

The WineKnitter

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An adventure into the world of wine, spirits, food, travel...and so much more!

A Quick Trip To Sicily

9/25/2020

Despite the restrictions on travel during this pandemic, I have been virtually touring the world with a glass of wine in hand. Of late, I've been yearning to visit and experience the beautiful island of Sicily again.



Photo credit: Penny Weiss

Fortunately, I have a few bottles of Sicilian wine that will happily transport me back to the island. Accompanying me on this trip are two very special bottles of Donnafugata wine.



Photo credit: Penny Weiss

Please click on "Donnafugata" from the menu on the right to learn about this winery, their vineyards throughout Sicily and numerous wine reviews.



Map courtesy of Donnafugata

Sherazade Sicilia DOC 2018

Nero d'Avola is an indigenous grape that is considered Sicily's most important red wine grape.

Sherazade is 100% Nero d'Avola and the grapes are sourced from Donnafugata's Contessa Entellina Estate and nearby vineyards, which are located in the southwestern part of Sicily. The wine is aged for about four months in tanks and then a minimum of three months in the bottle.



Photo credit: Penny Weiss

Delectable aromas of violets, red fruit and spice open to a lovely palate of cherry, plum, berries and spice. Well-balanced tannins and acid add to the character of this fresh and lively wine along with a touch of pepper and tartness on a long finish. Serve with mature cheese, pasta and red sauce, seared tuna and calamari.

Alcohol: 13%

SRP: \$25

Donnafugata suggests the following recipe to pair with Sherazade.

Pasta With Tuna and Caper Leaves



Photo courtesy of Donnafugata

Time

1 hour 40 minutes

Difficulty

Low

Ingredients

- (6 serves)
- 500 gr spaghetti
- 500 gr tuna
- 100 gr tomato pulp
- white wine
- caper leaves
- cinnamon
- garlic
- onion
- mint leaves and toasted slices of bread.

Instructions

Cut a thick slice of fresh tuna in small cubes. Brown the cubes in a pan with the olive oil, garlic, mint and caper leaves. As soon as they have browned, remove the ingredients from the pan and put them in a smaller pan. Brown half an onion, finely chopped, in the oil in which the tuna was fried. Add the tomato pulp, the browned tuna, 1 cup white wine and 3 cups water. Flavor with 4 more caper leaves, a pinch of cinnamon and a small pinch of pepper.

Cook for about 45 minutes. Do not let all the liquid cook off. Cook the busiati (pasta) and pour it into the pan with the tuna and flavorings. Cook over high heat for a few seconds while stirring the pasta energetically. Decorate with toasted slices of bread and caper leaves.

Recipe from Chef Peppe Giuffrè – Giardino Eden – Trapani

Floramundi Cerasuolo di Vittoria DOCG 2017

This wine is a blend of Nero d'Avola and Frappato. Grapes are sourced from vineyards in the Vittoria area, located in southern Sicily. Donnafugata has 18 hectares of vineyards in production here consisting of 11 hectares of Nero d'Avola and 7 hectares of Frappato.

Cerasuolo di Vittoria DOCG is considered one of the most noteworthy wines produced in Sicily and it is the only wine in Sicily with a DOCG status! Only Nero d'Avola and Frappato are allowed in the blend. Cerasuolo means 'cherry-colored' in Italian. Frappato is light-bodied with low tannins and flavors of cherries and strawberries. Nero d'Avola has weight and is full-bodied with a rich texture and dark red fruit flavors. Together, they complement and bring out the

best in each other. The wine is aged in tanks for eight months and then a minimum of seven months in the bottle.



Photo credit: Penny Weiss

Intense floral aromas envelop the senses with notes of cherry, red berries, plum and spice that segue onto the palate. This is a juicy wine that has lots of personality. Hints of rose, strawberry and spice linger on the finish. Soft tannins and a crisp finish add to the entertainment. Serve with pasta, seafood, shellfish, white meat and light appetizers.

Alcohol: 13%

SRP: \$30

Donnafugata suggests this recipe to pair with Floramundi.

Swordfish with Citrus Fruit and Pistachios



Photo courtesy of Donnafugata

Time

20 minutes

Difficulty

Intermediate

Ingredients

- (4 serves)
- 4 swordfish steaks, about 200 g (7 oz) each
- 1 bunch wild fennel, 2 cloves of garlic
- 1 chili pepper
- handful of sultana raisins, another of pistachios
- orange juice and rind
- juice of one lemon
- 1 glass white wine
- 0-type flour, butter

- Instructions

Flour the swordfish steaks. In a slightly buttered pan, sauté the garlic and chili pepper. As soon as the garlic browns, remove it. Add the floured fish and sauté. Then add the white wine, sultana raisins, wild fennel and minced orange peel. As soon as the wine evaporates add the orange and lemon juice and a pinch of crushed pistachios.

Cover and continue cooking, if necessary adding citrus juice.

Serve with the reduced sauce and a handful of pistachios covering the fish, garnishing the platter with two orange slices.

Treat your palate to these noteworthy wines and recipes. And enjoy your trip to Sicily!

Until next time...

Cheers!

Penina

To leave a comment or if you have an inquiry, please contact me at wineknittercomments@gmail.com