

Wine Club February 2012

Crispy Flounder with Pears, Endive, and Meyer Lemon

Wine Pairing: 2010 Meyer-Fonné Pinot Blanc Vieilles Vignes, Alsace, France

Serves Four

2 small Meyer lemons

6 Tbs. unsalted butter

3 medium Belgian endives, trimmed and quartered lengthwise

3 medium firm-ripe pears, peeled, cored, and sliced lengthwise 1/2 inch thick

Kosher salt

1/2 Tbs. thinly sliced chives; more for garnish

1/2 cup unbleached all-purpose flour

1/2 cup fine-ground cornmeal

4 small flounder or sole fillets (about 1-1/2 lb.)

Freshly ground black pepper

2 Tbs. olive oil

1/2 cup dry white wine

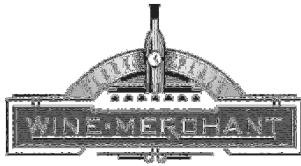
Finely grate 2 tsp. zest from one of the lemons. Squeeze 1-1/2 lemons to yield 2 Tbs. of juice. Thinly slice the remaining half and cut each slice into quarters; set aside.

In a 10- to 11-inch straight-sided sauté pan, melt 3 Tbs. of the butter over medium heat until foamy. Add the endives, pears, lemon juice, lemon zest, and 1/2 tsp. salt; stir to combine. Cover, reduce the heat to medium low, and cook, stirring occasionally until tender, 15 to 20 minutes. Remove the lid and cook until the endives and pears are lightly browned in places, about 2 minutes. Remove from the heat and stir in the chives.

While the endives and pears cook, combine the flour and cornmeal in a shallow dish.

Season the fish lightly with salt and pepper and then dredge it in the cornmeal mixture. Heat 1/2 Tbs. of the butter with 1 Tbs. of the oil in a 12-inch skillet over medium-high heat. Cook 2 of the fillets, flipping once, until golden-brown and cooked through, 2 to 3 minutes per side.

Transfer to a clean plate. Wipe out the skillet and repeat with another 1/2 Tbs. butter and the remaining 1 Tbs. oil and fillets. Transfer to the plate with the other fish. Wipe out the skillet again.

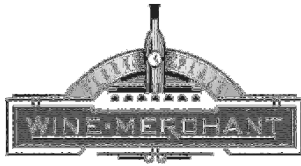


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Heat the remaining 2 Tbs. butter in the pan until melted and browned and then stir in the lemon slices and a pinch of salt. Add the wine, bring to a simmer, and reduce by half, 1 to 2 minutes. Season to taste with salt and pepper.

Divide the pear mixture among 4 dinner plates and top with a fillet. Spoon the lemon pan sauce over the fish, garnish with chives, and serve.

— Melissa Pellegrino, *Fine Cooking* 115, pp. 11



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Beer-Batter Chicken and Waffles

Wine Pairing: 2011 Jim Barry “The Lodge Hill” Riesling, Clare Valley, Australia

Serves Four

11-1/4 oz. (2-1/2 cups) all-purpose flour
4 tsp. granulated sugar, plus a pinch
1-1/2 tsp. baking powder
1/4 tsp. baking soda
Kosher salt
1 12-oz. bottle chilled wheat beer, such as hefeweizen
5 Tbs. vegetable oil; more for frying
1/4 cup buttermilk
1 large egg
1 tsp. garlic powder
1/2 tsp. cayenne
Freshly ground black pepper
1-1/4 lb. (about 12) chicken tenders
Pure maple syrup, for serving

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

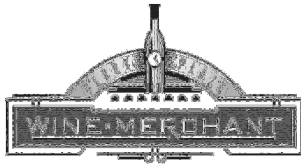
To make the waffle batter, combine 1 cup of the flour, 4 tsp. of the sugar, 3/4 tsp. of the baking powder, the baking soda, and 1/2 tsp. salt in a medium bowl.

In a small bowl, whisk 1/2 cup of the beer with the vegetable oil, buttermilk, and egg. Pour into the dry ingredients and stir until just combined. Set aside.

To make the chicken batter, combine 1 cup of the flour, the remaining 3/4 tsp. baking powder, the garlic powder, cayenne, the pinch of sugar, 1 tsp. salt, and 1/2 tsp. pepper in a shallow baking dish. Stir in the remaining 1 cup beer until just combined. If the batter seems thick, thin with up to 2 Tbs. water. Cover and set aside.

Cook the waffle batter in batches according to the manufacturer’s directions until golden and crisp. Set aside while cooking the chicken.

Season the chicken with salt and dredge in the remaining 1/2 cup of flour. Pour enough oil into a 12-inch nonstick skillet to reach a depth of 1/4 inch, and heat over medium-high heat



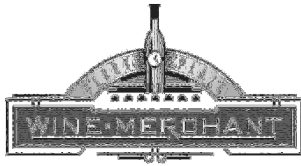
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until shimmering. Coat the chicken in the batter and fry, flipping once with tongs, until the crust is golden and puffed and the chicken is just cooked through, 2 to 3 minutes per side. Quickly blot the chicken on paper towels and sprinkle with salt.

Meanwhile, arrange the waffles directly on the oven rack to re-crisp, about 2 minutes.

Divide the waffles among 4 plates, top with the chicken, and serve with the maple syrup.

— Lorraine Perri, *Fine Cooking* 115, pp. 14



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Steak Salad with Shaved Fennel and Dried Cherries

Wine Pairing: 2010 Antic Wine Co. Pinot Noir, Central Coast, California

Serves Four

2 Tbs. sherry vinegar

2 tsp. chopped fresh thyme

1 tsp. Dijon mustard

1/2 tsp. granulated sugar

Kosher salt and freshly ground black pepper

1/2-cup plus 2 Tbs. extra-virgin olive oil

1 small shallot, finely diced (about 2 Tbs.)

1 lb. skirt steak

3-1/2 oz. mâche or 1 small head bibb lettuce, trimmed and torn into bite-size pieces

1 large fennel bulb (about 1-1/2 lb.), trimmed, quartered, cored, and thinly shaved with a mandoline or vegetable peeler (reserve some fronds for garnish)

4 oz. ricotta salata or feta, crumbled (about 3/4 cup)

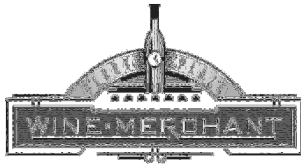
1/3 cup dried tart cherries

Combine the vinegar, 1 tsp. of the thyme, the mustard, sugar, 3/4 tsp. salt, and 1/2 tsp. pepper in a small bowl. Slowly drizzle in 1/2 cup of the oil, whisking constantly, until emulsified. Whisk in the shallot and season to taste with salt and pepper.

Sprinkle the steak with the remaining 1 tsp. thyme and season generously with salt and pepper. Heat the remaining 2 Tbs. oil in a 12-inch skillet over medium-high heat until shimmering hot. Add the steak and cook undisturbed until it starts to brown at the edges and easily releases from the pan, about 2 minutes. Flip and continue cooking until the steak is done to your liking (make a nick in a thicker end to check), 2 to 3 minutes more for medium rare. Transfer to a cutting board and let rest for 5 minutes.

While the steak rests, in a large bowl, toss the mâche, fennel, ricotta salata, and cherries with enough of the vinaigrette to coat lightly. Season to taste with salt and pepper.

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Prosciutto, Apple, and Brie Monte Cristos

Wine Pairing: 2009 Domaine Maby Lirac, Rhone Valley, France

Serves four

2 Tbs. Dijon mustard

2 Tbs. honey

8 3/4-inch-thick slices crusty artisan-style bread (if necessary, cut on an angle to make sandwich-size slices)

6 oz. Brie, thinly sliced

3 oz. thinly sliced prosciutto

1 small, crisp, sweet apple, such as Gala or Fuji, cored and thinly sliced

4 large eggs

1/2 tsp. ground allspice

1-1/2 oz. (3 Tbs.) unsalted butter

Kosher salt

Combine the mustard and honey in a small bowl. Set the bread slices on a work surface and spread one side of each with the mustard mixture, dividing it evenly. Top 4 of the bread slices with the Brie, prosciutto, apple slices, and then the remaining 4 slices of bread, mustard side down.

Beat the eggs and allspice in a large shallow bowl.

Melt 1-1/2 Tbs. of the butter in a 10-inch nonstick skillet over medium-low heat. Dip both sides of two of the sandwiches into the eggs. Cook, covered, until the bottom sides are golden, about 3 minutes. Carefully flip and continue cooking, covered, until the other sides are golden, about 2 minutes. Transfer to a plate and keep warm. Repeat with the remaining butter and sandwiches. Cut the sandwiches in half, sprinkle with salt, and serve.

— Jill Silverman, *From Fine Cooking* 115, pp. 11