

Craft your own Masterpiece!



Recipes created exclusively by
Food Network host Anthony Sedlak.

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Course 1

THE WINE

Spanish Matador Trio Red - April

THE FOOD

Mediterranean White Bean Salad, Marinated with Garlic, Extra Virgin Olive Oil, Parmigiano-Reggiano & Fine Herbs

ABOUT THE DISH

Mediterranean fare showcases the simplicity of combining a handful of vibrant ingredients into one dish. The combination between the Spanish Matador Trio Red and this simple salad is the perfect start to a top shelf meal. The softly rounded tannins of the wine with complex aromas have a playful mingle with the garlic and Parmigiano-Reggiano.

THE TIP

This easy and elegant salad is a perfect make-ahead and served best at room temperature. Lovely on its own, it is also the perfect side to char-grilled Italian sausages or a simple herb salad. For a savory addition, try adding diced and pan-fried crispy bacon to the salad or a sweet drizzle of white balsamic glaze.

TASTING NOTES



Mediterranean White Bean Salad

INGREDIENTS

Serves 4 persons

1 can	butter beans (381ml)	½ cup	finely chopped chives
1 can	cannellini beans (381ml)	¼ cup	chopped dill
1 can	white navy beans (381ml)	¼ cup	finely chopped spring onions
1 cup	pitted kalamata olives, chopped	¼ cup	finely chopped curly parsley
6-8	artichoke hearts, (canned) roughly chopped	¼ cup	extra virgin olive oil
1 ½ cups	finely grated parmigiano-reggiano	1 tbsp	white balsamic vinegar
1 clove	garlic (large), grated on a fine rasp	2 tsp	white truffle oil
			juice of 1 lemon

PROCEDURE

Combine all ingredients in a large mixing bowl. Season generously with kosher salt and freshly cracked black pepper and toss to combine. Allow the salad to marinate for 1 hour at room temperature.



Course 2

THE WINE

South African Sauvignon Blanc/Semillon - January

THE FOOD

Pan Roasted Digby Bay Scallop, Jewel Yam Purée, White Truffle Oil & Salsa Verdé

ABOUT THE DISH

Sweet and succulent, scallops really are an edible jewel from the sea. They are best served with simple accompaniments that complement their natural touch of delicate sweetness. This luscious yam puree incorporates a touch of honey and a velvety texture that pairs brilliantly to the lightly pan fried golden scallop. A drop of truffle oil brings a touch of complexity to the dish while a classic salsa verdé lights it up with a bright herbaceous touch. The citrus forward palate of lemon and lime in the wine along with the crisp finish remind you of sitting on a beach in the midst of summer.

THE TIP

Scallops are best purchased from a reputable purveyor or fish monger. They are graded by size and how many pieces make up the weight of one pound. Scallops sold as 8-10's suggest that 8 to 10 scallops make up a single pound. These types of scallops are ideal for pan searing as they can be cooked just long enough to develop a rich-golden brown colour while remaining an optimum medium-rare to medium in the center. Scallops also go hand in hand with salty cured meats. To one-up this delicious bite of regal Italian fare, try wrapping the outside of the scallops with a thin slice of prosciutto before pan frying.



Pan Roasted Digby Scallop, Jewel Yam Purée, White Truffle Oil & Salsa Verde

INGREDIENTS

Serves 4 persons

Jewel Yam Purée

- ¼ lb organic butter
- 1 ½ Vidalia (sweet) onions, finely diced
- juice of 1 lemon
- splash of water
- 1 ½ small yams (jewel yams preferably), peeled and diced
- 150 ml chicken stock
- 100 ml whipping cream (35% fat content)
- 1 tbsp honey
- 1 tsp white truffle oil
- kosher salt to taste

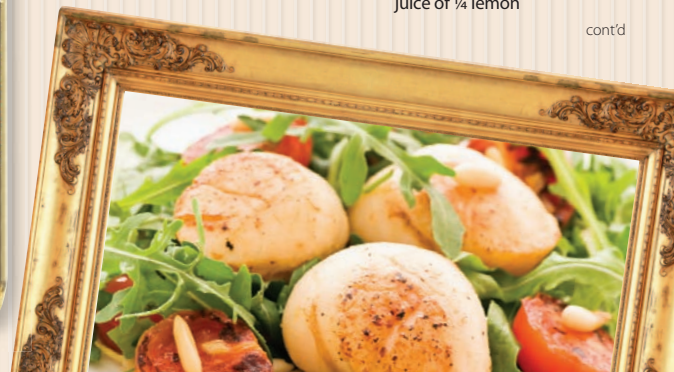
Salsa Verde

- 1 cup fresh basil leaves, roughly chopped
- ½ cup flat leaf parsley leaves
- ½ cup parmigiano-reggiano, grated on a fine rasp
- 2 spring onions, roughly chopped
- 2 tbsp Dijon mustard
- 1 tbsp fine capers, drained
- 1 tsp anchovy paste
- juice of one ripe lemon
- kosher salt and freshly cracked black pepper to taste

Pan Seared Sea (Digby) Scallop

- 1 tbsp olive oil
- 8 large (u/10) sea scallops
- coarse salt and freshly cracked black pepper to taste
- 1 tbsp unsalted butter
- juice of ¼ lemon

cont'd



Course 3

THE WINE

California Petite Sirah/Zinfandel - February

THE FOOD

Apple Cider Brined Thick-Cut BBQ Pork Chops

ABOUT THE DISH

Brining meats has been common place amongst grilling aficionados and meat lovers alike since the get-go. This easy apple cider brine is a sure way to impart a light apple flavour and great caramelization on the grill outside of ensuring the juiciest pork chop you have ever eaten. The subtle fruit flavour in the pork is held in marriage with the undertones of ripe berries and a hint of oak in the California Petite Sirah/Zinfandel.

THE TIP

These extra juicy pork chops are perfectly paired with a simple green salad or insalata verde in Italian. Try tossing greens with lemon, extra virgin olive oil, grated parmigiano-reggiano, toasted pine nuts, minced shallot, a touch of salt and freshly cracked black pepper.

TASTING NOTES



Apple Cider Brined Thick-Cut BBQ Pork Chops

INGREDIENTS

Serves 4 persons

4 cups	organic apple cider	4	centre cut, bone in pork chops
½ cup	kosher salt	1 tbsp	olive oil
¼ cup	white sugar		Extra virgin olive oil as needed
1 Tbsp	whole mustard seeds		kosher salt and freshly cracked black pepper to taste
2 tbsp	honey		
2 tbsp	freshly cracked black pepper		

PROCEDURE

Combine all ingredients, excluding the pork chops, in a large sauce pot and bring to a simmer. Remove from the heat and refrigerate for 12 hours.

Place the pork chops into the brine and return to the fridge for 2 – 4 hours. Remove the pork chops and lightly pat dry with paper towel. Gently rub the pork chops with olive oil and season lightly with kosher salt and freshly cracked black pepper.

Place the pork chops onto a preheated BBQ set to high. Grill for 2 – 3 minutes, and then turn the chops 45 degrees to achieve criss-crossed grill marks. Continue to grill for 2 – 3 minutes.

Next, flip the chops, turn the heat to medium and close the lid of the BBQ. Cook the chops for 4 – 5 minutes, turn 45 degrees and continue to cook for 2 – 3 minutes to achieve medium-well doneness. Remove the chops from the grill and place onto a serving dish.

Rub the chops with the butter and allow them to rest for 5 minutes before serving.



Course 4

THE WINE

Washington Meritage - January

THE FOOD

Washington Meritage – Marinated & Grilled Flank Steak with Blue Café de Paris Butter

ABOUT THE DISH

Quintessentially French, Marinated & Grilled Flank Steak with Blue Café De Paris Butter brings home a taste of Paris Bistro fare without the hassle of customs. The full and balanced tannins of the wine complement and penetrate the richness of the steak and blue cheese combination.

THE TIP

Flank steak is prized as one of the top cuts for flavour amongst those 'in the know' of the culinary scene. It benefits greatly from a marinade both to impart flavour and additional tenderness. The optimum doneness for this cut of meat is medium-rare to medium. Cooked further it can suffer from a slight bite or toughness. With intense red wine flavour it is best pair with simple sides such as garlic and buttermilk spun potatoes and roasted root vegetables.

Marinated & Grilled Flank Steak with Blue Café de Paris Butter

Serves 4 persons

INGREDIENTS

Washington Meritage Marinated & Grilled Flank Steak

1 ½ cups Washington Meritage
1 Tbsp red wine vinegar
2 shallots, finely sliced
2 cloves garlic, finely sliced
1 tbsp whole black peppercorns
4 – 6 sprigs fresh thyme
2 lbs Canada Prime or "AAA" center cut flank steak
kosher salt & freshly cracked black pepper to taste

Blue Café de Paris Butter

¾ cup unsalted butter, room temperature
¼ cup Gorgonzola blue cheese
1 medium shallot, finely minced
1 clove garlic, grated on a fine rasp
2 tbsp finely chopped fresh chives
a dash of ground cayenne pepper
juice of a fresh lemon
kosher salt & freshly cracked black pepper to taste



Course 4

THE WINE

Washington Meritage - January

THE FOOD

Washington Meritage – Marinated & Grilled Flank Steak with Blue Café de Paris Butter

TASTING NOTES

Marinated & Grilled Flank Steak with Blue Café de Paris Butter

PROCEDURE

Blue Café de Paris Butter

Combine all ingredients in a food processor and pulse until just combined. Next place two overlapping pieces of plastic wrap across the length of a cutting board. Dollop the butter mixture onto the center of plastic wrap and fold the plastic over itself lengthwise. Gently roll the butter into a tight log. Twist both ends of the plastic wrap and tie off. Place the finished Blue Café de Paris Butter into the fridge or freezer. Slice the finished butter into 1 cm pats as needed. Be sure to remove the plastic wrap from each slice.

Marinated & Grilled Flank Steak

Combine all ingredients (excluding the flank steak) in a medium sized mixing bowl. Next place the flank steak into a shallow, wide baking dish (if there is more than one piece of flank steak make sure they are separate and not overlapping to encourage even marinating). Pour the marinade over top of the flank steak and marinate for 3 – 4 hours. Remove the flank steak from the marinade and pat dry with paper towel. Lightly brush both sides of the steak with olive oil and season generously with kosher salt & freshly cracked black pepper. Place the steak on a clean, preheated BBQ set to high. Brushing the grill lightly with olive oil will prevent sticking. Cook the steak for 3 – 4 minutes, flip and continue grilling for 5 – 6 minutes to achieve a medium-rare doneness. Remove the steak from the grill and place it into a dish to rest for 5 minutes. Thinly slice the steak against the grain and on an angle to achieve optimum tenderness. Garnish with pat of Blue Café de Paris Butter while the steak is still warm.



Course 5

THE WINE

German Traminer Spätlese - March

THE FOOD

Peach & Blueberry Cobbler

ABOUT THE DISH

One of the most iconic home cooked deserts. This Peach Cobbler combines the ultimate sweet and savoury crust with tender poached pit fruit. Although humble, a great peach cobbler evokes nostalgic memories of home cooked meals and is the perfect finish to an elegant meal with stellar wine pairings. The floral bouquet nose on the paired wine along with the after notes of nutmeg complement the peach cobbler vividly.

THE TIP

Garnish with a scoop of vanilla bean gelato or try whipping cream with vanilla extract, sugar and a touch of brandy. Whisk together the later ingredients to soft peaks for a perfect topping.

TASTING NOTES

Peach & Blueberry Cobbler

INGREDIENTS

Serves 4 - 6 persons

For the Filling

2 lbs	frozen peach slices or 6 – 8 fresh peaches, blanched, peeled & sliced
½ cup	granulated sugar
¼ cup	all-purpose flour
½ tsp	ground cinnamon
	the zest & juice of 1 ripe orange
	juice of 1 ripe lemon
1 cup	fresh or frozen blueberries

For the Crumble

1 cup	all-purpose flour, sifted
1/3 cup	granulated sugar
¼ cup	light brown sugar, lightly packed
½ tsp	kosher salt
¼ tsp	ground cinnamon
¼ tsp	freshly ground nutmeg
¼ lb	cold unsalted butter, diced (1 stick)

PROCEDURE

For the filling

Combine the peach slices, sugar, flour, cinnamon, citrus zest and juice in a large mixing bowl and toss well to combine. Add the blueberries and gently fold through. Spoon the mixture into individual 6 oz. ramekins and set aside.

For the crumble and assembly

Combine all ingredients in the bowl of an electric mixer fitted with a paddle attachment. Mix on low until the butter is pea sized. Remove the bowl from the mixture and gently crumble the topping by hand until it forms medium sized crumbly pieces. Sprinkle the mixture over top of each ramekin evenly covering the fruit. Place the ramekins on a sheet pan and place into an oven preheated to 350 degrees. Bake for 40 – 50 minutes until the topping is golden brown and the fruit juices are bubbling. Serve warm with vanilla gelato or vanilla bean chantilly.





JANUARY
Washington
Meritage

JANUARY
South African
Sauvignon Blanc
Semillon

FEBRUARY
California
Petite Sirah/
Zinfandel

MARCH
German
Traminer Spätlese

APRIL
Spanish Matador
Trio Red

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