

Origin



Spain

Prep Time



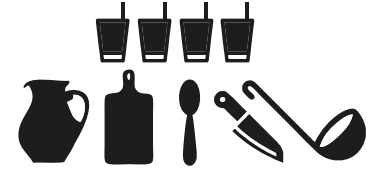
30 minutes + Macerate

Serves



4 people

Utensils



Drinks 18+

Sangría

(Contains alcohol)

Grapes have been an important reason for community gatherings since ancient times. From the harvest to winemaking, and when it accompanies a meal, it is a source of connection.

Spanish sangria is the cousin of mulled wine and it used to be an important commodity. Alcohol was added to the water to sterilise it.

Sangria is prepared throughout Spain and Latin America with different red wines and the addition of a variety of fresh fruits. The sangria presented in this chapter was prepared with the finest local grapes by Crittenden Estate and their wine Los Hermanos, fresh summer fruit and edible local flowers.



Jason : Barman
Grape Connection

Sangría

INGREDIENTS

- 1 L good quality red wine
- 2 oranges cut sliced thinly
- 2 - 3 tablespoons of sugar (optional)
- 2 pieces of lemon peel
- 1 stick of cinnamon

Fruit to taste:

- 2 peaches
- 1 punnet strawberries
- 1 punnet blueberries (whole fruit)
- 2 mangoes cut into small dice

Decoration:

- nasturtium (edible flower)
- orange segments



Warning : Recipe not suitable for people under the age of 18

Sangría INSTRUCTIONS

- 1 Place the wine into a 1.5 litre jug
- 2 Wash the oranges and cut them into thin slices
- 3 Wash and chop the peaches into small pieces, strawberries whole or cut into quarters, blueberries whole fruit, mangoes in small dice and add to the wine
- 4 Add sugar (if desired), lemon rind and cinnamon stick
- 5 Let the flavours blend overnight in the fridge
- 6 Garnish the glasses with orange segments and/or nasturtium flowers and serve cold
- 7 Enjoy!



Sangría

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GRAPE
CONNECTION