

Weekday Meals and Wine Pairings Friday and Saturday March 13th-14th

Pan Fried Fish and Chips paired with Mirth Chardonnay:

Vegetable oil, for deep frying

3 large russet potatoes

2 cups rice flour

1 tablespoon baking powder

3 teaspoons salt, plus more for seasoning

1/2 teaspoon freshly ground black pepper, plus more for seasoning

1 (12-ounce) can soda water

1 large egg, lightly beaten

2 (8-ounce) cod or haddock fillets, cut in 1/2 on an angle

1/2 cup rice flour, for dredging

Malt vinegar, for serving

Directions

Heat 3 inches of the oil in a deep fryer to 325 degrees F. Alternatively, use a deep heavy skillet.

Peel the potatoes and cut them into chips (that is, fries) about the size of your index finger. Put the potatoes in a fryer basket and lower into the oil. Fry the chips for 2 to 3 minutes; they should not be crisp or fully cooked at this point. Remove the chips to a paper towel-lined platter to drain.

Crank the oil temperature up to 375 degrees F. In a large mixing bowl, combine the flour, baking powder, salt and pepper. Combine soda water and egg and pour into the flour mixture. Whisk to a smooth batter. Spread the rice flour on a plate. Dredge the fish pieces in the rice flour and then dip them into the batter, letting the excess drip off.

Put the chips in the bottom of the fryer basket and carefully submerge in the hot oil. Carefully lower the battered fish into the bubbling oil on top of the chips. Fry the fish and chips for 4 to 5 minutes until crispy and brown. Remove the basket and drain the fish and chips on paper towels; season lightly with salt. Serve wrapped in a newspaper cone with malt vinegar and/or tartar sauce.

Corned Beef and Cabbage paired with Stonecap Riesling:

1 (3-pound) corned beef brisket (uncooked), in brine

16 cups cold water

2 bay leaves

2 teaspoons black peppercorns

4 whole allspice berries

2 whole cloves

1/2 large head green cabbage (about 2 pounds), cut into 8 thick wedges

8 small new potatoes (about 1 1/4 pounds), halved

Freshly ground black pepper

Serving suggestion: Whole-grain mustard or HORSERADISH SAUCE, recipe follows

Directions

Preheat the oven to 300 degrees F.

Place the corned beef in a colander in the sink and rinse well under cold running water.

Place the corned beef in a large Dutch oven with a tight-fitting lid; add the water, bay leaves, peppercorns, allspice, and cloves. Bring to a boil, uncovered, and skim off any scum that rises to the surface. Cover and transfer pan to the oven, and braise until very tender, about 3 hours and 45 minutes.

Transfer the corned beef to a cutting board and cover tightly with foil to keep warm. Add the cabbage and potatoes to the cooking liquid and bring to a boil. Lower the heat and simmer until the vegetables are tender, about 20 minutes.

Using a slotted spoon, transfer the cabbage to a large platter. Slice the corned beef across the grain of the meat into thin slices. Lay the slices over the cabbage and surround it with the potatoes. Ladle some of the hot cooking liquid over the corned beef and season with pepper. Serve immediately with the mustard or horseradish sauce.

Cook's Note: Leftover corned beef makes great corned beef hash.

Italian Meatloaf paired with Corvidae Lenore Syrah:

2 tablespoons extra-virgin olive oil
1 red pepper, seeded, small diced
1 onion, diced
2 teaspoons (about 3 cloves) chopped garlic
1 pound ground beef
2 eggs
3/4 cup bread crumbs
1 cup grated Parmesan
1 tablespoon Worcestershire sauce
1 tablespoon balsamic vinegar
2 tablespoons chopped basil leaves
1 tablespoon chopped parsley leaves
1 teaspoon salt
1/2 teaspoon black pepper
1 cup marinara sauce

Directions

Preheat oven to 350 degrees F.

Heat 1 tablespoon of the olive oil in a medium sauté pan over medium heat and add the peppers, onions and garlic. Sauté until just soft, remove to a plate and cool.

When the peppers and onions are cool, combine all of the remaining ingredients together except for the marinara. Pack the meat mixture into an oiled loaf pan, if you do not have a loaf pan, form the meat mixture into a loaf shape on an oiled oven tray or baking dish. Top with the marinara making sure to spread evenly over the top.

Bake for approximately 50 to 60 minutes or until an instant-read thermometer registers 160 degrees F in the middle of the meatloaf. Remove from the oven and let rest for 5 minutes. Slice and serve.

Homemade Hamburgers paired with Rutherford Ranch Cabernet:

24 ounces ground chuck

1 teaspoon kosher salt

Freshly ground black pepper

Spice Mix, optional, recipe follows

1 tablespoon vegetable oil

4 slices cheese, such as cheddar, American, Saga blue cheese, and Swiss, optional

4 soft hamburger-style buns, split

4 slices beefsteak tomatoes, optional

Assorted lettuces and greens, such as iceberg, romaine, or watercress

Assorted mustards, such as whole-grained, Dijon, or French's, optional

Mayonnaise, optional

Ketchup, optional

Directions

Preheat the oven to 450 degrees F. Place a roasting rack on a foil-lined baking sheet in the oven.

Using your hands, break the meat into small pieces and combine evenly but loosely on a parchment or waxed paper-lined baking sheet. Spread the meat out and season it generously with salt and pepper. If desired, add the spice mix at this time.

Divide the meat into 4 portions (about 6 ounces each). Using your hands, form each portion into a ball-shape by gently tossing it from 1 hand to the other. (Don't over work or press too firmly on the meat.) Gently form each portion into a patty about 3 1/2 inches wide and 1-inch-thick.

Preheat a large cast iron skillet over medium-low heat for 5 minutes. Raise the heat to high and add the oil. Add the patties and cook, turning once, until well-browned, about 2 minutes each side.

Using a spatula, transfer the hamburgers to the roasting rack in the oven and continue cooking to desired doneness, 8 to 9 minutes for medium-rare, 10 to 11 minutes for medium, and 13 to 15 minutes for well-done. If you are using the cheese, top the hamburgers during their last couple of minutes of cooking to melt.

Transfer the hamburgers to a plate, let rest for a couple minutes before serving. Meanwhile, toast the hamburger buns. Assemble the hamburgers with the condiments and toppings of your choice. Serve.

Spice Mix:

1 tablespoon Worcestershire sauce

2 teaspoons garlic powder

2 teaspoons onion powder

Hot Sauce, to taste

Combine all ingredients.

Pizza or Lasagna paired with Sheridan Kamiakin Red Blend:

2 pound dried lasagna noodles
Extra-virgin olive oil
2 pounds ground beef
2 pound ground Italian sausage
1 onion, chopped
2 cloves garlic, sliced
3 carrots, chopped
2 stalks celery, chopped
2 tablespoons chopped fresh basil
1/4 cup finely chopped Italian flat-leaf parsley
1 tablespoon chopped oregano leaves
2 tablespoons all-purpose flour
2 cups red wine
2 (28-ounce) cans tomatoes (recommended: San Marzano)
3 tablespoons heavy cream
1 teaspoon ground cinnamon
2 quarts ricotta cheese, (2 containers)
2 eggs, lightly beaten
1/2 cup grated Parmesan
Kosher salt and freshly ground black pepper
1 pound mozzarella cheese, shredded
Grated Parmesan and mozzarella, for topping
Directions
Preheat oven to 350 degrees F.

Cook the lasagna noodles in plenty of boiling salted water until pliable and barely tender, about 10 minutes. Stir with a wooden spoon to prevent sticking. Drain the noodles thoroughly and coat with olive oil to keep them moist and easy to work with.

Coat a large skillet with olive oil, add beef and sausage and brown until no longer pink, about 10 minutes. Season with salt and pepper. In a food processor, combine the onion, carrots, celery, garlic, basil, parsley, an oregano. Process until pureed, add to the pan with the ground meat and stir to combine. Stir in the flour. Add the wine and cook until it has reduced by half. Stir in the tomatoes and add the heavy cream and the cinnamon.

In a mixing bowl, combine ricotta and the parmesan. Stir in the eggs and season with salt and pepper.

To assemble the lasagna: Coat the bottom of a deep 13 by 9-inch pan with olive oil. Arrange 4 noodles lengthwise in a slightly overlapping layer on the sauce. Then, line each end of the pan with a lasagna noodle. This forms a collar that holds in the corners. Dollop 1/2 of the ricotta mixture over the pasta, spread to the edges with a spatula. Spread 1/2 of the meat mixture over the ricotta. Sprinkle 1/2 of the mozzarella on top of the ricotta. Top with a ladle full of sauce, spread evenly. Repeat with the next layer of noodles, ricotta, sauce, and cheeses. Top last layer with noodles, sauce, shredded mozzarella and Parmesan. Tap the pan to force out air bubbles. Bake for 1 hour. Remove from oven. Let lasagna rest for 30 minutes so the noodles will settle and cut easily. Cut into 2-inch squares and serve.