



# Total Locals Club

Recipes for Pairing with Total Locals

Club April 2007 Selections

To be paired with *Carignane* or *Pinot Noir* wines

[www.tastelocalwines.com](http://www.tastelocalwines.com)  
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## Carignane Mustard Marinated Flank Steak

- 1/2 cup Dijon mustard
- 1/4 cup dry red wine, Carignane
- 2 Tbsp. crème fraiche or heavy whipping cream
- 1/2 tsp. Worcestershire sauce
- 2 tsp. crumbled dried rosemary
- 1 tsp. crushed green or black peppercorns
- 2 flank steaks, 1 1/4 to 1 1/3 lb. each
- 4 or 5 sprigs of fresh rosemary

In a small mixing bowl, combine Dijon mustard, Carignane wine, crème fraiche, Worcestershire sauce, rosemary and peppercorns. Brush flank steaks with mustard mixture until generously coated. Place in a glass dish with sides, cover lightly with plastic wrap and refrigerate at least 5 hours or overnight. Bring to room temperature 45 minutes before cooking.

Place on preheated broiler pan coated with nonstick spray. Broil 6 to 8 minutes per side, or until pink and medium-rare when tested with a sharp knife in thickest section. Remove from broiler and place on serving platter. Let rest 10 minutes before cutting on the diagonal against the grain in 1/4-inch thick slices. Garnish with rosemary sprigs. Serve immediately.

Makes 4 servings.

## Salmon with Spiced Pinot Noir Sauce

- Four 6-ounce center-cut pieces skinless salmon fillet
- 1 1/2 cups Pinot Noir or other dry red wine
- 2 tablespoons freshly cracked black pepper
- 2 tablespoons finely grated peeled fresh gingerroot
- 2 tablespoons minced garlic
- 3 tablespoons cold unsalted butter 4 6- to 7-ounce center cut salmon fillets
- Herbs de Provence
- 1 cup fresh Panko breadcrumbs (fresh or dried bread crumbs can be substituted)

Pat salmon dry and season with salt. Heat a 12-inch nonstick skillet over moderately high heat until hot and sear salmon on flat sides until golden, 2 1/2 to 3 minutes total. Add wine, pepper, gingerroot, and garlic and cook salmon at a bare simmer, turning pieces over once, until just cooked through, 5 to 6 minutes total. Transfer salmon with a slotted spatula to 4 heated plates and keep warm, covered. Cut butter into 3 pieces. Boil cooking liquid until syrupy and reduced to about 1/4 cup. Remove skillet from heat and add butter, stirring until incorporated. Season sauce with salt and pour over salmon.

Makes 4 servings

