

Delicious Bargain White Wine for Sultry St. Louis Summer

By Donna J. Gamache

Many wine drinkers favor white wines as the seasons change to warmer days and nights. This makes sense considering that white wines are best served chilled, while reds are best served at a “cool” room temperature (that is, 40-50°F for white wines and 50-65°F for red wines.) Also, white wines generally have a lower alcohol content than reds, which reduces the heat factor. A chilled and light-bodied white wine during the sultry St. Louis summer is a light and refreshing drink. Pop a bottle of white wine in the fridge or a bucket of ice for about 30 minutes, pour, and enjoy!

One easy-drinking white wine that seems to please a wide range of tastebuds and budgets, in my experience, is an Italian white wine from northern Italy’s Soave (pronounced so-AH-vay) region. All authentic Italian Soave wines come from northern Italy, in a region generally around the city of Verona. The Garganega (pronounced gar-GAH-na-ga) grape is the signature grape of Italian Soave wines.

Some of the Soave wines are blends, but they are made primarily from the Garganega grape. One blend that I like is 90 percent Garganega and 10 percent Trebbiano grape, which adds a subtle hint of almond on the finish. On its own or in a blend, a Soave wine is a crisp, light, dry wine perfect for sipping on a summer day or evening. In wine speak, dry is the opposite of sweet. Often the dryness in white wines comes across as “tangy.” A Soave wine can be a “still” wine or a bubbly.

Summer wines with screw-caps are good for people on the go, and there are many premium wines now using screw-caps, so don’t judge the quality of a wine solely based on its having a screw-cap—and don’t apologize for serving wine from a screw-cap bottle. Screw-caps are



easy to open, besides. I sure don’t want to work up a sweat in the summer getting a cork out of a bottle, do you? Repeat after me: Screw-caps are a good thing!

Soave wine is one you can enjoy easily on its own. It also goes well with a wide range of foods, including thin crust “St. Louis style” pizza, Italian meats and cheeses from “The Hill,” summer salads with peppery or spicy ingredients and seasonings, and with oysters. Soave has a fragrance that the experts compare to lime and a taste profile they compare to grapefruit, with a bit of a salty mineral taste in there. I would say that if you like Pinot Grigio, you’ll probably also like this wine.

Soave is not only an affordable wine, it’s a bargain wine. You can find many delicious Soaves for under \$10 (750 mL bottle.)

What’s not to love about a delicious bargain-priced wine that’s easy summer drinking? ☀️

A St. Ann resident and wine enthusiast, Donna J. Gamache hangs out part-time at an area wine shop every week – and gets paid for it!