



February 2019

Pork Tenderloin Provençal

Wine Pairing: 2015 Skylark 'Red Belly' Blend, North Coast, CA

Makes 4 entrée portions

Ingredients:

- 1 1-1/2-lb. pork tenderloin
- Kosher salt and freshly ground black pepper
- 1 Tbs. olive oil
- 2 cloves garlic, minced
- 1 Tbs. whole fennel seeds, coarsely ground in a mortar and pestle
- 1 Tbs. minced fresh rosemary
- 1 tsp. finely grated orange zest



Position a rack in the center of the oven and heat the oven to 450°F. Brush the pork all over with the olive oil, and season generously all over with salt and pepper.

Combine the garlic, fennel seeds, rosemary, and orange zest, and press the mixture all over the pork. Transfer to a small rimmed baking sheet or ovenproof skillet, and roast until an instant-read thermometer inserted in the thickest part of the pork registers 135°F, about 20 minutes. Let rest on a cutting board for 5 minutes before slicing and transferring to a platter. Pour the juice from the cutting board and the baking sheet over the pork and serve.

Recipe By: Erica Clark, *Fine Cooking*, August/September 2016 Issue



February 2019

Rack of Lamb with Rosemary Butter

Wine Pairing: 2015 Capichera 'Assajé', Isola dei Nuraghi IGT, Sardinia

Makes 8 entrée portions

Ingredients:

- 2 racks of lamb, 8 bones each, chine bones removed and rib bones frenched
- Salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 5 large rosemary sprigs
- 1 teaspoon finely chopped thyme
- 1 teaspoon finely chopped mint
- 1 tablespoon finely chopped flat-leaf parsley



Directions:

Light a grill or preheat the oven to 375°. Season the lamb with salt and pepper.

If grilling, melt the butter in the olive oil in a small saucepan. When the coals are covered in white ash, grill the lamb over low heat for about 40 minutes, turning every 2 to 3 minutes and brushing the racks with the rosemary sprigs dipped in the butter mixture. The lamb is done when an instant-read thermometer inserted in the thickest part of the meat registers 125° for rare.

If pan-roasting the lamb, melt 1 tablespoon of the butter in 1 tablespoon of the oil in a large ovenproof skillet. Add the lamb racks, fat sides down, and cook over moderately high heat until the racks are browned all over, about 5 minutes. Add the rosemary sprigs and the remaining 1 tablespoon each of butter and oil to the skillet. Spoon some of the fat over the lamb. Roast for about 30 minutes, basting once or twice with the rosemary sprigs and fat and turning the racks halfway through. The lamb is done when an instant-read thermometer registers 125° for rare.

Transfer the lamb to a cutting board and let rest for 10 minutes. Carve the racks into chops. Sprinkle with the chopped thyme, mint and parsley and serve.

Recipe By: David Kinch, *Food & Wine*, December 2007



February 2019

Sirloin Steaks with Garlicky Swiss Chard

Wine Pairing: 2016 Podere Sapaio 'Volpolo', Bolgheri DOC, Italy

Makes 4 entrée portions

Ingredients:

- 2 lb. sirloin steak, 1 inch thick
- 1-1/2 tsp. dried rosemary, coarsely chopped
- Kosher salt and freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 3/4 cup dry red wine, such as merlot
- 4 large cloves garlic, minced
- 2 Tbs. red wine vinegar
- 1 tsp. granulated sugar
- 1/2 tsp. Dijon mustard
- 2 large bunches Swiss chard (about 1-1/2 lb. total), stems very thinly sliced and leaves roughly chopped
- 2 oz. Pecorino Romano, thinly shaved with a vegetable peeler (1 cup; optional)

Directions:

Position a rack in the center of the oven and heat the oven to 400°F. Trim and cut the steak into 4 portions. Season the steaks all over with the rosemary, 2 tsp. salt, and 1/2 tsp. pepper.

Heat 1 Tbs. of the oil in a large (12-inch) skillet over medium-high heat. Working in 2 batches if necessary, arrange the steaks in the skillet in a single layer and cook, turning once, until nicely browned, 3 to 4 minutes per side. Remove the skillet from the heat, transfer the steaks to a rimmed baking sheet, and roast until medium rare (130°F to 135°F), 4 to 6 minutes more. Set the steaks aside to rest.

Meanwhile, return the skillet to medium-high heat. Carefully add the wine and cook, scraping up any browned bits with a wooden spoon, until reduced by about half, 3 to 4 minutes.

Add the garlic to the skillet and cook until fragrant, about 10 seconds. Whisk in the vinegar, sugar, mustard, 1/4 tsp. salt, and 1/8 tsp. pepper. Drizzle in the remaining 3 Tbs. oil while whisking constantly.

Add the chard stems and cook, stirring occasionally, until beginning to soften, 5 minutes. Add the chard leaves in batches and cook, tossing, until the leaves are wilted enough to fit comfortably in the skillet, about 2 minutes. Cover the skillet and cook, tossing once or twice, until just tender, about 5 minutes.

Transfer the steaks to plates and top with the chard. Sprinkle with the Pecorino Romano, if using, and serve.

Recipe By: Liz Pearson, *Fine Cooking Issue 106*