



October 2019

Stuffed Pork Chops (Serves 4)

Wine Pairing: 2015 Gordian Knot Zinfandel, The Buzz, Seaton Vineyard, Dry Creek Valley, CA

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 bag (6 ounces) baby spinach
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried Italian seasoning
- 1/4-pound capocollo (spicy Italian ham), cut into small dice
- 1/4-pound provolone cheese, cut into small dice
- 1 egg, lightly beaten
- 4 thick cut (1 1/4 to 1 1/2 inches) pork chops for stuffing (about 2 to 2 1/2 pounds total)



Directions:

1. Heat 1 tablespoon oil in large saucepan over medium heat. Add garlic; cook, stirring occasionally, 1 minute. Add spinach, 1/4 teaspoon salt, 1/8 teaspoon pepper and the Italian seasoning; cook, stirring, just until spinach is wilted, about 2 minutes. Remove the spinach mixture to a medium-size bowl; let cool completely. When cool, add the capocollo, provolone cheese and egg; gently stir to combine completely.
2. Place the pork chops on a flat work surface; cut a slit horizontally to the bone so chop can be opened like a book. Stuff each chop with 1/4 of the stuffing. (If freezing, wrap each chop tightly in freezer wrap, without toothpicks; freeze up to 1 month.) Secure chops with toothpicks.
3. To cook and serve: If chops are frozen, thaw in refrigerator overnight.
4. Preheat oven to 375 degree F.
5. Heat remaining 1 tablespoon oil in large skillet. Add chops; cook 2 minutes per side or until browned. Place chops in single layer in a baking dish just large enough to hold them. Sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Bake the chops in the oven for 15 minutes or until the internal temperature registers 155 degrees on an instant-read thermometer when inserted in the pork. Remove chops to a platter; cover with foil. Let stand 5 to 10 minutes in warm place before serving.

Recipe From: <https://www.foodnetwork.com/recipes/stuffed-pork-chops-recipe1-1942107>;

Image: <https://www.mastercook.com/app/recipe/WebRecipeDetails?recipeId=19932323>



October 2019

Chicken Lettuce Wraps (Serves 4)

Pairing: 2018 Bisci Verdicchio di Matelica Vigneto Fogliano DOC, Marches, Italy

Ingredients:

- 2 teaspoons vegetable oil
- 1 pound ground chicken
- 5 ounces shiitake mushrooms stems discarded; caps finely diced
- 1/2 cup onion finely diced
- 8 ounce can water chestnuts drained and finely diced
- 1 1/2 teaspoons minced garlic
- 1 teaspoon minced ginger
- salt and pepper to taste
- 5 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil
- 1/3 cup sliced green onions
- 1 head butter lettuce leaves separated



Directions:

1. Heat the oil in a large pan over medium high heat. Add the chicken and season with salt and pepper to taste.
2. Cook the chicken for 5-6 minutes, breaking up the meat with a spatula, until mostly cooked through.
3. Add the mushrooms and onion to the pan. Cook for 4-5 minutes or until vegetables are soft.
4. Stir in the water chestnuts, garlic and ginger. Cook for 1 more minute.
5. In a small bowl, whisk together the hoisin sauce, soy sauce, rice vinegar and sesame oil.
6. Pour the sauce over the ground chicken mixture and toss to coat evenly.
7. Sprinkle the green onions over the chicken mixture.
8. Spoon the chicken into the lettuce leaves and serve.

Recipe and Image By: <https://www.dinneratthezoo.com/chicken-lettuce-wraps/>



October 2019

Lamb Shanks Braised in Red Wine & Juniper (Serves 4)

Pairing: 2018 *Wonderwall* Syrah, Central Coast, California

Ingredients:

- 4 lamb shanks
- salt and fresh ground pepper
- 30 ml (2 tbsp) olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 bottle of red wine (e.g Rhone, Grenache)
- 2-3 bay leaves
- 15 ml (1 tbsp) juniper berries
- 15 ml (1 tbsp) black pepper corns
- 15 ml (1 tbsp) fresh rosemary, chopped
- 1 garlic bulb, sliced in half radially
- 5 ml (1 tsp) salt
- 125 ml (1/2 cup) port (ruby)



Directions:

1. Liberally season the shanks with salt and pepper
2. In a large, heavy bottom roasting or frying pan, heat oil on medium high and brown the shanks on all sides.
3. Put aside the shanks on a plate in a warming drawer
4. Transfer oil and juices from pan to a large Dutch oven, adding more oil if needed
5. Add onions and cook until translucent
6. Add carrots and celery and cook for a couple more minutes
7. Add wine, bay leaves, juniper berries, pepper corns, rosemary, garlic and salt
8. Place the shanks into this braising mixture, cover and cook in the pre-heated oven for 3 hours
9. When cooked, gently remove shanks to a platter, tent with aluminum foil and keep warm in a warming drawer
10. Strain the braising liquid into a saucepan
11. Bring to a boil and add the port
12. Reduce to 250 ml (1 cup)
13. Serve alongside, pour over shanks or use as garlic mashed potato gravy

Recipe By: <http://www.zengourmand.com/recipe-items/lamb-shanks-braised-in-red-wine-and-juniper/> Image By: <https://www.furtherfood.com/recipe/braised-lamb-shank-with-juniper-and-pink-peppercorn-pcos-diet/>



October 2019

Bucatini with Pancetta, Pecorino, & Pepper (Serves 4 - 6)

Pairing: 2017 Monasterio de Palazuelos, Verdejo, Rueda DO, Spain

Ingredients:

- 1 pound bucatini, perciatelli or thick spaghetti
- 2 tablespoons extra-virgin olive oil
- 5 ounces pancetta, sliced 1/2 inch thick and cut into 1-inch-long pieces (1 cup)
- 1 1/4 cups freshly grated Pecorino Romano, plus more for serving
- 1 teaspoon freshly ground pepper
- Salt



Directions:

1. In a large pot of boiling salted water, cook the pasta until al dente. Drain, reserving 1 cup of the cooking water.
2. Meanwhile, heat the oil in a large, deep skillet. Add the pancetta pieces and cook over moderately high heat, stirring, until the meat is lightly browned and most of the fat is rendered, 4 to 5 minutes.
3. Add the bucatini to the skillet and toss over moderate heat to coat with the fat and pancetta. Add 3/4 cup of the reserved cooking water, the 1 1/4 cups of Pecorino cheese and the pepper and season with salt. Toss the pasta until the sauce becomes very thick and creamy, 2 to 3 minutes; add more of the cooking water if necessary. Serve immediately, passing additional cheese at the table.

Recipe By: <https://www.foodandwine.com/recipes/bucatini-with-pancetta-pecorino-and-pepper>