

# Brief History of Sangria...



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**A Brief History of Sangria**, or for you party animals, Wine Punch!

Sangria has been known around the world for hundreds of years. In the United States, This fruity punch made its debut at the 1964-65 World's Fair in Queens, New York. The Spanish pavilion was giving tastings of Sangria to their guests.

The punch base for Sangria was usually Bordeaux. Bordeaux is wine from the Bordeaux region of France. As you may remember from our past articles wine in most European countries is named for the region where it hails from. Bordeaux wine is usually made from a blend of cabernet sauvignon, cabernet franc and merlot. Brandy, or other alcohol products like vodka and fruit would be added to the red wine to make a punch. From the 1700s and through the 1800s, this wine Punch would be found at parties all over Europe.

So why did people drink wine? Up until modern times, water was not safe to drink. So people drank beer and wine because the alcohol killed the bacteria that water was infested with. Most people made some sort of wine from fruits and berries in their area. To change things up a bit, they would add fruit and berries, or even spices to the wine.

In Spain vineyards were planted by the Romans when they conquered the region. They found the climate perfect for growing red wine grapes. The wines of Spain made their way to Rome. Red

grapes grew very well here and have been enjoyed ever since. The Spanish named their wine punch Sangria.

Most Sangria is made with red wine, but there is no reason you cannot make it with white wine. White wine Sangria is known as 'Sangria Blanco' or white sangria. There is also a sparkling version made from Spanish white sparkling wine.

Typical Sangria is made from red wine, fruit juices, soda water, or ginger ale, fruit and brandy or vodka. Some people add sugar to the mix, but we don't feel it's necessary. When you make your own Sangria, use good quality wine, and chill it overnight. Chilling softens the wine, and brings out the fruitiness. In Spain they use Rioja wine, but any red will do. Always choose a wine you like to drink. When you are ready to make the Sangria, pour the wine, and rest of your ingredients into a pitcher. Stir well, garnish with fresh fruit, and enjoy. A traditional Sangria is made in a pitcher with a pinched lip so that the fruit doesn't spill into your glass and you end up wearing instead of drinking your Sangria.

The average recipe is a bottle of red wine. Fruit usually citrus, like Lemon, Lime, Orange, Pineapple. Soda water or ginger ale. Brandy or vodka. We prefer brandy. And lots of ice. Always serve well chilled! Additional fruits may be added as per your taste. There is now rule that says one way is better than another. Sangria is as individual as you are. For Recipes and more information about Sangria contact us.

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