

martha stewart



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# How to Drink Red Wine in the Summer

Because warm weather isn't only about rosé.



By **Sarah Tracey** of The Lush Life



PIN



SAVE



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Temperatures are rising but that doesn't mean you have to [switch to rosé](#). Red wines still deserve a place on your table, [whether that table is indoors or out](#). The most refreshing way to make red wine a part of your summer routine is to [chill it](#). Not all red wines should be chilled, though: Chilling full-bodied, high tannin, high-alcohol reds like cabernet sauvignon will make them taste astringent and

metallic; and savory wines like syrah that have lots of leathery, earthy, or spicy flavors will not drink well when chilled. The best red wines to chill are naturally light in body, low in tannins (the compound found in the seeds, stems, and skins of grapes that can make your mouth feel dry and prickly), and are fruity. Chilling reds like these brings out their fruit and softens the perception of alcohol. (That's the warming sensation that alcohol in wine can bring and it's not something we usually desire when it's hot out!)



The best way to chill a bottle of red for summer sipping? In an ice bucket or cooler. If you can't tuck the bottle into ice, simply put it in your refrigerator for 45–60 minutes before you plan to drink it. Here, five red wines that are perfect chilled.

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## Pinot Noir

Chances are, you're already enjoying pinot noir year round at room temperature, but it's also absolutely lovely chilled. Our favorite special occasion bottle, [Long Meadow Ranch Anderson Valley Pinot Noir 2016](#) (\$42), is silky smooth with ripe cherry flavors, and serving it cool brings out beautiful rose petal aromas. Salmon is a natural pair with pinot noir, so try a bottle with our [grilled salmon with rye panzanella](#). For fabulous value, check out Chilean pinots like [Leyda Pinot Noir 2017](#) (\$13)—they're growing in popularity and won't break the bank!

## Lambrusco

Sparkling wine lovers take note: There is such a thing as sparkling red wine, and the most famous and delicious one is lambrusco, with comes from Italy's Emilia Romagna region (also home of prosciutto di Parma and Parmigiano Reggiano). [Cleto Chiarli Vecchia Modena Premium Lambrusco di Sorbara](#) (\$16) is filled with brambly blackberry flavors and plenty of fizz. [Villa di Corlo Lambrusco Grasparossa](#) (\$16.99) is perfect when paired with pizza. If warm weather has inspire you to fire up the grill, try out one of our [grilled pizza](#) recipes.

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## Gamay

Gamay is best known as the grape used in French Beaujolais wines. Cheerful and fruity, with red berry, zesty cranberry, and blood orange notes, it's traditionally served chilled (yes, the French do it!). Our pick is bright and fresh [Domaine Chignard Fleurie 'Les Moriers' 2017](#) (\$22). It's so refreshing served with [grilled pork-and-pineapple tacos](#). For other delicious bottle options, check out [Marcel Lapierre 'Raisins Gaulois' Vin de France 2017](#) (\$16), and [Sheldrake Point Gamay Noir 2017](#) (\$13.99) from New York's Finger Lakes region.

## Frappato

A fantastic, easy drinking wine from Sicily, frappato is brimming with wild strawberry and red raspberry flavors and aromas, and has an incredibly smooth texture. Try Try [Tami By Occhipinti Frappato 2017](#) (\$21.99) or [Il Frappato, Valle dell'Acate 2017](#) (\$19.99). Embrace the spirit of Italy in the summertime by pairing a chilled glass of frappato with a [fresh summer pasta](#).

# Grenache

Grenache (known as garnacha in Spain) is a grape that makes delicious, medium-bodied wines full of pretty red fruit aromatics. Cannonau di Sardegna "Le Bonnerde" 2017 (\$11.99) is full of ripe plum flavors, [Yalumba Old Bush Vine Grenache 2016](#) (\$14.95) from Australia's Barossa Valley is rich and concentrated while still being soft. Try it with [mustard turkey burgers](#) fresh off the grill.



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