



July 2018

Pan-Roasted Salmon with Fennel Salad

Wine Pairing: 2017 Matteo Correggia Arneis, Roero DOCG, Piedmont, Italy

Serves 4 entrée portions

Ingredients:

- 1/2 fennel bulb, plus 2 tablespoons fronds
- 2 tablespoons fresh orange juice
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 2 tablespoons grapeseed or vegetable oil
- 1 1-pound skin-on salmon fillet, preferably wild-caught, cut into 4 pieces



Directions:

Preheat oven to 350°. Using a mandoline, finely shave fennel; transfer to a medium bowl. Add fennel fronds, orange juice, and olive oil; toss to combine. Season salad with salt and pepper.

Heat grapeseed oil in a large ovenproof skillet over medium-high heat. Season salmon pieces with salt and pepper. Place salmon in skillet skin side down. Cook without moving, pressing gently on fillets with a spatula to ensure skin is in full contact with pan, until skin is golden and crisp, about 5 minutes. Transfer skillet to oven (do not turn fish over) and roast until salmon is just opaque in center, 3-4 minutes for medium-rare (time will depend on thickness of fish and desired doneness).

Divide fennel salad among plates. Top with salmon skin side up.

Recipe From: *Giuseppe Tentori, Bon Appétit, January 2013*



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Grilled Shrimp with Oregano and Lemon

Wine Pairing: 2017 Domaine Douloufakis 'Dafnios' Vidiano, Crete, Greece

Serves 8 light main course or appetizer portions

Ingredients:

- *1/2 cup salted capers—rinsed, soaked for 1 hour and drained*
- *1/2 cup oregano leaves*
- *1 garlic clove, minced*
- *3/4 cup extra-virgin olive oil*
- *1 teaspoon finely grated lemon zest*
- *3 tablespoons freshly squeezed lemon juice*
- *Freshly ground pepper*
- *2 1/2 pounds large shrimp, shelled and deveined*
- *Salt*

Directions:

On a cutting board, finely chop the drained capers with the oregano leaves and garlic. Transfer the mixture to a bowl and stir in 1/2 cup plus 2 tablespoons of the olive oil, along with the lemon zest and lemon juice. Season the sauce with pepper.

Light a grill. In a large bowl, toss the shrimp with the remaining 2 tablespoons of olive oil and season lightly with salt and pepper. Thread the shrimp onto metal skewers and grill over high heat, turning once, until the shrimp are lightly charred and cooked through, about 3 minutes per side. Remove the shrimp from the skewers and transfer them to a platter. Spoon the sauce on top and serve.

Recipe By: *Ethan Stowell, Food & Wine, July 2011*



July 2018

Slow Cooker Barbecued Pulled Pork

Wine Pairing: 2016 Masseria Li Veli Primitivo 'Orion', Salento IGT, Puglia, Italy

Serves 8 to 10 main course portions

Ingredients:

- 1 small onion, finely chopped
- 1 cup ketchup
- 1/4 cup dark brown sugar
- 3 tablespoons cider vinegar
- 2 tablespoons molasses
- 1 tablespoon Dijon mustard
- 2 teaspoons sambal oelek or other Asian chile sauce
- 4 1/4 pounds boneless pork shoulder, trimmed and cut into 4 pieces
- Kosher salt and freshly ground pepper



Directions:

In a medium bowl, mix the onion with the ketchup, brown sugar, cider vinegar, molasses, mustard and sambal oelek. In a slow cooker, cover the pork with the ketchup mixture. Cook on high until the pork is very tender, about 6 hours. Transfer the pork to a work surface and, using 2 forks, shred the meat.

Pour the sauce into a large saucepan and bring to a boil. Cook over high heat until thickened, about 15 minutes. Stir the shredded pork into the sauce, season with salt and pepper and serve.

Recipe By: *Melissa Rubel Jacobson, Food & Wine, March 2012*



July 2018

Pan-Seared Rib-Eye Steak with Balsamic Onion & Tomato Salsa

Wine Pairing: 2015 Château Saint-Aubin Medoc, Cru Bourgeois, Bordeaux, France

Serves 6 entrée portions

Ingredients:

- 1 Tbs. extra-virgin olive oil
- 1 medium onion, cut into medium dice (to yield about 1-1/2 cups)
- 2 tsp. granulated sugar
- 1 Tbs. balsamic vinegar
- 1 pint grape tomatoes, halved
- 1/4 cup thinly sliced fresh basil leaves
- Kosher salt and freshly ground black pepper
- 2 Tbs. unsalted butter
- 4 boneless rib-eye steaks, 3/4 to 1 inch thick (6 to 8 oz. each)

Directions:

Heat the oil in a 12-inch skillet over medium-high heat until hot; add the onion and sugar. Cook the onion, stirring occasionally, until it begins to soften but not brown, 4 to 5 min. Add the vinegar and cook until the onions are soft, 2 to 3 min. Add the tomatoes and cook, stirring, until they just begin to soften, 1 to 2 min. Remove the skillet from the heat, stir in the basil, and season the mixture to taste with salt and pepper. Transfer the mixture to a bowl and keep warm.

Season the steaks generously on both sides with salt and pepper. Wipe out the skillet and melt the butter in the skillet over high heat. Cook two of the steaks until nicely browned on both sides and cooked to your liking, about 3 min. per side for medium rare. Transfer the steaks to plates or a platter and keep warm while you cook the remaining two steaks. Serve the steaks topped with the onion and tomato salsa.

Recipe By: David Bonom, *Fine Cooking Magazine*, Issue 71