

The best red wines to pair with rich winter stews

Seek out these bold, no-nonsense Aussies, sturdy Rhônes and southern French reds when planning a meaty casserole

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The perfect partners for hearty winter casseroles | CREDIT: Reuters

I gave up meat for January, partly because I'd eaten too much of it in December and partly to push myself into cooking more interesting fish, seafood and vegetarian dishes (I can thoroughly recommend Roopa Gulati's *India: The [World Vegetarian](#)*, published by Bloomsbury Absolute, for this by the way).

It wasn't especially hard, and I won't go back to eating meat so regularly now, but I am looking forward to a hearty winter casserole in the next few days. And the chance to match it with robust red wines, since my pescatarian diet has rarely called for them.

Les Jamelles Syrah 2019

Pays d'Oc, France (13.5%, [Co-op](#), £7.25 down to £6.25 until Feb 23)

I have liked this good-value southern French red for some time; the new 2019 vintage has got masses of sweetly ripe blackcurrant and cherry fruitcake flavours. There's a bit of tannin on the finish, which makes it all the better to match with beef, pork or lamb dishes.

