



**Basic Juice Article**  
Luck 'O the Portuguese

by: *Beau Jarvis*

Saint Patrick's Day is the day on which, as a child you wore something green (else risked a nasty pinch from the hall monitor/St. Paddy's enforcer). Nowadays you likely celebrate March 17<sup>th</sup> with a pint in one hand and a plastic, green, shamrock-bedecked hat on your head. Yup, for most of us, "the luck of the Irish," means we might get to drink green beer in a pub to celebrate the Irish saint's surprising skill at casting out serpents from the Emerald Isle (never mind that pesky fact about snakes never actually having slithered on the green hills 'O clover).

Call me a snob; but the thought of drinking green beer makes my stomach turn. As a wine guy, I, of course, prefer a touch of the grape over the taste of hops and barley. So without being a buzzkill, I still like to make the effort to eat or drink something green and festive on the Irish saint's holiday. Enter the Portuguese. Believe it or not the E.U. brethren 'O the Irish make a nifty little wine called, *Vinho Verde*, or "green wine."

Vinho Verde isn't actually green – at least not the shade of green that dye imparts to a draught. "Verde," or green, refers to the fact that this wine is both young and traditionally made from green grapes (white grapes that aren't yet terribly ripe). It's a festive wine that is perfect for this green-loving holiday. Vinho Verde is fermented and bottled rather quickly. This often results in some bonus fermentation taking place post-bottling. And as we all know, Fermentation produces bubbles, which when trapped by a bottle and cork, results in a spritzy wine.

Vinho Verde, while young and often cheap, tastes heaps better than flat green beer in a plastic cup. It's crisp and zesty with a little fruit. Think of it as a lime rickey. And all that spritz makes green wine a friendly bloke with any number of Irish culinary delights.

So this year, buck the trend and throw your very own Saint Paddy's party with a little help from the Portuguese. May I suggest the following festive menu:

Drink - Green Wine AKA Vinho Verde (*Aveleda Vinho Verde*, \$7)

Eats –

Potato Soup

2 lbs potatoes

3 onions

6 cups of half milk and water

Chives

2 strips of bacon

Salt and pepper

1 cup light cream

Chop the potatoes and onions into chunks and add to a large pot with milk. Cover and simmer until the vegetables soften to a smooth texture. Mash or rice the mixture and then add cream

Fry the bacon until crispy

Reheat the soup and serve garnishing with chives and crispy bacon

#### Sausage and/or Mushroom Pie

1 lbs traditional Irish sausages (Bangers)

2 tablespoons butter

2 onions, sliced

1/2 lbs button mushrooms, sliced

3 tablespoons flour

1 cup milk

1 cup chicken stock

Salt and pepper

1/2 lbs puff pastry

1 egg, beaten

Pre-heat the oven to 400 F

Place sausages in a shallow baking dish. Cook for 20 minutes and remove to cool

Soften the onions in melted butter over low heat. Add mushrooms and stir for 1 or 2 minutes. Sift/sprinkle flour over mushrooms and cook for 1 minute

Gradually add milk and chicken stock, stirring constantly. Increase heat, bring to boil, and simmer for 3 minutes. Season to taste, and set aside to cool

Roll out pastry thinly on a floured board, and line a deep pie dish. Put sausages into the dish, pour sauce over the top, and cover with the remaining pastry. Press the edges together

Brush egg over top of pastry. Make one or two small holes and bake in the oven (still at 400 F) for about 40 minutes. Serve hot

There you have it. An easy Irish meal to celebrate Saint Patrick's day; paired with a tasty, truly green wine. Your friends will celebrate this emerald effort all night long by coming up with naughty limericks that begin with the phrase, "There once was a lad from Nantucket." Cheers.

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