

March 2022 WAC Wine Club Meeting

Southern Rhône Wines – Food Pairing Recipes

2001 Maison de Chapoutier CDP

Rosemary Steak Strips

Flank steak is the perfect cut for feeding a crowd quickly and deliciously. It's relatively affordable for its size (especially compared with pricier cuts like sirloin or rib-eye), and when cooked properly, it's tender and juicy. A quick marinade pairs perfectly with this lean cut, and truly improves the flavor without adding too much fuss.

Prep Time 10 minutes

Cook Time 8 minutes

Resting and Marinating 40 minutes

Servings 8

Calories 249kcal

Ingredients

2 lb flank steak

4 cloves garlic chopped

2 tbsp chopped fresh rosemary plus more for garnish

4 tbsp olive oil

4 tbsp balsamic vinegar

2 tsp sea or kosher salt plus additional for seasoning after cooking

cracked black pepper to taste

Instructions

Prepare the marinade. Combine the garlic, rosemary, olive oil, balsamic vinegar, and salt in a large mixing bowl. Whisk until the oil and vinegar emulsify.

Place the steak into the marinade. Using your clean hands, work the marinade into the steak until well coated. Set aside to marinate at room temperature for at least 15 minutes, but not longer than 1 hour.

While the steak is marinating, prepare your grill for high heat.

Grill the steak 4 minutes per side for medium-rare to medium, or until an instant read thermometer reads 130°F. See the temperature guide in the body of the post. For best texture, do not cook above 140°F.

Remove the steaks from the grill and transfer to a cutting board. Season with additional salt and cracked black pepper to taste. Rest 10 minutes. Slice thinly against the grain, then sprinkle with additional chopped rosemary. Serve immediately. Leftovers keep in the fridge for approximately 3 days in a tightly sealed container and are delicious cold.

Notes

If your steak is more square than rectangular, slice lengthwise into 2 long rectangles. This will help you cut more even slices after grilling.

This steak is delicious on its own, but if you prefer your steak with a sauce, it's perfect with pesto.

2017 Domaine du Gour de Chaulé Gigandos

Seared Duck Breast with Blackberry Pan Sauce

Ingredients

2 Magret Duck Breasts about 12-16 ounces each
2 shallots peeled and diced
1/2 cup good blackberry jam
2 teaspoon all purpose flour
1/4 cup bourbon
2 cups beef stock
Pinch crushed red pepper
1 tablespoon fresh thyme leaves
Salt and pepper

Instructions

Pat the duck breasts dry. Score the fat on the top of each breast, cutting down to the flesh. Heat a large skillet over MEDIUM-LOW. Salt and pepper the breast liberally. Place them in the skillet, fat side down, and render the fat for 10-12 minutes. A dark golden crust should form as the fat melts away. Flip the breasts and cook another 6-10 minutes for medium-rare meat. Remove from the pan and tent with foil. Carefully pour the duck fat into a glass container to store for later use. Raise the heat to medium, and add the shallots to the pan. Saute for 3-5 minutes to soften and brown. Mix the flour into the blackberry jam. Then add the jam, bourbon, beef stock, red pepper and thyme. Stir and bring to a low boil. Simmer for 5-7 minutes to thicken. Salt and pepper to taste. Slice the duck breasts thin and serve topped with blackberry pan sauce.

2013 & 2017 Domaine de la Janasse CDP

Lamb Chops

For the lamb:

1 large clove garlic
1 medium lemon
1 bunch fresh parsley stems (reserve the leaves and tender stems for the herb sauce below)
1 handful fresh mint leaves
1 large sprig fresh rosemary
1/3 cup olive oil
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon red pepper flakes
8 Frenched lamb rib chops or lamb loin chops (1 1/2 to 2 pounds total)

Vegetable oil, for cooking
Handful pea leaves, for serving (optional)

For the herb sauce:

1 cup fresh parsley leaves
1/2 cup fresh mint leaves
6 medium scallions, or 1 small handful fresh chives
1 large clove garlic
2 tablespoon freshly squeezed lemon juice (can use the zested lemon from the lamb)
1/2 cup olive oil
1/2 teaspoon kosher salt, plus more as needed
1/4 teaspoon red pepper flakes

INSTRUCTIONS

Marinate the lamb:

Prepare the following, transferring each to a large zip-top bag as you complete them: Finely grate 1 large garlic clove. Finely grate the zest of 1 medium lemon. Very finely chop 1 bunch fresh parsley stems until you have 1/4 cup. Very finely chop 1 handful fresh mint leaves until you have 2 tablespoons. Strip the leaves from 1 large sprig fresh rosemary and finely chop until you have 2 teaspoons.

Add 6 tablespoons olive oil, 1 teaspoon kosher salt, 1/4 teaspoon black pepper, and 1/4 teaspoon red pepper flakes to the bag and mix to combine.

Add 8 lamb chops to the marinade and completely coated in the marinade. Seal the bag and let marinate at least 30 minutes at room temperature, or in the refrigerator overnight. Meanwhile, make the herb sauce if desired.

Make the herb sauce (optional):

Prepare the following, adding them to a blender as you complete them: Pick the leaves from 1 bunch fresh parsley until you have 1 packed cup. Pick the leaves from 1 bunch of fresh mint until you have 1/2 cup. Coarsely chop the greens from 6 medium scallions (or coarsely chop 1 small handful fresh chives)

Add 1 large garlic clove, 2 tablespoons lemon juice from the zested lemon, 1/2 cup olive oil, 1/2 teaspoon kosher salt, and 1/4 teaspoon red pepper flakes to the blender. (Alternatively, you can use a food processor) Blend on high speed until very smooth and bright green, scraping down the sides of the blender as needed, 2 to 3 minutes. Taste and season with more kosher salt as needed.

Grill the lamb:

If the lamb and sauce have been refrigerated, let sit out at room temperature for 30 minutes. If using an outdoor grill, heat to medium-high heat. Remove the lamb chops from the marinade and brush off the excess marinade.

Option 1: Stovetop cooking. Heat a cast iron grill pan over medium-high heat. Brush with 1 tablespoon vegetable oil. Add the lamb and grill until deep golden brown on all sides, including the fatty edges, and the internal temperature is 125°F for medium doneness or 145°F for medium-well doneness. This will take about 2 1/2 minutes per side, 6 to 8 minutes total for rib chops, or 10 minutes total for loin chops.

Option 2: Grilling. Coat the grill grates with vegetable oil. Brush the lamb chops with vegetable oil. Place on the grill, cover, and grill until deep golden brown on all sides, including the fatty

edges, and the internal temperature is 125°F for medium doneness or 145°F for medium-well doneness. This will take about 2 1/2 minutes per side, 6 to 8 minutes total for rib chops, or 10 minutes total for loin chops.

Transfer the lamb to a clean cutting board or plate and let rest 5 minutes. Spread a handful of pea leaves on a serving platter and decoratively place the lamb chops on the pea leaves if desired. Serve with the herb sauce if desired.

2019 Domaine de la Mordorée Tavel Rose

Salad Niçoise

1 pound red-skinned potatoes, sliced 1/3 inch thick

Kosher salt

2 tablespoons dry white wine

10 ounces haricots verts or thin green beans, trimmed

4 large eggs

1/4 cup white wine vinegar

1/2 shallot, minced (about 2 tablespoons)

2 tablespoons dijon mustard

1 tablespoon chopped fresh thyme

Freshly ground pepper

3/4 cup extra-virgin olive oil

8 cherry tomatoes or small cocktail tomatoes, halved or quartered

1 head Boston lettuce, leaves separated

6 radishes, trimmed and quartered

2 5 1/2-ounce cans Italian or Spanish tuna packed in olive oil, drained

1/2 cup nicoise olives

Directions

Put the potatoes in a medium saucepan; cover with cold water and season with salt. Bring to a simmer over medium-high heat and cook until fork-tender, about 5 minutes. Drain and transfer to a medium bowl; drizzle with the wine and let cool. Reserve the saucepan.

Meanwhile, bring a separate saucepan of salted water to a boil. Fill a bowl with salted ice water. Add the haricots verts to the boiling water; cook until crisp-tender and bright green, 2 to 4 minutes. Drain and immediately plunge into the ice water to cool; drain and pat dry.

Place the eggs in the reserved saucepan and cover with cold water by about 1 inch. Bring to a simmer over medium-high heat, then cover, remove from the heat and let stand, 10 to 12 minutes. Drain, then run under cold water to cool. Peel under cold running water.

Make the dressing: Whisk the vinegar, shallot, mustard, thyme, 1/2 teaspoon salt, and pepper to taste in a bowl. Whisk in the olive oil in a slow, steady stream until emulsified.

Toss the tomatoes in a small bowl with salt and pepper to taste. Add about 1/4 cup dressing to the potatoes and toss. Quarter the hard-cooked eggs.

Divide the lettuce among 4 plates. Arrange the potatoes, haricots verts, radishes, hard-cooked eggs and tuna on top. Pour any juices from the tomatoes into the dressing, then add the tomatoes to the plates. Drizzle with the dressing and top with the olives.

2017 Vacqueyras Blanc

White Fish in Cream Sauce

5 - 6 oz fish fillets , *about 1.5cm / 1/2" thick, skinless and boneless (Note 1)*

4 tbsp unsalted butter

1/4 cup cream, heavy / thickened (*See Note 2 for sub options*)

1 - 2 garlic cloves , *minced*

1 tbsp Dijon mustard

1 1/2 tbsp lemon juice

Salt & pepper

1 1/2 tbsp eschallots (French onion) , *finely chopped (Note 3)*

Fresh parsley and lemon slices , *to serve*

Preheat oven to 200°C / 390°F (all oven types).

Place fish in a baking dish - ensure the fish isn't crammed in too snugly. See video or photos in post. Sprinkle both sides of fish with salt and pepper.

Place butter, cream, garlic, mustard, lemon juice, salt and pepper in a microwave proof jug or bowl. Microwave in 2 x 30 sec bursts, stirring in between, until melted and smooth.

Sprinkle fish with shallots, then pour over sauce.

Bake for 10 - 12 minutes, or until fish is just cooked. Remove from oven and transfer fish to serving plates. Spoon over sauce, and garnish with parsley and lemon wedges if using.

Recipe Notes:

1. Fish - Any fillets or cutlets/steaks about 1.5 - 2 cm / 1/2 / 4/5" thick will work great with this because they cook quickly in the oven.

Great for: Ling (pictured), Tilapia, Snapper, Barramundi, Silver Dory, John Dory, Basa, Hokki, Perch, Flathead

OK for very lean fish like Swordfish, tuna (sauce adds richness!) but be VERY careful about not overcooking the fish.

Not great for:

salmon (too fatty, sauce splits)

very thin delicate fish like flounder, Dover Sole

small whole fish like sardines or mackerel

If using **thicker fish fillets** that take longer to cook, you might need to thin the sauce out a bit at the end with a tiny bit of water.

Frozen fish - thaw completely, PAT DRY with paper towels to remove as much excess water as possible. Chances are, your sauce will be a little thin for your liking because frozen fish drops so much more liquid than fresh - see Note 4 for how to fix this.

2. Healthier options - the cream can be substituted with evaporated milk which is still quite nice. If swapping with light cream, increase mustard by 2 tsp.

3. Eschallots - the small onions, also called French Onions in Australia, and just simply *shallots* in the US.

Sub with the white part of green onions or really finely minced normal onions. Adds a little something-something to the sauce so don't leave it out!

4. Sauce - not intended to be thick and gravy-like. It is a light lemon cream sauce, suited to fish. However, it should not be watery.