



Weekday Meal Wines

April 9th and 10th, 2010

Gatão: Vinho Verde – Non-Vintage
with Scallops Provençal

Ingredients:

1 pound fresh bay or sea scallops
Kosher salt and freshly ground black pepper
All-purpose flour, for dredging
4 tablespoons (half stick) unsalted butter, divided
½ cup chopped shallots (2 large)
1 garlic clove, minced
¼ cup chopped fresh flat-leaf parsley leaves
1/3 cup dry white wine
1 lemon, cut in half

Directions:

If you're using bay scallops, keep them whole. If you're using sea scallops, cut each 1 in half horizontally. Sprinkle with salt and pepper, toss with flour, and shake off the excess.

In a very large saute pan, heat 2 tablespoons of the butter over high heat until sizzling and add the scallops in 1 layer. Lower the heat to medium and allow the scallops to brown lightly on 1 side without moving them, then turn and brown lightly on the other side. This should take 3 to 4 minutes, total. Melt the rest of the butter in the pan with the scallops, then add the shallots, garlic, and parsley and saute for 2 more minutes, tossing the seasonings with the scallops. Add the wine, cook for 1 minute, and taste for seasoning. Serve hot with a squeeze of lemon juice.

Barnard Griffin: Rosé of Sangiovese – 2009
with California Turkey Sandwich

Ingredients:

½ lb. Favorite deli, mesquite turkey breast
¼ lb. Favorite bacon
2 Avocados
1 Package dry McCormick guacamole mix (Optional)
2 Tomatoes
5 Leaves leafy romaine lettuce
Favorite toasting bread

Directions:

Prepare avocados with guacamole mix (optional) and chill for 20 minutes. Fry bacon on the stovetop to desired crispiness. Toast your bread and spread one side thoroughly with avocados/guacamole spread. Add desired amount of turkey, bacon, tomatoes, and lettuce. Slice, and enjoy!

Sanguineti: Caruso – Non-Vintage

with Veal Scaloppini in Cream Sauce

50% Sangiovese / 20% Nero d'Avola / 14% Corvina / 10% Syrah / 6% Rondinella

Ingredients:

1 pound veal scaloppini (about 12 slices)
Salt and freshly ground black pepper
2 ½ tablespoons butter
2 tablespoons olive oil
12 ounces cremini mushrooms, sliced
2 large shallots, finely chopped
¾ cup dry white wine
1 cup beef broth
¼ teaspoon saffron threads (Optional)
¾ cup heavy cream
½ cup frozen peas, thawed
1 lemon, cut into wedges

Directions:

Sprinkle the veal with salt and pepper. Melt 1/2 tablespoon of butter with 2 teaspoons of oil in a heavy large frying pan over high heat. Working in batches if necessary, add the veal and sauté until just cooked through and golden, about 45 to 60 seconds per side. Transfer the veal to a platter and tent with foil to keep it warm. Repeat with the remaining veal, adding more butter and oil to the pan as necessary.

Melt 1 tablespoon of butter and 1 tablespoon of oil in the same pan over high heat. Add the mushrooms and shallots. Sprinkle with salt and pepper, and sauté until the mushrooms are golden brown, about 8 minutes. Add the wine, broth and saffron, and simmer until the liquid is reduced by half (about 5 minutes). Add the cream and boil until the sauce thickens slightly, stirring often, about 4 minutes. Add the peas and return the sauce to a simmer. Season the sauce, to taste, with salt and pepper. Pour the sauce over the veal and serve with lemon wedges.

Joel Gott: Cabernet Sauvignon – 2007
with Cowboy Steak

Ingredients:

- 1 ½ teaspoons chili powder
- 1 ½ teaspoons fine ground espresso coffee
- ½ teaspoon brown sugar
- ¼ teaspoon dry mustard
- ¼ teaspoon ground coriander
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 ¼ pound shoulder center steak (Ranch Steak), or top sirloin, about 1 ¼-inch thick

Directions:

Spray a large nonstick skillet with cooking spray and preheat it over medium-high heat. In a small bowl combine all the ingredients for the rub and coat the steak well on both sides. Cook steak for 14 minutes, turning once, for medium to medium-rare. Allow steak to sit for 5 minutes before slicing.