



November 2019

4-Hour Lamb (Serves 6)

Wine Pairing: 2015 Gather Tempranillo 'Shake Ridge Vineyard,' Amador County, CA

Ingredients:

- *One 6- to 7-pound leg of lamb (see Cook's Note)*
- *Good olive oil*
- *1 tablespoon kosher salt*
- *2 teaspoons freshly ground black pepper*
- *One 750-ml bottle dry white wine*
- *2 heads of garlic, broken apart but not peeled*
- *15 large sprigs fresh rosemary*
- *15 large sprigs fresh thyme*
- *6 bay leaves*



Directions:

1. *Preheat the oven to 300 degrees F.*
2. *Rub the lamb all over with olive oil and season all over with salt and pepper. Heat a very large Dutch oven such as Le Creuset over medium-high heat until its hot. Add the lamb and sear on all sides for about 12 minutes, until its browned all over. Remove the lamb to a plate.*
3. *Add the wine and 2 cups of water to the pan and cook for a minute or two, scraping up all the brown bits in the bottom. Add the garlic, rosemary, thyme, and bay leaves and the lamb on top. Place the lid on the pot and bake in the oven for 4 hours, basting occasionally. (If you dont have a lid, you can cover it tightly with 2 layers of aluminum foil.)*
4. *After 4 hours, the lamb should be incredibly tender and falling off the bone. Remove the lamb to a plate, cover it tightly with foil and allow it to rest. Strain the sauce into a saucepan and bring to a boil. Lower the heat and simmer for 10 minutes to reduce. The lamb will be too tender to slice; serve it warm with spoons and the sauce.*

**Cook's Note: Before you buy the lamb, measure the diameter of your pot. If the lamb is longer than your pot, ask the butcher to cut off the shank end of the lamb and cook both pieces together in the same pot.*

Recipe From: [https://www.foodnetwork.com/recipes/ina-garten/4-hour-lamb-recipe-2105155;](https://www.foodnetwork.com/recipes/ina-garten/4-hour-lamb-recipe-2105155)



November 2019

Spinach and Mushroom-Stuffed Beef Tenderloin (Serves 12)

Wine Pairing: 2016 Mark Ryan 'Dissident' Bordeaux Blend, Columbia Valley, WA

Ingredients:

- 2 1/2 tablespoons olive oil, divided
- 3 applewood-smoked bacon slices, finely chopped
- 1/2 cup finely chopped shallots
- 2 (8-ounce) packages cremini mushrooms, finely chopped
- 1 tablespoon minced garlic
- 3 cups unsalted beef stock, divided
- 1 (6-ounce) bag baby spinach, coarsely chopped
- 1 (3 1/4-pound) beef tenderloin, trimmed
- 1 1/2 teaspoons salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 cup red wine (but don't use *The Dissident!*)
- 3 thyme sprigs
- 5 teaspoons all-purpose flour
- 3 tablespoons butter



Directions:

1. Heat a large skillet over medium heat. Add 1 tablespoon olive oil to pan; swirl to coat. Add bacon; cook for 2 minutes, stirring occasionally. Add shallots; cook 2 minutes, stirring occasionally. Add mushrooms; cook 3 minutes, stirring occasionally. Increase heat to medium-high. Add garlic; sauté 30 seconds. Stir in 1/2 cup beef stock; cook until liquid almost evaporates, stirring occasionally (about 8 minutes). Add spinach; cook 1 minute or until spinach wilts.
2. Preheat oven to 350°F.
3. Cut horizontally through center of beef, cutting to, but not through, other side using a sharp knife; open flat, as you would a book. Place beef between 2 sheets of plastic wrap; pound to an even 1/2-inch thickness using a meat mallet or small heavy skillet. Brush beef with 1 1/2 teaspoons olive oil; sprinkle with 3/4 teaspoon salt and 1/2 teaspoon pepper. Spread mushroom mixture evenly over beef, leaving a 1/2-inch border around edges. Roll up beef, jelly-roll fashion. Secure at 2-inch intervals with twine. Brush all sides of beef evenly with remaining 1 tablespoon olive oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Place beef on a jelly-roll pan. Bake at 350° for 30 minutes. Increase oven temperature to 450° (do not remove beef from oven); bake an additional 25 minutes or until a thermometer registers 125°. Let stand 15 minutes; cut across the grain into 12 slices.
5. Combine remaining 2 1/2 cups beef stock, wine, and thyme, and bring to a boil. Cook until reduced to 1 cup (about 25 minutes). Discard thyme sprigs. Combine 1/4 cup stock mixture and flour in a small bowl, stirring with a whisk until smooth. Add flour mixture to stock mixture. Bring to a boil; cook 1 minute, stirring occasionally. Remove from heat, and stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter. Serve sauce with beef.

Recipe (with edits) From: <https://www.myrecipes.com/recipe/spinach-mushroom-stuffed-beef>



November 2019

Beef Stroganoff (Serves 4 - 6)

Wine Pairing: 2017 Avid Petit Verdot, Stags Leap, Napa Valley, CA

Ingredients:

- 1 pound wide egg noodles
- 4 tablespoons (1/4 cup) butter, divided
- 1.5 pounds thinly-sliced steak (I used flank steak)
- Kosher salt and freshly-cracked black pepper
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound sliced mushrooms (I used a mix of button and baby bella mushrooms)
- 1/2 cup dry white wine (or you can substitute in more beef broth)
- 1.5 cups beef broth
- 1 tablespoon Worcestershire sauce
- 3 tablespoons flour
- 1/2 cup plain Greek yogurt or light sour cream
- optional garnishes: chopped fresh parsley, extra black pepper



Directions:

1. Cook egg noodles *al dente* in boiling, generously-salted water according to package instructions. (For optimal timing, I recommend actually adding the egg noodles to the boiling water at the same time that the beef broth is added to the stroganoff.)
2. Meanwhile, as your pasta water is coming to a boil, melt **2 tablespoons** butter in a large saute pan** over medium-high heat. Add the steak in a single layer, seasoned with a few generous pinches of salt and pepper, and let it cook undisturbed for about 3 minutes to get a good sear. Flip the steak, and cook on the other side until browned, about another 3 minutes. Then remove steak from pan with a slotted spoon, and transfer to a separate plate. Set aside.
3. Return pan to heat and add the remaining 2 tablespoons butter. Once it has melted, add the onions and saute for about 3 minutes. Add garlic and mushrooms, and stir to combine. Continue sauteing for an additional 5-7 minutes, or until the mushrooms are cooked and the onions are soft. Add the white wine, and deglaze the pan by using your cooking spoon to scrape the brown bits off the bottom of the pan. Let the mixture cook down for an additional 3 minutes.
4. Meanwhile, in a separate bowl, whisk together the beef broth, worcestershire sauce and flour until smooth. Pour the beef broth mixture into the pan, and stir to combine. Let the mixture simmer for 5 minutes, stirring occasionally. Then stir in the Greek yogurt (or sour cream) until combined, and then stir the cooked steak back in. Season with additional salt and pepper if needed.
5. Serve over the egg noodles, garnished with parsley if desired.

Recipe From: <https://www.gimmesomeoven.com/easy-beef-stroganoff-recipe/>