 00:31:23 Totally and no matter what, they've got so much history. No matter where you are in the world, listening to this Masi is very likely to be in your country.

Luma Monteiro 00:31:32 And the most stunning wine from Masi is the most expensive of them all, but it's so good. I'm trying to remember. It's the top, top Amarone they do.

Janina Doyle 00:31:39 It's fine. Just go to the website. You'll find it right. Okay, all right. Just because you're so fun and so energetic, I'm going to do the same question. I'm going to finish off with a few questions and one that I asked Amelia Singer, and it was quite funny. I like her answer. If you could add one wine emoji that we can use on our socials, what is the one that you feel we're missing? What do we need?

Luma Monteiro 00:32:05 Man! Seriously, I don't know what's going on with a bloody Apple. Where is the white wine emoji? Where is it?

Janina Doyle 00:32:16 Where is it? You're so funny. I'm just gonna have to ask people more. That's exactly what she said.

Luma Monteiro 00:32:23 Come on, man! We have sparkling. We have glasses of champagne. We have champagne. Red? No. And Rosé as well. Next, add them both, white and Rosé.

Janina Doyle 00:32:34 How hard is it?

Luma Monteiro 00:32:36 How can we express ourselves on Insta?

Janina Doyle 00:32:39 Precisely, you know, you've now got everything. You've got all these lovely shades for faces, for arms, for fists – for everything.

Luma Monteiro 00:32:46 They even have, you know, the Italian thingy, the Italian hand.

Janina Doyle 00:32:47 If anyone goes through the emojis, the amount of random stuff on there that you think how the hell did it even get on there, it's never used, why can we not have the different shades of wine? Absolutely. Maybe you need an orange one as well, whilst we're at it.

Luma Monteiro 00:33:03 Exactly.

Janina Doyle 00:33:06 I mean, how hard. Okay. Thank you! Now, to finally conclude, if wine could give us advice on life, what would wine tell us?

Luma Monteiro 00:33:17 That you are going to get better with age. You will, man. You will.

Janina Doyle 00:33:22 There we go.

Luma Monteiro 00:33:25 Look at your younger self and you'll notice, I'm better.

Janina Doyle 00:33:29 Wiser and better.

Luma Monteiro 00:33:31 Wiser, mature, calmer... reflective.

Janina Doyle 00:33:35 Definitely. Luma, you are an angel. Thank you for bringing such energy to this podcast. We will do a part three and four or five at some point. So, you're an angel. Everyone, in the show notes will be all the details, so you can follow Luma and have some of her sparkle as well. So, we will speak very soon.

Luma Monteiro 00:33:55 Bye! Bye-bye!

Janina Doyle 00:34:03 So, I hope that this glimpse into the world of Veneto's captivating wines has sparked some interest and more excitement. I want to tell you a little about what is coming next week as I talk about another enchanting wine region and that is Beaujolais.

And as you listen to this, we will have just gone past Beaujolais Nouveau Day. Now, this is a red wine. It's made from the Gamay grapes in Beaujolais. So, we're in France here just south of Burgundy. And what makes it unique is the juice goes through a super quick maturation process in the winery. They are releasing a wine that's fresh and fruity just a few weeks after the grape harvest.

Now, you have not missed out; the wines are only ready to be bought as of the 16th of November this year. So, I want to tell you that I have an exciting guest next week who really focuses on Beaujolais. And that is my friend, Dan, owner of Wickhams wine, my sponsor of this season, and I can't wait for you to meet Dan and understand and hear his passion, his knowledge.

So, here is a plan. You know that if you use the code, EATSLEEP10, you get 10% off your first order. Go there, grab a bottle of his Beaujolais Nouveau from Domaine Bel Avenir. Oh gosh, the label just like the wine is fun. It's pink. It's cute. Have a look.

And then, when you listen, next week to the two of us, we will be drinking this wine and you can drink along with us. But as always, I shall close off this episode with a wine quote and actually, I'm gonna go with a Latin proverb and I'm sure we've all heard of it, and it is "In vino Veritas," and it means "In wine, there is truth."

So, enjoy your Italian wine this week because you know it's French next week, have a fantastically productive, successful and positive week. I'm waiting for the Beaujolais Nouveau wine to arrive. And whilst I am waiting, perhaps you are waiting for yours, too. So, should you have two seconds. Feel free to leave a little review on Apple podcasts or a rating on Spotify. You know, it helps make the podcast more discoverable. And so, we all know what we're drinking next week, wine friends. Until then, cheers to you!