



## WINE CLUB MARCH

### ***Beef Stew with Red Wine & Carrots (Daube de Boeuf aux Carottes)***

*Serves six*

Very simply, a daube (pronounced dohb) is a red-wine-based beef or lamb stew. This type of dish has countless flavor permutations, of course, but the most famous (and my favorite) is the Provençal daube, seasoned with local herbs and a bit of orange zest. The orange was originally the bitter Seville orange, but you can make a fine daube with a few strips of navel orange (add a strip of lemon, too, if you want to sharpen the flavor). I also like to add some sort of vegetable garnish to sweeten and brighten the stew. Here I've used carrots cut into hefty chunks so they hold their shape during the long cooking, but you could also use a combination of parsnips, baby onions, and celeriac.

**Wine Pairing: 2008 Entre Amis, Vin de Pays, Tarn et Garonne, South West, France**

**1 3-lb. boneless beef chuck roast**

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

**2 slices thick-cut bacon, cut into 1/2-inch pieces**

**Kosher salt and freshly ground black pepper**

**8 oz. shallots (8 to 10 medium), thinly sliced (about 2 cups)**

**2 Tbs. brandy, such as Cognac**

**2 Tbs. tomato paste**

**2 to 3 cloves garlic, finely chopped (2 to 3 tsp.)**

**2 tsp. herbes de Provence**

**2 cups hearty red wine, such as Côtes de Provence or Côtes du Rhône**

**1 14.5-oz. can whole, peeled tomatoes**

**4 strips orange zest (2-1/2 inches long, removed with a vegetable peeler)**

**1 lb. slender carrots, peeled and cut into 3/4- to 1-inch chunks (about 2 cups)**

**1/4 cup coarsely chopped fresh flat-leaf parsley**

**Tip:** Rather than buying already cut-up stew meat, buy a whole chuck roast and cut it into 1-1/2- to 2-inch cubes. These larger chunks won't dry out during the long braise, and they make the stew more satisfying to eat.

Using your fingers and a thin knife, pull the roast apart along its natural seams. Trim off any thick layers of fat. Carve the roast into 1-1/2- to 2-inch cubes and arrange them on a paper-



## WINE CLUB MARCH

towel-lined tray to dry.

Position a rack in the lower third of the oven. Heat the oven to 325°F.

Heat the oil and bacon together in a 7- or 8-qt. Dutch oven over medium heat, stirring occasionally, just until the bacon is browned but not crisp, 5 to 6 minutes. With a slotted spoon, transfer the bacon to a small plate. Season about one-third of the beef with salt and pepper, and arrange the cubes in a sparse single layer in the pot to brown. Adjust the heat so the beef sizzles and browns but does not burn. Cook until all sides are a rich brown, a total of about 10 minutes. Transfer to a large plate or tray, and season and brown the remaining beef in two more batches.

When all the beef chunks are browned, pour off all but about 1 Tbs. of drippings, if necessary. Set the pot over medium-high heat, add the shallots, season with a large pinch of salt and several grinds of pepper, and sauté until they just begin to soften, about 1 minute. Add the brandy and let it boil away. Add the tomato paste, garlic, and herbes de Provence, stirring to incorporate, and sauté for another 1 minute. Add the wine, stirring and scraping the bottom of the pan with a wooden spoon to dislodge the caramelized drippings, and bring to a boil. Pour in the liquid from the tomatoes, holding the tomatoes back with your hand. Then one by one, crush the tomatoes with your hand over the pot and drop them in. Add the orange zest, and return the beef (along with accumulated juices) and bacon to the pot. Finally, add the carrots, bring to a simmer, cover, and slide into the oven.

Cook the stew, stirring every 45 minutes, until the meat is fork-tender (taste a piece; all trace of toughness should be gone), 2 to 3 hours. Before serving, skim off any surface fat (if there is any), taste for salt and pepper, and stir in the parsley.

### **Make Ahead Tips**

This dish can be made up to three days ahead. Reserve the chopped parsley and don't bother skimming the surface fat. Instead, transfer the cooled stew to a bowl or baking dish, cover tightly, and refrigerate. Before reheating, lift off the layer of solid fat that will be on the surface. Reheat gently in a 325°F oven in a covered baking dish, stirring once, for about 30 min., or until hot. Taste for salt and pepper and add the parsley just before serving.

### **Serving Suggestions**

Mashed potatoes would be a perfect foil for the daube's rich wine sauce. Or you could serve the daube with wide egg noodles tossed with butter and parsley.

— *Molly Stevens Fine Cooking 84, pp. 39*



## WINE CLUB MARCH

### ***Pan-Roasted Chicken with Olives and Lemon***

*Serves four*

This dish is elegant enough for entertaining but simple enough to make anytime.

**Wine Pairing: 2007 Domaine Perraud Saint Veran Vieilles Vignes, Macon, Burgundy, France**

- One 4-lb. chicken, cut into eight pieces**
- Kosher salt and freshly ground black pepper**
- 1 medium lemon**
- 1 Tbs. unsalted butter; more as needed**
- 1 Tbs. extra-virgin olive oil**
- 5 medium shallots, peeled and quartered lengthwise**
- 3/4 cup jarred brined olives, rinsed, pitted, and halved**
- 8 fresh sage leaves**
- 6 small fresh or 3 dried bay leaves**
- 2 sprigs fresh thyme, plus 1 tsp. chopped**

Position a rack in the center of the oven and heat the oven to 425°F.

Season the chicken generously on all sides with salt and pepper.

Cut the ends off the lemon, stand it on one end, and slice off the peel and the bitter white pith to expose the flesh. Cut the lemon segments from the membranes, letting them drop into a small bowl. Cut each segment crosswise into 4 pieces.

Heat the butter and the oil in a 12-inch ovenproof skillet over medium-high heat. Working in batches if necessary, cook the chicken skin side down until golden-brown, 5 to 6 minutes. Transfer the chicken to a plate. Pour off all but 2 Tbs. of the fat. Add the shallots, olives, sage, bay leaves, thyme sprigs, and lemon segments, and cook until fragrant, 1 to 2 minutes.

Return the chicken to the pan skin side up and transfer to the oven. Roast until an instant-read thermometer inserted into the thickest part of a thigh registers 165°F, 18 to 20 minutes. Serve, sprinkled with the chopped thyme.



## WINE CLUB MARCH

— *Melissa Pellegrino From Fine Cooking 103, pp. 21*

### ***Penne alla Puttanesca***

*Serves four*

Anchovies are a traditional component of this classic Italian dish, but they're optional. This recipe is easily adaptable to serve meat-lovers and vegetarians alike

**Wine Pairing: 2008 Giornata il Camp, Central Coast, California**

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

**2 large cloves garlic, smashed and peeled**

**1 medium yellow onion, finely chopped**

**1 tsp. finely grated orange zest (from half a medium orange)**

**1/2 tsp. dried oregano**

**1/4 tsp. crushed red pepper flakes**

**1/2 cup dry white wine**

**One 28-oz. can whole tomatoes, coarsely chopped, juice reserved**

**1/3 cup pitted Kalamata olives, rinsed and quartered**

**2 Tbs. capers, rinsed**

**Kosher salt and freshly ground black pepper**

**8 oz. whole-grain penne pasta**

**4 anchovies, finely chopped (optional)**

**1/2 cup grated Pecorino Romano**

**1/3 cup chopped fresh flat-leaf parsley**

Heat the oil in a 12-inch skillet over medium heat. Add the garlic and cook until golden, 2 to 3 minutes. Add the onion, orange zest, oregano, and pepper flakes and cook, stirring occasionally, until the onion is tender, 5 to 6 minutes. Add the wine and simmer until it has almost evaporated, about 2 minutes. Stir in the tomatoes and their juice, olives, and capers. Bring to a boil over medium-high heat, reduce the heat to maintain a gentle simmer, and cook until the sauce has thickened, about 20 minutes.

Meanwhile, bring a large pot of salted water to a boil. Add the penne and cook until al dente. Drain well.



## WINE CLUB MARCH

Add anchovies (if using) to the sauce in the skillet. Raise the heat to medium high and cook, stirring occasionally. Season to taste with salt and pepper. Pour the pasta into the skillet and toss with the sauce. Divide the pasta among 4 bowls. Sprinkle with cheese and parsley

— *Ivy Manning From Fine Cooking 103, pp. 67*

### ***Chinese Duck and Shiitake Dumplings (Jiao Zi)***

Chinese delis sell roasted ducks with glossy, crisp skin and succulent meat, which in these dumplings gets paired with meaty dried shiitakes and crunchy water chestnuts. Half a roast chicken, especially the thighs and legs, makes a fine substitute for the duck.

**Wine Pairing: 2008 Kings Ridge Pinot Gris, Oregon**

#### **For the dough:**

**6-3/4 oz. (1-1/2 cups) unbleached all-purpose flour; more for kneading**

**Cold water**

#### **For the filling:**

**Half a roast duck, preferably Beijing-style**

**8 dried shiitake mushrooms, soaked in hot water for 30 minutes**

**1/2 tsp. granulated sugar**

**6 oz. spinach, washed and trimmed**

**1/4 cup finely chopped water chestnuts**

**2 medium scallions, thinly sliced**

**1-1/2 Tbs. minced fresh ginger**

**1 Tbs. soy sauce**

**1 tsp. cornstarch**

**Freshly ground black pepper**

#### **To finish the dumplings:**

**Kosher salt, as needed (for boiled dumplings)**

**Vegetable oil, as needed (for pan-fried dumplings)**

**1 recipe Scallion-Soy Dipping Sauce**

#### **Make the dough:**

Pour the flour into a mound on a clean work surface. Make a deep, wide well in the center and pour in 1/2 cup cold water. Stir with your fingers, staying in the center at first and being careful that the water doesn't breach the wall. Little by little, using your hand and a bench knife, mix in flour from the sides until the dough starts to come together. (Alternatively, put the flour in a



## WINE CLUB MARCH

medium bowl. Make a well, add the water, and stir first with a spoon and then your hand.) If the dough remains in shreds, sprinkle in additional water, a teaspoon at a time, until it begins to stick together. Don't add too much water or the dough will be difficult to work.

Knead the dough for 5 minutes to form a smooth, firm, elastic ball. (If you began the dough in a bowl, lightly dust a clean, dry surface with flour before kneading.) The dough should not be sticky and should bounce back when pressed with a fingertip. Divide in half with a bench knife and roll into two 6-inch logs. Sprinkle each log evenly with flour, cover with a clean kitchen towel, and let rest for at least 30 minutes at room temperature before rolling and filling.

### **Make the filling:**

Separate the duck meat from the bones and skin; shred the meat finely by hand. Cut the stems from the mushrooms and discard. Squeeze excess moisture from the caps and chop finely. Transfer the duck and mushrooms to a medium bowl.

In a 12-inch skillet, bring 2 Tbs. of water and the sugar to a boil over high heat. Add the spinach and cook, stirring, until wilted, 30 seconds to 1 minute. Squeeze the excess water from the spinach and transfer to a cutting board to cool. Chop finely.

Stir the spinach, water chestnuts, scallions, ginger, soy sauce, cornstarch, and 1/4 tsp. black pepper into the duck and mushrooms. Transfer to a bowl and let cool

### **Cut and roll the dough:**

Cut each log in half crosswise. Cut each half crosswise into thirds, and then slice each of those pieces into three even coins. You should have 36 pieces of equal size. Toss the pieces in flour to coat evenly and then cover with a clean towel so they don't dry out.

Using a small rolling pin, roll a piece of dough into a thin 3-inch circle; with the dough in one hand and the pin in the other, roll from the edges toward the center as you rotate the dough. This rolling technique helps create a round with thin edges and a thicker center.

### **Fill and shape the dumplings:**

**Tip:** If you have helpers, set up an assembly line and roll out each wrapper, then pass it along to the next person to fill. If you're filling all the dumplings yourself, it's best to roll out several wrappers, and keep them covered with a kitchen towel as you fill them, to prevent them from drying out.

Spoon 1 to 2 tsp. of the filling onto a dough circle, fold it in half, and then if you're going to boil the dumplings, seal it by pinching along the curved edge. If you're planning to pan-fry the dumplings for pot stickers, make your first pinch at the center of the curved edge and then pleat



## WINE CLUB MARCH

toward the center on both sides to create a rounded belly. This wider shape allows the dumplings to sit upright in the pan and form a flat surface for browning.

Repeat with the remaining wrappers and filling. As you work, arrange the filled dumplings in a single layer without touching on large plates, so they don't stick together.

### **To cook: either boil the dumplings.....:**

Bring a large (7- to 8-quart) pot of salted water to a boil. Working in 2 or 3 batches to

avoid overcrowding, quickly add the dumplings one at a time, making sure they don't stick to each other. Lower the heat to medium and continue to boil, gently stirring occasionally, until the dumplings float and are cooked through, 3 to 5 minutes. Remove with a slotted spoon and serve immediately with Scallion-Soy Dipping Sauce.

### **Or pan-fry the dumplings:**

Heat 2 Tbs. vegetable oil in a heavy-duty 10- or 12-inch skillet over medium-high heat until shimmering. Working quickly and in batches if necessary (adding more oil for the second batch if needed), arrange the dumplings belly side down in concentric circles starting from the outer edge. Cook until golden brown on the bottom, 1 to 2 minutes. Pour in about 1/2 cup water or enough to come about a third of the way up the sides of the dumplings, bring to a boil, cover, and cook until all of the water has been absorbed, 2 to 3 minutes. Remove the lid, reduce the heat to medium, and continue cooking just until the dumplings are dry and crisp on the bottom, 1 to 2 minutes. Loosen the dumplings from the pan with a spatula. Invert the pan over a plate to flip the dumplings, browned side up, onto the plate (or transfer with a spatula). Serve immediately with Scallion-Soy Dipping Sauce.

### **Make Ahead Tips**

The dough can be covered with plastic and refrigerated for up to 8 hours. If refrigerated, return to room temperature before rolling. The filling can also be made up to 3 days ahead and refrigerated. Filled, shaped dumplings may be covered and refrigerated for up to 4 hours or frozen for up to three months. To freeze, arrange just-formed dumplings in a single layer on lightly floured baking sheets and freeze for at least four hours. Once they are frozen through, transfer the dumplings to freezer storage bags. The dumplings can be boiled or pan-fried directly from the freezer; simply increase the cooking time by three to four minutes.

## **Scallion-Soy Dipping Sauce**

**3 Tbs. soy sauce**



## WINE CLUB MARCH

**1 Tbs. rice vinegar**

**1 tsp. granulated sugar**

**1/2 tsp. hot chile oil or toasted Asian sesame oil**

**1 small scallion, thinly sliced**

In a small bowl, combine the soy sauce, vinegar, and sugar. Stir until the sugar is completely dissolved and then stir in the oil and scallion.

— *Thy Tran From Fine Cooking 103, pp. 74-75*