

THE WINE & FOOD PAIRING GUIDE



summer

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Summer season is upon us. And if you're like the editors at *Wine Enthusiast*, you'll agree there are few things more enjoyable than a tasty, multi-course alfresco meal that features bottles on bottles of white and red wine pairings.

While we've hand-picked matching pours for the delectable recipes featured in this special issue, there are countless partners that could work. Feel free to explore your favorites, keeping in mind one important tip: Compare the main components of the dish, such as the dominant flavor, character, intensity and the comparative level of its fats to acids, with the main components of the wine, including its acidity, viscosity, tannins, alcohol level, flavor type and intensity. These elements should enhance (not necessarily complement) one another.

So, go ahead, pop open some bottles and spend time with this seasonal pairing guide.

—MARINA VATAJ



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Idiazabal Galette



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Apple Tart

DOCK-TO-DISH FLUKE TARTARE

George Pagonis, executive chef/partner at **Kapnos Taverna** in Arlington, Virginia, serves this stellar *melitzanosalta* with anything from pita chips to crudité. The key is to make it ahead of time and refrigerate, as it only gets better as the flavors meld.

8 ounces sushi-grade fluke fillet (may substitute flounder, haddock or cod)

Sea salt and extra-virgin olive oil, to taste

1 tablespoon minced pickled cocktail onions

1 tablespoon pickled sweet pepper, cut into thin strips

2 pickled string beans, diced

½ cup quartered Sungold (or other cherry) tomatoes

Finely dice fluke, and season with salt and a little olive oil. Mix with pickled ingredients, adding splash of pickling liquid, if necessary. Arrange fish on plates. Garnish with tomatoes. Add salt, to taste. *Serves 2.*

PAIR IT

The dish could be a challenge to pair with those pickled veggies, so this is an occasion to simply drink what you like with it. **Darcie Kent Vineyards' 2013 Hoffman Vineyard Chardonnay** is a full-bodied but graceful wine from a rising-star producer. It's certainly likeable, with hints of butter, but the flavors turn to lively pear wrapped in an ultracreamy texture.



ASPARAGUS, LEEK AND IDIAZABAL GALETTE

PAIR IT

Prieler 2013 Haidatz Pinot Blanc (Leithaberg)

Pinot Blanc is classic with an onion and leek tart. This bottle has smoky, nutty notes that are echoed in the cheese, and its lemony acidity and subtle oak act like Hollandaise sauce on asparagus.

This savory galette, created by Seattle-based writer, photographer and food stylist Aran Goyoaga, encourages you not to avoid asparagus because of its perceived trickiness to pair with wine. Oven-roasting asparagus brings out its natural sweetness, rendering it more wine-friendly.

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| 2 tablespoons olive oil | 1/2 cup finely grated Idiazabal cheese (or substitute Manchego, Pecorino Sardo or Pecorino Toscano), divided |
| 1 leek (white and pale green part only), thinly sliced | Savory pie dough (single crust)* |
| 1/2 red onion, thinly sliced | 6 ounces asparagus, woody bases trimmed, sliced thinly lengthwise |
| 1 clove garlic, minced | 1 egg white |
| Salt and freshly ground black pepper, to taste | |
| 1 large egg | |
| 3 tablespoons heavy cream | |

Preheat oven to 425°F. Heat olive oil in sauté pan over medium heat. Add leeks, onion, garlic and large pinch of salt and pepper. Cook until a little caramelized, about 8 minutes. Transfer to bowl, and let cool for 5 minutes. In another bowl, whisk together whole egg, cream and 1/4 cup cheese, then mix into leek mixture.

Roll dough into large disk, about 13-inch diameter. Place on parchment-lined sheet pan. Spread leek mixture atop dough, leaving 2-inch border. Top with asparagus and salt and pepper lightly. Fold edges of pastry over filling, pleating as you go. Pinch together any cracks. Lightly whisk egg white, and brush pastry with it. Sprinkle top of filling and dough with remaining cheese. Bake 45 minutes, or until golden brown. *Serves 2–4.*



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ROASTED CHICKEN & VEGETABLES WITH CHESTNUT SAUCE AND MENCÍA JUS

Two of Galicia's finest products—Mencía and chestnuts—come together in one mouthwatering dish from Chef Beatriz Sotelo, Spain's chef of the year in 2008. She puts her refined spin on this traditionally rustic fare at A Estación in Cambre, which she runs with fellow chef Xoán Crujeiras, and you can, too.

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| 4 chicken legs | 4 ounces peeled and roasted chestnuts |
| Kosher salt, to taste | 2 tablespoons brown sugar |
| 2 medium yellow onions, quartered | ¼ cup fresh-squeezed orange juice |
| 2 green peppers, coarsely sliced | ½ cup whole milk |
| 4 cloves garlic | ½ cup Mencía wine (or other dry red wine, like Cabernet Franc) |
| 1 bay leaf | 1 tablespoon unsalted butter |
| 4 tablespoons extra-virgin olive oil | |

Lightly dust chicken with kosher salt. Refrigerate for 45 minutes. Rinse and dry.

Preheat oven to 400°F. Place chicken in roasting pan with onions, peppers, garlic and bay leaf. Toss with olive oil and roast until chicken reaches 170°F, about 45 minutes.

Meanwhile, combine chestnuts, brown sugar, orange juice and milk in a small pot. Bring to a gentle boil and simmer for 10 minutes. Let cool slightly. Purée in blender until smooth and reserve.

Remove vegetables and chicken from pan. Cover and rest 10 minutes. Deglaze pan with Mencía and a drizzle of olive oil. Remove from heat. Add butter, adjusting salt if necessary. Drizzle wine sauce over chicken. Serve chicken and vegetables with chestnut cream on side. *Serves 4.*

PAIR IT

“With its appealing minerality, Dominio do Bibei’s Lalama from Ribeira Sacra makes a great pairing for this earthy dish,” says Sotelo. The wine is predominantly Mencía (90%) rounded out by Brancellao, Mouratón, Sousón and Garnacha. “With its black cherry and raspberry notes, this ruby gem also matches the richness of the chestnut-cream sauce.”

TIP: IF YOU CAN'T GET FRESH CHESTNUTS, THE PRECOOKED, BAGGED VARIETY WORKS JUST AS WELL.



KOREAN SLOPPY JOE

Jiyeon Lee and Cody Taylor, owners/chefs at Heirloom Market BBQ in Atlanta, put a tasty twist on this finger-licking-good dish.

PAIR IT

Primarily made from Merlot, with 25% Cabernet Franc and 10% Cabernet Sauvignon, Château Peymouton's 2013 Saint-Émilion offers ripe black-fruit character and herbal tones that complement the rich barbecue sauce. The wine's tannins will be softened by the fattiness of the pork, while cassis and pepper accents will lift the dish's sweeter flavors.

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| 1 pound ground pork | 1 tablespoon soy sauce |
| 1-inch knob of ginger, grated | ½ teaspoon black pepper |
| 6 garlic cloves, chopped | 1 tablespoon vegetable oil |
| 5 tablespoons gochujang | 1 cup diced onion |
| 1 tablespoon sesame oil | 4 hamburger buns |
| 1 tablespoon sugar | |

In large bowl, mix first 8 ingredients. Refrigerate 2 hours or, preferably, overnight. In large, heavy skillet over high heat, add vegetable oil. When very hot, add onion. Cook 4 minutes, or until soft. Add pork mixture. Sauté, stirring occasionally, until fully cooked, about 5–7 minutes. While pork cooks, toast buns. Divide meat among buns. Serve topped with pickles and a side of kimchi. *Serves 4.*

Wine Suggestions and Comments

Barton & Guestier Côtes de Provence Rosé



“The wide variety of spices and “meat” ingredients of the Pilaf need a fresh and fruity Rosé that will contribute to their aromatic expression.”

Chef Frédéric Prouvoyeur

B&G Shrimp Scampi with Herbed Rice Pilaf

PREPARATION

- Combine cumin, peppercorns, cloves, cinnamon and cardamom in a teacup, cover with warm water, stir, and set aside. Tip: The spices can be tied up in a small sack, like a tea bag, or can be put into a tea infuser before being placed in the warm water. This avoids having whole spices in the dish when it is served.
- Cook the meat with salt and spices until it is tender.
- Pound the garlic and ginger together and set aside.
- Wash the rice, drain, and set aside. Heat the oil in a deep pot. Fry onions and potatoes until brown. Stir and remove some of the oil. Add garlic and ginger. Continue stirring and frying until the flavors have mixed.
- Add the meat, stir and cook over high heat until meat is browned on the outside. Reduce heat and simmer for a few minutes. Remove the meat and potatoes, and set them aside.
- Add boiling water and the rice. Stir it thoroughly and add the watering spices. Stir. Wait five minutes. Cover and simmer for a few minutes. Stir occasionally. Check every few minutes to see if more water is needed and add water as necessary. Stir as liquid is added.
- After ten minutes add potatoes, meat, onions and optional raisins. Keep covered, keep checking, and add water if bottom of pot is dry. Continue cooking over low heat for ten more minutes. Remove pot from stove, keep covered. Place entire pot in warm oven for an additional ten to twenty minutes. All moisture should be absorbed by rice and potatoes should be tender.
- Serve hot.



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Number of Guests: 6
Preparation Time: 20 min
Cooking Time: 1 hour

Ingredients:

- 2 lb of meat (beef, chicken, mutton, fish, shrimp, or prawns), cut into bite-sized pieces
- 2 to 4 onions chopped
- 2 to 4 potatoes peeled and cut into quarters
- 3 cups of rice (uncooked)
- 1 cup raisins (optional)
- ½ teaspoon cumin seeds
- ½ teaspoon whole black peppercorns
- several whole cloves
- 1 cinnamon stick (or powder)
- a few cardamom pods (or powder)
- oil for frying
- several cloves of garlic
- 2 teaspoons fresh ginger.



The Chef's Cheese Selection



MUNSTER
France

TARTE TATIN (CARMELIZED APPLE TART)

Both simpler and more impressive than apple pie, Tarte Tatin was developed in the 1880s by the Tatin sisters of Lamotte-Beuvron, just south of Orléans. Use a mix of apples, or try it with an equal amount of pears.

- 6 baking apples, like Golden Delicious, Honeycrisp, Gala and Jonagold, peeled, quartered and cored
- 8 tablespoons sugar, divided
- 6 tablespoons unsalted butter
- 1 pâte brisée (pie dough), unbaked

Whipped cream or crème fraîche, for serving

In large bowl, sprinkle apples with 2 tablespoons sugar. Toss to coat. Let sit for at least 1 hour, draining accumulated liquid. In 10-inch cast-iron skillet over medium heat, melt butter and remaining sugar, swirling gently to evenly coat pan (don't stir). Add apples in tight concentric circles, balancing on their edges. Fit as snugly as possible (reserve 1-2 quarters to cut into smaller chunks to fill gaps). Let cook, without stirring, until juices thicken, darken and smell "caramelly" without smelling burnt, about 10 minutes. Remove from heat.

Preheat oven to 375°F. Roll dough into circle about 12 inches in diameter. Drape over apples, folding and tucking around edges to fully contain apples. Bake until golden brown, about 45 minutes. Let cool 10 minutes. Place serving plate atop tart. Carefully turn over pan to release tart onto plate (if any apples stick, rearrange by hand). Serve warm, or at room temperature with whipped cream or crème fraîche. *Serves 8.*

PAIR IT

Loire Valley sweet wines are the product of misty mornings and sunny autumn afternoons, which produce noble rot. They have just the right balance of sweetness, dry noble rot character and intense acidity.

Pair this tarte tatin with Domaine des Baumard's 2011 Clos de Sainte Catherine from Coteaux du Layon. Each mirrors the flavors of the other while displaying simultaneous richness and freshness.



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