



Wine, etc.: Summer is a good time of year to explore white wines | COMMENTARY

It's pretty hard to escape the heat this time of year no matter where you live. Temperatures are soaring to record levels in the unbearable Southwest. Elsewhere, it isn't uncommon to see temperatures well above 90 degrees accompanied by uncomfortable humidity. It's times like these we confine our outdoor activities to morning and evening.

It's hard for us to enjoy a red wine at this time of the year unless we are in air-conditioned rooms. Except for grilling steaks, our summer fare tends to have more seafood or even just a salad. It's a much better time for chilled white wines. The fresh acidity of sauvignon blanc, for instance, cools the palate and makes a nice aperitif. Fruits, vegetables and grilled chicken with citrus sauces are ideal food to pair with sauvignon blanc.

This is also a good time to explore the white wines with less familiar grapes but with equal acidity and fresh fruit character. The white wines from Italy, Chile, Portugal and Spain are terrific to enjoy at this time of year.

Castello del Terriccio Con Vento IGT 2020 (\$45). This is a very intriguing blend of sauvignon blanc and Viognier grown near Pisa where the soils are loaded with stones and fossils. The result is a dose of minerality to marry well with the citrus flavors and generous aromas of this wine.