



Total Locals Club

Recipes for pairing with Total Locals
Club July 2009 Selections

www.tastelocalwines.com

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Grilled Steak with Mediterranean BBQ Rub

Pair with Old Soul Red or Struttin Red, Serves 4-6

- 2 1/2 pounds Tri-tip or London Broil steak
- 1 Tbsp ground cumin
- 1 Tbsp ground turmeric
- 1 Tbsp ground coriander
- 1 Tbsp ground black pepper
- 1 Tbsp kosher salt
- 1 pinch cayenne pepper - optional

Mix all spices together in a small bowl with fingers or a spoon.

Trim the steak and poke holes all over both sides with a fork.

Using fingers, thoroughly rub top, bottom, and sides of steak generously with the spice mixture.. The steak will look bright yellow when done, but will be brown after cooking.

Heat grill to med-high. Spray top of steak with a olive oil spray (or normal cooking spray), or coat grill lightly with oil. Place steak on grill and grill 3-5 minutes (depending on thickness) with grill cover down. Then open cover, flip steak, and grill an additional 3-5 minutes with top up.

Serve steak sliced thinly with Orzo Salad which follows.



Orzo and roasted vegetables with feta

Perfectly paired with any meat, fish or chicken, Serves 4-6

- 1 small eggplant, stripe peeled and diced in 3/4 inch cubes
- Red bell pepper, 3/4 inch diced
- 1 yellow bell pepper, 3/4 inch diced
- 1 red onion, 3/4 inch diced
- 2 large garlic cloves, minced
- 1/3 cup extra virgin olive oil
- 1 1/2 tsp kosher salt
- Fresh ground pepper to taste
- 3/4 pound orzo
- 4 scallions minced (white and green)
- 1/4 cup toasted pine nuts
- 1/2 pound feta, 1/2 inch diced
- 20 fresh basil leaves, sliced

For Dressing

- 1/3 cup fresh lemon juice (2 lemons)
- 1/3 cup extra virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp fresh ground pepper

Preheat oven to 425 F

Toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt, and pepper on a baking sheet. Roast for 35-40 minutes until browned, turning once. Meanwhile, boil the orzo for 7-9 minutes until tender. Drain and transfer to a large serving bowl.

Add the roasted vegetables to the pasta, adding the scrapings from the roasting pan to the bowl.

In a small bowl, combine the lemon juice, olive oil, salt, and pepper. Pour over the pasta vegetables. Let cool to room temperature.

Add the scallions, pine nuts, feta, and basil. Check for flavor, adding salt and pepper as needed, then serve at room temperature when desired.

