

Principles of Food and Wine Pairing
Part Two
Tuesday August 5, 2008
2:45

2006 Santa Cristina Pinot Grigio, Sicilia Italy

Honey Dew with Sea Salt and Lemon

Makes about 20-30 pieces

1 Honeydew Melon- Summer melons only
¼ cup Coarse or Crystallized Sea Salt- recommend Maldon from England
Zest from 3 lemons

Cut the Melon into 1" cubes or small Melon balls
Top with a pinch of Sea salt and a few Zests of Lemon. Serve immediately

2006 Columbia Crest Grand Estates Chardonnay, Columbia Valley

Grilled Chicken Salad with Pears and Jicama

Serves 6-8

3 Pounds of Chicken Breast- Boneless and Skinless
2 cups of Pear Juice
1 bunch of Fresh Sage
½ cup Rice Vinegar
Sea Salt and White Pepper
1 Large Jicama
3 ripe Pears (recommend-Anjou or Comice)
Hellman's mayonnaise

Marinate Chicken in 1 ½ cups of the Pear Juice and all the Vinegar and Sage overnight.
Remove from marinade and remove all sage leaves. Season with salt and pepper. Grill breasts until just beyond pink in the center. Cut Chicken into large cubes, Julienne Jicama and dice pears into large dice.

Mix Mayo and some of the reserve Pear Juice together. Dress the Pears, Jicama and Chicken with the Mayonnaise to desired creaminess. Season again with salt and pepper. Serve on buttery lettuce like Boston Bibb.

2007 Eroica Riesling, Columbia Valley

Summer Peach and Roasted Jonagold Apple Soup with Lime Chile Laced Almonds

Soup (Makes 100- 2 ounce portions)

*40 Jonagold Apples- peeled and cored
40 Yellow Peaches- peeled and pitted
3 cups Riesling wine*

Roast apples and peaches with 1 cup of wine in a covered roasting pan until soft. Puree in blender with wine and season with salt and white pepper. Serve chilled in 2 ounce shot glasses or cups.

*Nuts- 2 almonds per person
2 cups fresh lime juice
200 whole shelled almonds with skin
¼ cup fine sea salt
2 tsp. Chile flakes*

Toss Almonds with other ingredients and roast for 45 minutes to 1 hour at 350 degrees. Toss and turn in the oven every ten minutes until almonds are dry and crisp on the outside

2006 Erath Pinot Noir, Dundee Oregon

Cinnamon Rubbed Duck Breast with Red Cherry Marmalade

Serves 6

*6 Duck Breasts- Skin on
1 ½ tablespoon Cinnamon (reserve ½ tablespoon fro marmalade)
½ tablespoon Crushed Star Anise
½ tablespoon Black pepper
1 Tablespoon Coarse Sea Salt
1 cup red pitted cherries
1/8 cup sugar
½ cup Red Zinfandel Wine*

Score skin of Duck into small cross hatch marks being sure not to go through to the meat. Rub with spices and salt. Sear in very hot pan (cast iron is best) skin side down until the skin is crisp. Turn over breast for 1 minute and then let breast stand for a while and cool down.

In a food processor, rough chop cherries adding sugar, cinnamon and wine. Reduce in small sauce pan until thickened.

Roast Duck for 10-12 minutes till medium rare and serve with marmalade. Can be served hot or cold.

2004 Chateau Ste Michelle Merlot, Columbia Valley

Braised Brisket with Smoked Sundried Tomato Salsa

Serves 6-8

*3 pound Brisket of Beef
½ cup Kosher Salt
¼ cup Black Pepper
½ Cup light Brown Sugar
½ Cup Smoked Sundried Tomatoes
1 whole Vidalia or "Supersweet" Onion-chopped to a small dice
¼ cup Olive Oil
4 cloves Crushed Garlic
1 cup beef or chicken stock
1 cup Merlot*

Rub Beef Brisket with first four ingredients. Marinate in spice rub for 3-4 hours. Place Brisket in a roasting pan and roast for 20 minutes at 450 degrees. When a crust forms, add stock and wine to the pan. Cover pan with foil. Set temperature to 250 degrees and braise for 3-4 hours. Brisket is done when it is fork tender.

Chop Onions and sweat in Olive Oil. When the onions are translucent, add the remaining ingredients and season with salt and pepper. Cook until all the ingredients are well integrated, about 20 minutes. Chill Salsa.

Serve Brisket in thick slices with chilled Salsa.

2005 Chateau Ste Michelle Cabernet Sauvignon Cold Creek Vineyard, Columbia Valley

Rosemary Crusted Rib Eye Steak with Black Raspberry Demi

Serves 6-8

*Four 16 ounce Rib Eye Steaks (minimum 1 ¾ inches thick)
4 Cloves Garlic
Sea Salt and Balinese Black Pepper
1 Bunch Fresh Rosemary
½ Pint Black Raspberries
1 cup Demi Glaze (recipe upon request)
½ cup Cabernet Sauvignon*

Strip Rosemary Branches of all needles. Chop Garlic and Rosemary Needles together. Add salt and pepper to make a fine rub. Rub both sides of all four steaks and let stand for about ten minutes. Over Hot grill sear the steaks for four minutes on each side to form a nice charred crust. Then place on sheet pan to finish in the oven.

In a separate pot, add the Cabernet to the Demi Glaze heat on medium heat. When it begins to boil, add the Blackberries and let them simmer for ten minutes or until the sauce is desired thickness. Strain the sauce through a fine mesh sieve pressing all the juices from the berries.

Serve over the Prime Rib.