

SELF

THIRSTY THURSDAY

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A Guide to Drinking Red Wine in the Summertime (Plus Fun Wine Pairings!)

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Welcome to Thirsty Thursday! Each week we toast the coming weekend with a new adult beverage for you to enjoy. Cheers!



Since it's August, it's fair to assume you've swilled your fair share of white wines and rosés and are looking at the list of reds with a bit of longing. Don't wait until the leaves start turning! We asked French vintner Monique Seillan, co-owner of [Château Lassègue](#) for her favorite ways to make reds summertime drink-able.

What do you do to enjoy a red wine during the warmer months?

Look for a lower alcohol content, around 13.5% or less, which helps to keep the wine on the lighter side and typically shows more fruit. And don't hesitate to

put your bottle of red in the refrigerator for about 15 minutes. It will help cool off the bottle just enough to bring it down to cellar temperature, which typically falls between 45 and 65 degrees.

Let's play the pairing game! What would you pair with...

Fresh-off-the-grill steak and vegetables: I always love Merlot and Cabernet Sauvignon, or even a Bordeaux, which is a blend of the two, plus oftentimes Cabernet Franc.

A big green summer salad: Depending on my mood, I generally pair salads with something crisp and cool, like a Sauvignon Blanc, rosé or Champagne.

Fresh seafood: Champagne is one of our go-to matches at home because it's a versatile, festive choice. If you're cooking a fish like wild salmon or halibut, a soft red like our [Chateau Vignot](#) pairs well.

Berry cobbler: Try a Malbec—its spiciness is a great complement to the fruit.