

# ONE BITE

VEGAN MAGAZINE

**Vegan  
Tapas!**

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*Amazing vegan churros recipe*



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# Face Your *Sangria Fear!*

Here are our top tips for making the perfect drink pairing to your plant-based tapas feast.





Struggle to suss out the perfect wine for this classic Spanish sipper? Sick of being disappointed by the shop-bought stuff? Not sure what fruit makes the perfect tippie? We've got you covered... here are some things to consider before making your delicious vegansangria to serve alongside your late-night tapas party.

### **What is sangria?**

Sangria is a mix of wine, sugar, fresh fruit and (sometimes) soda, served in a tall jug perfect for sharing on a summer night with friends and family. Deriving from the Spanish word *sangre* meaning blood, sangria is traditionally made from a red wine base, however other versions of the Spanish grog have emerged in recent years.

Not limited to al fresco dining, sangria is a good option at any time of the year. We guarantee it'll go down well as a welcome drink at a wedding or ahead of your Thanksgiving feast. Day or night, whether you're streetside in a Spanish village or at home with pals, there's no wrong time for sangria!

### **Which wine makes the best sangria?**

When you think of this traditional Spanish tippie, it's probably the red wine, or *vino tinto*, base that comes to mind. Usually made a whole bottle of the red stuff is poured into a jug or carafe and packed full of seasonal fruit and added sugar, this is what holidays on the Costa Blanca are made of. Although less common, white or rosé wines also make for a delicious sangria, particularly when chock-full of berries and citrus fruits served alongside a summer barbeque.



### Are all wines suitable for vegans?

Sadly not. Many large wine producers use non-vegan ingredients in their filtration process, for example isinglass (an ingredient obtained from fish) and even gelatine (often a gel-like substance made from ground-up pig or cow skin and bones). Ew! Not exactly what you expect when corking that delicious bottle of red after a hard day's work, is it? Luckily for us, there are plenty of vegan-friendly wine producers and there's even an easy way to identify which wines are suitable for vegans!

Many wine retailers have started to label their bottles as "suitable for vegans"... keep your eyes peeled for the synonymous "V" symbol on the wine label. If you can't spot the V, then why not search on [Barnivore](#)? The world's largest vegan directory for alcoholic beverages will let you know if the bottle you're holding in the supermarket aisle is suitable for vegans. It's that easy!

### Vino Tinto

If it ain't broke don't fix it, right? The traditional red wine base for sangria has lasted generations, dating back to the 18th century. We've all made the mistake of purchasing the plastic bottles boasting 'authentic Spanish sangria' from the supermarket, facing the inevitable disappointment of this overly sweetened and fake-tasting beverage - we're here to make sure you never make that error again.

Due to its typical aromas of fresh figs and cassis (blackcurrant), cabernet sauvignon is often the perfect place to start when it comes to making your own sangria at home. You can't really go wrong with a bottle of cab sauv, particularly of Spanish origin. If authenticity is your thing, why not pick up a bottle of [2016 Honoro Vera Cabernet Sauvignon](#) from Jumilla, Spain and fill a jug with fresh berries, ripe oranges and demerara sugar for a luxurious tipple.



Another option is Pinot Noir, which is often cheaper, but richer in flavour with notes of dark cherry and even coffee. We recommend this [2016 Selected Works Pinot Noir](#) from Santa Barbara County in California.

### Vino Blanco

When it comes to white wine sangria, there are a plethora of choices at your fingertips. You can't go wrong with a bottle of Pinot Grigio - pop down to your nearest supermarket and you'll be spoilt for choice when it comes to affordable PG's.

If you fancy something a little different, why not order this [2017 Cape Route Chenin Blanc](#) from the heart of South African wine country? The peachy and floral tones will pair perfectly with citrus fruits and even a sprig of mint in this alternative take on sangria.

### Vino Rosado

Sometimes getting a bad rap, rosé wine is actually a perfect choice for a summer or fall-inspired sangria. Stay away from mass-produced rosés as they will lack depth of flavour and often contain cochineal (crushed beetles!) alongside other non-vegan friendly ingredients. We recommend something like this [2017 Summer Water Rosé](#) from California's central coast. This very light rosé acts as a great base for sangria with notes of strawberry and white peach. What's not to like?

Tell us your favour vegan wines for making sangria on Facebook, Twitter or Instagram! Don't forget to use the hashtag #OneBiteVegan when sharing your delicious concoctions on Instagram.