



2009

WINE CLUB JULY

## ***Watercress Salad with Steak, Sautéed Shallots & Stilton***

*Serves four.*

**Wine Pairing: 2007 Casa Marguery Malbec, Mendoza, Argentina**

**3 Tbs. extra-virgin olive oil**

**1 Tbs. fresh lemon juice**

**1/2 tsp. Worcestershire sauce**

**1/2 tsp. Dijon mustard**

**Kosher salt**

**12- to 14-oz. strip steak or rib eye (1 inch thick)**

**Freshly ground black pepper**

**4 large shallots, sliced 1/4 inch thick (about 1-1/2 cups)**

**4 cups (lightly packed) small watercress sprigs (about 2 bunches trimmed of lower stems), torn into bite-size pieces**

**2 oz. Stilton, crumbled (about 1/2 cup)**

In a small bowl, whisk 2 Tbs. of the olive oil, the lemon juice, Worcestershire sauce, mustard, and a generous pinch of salt. Season both sides of the steak with 1/2 tsp. salt and 1/4 tsp. pepper.

In a 10-inch straight-sided sauté pan, heat the remaining 1 Tbs. oil over medium-high heat until hot. Cook the steak, without disturbing, swirling the oil in the pan occasionally, until the bottom of the steak is deeply browned, about 5 minutes. Flip and cook until the other side is nicely browned, about 3 minutes more. Transfer the steak to a cutting board.

Turn the heat to low and cook the shallots, stirring frequently, until softened and lightly browned, 5 to 8 minutes. (Use a spatula or spoon to break apart the shallot slices and to incorporate some of the browned bits from the pan.) Remove from the heat and let cool slightly.

Slice the beef thinly. Fan an equal number of slices on each of 4 dinner plates. Rewhisk the dressing if necessary. In a large bowl, toss the shallots, watercress, and Stilton with a generous pinch of salt and just enough of the dressing to coat. Season with more salt and pepper and arrange the salad over the beef slices

— *Susie Middleton, Fine Cooking 96, pp. 115a*



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## ***Chorizo-Stuffed Pork Loin with Green Apple Salsa***

*Serves four.*

If you can find pork bones, roast them in the pan along with the pork loin: they'll give you flavorful drippings for the pan sauce

**Wine Pairing: 2007 Millton Chenin Blanc, Gisborne, New Zealand**

### **For the pork:**

**3 oz. fresh chorizo or other fresh spicy sausage**

**1/3 cup toasted breadcrumbs**

**1 fresh jalapeño, cored, seeded, and minced**

**2 scallions, thinly sliced**

**3/4 cup unpeeled, diced Granny Smith apple, tossed with lemon juice to prevent browning**

**1-1/2 lb. center-cut boneless loin of pork, trimmed**

**1 Tbs. olive oil**

**Salt and freshly ground black pepper to taste**

### **For the salsa:**

**3 small unpeeled Granny Smith apples, finely diced and tossed with lemon juice to prevent browning**

**1/2 cup chopped fresh cilantro leaves**

**1 small red onion, finely diced (to yield 1 cup)**

**Juice of 2 limes**

**1 Tbs. honey**

**2 Tbs. extra-virgin olive oil**

**Salt and freshly ground black pepper to taste**

### **For the sauce:**

**1/2 cup water**

**1/2 cup dry white wine**

**2 Tbs. unsalted butter, cut into pieces**

**Salt and freshly ground black pepper to taste**



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### **To prepare the stuffing:**

In a mixing bowl, combine the sausage, breadcrumbs, jalapeño, scallions, and apple. Mix well and transfer to a pastry bag without a tip or to a heavy-duty zip-top bag with a corner snipped off; refrigerate.

### **To prepare the pork:**

Heat the oven to 425°F.

#### **Stuff, sew, and truss the pork loin**

For the pork roasts, look for what's called "boneless loin" (also called the "top loin," as opposed to the tenderloin, which is the smaller, more tender part that runs underneath). The loin muscle changes shape as it descends the spine, so if you're ordering from the butcher, ask for a center section. That way, you're sure to get even portions.

Insert a long, thin-bladed knife straight through the center of the pork roast as far as you can, with the cutting edge to the right. Make a 3/4-inch cut to the right, turn the blade 180°, and make a 3/4-inch cut to the left. Repeat, this time going up and down to make a + like incision. If your knife didn't go all the way through, repeat on the other side.

Push the end of a wooden spoon through the completed channel to even out and enlarge the space. If the spoon is too short to go the length of the roast, repeat on the other end.

With a pastry bag or zip-top bag, pipe half of the filling into one side of the tenderloin. Repeat on the other side. The tenderloin's diameter will almost double.

Loosely sew unwaxed dental floss across the ends, creating a mesh to hold in the stuffing. Leave the floss ends long for easy removal after cooking.

Tie the roast with kitchen twine, spacing the ties about an inch apart

Rub the pork with the olive oil, season it with salt and pepper, and transfer it to a small flameproof roasting pan (you won't need a rack). Roast until an instant-read thermometer registers just over 140°F, 45 to 50 min. When testing for doneness, be sure to insert the thermometer as far into the loin and as close to the stuffing as possible. Remove the floss and twine, tent the roast with oil, and let it rest for 5 to 10 min. The roast will continue to cook as it rests.



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### **To prepare the salsa:**

While the roast is cooking, combine the apples, cilantro, onion, lime juice, honey, and olive oil in a nonreactive mixing bowl. Toss well and season with salt and pepper. Set aside at room temperature.

### **To make the sauce and serve:**

Spoon off any visible fat from the roasting pan but keep all the juices in the pan. Heat the pan, add the water and white wine, and bring to a boil, scraping up any browned bits that have stuck to the pan with a wooden spoon. Continue cooking until reduced to 1/3 cup (the juices should have a saucy consistency) and whisk in the butter. Season with salt and pepper. Carve the roast into even slices and serve with the salsa and sauce.

— *Gwen Gulliksen, Fine Cooking 36, pp. 30-31*



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## ***Rustic Beefsteak Tomato Tart***

*Serves eight to ten*

This freeform tomato tart makes a great appetizer, lunch, or light supper. Use the best-tasting, locally grown farm stand beefsteak tomatoes you can lay hands on.

**Wine Pairing: 2006 Villa Ritina Chianti Classico, Tuscany, Italy**

### **For the crust:**

- 9 oz. (2 cups) unbleached all-purpose flour
- 1/4 cup freshly grated Parmigiano-Reggiano (about 1/2 oz.)
- 1 Tbs. chopped fresh thyme
- 1/4 tsp. table salt
- 1/4 tsp. freshly ground black pepper
- 1/8 tsp. ground cayenne
- 5-1/2 oz. (11 Tbs.) cold unsalted butter, cut into 1/2-inch cubes
- 5 to 6 Tbs. ice water

### **For the filling:**

- 1-1/2 lb. ripe beefsteak tomatoes
- Kosher salt
- 1-1/2 cups freshly grated Parmigiano-Reggiano (about 3 oz.)
- 4 Tbs. roughly chopped pitted oil-cured black olives or Kalamata olives
- 12 large basil leaves, thinly sliced
- 2 tsp. capers, drained and patted dry, roughly chopped if large
- Freshly ground black pepper
- 2 Tbs. extra-virgin olive oil

### **Prepare the crust and tomatoes:**

Combine the flour, cheese, thyme, table salt, pepper, and cayenne in a food processor and pulse to blend thoroughly. Add the butter and pulse until the pieces are about the size of rice grains. Add the ice water through the feed tube, 1 Tbs. at a time, while pulsing in short bursts until the dough starts to come together. It may still look crumbly, but if you press it with your fingers, it should become compact. Don't add more water than is necessary to get the dough to cling together. Turn it out onto a clean work surface and, using your hands, press and gather the dough into a rough ball. Put the ball on a sheet of waxed paper, gently shape it into a flat disk, and wrap it tightly.



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Refrigerate for at least 45 min.

Meanwhile, core (but don't peel) the tomatoes and slice them 1/4 inch thick. Sprinkle with 1/2 tsp. kosher salt, stack them in a colander set over a bowl, and let drain for at least 45 min. and up to 1 hour. About every 15 min., turn the slices gently and tilt the colander to let the juices drain freely.

### **Assemble and bake:**

Position a rack in the center of the oven and heat the oven to 425°F. Cut a piece of parchment to fit a rimmed baking sheet (preferably a heavy-duty one) and put the baking sheet in the freezer to chill. Take the dough out of the refrigerator and let it warm until pliable, about 10 minutes. Sprinkle the parchment lightly with flour. Roll the dough on the parchment into a 14-inch round that's 1/8 inch thick. It's fine if the dough extends a little beyond the parchment. Transfer the parchment and dough to the chilled baking sheet and refrigerate for 15 min.

Remove the dough from the refrigerator and let it sit at room temperature for about 5 min. to keep it from cracking. When filling the dough, work steadily without delays. Sprinkle two-thirds of the cheese over the center of the dough round, leaving a 2-inch-wide band around the edges. Scatter half the olives and half the basil over the cheese and arrange the tomato slices on top so they overlap slightly, making a solid layer. Sprinkle on the remaining basil and olives, the capers, and the rest of the cheese. Season with pepper and drizzle the olive oil over the filling. Fold the edges of the pastry over the edge of the filling, pleating it as you go so it forms a neatly fitting round edge. Bake until the dough is lightly browned, turning the pan halfway through baking, about 40 min. total. Carefully transfer the tart from the parchment to a rack and let it rest for at least 30 min. before cutting and serving.

### **Leftovers:**

Leftovers keep well at room temperature for a day or two. Reheat for 10 to 15 min. at 350°F.

— *Ruth Lively, Fine Cooking 80, pp. 17*



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## ***Thai Seafood Salad (Yum Talay)***

*Serves four as a light main course or six as an appetizer.*

This dish boasts a playful mix of flavors: the natural sweetness of fresh seafood, the breezy notes of cilantro and mint, and the sharp accent of lime juice against a little sizzle of chile heat. You can prepare the components in advance but be sure to *yum* the dressing and seafood right before serving—this is the key to keeping the vibrant flavors distinct.

**Wine Pairing: 2007 Emery Rhodes White, Rhodes, Greece**

### **For the seafood:**

**24 small mussels**

**1 Tbs. table salt**

**3/4 lb. medium (51 to 60 per lb.) fresh shrimp, peeled and deveined**

**1/2 lb. cleaned squid, bodies sliced crosswise into 1/4-inch rings and tentacles cut in half if large**

**1/2 lb. sea scallops or bay scallops**

**1/4 lb. fresh or pasteurized jumbo lump crabmeat**

### **For the dressing:**

**6 Tbs. fresh lime juice (from 2 limes)**

**4-1/2 Tbs. fish sauce**

**1-1/2 Tbs. granulated sugar**

**2 tsp. finely chopped unseeded fresh hot green chiles (like serrano or jalapeño)**

**2 tsp. finely chopped garlic (2 medium cloves)**

### **For the salad:**

**2 cups bite-size pieces of Boston lettuce, rinsed and spun dry (1 large head)**

**3 Tbs. thinly sliced shallot (1 large)**

**1/3 cup thinly sliced scallions (4 to 5, white and green parts)**

**1/4 cup coarsely chopped fresh cilantro**

**1/4 cup coarsely chopped fresh mint**

**1/2 cup sliced English cucumber (halve cucumber lengthwise and slice into 1/4-inch-thick half-moons)**

**1/2 cup halved cherry or grape tomatoes**

**Tip: Chop the cilantro and mint at the last minute, just before mixing with the salad, so their flavor won't have time to fade.**



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### **Cook the seafood:**

Scrub the mussels well under running water and pull off any "beards." Discard any mussels that don't close tightly when tapped on the counter. Put closed mussels in a medium saucepan. Add about 1/2 cup water, just enough to cover the bottom of the pan by about 1/4 inch. Cover and set over high heat. Bring to a rolling boil and cook until the shells have opened, 1 to 2 minutes. Remove from the heat, transfer to a plate, and let stand until cool enough to handle. Discard any unopened ones. Remove the cooked mussels from their shells and put in a medium bowl; discard the shells and cooking liquid.

To cook the remaining seafood, bring a 3-qt. saucepan of water to a rolling boil over high heat. Add the salt and let the water return to a boil. Pour the shrimp into the boiling water and cook until the largest one is pink on the outside, opaque on the inside, and just cooked through, about 2 minutes. The water may not return to the boil before they are done. Scoop them out with a slotted spoon and drop into the bowl with the mussels.

After the water returns to a rolling boil, add the squid and cook just until they become firm and the rings turn bright white, about 1 minute. Scoop them out and drop them into the bowl along with the shrimp and mussels.

When the water returns to a rolling boil, cook the scallops until just cooked through and no longer translucent inside, 1 to 2 minutes for bay scallops, 2 to 3 minutes for sea scallops. Scoop them out and drop into the bowl as well (if using sea scallops, you may want to halve or quarter them first).

Add the lump crabmeat chunks to the bowl of seafood. Set the seafood aside on the counter while you prepare the dressing and other ingredients for the salad



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### **Make the dressing:**

In a medium-large bowl, combine the lime juice, fish sauce, sugar, chiles, and garlic. Stir to dissolve the sugar and combine everything well. Set aside.

### **Assemble the salad:**

Arrange the lettuce on a large serving platter or on individual serving plates as a bed for the seafood.

Transfer the cooked seafood to the bowl containing the lime-juice dressing. Add the shallots and use your hands or a wooden spoon to gently toss everything well. Add the scallions, cilantro, and mint and mix well again. Scoop the seafood onto the platter or serving plates with a slotted spoon. Toss the cucumber and tomato in the dressing remaining in the bowl and scatter around the seafood. Drizzle any remaining dressing from the bowl over the salad, especially over any lettuce not covered by the seafood.

### **Make ahead tips:**

The seafood can be cooked up to 4 hours ahead and refrigerated, covered. Let it sit at room temperature for 20 to 30 minutes before dressing.

— Nancie McDermott, *Fine Cooking* 87, pp. 56