

October 9th and October 10th 2009 Weekday Meal Wine Tasting with Recipes

Lone Canary Pinot Gris

Pesto Chicken with garden vegetables – This is the time to use them up!!

Ingredients:

Pesto-

3 cups fresh basil leaves

$\frac{3}{4}$ cup pine nuts

4 cloves garlic, peeled

$\frac{1}{4}$ cup grated Parmesan cheese (freshly grated Parmesan is our favorite so if you have it, grate it!)

1 cup olive oil or more

Salt and pepper to taste

2-3 Chicken breasts

$\frac{1}{2}$ bunch broccoli

3 ears of corn

4 cups penne pasta

2 tbs shallot

2 garlic cloves peeled and minced

$\frac{1}{2}$ tbs butter

DIRECTIONS

In a food processor, blend together basil leaves, nuts, garlic, and cheese. Pour in oil slowly while still blending. Stir in salt and pepper. Boil corn and broccoli until tender but not soft. Once corn has cooled cut off the cobb and put aside. Prepare pasta and Grill (or bake) the chicken breasts at 350 until juices are clear or cooked through. Heat large skillet to medium and sauté shallot and minced garlic with butter. Once the shallot is translucent add cooked pasta, corn, broccoli and pesto and toss. Plate pasta and top with sliced chicken and serve.

Mann Chenin Blanc

Pacific King Crab Rolls

Ingredients:

1 lb King Crab

3 scallions diced

2 stalks celery diced

$\frac{1}{4}$ cup mayonnaise

Salt and pepper

3-4 Hot dog buns or Kaiser rolls

Directions:

Steam the king crab legs for 5-10 minutes. Remove from heat and let cool. Remove meat from the legs and knuckles. In a separate bowl, mix together scallions, celery, salt and pepper to taste and mayonnaise until well blended together. Add meat to the mixture and mix well. Cover and refrigerate for 20-30 minutes. While the salad is chilling, butter the rolls and toast. Arrange the king crab salad on the rolls and enjoy!

Monte Antico Rosso

Breaded Veal Cutlet and Fresh Tomato Salad

Ingredients

1 1/2 lbs veal cutlets
1/2 cup olive oil
1 tablespoon butter (optional)
5 cloves garlic
1/4 teaspoon paprika
1/2 cup dry bread crumbs
3 tablespoons Parmesan cheese, freshly grated
1/4 cup fresh parsley, finely minced
1 egg
salt and pepper, to taste

Sauce:

2-3 cloves garlic, minced
1 onion, chopped
1 green pepper, chopped (optional)
a few tablespoons fresh basil and oregano, minced
1 quart pasta sauce

Purchase slices of veal from the leg which have been cut one-half inch thick. Recently, supermarkets have been slicing veal cutlets more thinly (1/4" thick or less) which is not the traditional method, which gives more substance to the cutlets.

Combine bread crumbs and Parmesan cheese in a shallow bowl (for dredging). If desired, a pinch of oregano, parsley, rosemary, and basil may be added to season the breadcrumbs, but only use a pinch, and be sure that these are finely minced (a food processor can be put to good advantage). Fresh herbs are preferred.

Very finely mince 1 clove garlic and the parsley together; mash together with the side of the knife or cleaver with a pinch of coarse salt. Add this to 1 egg which has been beaten with 1 tablespoon cold water. Sprinkle Parmesan cheese over the egg mixture. Stir to combine in a shallow bowl, for dipping.

In a large skillet, heat the oil, and butter (optional) with the remaining whole cloves of garlic. Turn the garlic cloves so that they take on color evenly, but do not allow to brown. Mash the cloves into the oil using the tines of a fork when they become toasted, then remove.

Pat the veal dry using a paper towel so that the coatings will stick. Season the veal with salt, pepper, and paprika. Dip each piece of veal into the seasoned bread crumbs coating both sides well. Dip into the egg mixture. Roll in the bread crumbs a second time.

Pan fry the veal cutlets in the olive oil, carefully turning once, until well browned on both sides.

Cover and continue cooking over low heat until thoroughly cooked and tenderized, which can take 30-40 minutes.

Sauce:

Halfway through the cooking time (around 20 minutes) add
2-3 cloves of minced garlic
1 chopped onion
1 green pepper (optional)
3-4 sprigs of fresh basil
2-3 branches oregano

to the oil; stir in 1 quart of pasta sauce after a few minutes of sautéing the herbs. Simmer over low heat until veal is tender, making sure veal is covered with sauce. Serve over pasta, sprinkled with freshly grated Parmesan or Romano cheese and garnished with fresh basil. Or place veal in a casserole and sprinkle with slices of fresh mozzarella and Parmesan or Provolone and heat until cheese melts before serving with pasta or in sub sandwiches.

Panarroz Red

Flank Steak, last of the corn on the cob and baked potato

Ingredients

Marinade Ingredients

1/3 cup olive oil
2 cloves garlic, minced
2 Tbsp red wine vinegar
1/3 cup soy sauce
1/4 cup honey
1/2 teaspoon freshly ground black pepper

Other ingredients

2 pounds flank steak
Kosher salt
Freshly ground pepper

1. Score the surface of the steak with 1/4 inch deep knife cuts, about an inch apart, across the grain of the meat. Combine the marinade ingredients. Place steak and marinade ingredients in a large freezer bag. Coat the steak well with the marinade. Seal the bag and place in a bowl. Chill and marinate for at least 2 hours and up to overnight.

2. Using olive oil soaked onto a paper towel, coat the grill rack of your grill with olive oil. Preheat the grill with high, direct heat. The grill is hot enough when you hold your hand about an inch over it and you can only hold it there for about a second.

3. Take the steak out of the marinade bag and sprinkle generously on all sides with coarse salt and freshly ground pepper. The salt and pepper will help form a savory crust on the steak. Place steak on the hot grill. If you are using a gas grill, cover the grill. Grill for 4-6 minutes on each side. Half way through grilling on each side, turn the steak 90° so that you get more grill marks.

How do you know if the steak is done? The best way to tell is to poke it with your finger tips. While the steak is still raw, test it with your fingers; it will be quite squishy. That's what a very rare steak feels like. As the steak cooks the muscles contract and firm up. Touch the tip of your nose and that's what a very well done steak feels like. Here's a visual guide from Men's Health magazine.

4. Flank steak is best eaten medium rare; well done will make it too tough. When the steak has cooked to your preferred level of doneness, remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat and to keep the steak from drying out, and let rest for 10 minutes.

5. Make very thin slices, against the grain, and at a slight diagonal so that the slices are wide.

If you want, you can take the excess marinade and bring it to a boil, simmer for several minutes, and serve with the flank steak. Great also with salsa or horseradish sauce.

Serves 6.