

Recipes to go with October 23rd Wines

Sautéed Chicken Breasts with Tarragon Cream Sauce ~ Pairs with Chardonnay

Ingredients:

2 tablespoons butter
4 boneless, skinless chicken breasts (about 1 ½ pounds in all)
¾ teaspoon salt
¼ teaspoon fresh-ground black pepper
2 tablespoons chopped onion
1 tablespoon flour
1 cup dry white wine
½ teaspoon dried tarragon, or 1 ½ teaspoons chopped fresh tarragon
½ cup heavy cream

Directions:

In a medium frying pan, heat the butter over moderate heat. Season the chicken with ¼ teaspoon of the salt and the pepper and add it to the pan. Cook the chicken until brown, about 5 minutes. Turn and cook until just done, 4 to 5 minutes longer. Remove the chicken from the pan and put it in a warm spot.

Reduce the heat to moderately low. Stir in the onion and cook until starting to soften, about 2 minutes. Sprinkle the flour over the onion and stir to combine. Increase the heat to moderate; whisk in the wine and the tarragon, and cook until the sauce starts to thicken, about 2 minutes. Stir in the cream, the remaining ½ teaspoon salt, and any accumulated chicken juices. Serve the sauce over the chicken.

Makes 4 servings.



Creamy Onion & Fontina Soup w/ Fried Rosemary & Sage ~ Pairs with Radicle Vine Cab Franc

2nd course in dinner menu

Ingredients:

6 onions, coarsely chopped
2 tablespoons extra virgin olive oil
6 cups chicken broth
4 cups peeled and cubed potatoes
6-ounces Italian fontina, shredded
16 medium fresh sage leaves
1/3 cup extra virgin olive oil
3 cloves garlic, chopped
3 sprigs rosemary, stemmed
Salt and pepper

Creamy Onion Soup Directions:

In a large pot over medium-low heat, soften the onions in the oil for 10 minutes, stirring frequently. Add the broth and potatoes. Bring to a boil and let simmer for 25 minutes or until the potatoes are tender.

In a blender, purée the soup until smooth. Return to the pot. Add cheese and stir until melted. Season with salt and pepper. Keep warm but don't let it boil.

Fried Sage and Rosemary Directions:

In a small skillet over medium-high heat, fry the sage in the oil until crisp. With a slotted spoon, remove and drain the sage on paper towels. Set aside.

In the same skillet, fry the garlic and rosemary in the oil until the garlic is lightly browned. Remove from the heat and transfer the oil mixture to a bowl.



Serve the soup into bowls. Drizzle with the oil mixture and garnish with the fried sage. Makes 6 servings.

Note: This soup can be topped with fresh chives, sour cream, and croutons, instead of the warm fried herb garnish.



Caesar Salad with Meatballs ~ Pairs with Radicle Vine Red

3rd course in dinner menu

Ingredients:

3 garlic cloves
2 anchovy fillets
2 tablespoons fresh lemon juice
2 tablespoons mayonnaise
1 teaspoon Worcestershire sauce
1 cup mild olive oil, divided
1/2 cup plus 3 tablespoons freshly grated Parmesan cheese
Salt and freshly ground pepper
3 romaine hearts, coarsely chopped
1 cup grape tomatoes, halved
2 slices of bacon (just 1 slice if thick-cut), coarsely chopped
3 tablespoons dry breadcrumbs
3 tablespoons milk
1 large egg
1 tablespoon chopped basil
1/2 teaspoon thyme leaves
1/2 teaspoon hot sauce
3/4 pound extra-lean ground beef
1/4 cup all-purpose flour

Directions:

In a blender, puree 2 of the garlic cloves with the anchovy fillets, lemon juice, mayonnaise, and Worcestershire sauce. With the blender on, add 1/2 cup of the olive oil in a thin stream and process until incorporated. Add 1/4 cup of the Parmesan, season with salt and pepper and blend. Pour 2 tablespoons of the Caesar dressing into a medium bowl. Transfer the remaining dressing to a large bowl and add the lettuce, tomatoes and 1/4 cup of the Parmesan; don't toss.



In a food processor, pulse the remaining garlic clove with the bacon until chopped. Add the breadcrumbs, milk, egg, basil, thyme, hot sauce and the remaining 3 tablespoons of Parmesan; season generously with salt and pepper and process to a paste. Transfer to a bowl and knead in the sirloin. Working with 2 tablespoons of the meat at a time, roll it into 20 balls. Dust the meatballs with the flour.

In a large skillet, heat the remaining 1/2 cup of oil until shimmering. Add the meatballs and cook over moderately high heat until golden and cooked through, about 8 minutes. Drain well on paper towels. Add the meatballs to the dressing in the medium bowl and toss gently. Toss the salad and transfer to plates. Top with the meatballs and serve. Makes 4-6 servings.



Chocolate Molten Cakes ~ Pairs with Proceso Red

5th course in dinner menu

Ingredients:

Sugar for dusting ramekins

1 stick plus 3 tablespoons butter, plus extra for ramekins

7-ounces bittersweet or semisweet chocolate, coarsely chopped

4 large eggs

1 teaspoon vanilla extract

1/2 cup sugar

1/2 teaspoon cinnamon

2 tablespoons all-purpose flour

Confectioners' sugar or unsweetened cocoa powder for decoration, optional

Vanilla ice cream, optional

Directions:

Pre-heat oven to 375°. Generously butter and dust with sugar, eight to nine 6-ounce ramekins or Pyrex custard/baking cups; tap out excess sugar and set ramekins on shallow baking sheet.

Meanwhile, heat chocolate alone in a microwave oven at 50 percent power (defrost) for 2 minutes; stir chocolate, add butter, and continue heating at 50 percent for another 2 minutes, stopping to stir after 1 minute. If chocolate is not yet entirely melted, heat an additional 30 seconds at 50 percent power.

Beat eggs, vanilla, sugar, cinnamon, and flour at highest speed in bowl of a standing mixer fitted with the whisk attachment until volume nearly triples, color is very light, and mixture drops from beaters in a smooth, thick stream, about 5 minutes.

Scrape egg mixture over melted (slightly cooled) chocolate. Gently fold together until mixture is uniformly colored. Ladle or pour batter into prepared ramekins until 3/4 full.



Can be covered lightly with plastic wrap and refrigerated up to 3 days. Return to room temperature for 30 minutes before baking.

Bake until cakes have puffed about 1/2 inch above ramekins, have a thin crust on top, and jiggle slightly at center when ramekins are shaken very gently, 13 to 15 minutes.

Sieve light sprinkling of confectioners' sugar or cocoa powder over cakes to decorate and serve immediately on a plate with vanilla ice cream. Makes 8-9 servings.



Braised Lamb Shanks with Rosemary ~ Pairs with Ad Lucem

Ingredients:

6 lamb shanks (about 5-6 pounds total)
2 tablespoons olive oil
2 medium onions, chopped
3 large carrots, peeled, cut into 1-inch-thick rounds
10 garlic cloves, minced
1 750-ml bottle dry red wine
1 28-ounce can diced tomatoes with juices
3 tablespoons tomato paste
1 14 1/2-ounce can low-salt chicken broth
1 14 1/2-ounce can beef broth
2 tablespoons chopped fresh rosemary
3 fresh thyme sprigs
2 teaspoons grated lemon peel
3 tablespoons flour
¼ cup water

Directions:

Sprinkle shanks with salt and pepper. Heat oil in heavy large pot over medium-high heat. Working in batches, add shanks to pot and cook until brown on all sides, about 8 minutes. Transfer shanks to bowl.

Add onions, carrots and garlic to pot and sauté until golden, about 10 minutes. Stir in all remaining ingredients. Return shanks to pot, pressing down to submerge. Bring liquids to boil. Reduce heat to medium-low. Cover and simmer until meat is tender, about 2 hours.



Uncover pot; simmer until meat is very tender, about 30 minutes longer. (Can be made 1 day ahead. Chill until cold; cover and keep chilled. Rewarm over medium heat before continuing.) Transfer shanks to platter; tent with foil. Boil juices in pot for 15 minutes. Combine flour with water and add to pot; cook for 5 minutes or until slightly thickened. Season with salt and pepper. Spoon over shanks. Makes 6 servings.

