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World tour: South America 世界之旅 : 南美洲

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This page: Peruvian chef Virgilio Martinez
Opposite: Machu Picchu in the Andes Mountains
本頁：秘魯廚師 Virgilio Martinez
對頁：安第斯山脈的馬丘比丘遺址

World tour: South America ????????

Stretching from the Amazonian rainforests to the Argentinian pampas, the sprawling continent offers up some of the world's most diverse ingredients and culinary traditions. 從亞馬遜雨林，一直延伸到阿根廷大草原，蜿蜒崎嶇的南美洲擁有世上最多元化食材與烹飪傳統。 **By Rachel Read**

World Tour: 世界之旅：南美洲 South America



OPPOSITE: CENTRAL RESTAURANTE



A taste of South America

The most accurate way to explain South American cuisine may be to admit it's simply beyond definition. Encompassing 12 countries, each with its own unique culture and heritage, and spread over a vast area of varying terrains, climates and ecosystems, South America's sheer diversity is its biggest calling card. Perhaps the major factor impacting the continent's cuisine is its long history of immigration, with European, Asian and African, as well as Native American, influences all felt strongly.

"You have the countries that were colonised by Spain versus those colonised by Portugal," explains Gustavo Horacio Luis Fazzari, Argentina's consul general in Hong Kong, who shared the rich history and unique attributes of Argentinian cuisine and that of the entire continent with *AMBROSIA*. "There were also advanced indigenous cultures before colonisation, leading to a melange of different peoples and immigrants. More recently, people from the food sector have travelled abroad and returned to Latin America with different styles of cooking that they are adapting to local tastes, resulting in a real fusion of cuisines."

Sergio Manuel Avila Traverso, Peru's consul general in Hong Kong, also provided extensive background on his country's food culture as well as its most iconic dishes and important influences. He points to another factor that makes the region's cuisine so distinctive. "It is unique due to the number of high-quality ingredients used," he says, "which give our dishes incredible freshness and flavour."

South America's extraordinary biodiversity means chefs have a huge range of ingredients at their disposal: the mountainous Andes boast a variety of corn, potatoes and other tubers; coastal areas teem with fish and seafood; Amazonian forests abound in tropical fruits, nuts and spices; and Patagonian plains are ideal for raising grass-fed livestock. Indeed, it was South America that introduced the world to modern-day staples like chilli, chocolate and potatoes.

Acclaimed chef Diego Muñoz, until recently at Astrid y Gastón in the Peruvian capital of Lima, perhaps encapsulates the continent's cuisine best. "It's a great mixture of products, climates, places, experiences, stories and culture," he says. "It is such a vast territory but still feels united, and yet it has many mysteries because there is still a lot to discover and a lot to be learnt."



嚐一口南美洲滋味

想正確描述南美洲料理，大概可以簡單地說「無法一言以蔽之」。南美洲共有12個國家，每個國家各有獨特的文化和歷史，幅員廣闊，涵蓋各種不同地形、氣候和生態環境，南美洲最大的特色是多元化。影響區內菜式的最主要因素，是歷史悠久的歐、亞、非移民，以及美洲原住民所帶來的影響。

阿根廷駐香港總領事Gustavo Horacio Luis Fazzari向《AMBROSIA客道》表示，阿根廷料理背後有一段豐富歷史，對整個南美洲來說亦相當獨特，他解釋道：「南美洲可粗略地分為西班牙和葡萄牙殖民地國家。再加上殖民統治之前的土著文化，形成了融合各民族和外來移民的文化。近年來，一些從事餐飲工作的人士到海外謀生，將不同的烹飪風格帶回南美洲，並且根據本地口味加以改良，形成真正兼容並蓄的飲食文化。」

秘魯駐香港總領事Sergio Manuel Avila Traverso亦為我們提供關於其祖國美食文化的廣泛背景，以及最經典的菜式和重要影響。他指出，使南美洲料理獨一無二、與別不同的因素是「大量使用優質食材，因此南美洲料理具有無與倫比的鮮度及風味。」



由於南美洲具備豐富而多樣化的生物，因此廚師可以充分利用種類廣泛的食材，如安第斯山脈生產多種粟米、馬鈴薯及其他根莖類蔬菜；沿海地帶盛產各種魚類和海鮮；亞馬遜森林盛產熱帶水果、堅果和香料；巴塔哥尼亞平原適合畜養食草牲畜。此外，南美洲更是辣椒、朱古力和馬鈴薯的世界糧倉。

名廚Diego Muñoz不久前獲得秘魯首都利馬的著名餐廳Astrid y Gastón聘任為行政主廚，他對南美洲料理有最精闢的見解。他說：「我們將產品、氣候、地區、經驗、故事和文化融於一爐。這個地域如此遼闊，卻具備和諧的一致性，但仍擁有神秘的內涵，因為這裡還有許多尚待人們去發掘、學習的地方。」

From top to bottom:
Chef Rodrigo Oliveira;
sauces served at
Buenos Aires Polo Club;
Virgilio Martinez

左上圖起順時針：廚師
Rodrigo Oliveira；餐廳
Buenos Aires Polo Club
供應的醬汁；廚師Virgilio
Martinez

Brazil: Delicious diversity

Brazil is by far the largest country in South America, encompassing about half of the continent's land area, so it's unsurprising that Brazilian cuisine is extremely diverse.

Chef Alex Atala, whose São Paulo restaurant D.O.M. is ranked fourth on Latin America's 50 Best Restaurants list (the highest position of any Brazilian restaurant), is often credited with putting his country's cooking on the international map. "The length of our territory is so enormous that it creates a huge diversity," Atala explains, "giving us a giant variety of ingredients, and within one single country there are many different ways to deal with food regarding its cultural aspects."

Broadly speaking, northern Brazil is heavily shaped by African cuisine, with more seafood and spices, whilst the south bears a European influence akin to that of neighbouring Argentina, with greater emphasis on red meat (*churrasco* being the Brazilian equivalent of Argentinian *asado*, but using skewers instead of grills).

Stews are another popular way of serving up meat in Brazil. Rafael Gil, a Brazilian native and head chef of Ozone at The Ritz-Carlton, Hong Kong, singles out *feijoada* as one of his favourite traditional meals. Originally from Portugal, it's a bean stew with meat and sausage, usually cooked over low heat in a clay pot.

Another of Gil's signature dishes makes use of an iconic Brazilian ingredient: palm oil. "I've used it to make a roll called *bahia*," he says. "The *moqueca* sauce used in the dish is a traditional Brazilian home-style sauce made with palm oil, garlic, onion, tomato and coconut milk."

Stew is also a signature dish at São Paulo restaurant Mocotó, helmed by exciting young chef Rodrigo Oliveira. Run by his father since the 1970s, the eatery has reached new heights under the younger man's tenure and now boasts a neighbouring contemporary dining establishment called Mocotó Esquina, as

TOP: RUBENS KATO; OPPOSITE, BOTTOM: CENTRAL RESTAURANTE



巴西：繽紛美食

巴西是南美洲國土面積最大的國家，佔了南美洲大陸約一半土地，地大物博，這裡的美食佳餚也因此格外多彩繽紛。

位於聖保羅的D.O.M.名列南美洲50最佳餐廳之第四位（這是巴西餐廳之中的最高殊榮），主廚Alex Atala帶領巴西料理登陸全球美食界版圖。他指出：「我們的國土南北幅員遼闊，物產豐富多元，為我們的料理提供了非常富饒的食材，而即使是在巴西本國，食物的料理方式又會依據文化風俗的不同而有所差異。」

一般而言，巴西北部受非洲烹調方式的影響較大，多使用海鮮和辛辣香料，而南部因為與阿根廷接壤，受到歐洲飲食文化影響較深，食材以紅肉為主。（巴西的烤牛肉churrasco就相當於阿根廷的asado，但前者多是串燒，後者是放在架上烤。）

除了燒烤，燉肉是巴西另一種熱門的肉類烹煮方式。位於香港麗思卡爾頓酒店頂樓的酒吧Ozone，其巴西籍主廚Rafael Gil表示，巴西八寶飯（feijoada）是他最喜愛的傳統佳餚。這種源於葡萄牙的傳統料理，以豆子加入肉類和香腸，放在厚陶鍋內，以低溫燉煮。

Gil的另一道招牌菜則是使用了巴西另一種地道食材——棕櫚油。他指出：「我以棕櫚油做一種叫Bahia的捲餅。」佐醬moqueca sauce是巴西傳統家常醬汁，以棕櫚油、蒜頭、洋蔥、番茄和椰子奶調製而成。」

聖保羅另一家餐廳Mocotó同樣以燉肉作為招牌菜，由廚藝精湛的年輕主廚Rodrigo Oliveira發揚光大。餐廳由他的父親於1970年代創立，Oliveira青出於藍，

From top to bottom:
Alex Atala of D.O.M.
was one of the first
chefs to popularise
cooking with wild
ingredients; second-
generation chef Rodrigo
Oliveira of Mocotó

上圖起：D.O.M.的Alex
Atala是其中一個最早廣
泛使用野生食材的廚師；
Mocotó的第二代主廚
Rodrigo Oliveira



將餐廳經營得有聲有色，更在原址旁設立現代化餐館Mocotó Esquina及一間咖啡店和美食餐車。Oliveira表示餐廳最精緻的招牌菜mocofova源於非洲，以牛蹄與蠶豆一起燉煮而成。他說：「我在Mocotó供應巴西東北部的家鄉特色菜餚。那是國內最乾燥貧瘠的地方，所以我們從小就懂得如何善用簡單的食材。」

一如Ozone，主廚Atala同樣利用棕櫚作為餐廳招牌蔬菜寬意大利麵的靈魂食材，但換了另一種做法。他說：「我們把棕櫚芯切細，當作意粉那樣烹煮、調味。」Atala表示自己的做菜靈感，乃是源於「亞馬遜烹調方式、食材和風味。我相信雨林的豐盛生命是我的料理的核心支柱。」

事實上，Atala是首位將雨林野生食材發揚光大的南美洲廚師，他認為以野生樹薯製成的黃色醬料tucupi、巴西胡椒（研磨後散發出松子香氣）和野生香草（他稱之為草），最能詮釋亞馬遜的風味。

不過，Atala想介紹的是另一道菜：「簡單純樸的豆飯是巴西最經典的家常料理。」他強調巴西是一個簡單與複雜、新與舊混雜的國家，將各種烹調方式共冶一爐，造就令人無法忘懷的美味。

Oliveira總結：「作為廚師，我們總覺得該融入所在的社區，能夠參與推動南美佳餚令人感到振奮。」

well as a separate café and food truck. Oliveira describes *mocofova*, a stew of cow's feet and fava beans that has its roots in African cooking, as one of his restaurant's defining dishes. "At Mocotó, I'm presenting the food of my family's homeland in the northeast," he says. "It's Brazil's poorest and driest region, so we learnt the value of the simplest ingredients from the beginning."

As at Ozone, the use of palm comes to the fore – but in a different way – in one of Atala's most celebrated dishes: vegetable fettuccine. "We take the heart of a palm, cut, cook and season it as pasta," explains the chef, who frequently finds himself inspired by "Amazonian cuisine, ingredients and flavours – I believe the richness that comes from the forest is the backbone to all my work".

Atala, in fact, was one of the first South American chefs to popularise cooking with wild ingredients foraged from the rainforest, and he cites *tucupi* (a yellow sauce extracted from wild manioc root), Brazilian peppers (that smell of turpentine when crushed) and wild herbs (he calls them "weeds") as definitive flavours of the Amazon.

Nevertheless, there is one other dish that Atala wishes to highlight. "Simple rice and beans is a classic in the day-to-day life of all Brazilians," the chef says, confirming that Brazil is a country where the undemanding sits alongside the complex, the old next to the new, making it a rich melting pot of unforgettable flavours.

"We chefs have a sense of being part of a community," Oliveira concludes, "and it's been amazing taking part in this movement of Latin American cuisine."



Clockwise from top left: Exterior and interior views of Mocotó; a dish of scallop, palm heart and citronella at D.O.M. **Opposite, clockwise from top left:** Peruvian chef Diego Muñoz; Virgilio Martinez's Rock Spiders; Abel Martin Ortiz Alvarez's ceviche

左上圖起順時針：Mocotó的室外及室內；D.O.M.的帶子、棕櫚芯及香茅菜式 **對頁左上圖起順時針：**秘魯廚師Diego Muñoz；Virgilio Martinez的招牌菜Rock Spiders；Abel Martin Ortiz Alvarez的酸橘汁魚生



Peru: From ceviche to stir-fry

Mention Peruvian cuisine and many people will immediately think of ceviche, and not without reason. "In Peru, I eat ceviche all day long," says Abel Martin Ortiz Alvarez, head chef at Hong Kong's only Peruvian restaurant, El Mercado in Wanchai. "I'm from the coast, so when I eat ceviche, it reminds me of family and home."

Stripped to its basics, ceviche is raw fish or seafood cured in citrus juices and seasoned with chilli. However, it's somewhat emblematic of Peruvian cuisine as a whole in that it utilises several ingredients unique to the region and is subject to dozens of regional variations. Traditionally, the chilli seasoning should come from *aji amarillo*, a specific Peruvian yellow chilli pepper. "Its flavour cannot be replicated by other chillies," Alvarez explains.

Even the types of fish vary depending on where you are, with those from the Amazon River tending to be fatter and with a distinctive flavour when compared to those caught in the Pacific Ocean.

Of course, today's chefs are putting their own spins on this South American classic. Diego Muñoz, who recently embarked on a global culinary tour following a three-year tenure at Astrid y Gastón, always tries to have a ceviche on his menus. "I look for the perfect balance of acidity, spiciness,



秘魯：從酸橘汁到熱炒

說起秘魯菜，很多人立即聯想到酸橘汁魚生（ceviche），這也不無道理。灣仔的El Mercado是香港唯一的秘魯餐廳，主廚Abel Martin Ortiz Alvarez表示：「在秘魯，我整天都吃酸橘汁魚生！我來自沿岸地區，所以每次吃這道菜便會想起家人和故鄉。」

簡而言之，酸橘汁魚生就是酸橘汁和辣椒醃生魚片或海鮮，選用區內多種獨特的食材烹製，各地區亦會加入自己的地方特色，可說是秘魯菜的代表。傳統上，辣椒應選用名為aji amarillo的秘魯黃辣椒。Alvarez說：「其他辣椒的味道無法媲美。」

用哪一種魚也視乎身處的地區而有所不同，亞馬遜河的魚偏向肥美，比產自太平洋的魚類更具獨特風味。

現今的大廚總喜歡在這道經典料理加入個人創意。在利馬餐廳Astrid y Gastón服務三年之後，Diego Muñoz最近前往世界各地的餐廳，展開廚藝交流之旅，菜單上少不了酸橘汁魚生。他說：「我追求酸、辣、鹹和鮮味的平衡，溫度要完美，魚必須新鮮，加上生紅洋蔥和乳香濃郁的酸橘醃汁（leche de tigre）更是絕配。」

另一款更能展現秘魯多元文化的代表菜是炒牛柳（lomo saltado），用醬油醃過的牛肉，加入洋蔥、番茄一起炒，伴以炸薯和米飯。秘魯多姿多采的吃飯（chifan）文化，源於19世紀的一股中國移民潮，主要來自廣東省，見證新舊風味的結合。總領事Traverso說：「中國移民引入鑊等烹調工具，以及醬油和薑等食材，再加上餃子和炒飯等菜式。」

利馬的Central餐廳最近榮登南美最佳餐廳，在全球50最佳餐廳中排名第四位。大廚Virgilio Martinez說：「秘魯菜的種類正如其地區甚至社區般繁多，我們不僅擁有多元化的歷史和文化，地理也一樣，秘魯的土地包括了全球大部分的生態地形，自然是適合數以百計食材生長和發展的地帶。」

Martinez著名的飲食哲學源自秘魯的生態系統，從安第斯山脈的崇山峻嶺，以至最嚴寒的深海和亞馬遜的叢林荒野。他最愛的食材，包括秘魯的塊莖植物和馬鈴薯，其中很多品種在區內獨一無二。



saltiness and umami,” he says, “with the perfect temperature, very fresh fish, a crunch of raw red onions and that amazing, powerful milky *leche de tigre* (citrus marinade).”

For a national dish that showcases even more of Peru’s multicultural side, look to *lomo saltado* – a stir-fry combining strips of beef marinated in soy sauce, cooked in a wok with onions and tomatoes, and served with fried potatoes and rice. Part of Peru’s rich *chifan* culture, it’s a result of the 19th-century wave of Chinese immigration, mainly from the southern province of Guangdong, and a delicious example of the fusion between old and new. “Chinese immigrants introduced cooking utensils like the wok, ingredients like soy sauce and ginger, and dishes like dumplings and fried rice,” explains consul general Traverso.

Virgilio Martinez is the chef behind Central Restaurante in Lima, recently named Best Restaurant in South America and ranked fourth overall on the World’s 50 Best Restaurants list. “Peru has as many cuisines as regions, and even communities,” he says. “Our diversity reflects not only our history and culture, but also our geography. Peruvian territory includes most of the world’s ecological floors, so naturally it’s a terrain for the growth and development of hundreds of ingredients.”

Martinez’s famed food philosophy stems from exploring Peru’s ecosystem, from the highest altitudes of the Andes to the coldest depths of the seas to the wilds of the Amazonian jungle. Some of his favourite ingredients to cook with are Peruvian tubers and potatoes, with many varieties unique to the region. “Ocas and *mashwas* come from valleys at extreme altitudes and grow the closest to Andean soil,” he says, “so they capture the warmth and care of the people.”

Some such ingredients are featured in Martinez’s signature *Tallos Extremos*, a dish inspired by a man he met who was fermenting *ocas* in Andean river water, and that exemplifies the chef’s passion for the evolution of Peruvian cuisine. “I think it has to do more with re-engaging with our cultures and ethnic groups,” Martinez says, “and integrating all that knowledge into creating richer culinary experiences.”



Martinez說：「秘魯的食材ocas和mashwas來自海拔極高的山谷和生長於最接近安第斯山脈的土壤，滿載人們的溫暖和關愛。」Martinez的招牌菜Tallos Extremos便選用一部分這類食材，靈感源於他認識的一位用安第斯山脈河水發酵ocas的男子，展現了大廚對推動秘魯菜演進的熱情，他表示：「我們要重新連繫本國的多元文化和種族，融匯所有知識以創造更璀璨豐富的美食體驗。」

Clockwise from top left: Virgilio Martinez’s Sixty Mile Fish; Argentine chef Fernando Trocca; a variety of cuts served at Trocca’s steakhouse, Gaucho

左上圖起順時針：Virgilio Martinez的魚類菜式Sixty Mile Fish；阿根廷廚師Fernando Trocca；Trocca開設的牛扒館Gaucho供應各種牛扒

Argentina: Raising the steaks

Argentinian cuisine is synonymous with steak. “Argentina’s grass-fed cattle are the envy of the world,” declares consul general Fazzari. With vast pampas on which to roam freely, they feed only on grass rather than corn or hormone- and antibiotic-tainted animal feed.

Unsurprisingly, *asado* – beef and other meats slow-cooked on a *parilla* (grill) or over open fire – is the country’s most iconic dish, yet even that has many regional variations. “The centre of Argentina is more associated with beef, the southern parts in Patagonia with lamb, and the mountainous regions with goat,” Fazzari explains. Cured sausages like *chorizo* (a result of strong Spanish influence), offal and even a pulled-curd variant of provolone cheese are also popular.

Grilled meats are usually served simply and accompanied by *chimichurri* – a sauce made from parsley, oregano, garlic and white-wine vinegar. “As a result of enormous Italian and European immigration, Argentinian cuisine has a huge European influence in comparison with the rest of South America,” explains Fernando Trocca, chef behind award-winning Buenos Aires restaurant Sucre and renowned international steakhouse Gaucho. “For example, Argentina is the only country to use parsley, whilst everywhere else has always used coriander.”

Felipe Lopez showcases his own take on *asado* at Hong Kong’s Buenos Aires Polo Club, such as pork belly that is cured for three days, smoked over wood and then grilled. “Argentinian cuisine is all about simple preparation and quality ingredients,” the chef says.

Trocca believes the country’s most traditional regional dishes – like *locro*, a hearty corn-based stew – are found in the north. The dish is typically served for Argentina’s Independence Day in July, one of the coldest months. A rich combination of meat, corn, beans, pumpkin and potatoes cooked for hours, it’s a perfect winter warmer that Fazzari claims was “born to marry” with another of Argentina’s most famous gastronomic exports, Malbec. “It’s said that if you don’t have Malbec with *locro*, you will become sick,” he says. “The wine really cuts through the stew’s fattiness.”

Malbec and more

Argentina is the largest producer of wine in South America, and the fifth largest worldwide. Alberto Arizu, president of Wines of Argentina, shares some key facts.

Argentina has more than 100,000 hectares of vineyards that are at the world’s highest altitude. Our climate and soil conditions promote vineyard health, with the dry weather making it extremely easy to produce organic wines. Our average annual rainfall ranges from six to 16 inches, which allows growers to maintain their vineyards naturally.

Our wine culture is rooted in our own customs, as well as influences from the Mediterranean due to

immigration from Italy, Spain, France and Germany.

Argentina is divided into three production regions: the North, Cuyo and Patagonia. The most important area in terms of production is Cuyo, while the Mendoza region (pictured) is the nation’s leading wine producer.

Argentina is the world’s largest producer of Malbec. It was brought here from France more than 180 years ago, and adapted incredibly well to our land and climate. Malbec wines stand out for their elegance and personality. They are of full body and colour, rich in fruit character and have long ageing potential. The next most popular grape varieties are Bonarda, Chardonnay and Cabernet Sauvignon.

OPPOSITE TOP LEFT: CENTRAL RESTAURANTE

阿根廷：牛扒之國

牛扒可說是阿根廷菜的代表。原因很簡單，阿根廷牛可以在遼闊的南美大草原上自由奔跑，只吃草，不吃粟米或添加抗生素的動物飼料，肉質和味道自然勝一籌，就連阿根廷駐港總領事Fazzari也聲稱：「阿根廷的草飼牛傲視全球。」

這樣的前提下，難怪以慢火燒烤的肉類asado會成為阿根廷的招牌菜，不過這道菜在不同地區各有特色。Fazzari解釋：「阿根廷中部比較多牛肉，南部巴塔哥尼亞多羊，山區則以山羊為主。」另外，臘腸chorizo（受到西班牙影響）、動物內臟，甚至provolone芝士都是經常用來燒烤的食材。

在阿根廷，烤肉通常不用醬料醃製，僅佐以歐芹、牛至、蒜和白葡萄酒調成的chimichurri醬食用。布宜諾斯艾利斯得獎餐廳Sucre及著名扒房Gaucho的大廚Fernando Trocca說：「阿根廷的意大利及歐洲移民為數驚人，因此菜式比起其他南美國家更受歐洲影響，阿根廷是南美唯一用歐芹的國家，其他地方都用芫荽。」

大廚Felipe Lopez為香港的阿根廷餐廳Buenos Aires Polo Club精心炮製多款阿根廷烤肉，包括以柴火燻烤三天再去燒烤的豬腩肉。他說：「阿根廷料理以食材取勝，品質上乘，烹調方法簡單不花俏。」

Trocca認為，該國的傳統料理如locro，都源自北部。這種以粟米為主，加入肉、豆、南瓜和馬鈴薯燜幾小時而成的燉菜，是阿根廷人每逢7月慶祝獨立紀念期間常吃的傳統菜餚，在當地嚴寒的7月正好讓人暖暖身子。Fazzari聲稱，這種油膩的菜式與阿根廷著名的出口美酒Malbec是天作之合：「有人說locro必須佐以Malbec，否則會生病，因為這種酒能減去燉菜的肥膩。」



漫談阿根廷紅酒

阿根廷的產酒量稱冠南美，位居全球第五位。阿根廷紅酒協會主席Alberto Arizu與我們分享該國的產酒現況。

阿根廷擁有全球海拔最高的葡萄園，面積逾十萬公頃之多。當地氣候和土壤為葡萄提供健康的生長環境，乾燥的天氣有利於生產有機酒。由於全年平均雨量為6至16吋，讓種植者可以採用天然方法栽種葡萄。

我們的葡萄酒文化植根於本土，同時也因為眾多意大利、西班牙、法國及德

國移民對我們的影響，因而亦帶有地中海風味。

阿根廷有三個主要的釀酒區：北部、Cuyo和巴塔哥尼亞，其中Cuyo產量最豐，門多薩（上圖）則是主要產地。

阿根廷是全球最大的Malbec產地，這種原產於法國的葡萄品種於180多年前引進阿根廷，出乎意料地迅速適應了這裡的土地和氣候。Malbec以優雅見稱，充滿個性：酒體醇厚、顏色深邃，帶濃郁的果香，具陳年潛力。其他常見的葡萄品種包括Bonarda、Chardonnay和Cabernet Sauvignon。