



Total Locals Club

Recipes for pairing with Total Locals
Club April 2011 Selections

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Moroccan Lamb Barbecue

Pair with 2007 Saracina Syrah

Here is a recipe recommend by our winemaker, Alex MacGregor. It is from the book: Perfect Pairings by Evan and Joyce Goldstein. Page 195. For Smoky, Peppery, Meaty Syrah's (Rhône-Style).

6 servings

Charmoula

- 1 large onion, grated
 - 4 cloves garlic, finely minced
 - 2 teaspoons ground cumin
 - 1 teaspoon sweet paprika
 - 1 teaspoon salt
 - 1 teaspoon freshly ground black pepper
 - ½ teaspoon cayenne pepper
 - ½ teaspoon ground cinnamon
 - ½ teaspoon ground ginger
 - ¼ cup chopped flat-leaf parsley
 - ¼ cup chopped fresh coriander (cilantro)
 - ¼ cup fresh lemon juice
 - ½ cup olive oil
- 1 6-pound leg of lamb (weight with bone), boned and Butterflied
-or- 12 loin lamb chops, or 2 ½ pounds boneless leg of lamb, trimmed and cut into 1 ½-inch cubes
6 tablespoons olive oil or unsalted butter, melted, plus 1 tablespoon oil for coating the lamb

In a bowl, combine the onion, garlic, spices, herbs, lemon juice, and ½ cup olive oil to make the charmoula, or spice mix. Reserve one-quarter of the charmoula in a small bowl for basting; cover and refrigerate.

Trim all excess fat and sinew from the lamb. Place the lamb in a large nonaluminum container and rub it with the remaining charmoula. Cover and refrigerate overnight.

Bring the meat to room temperature. Remove the meat from the marinade. Preheat the broiler or prepare a charcoal or gas grill.

Add 6 tablespoons olive oil or melted butter to the reserved charmoula in the bowl and whisk to blend well.

For leg of lamb, brush with 1 tablespoon oil and broil or grill, turning once and basting with the charmoula mixture, until an instant-read thermometer inserted into the thickest part reads 120 degrees for rare (8 to 10 minutes per side), 130 degrees for medium (10 to 15 minutes per side), or 140 degrees for well done (15 to 18 minutes per side). For lamb chops, allow 4 to 6 minutes per side, depending on the thickness of the chops. For kebabs, thread cubes of lamb on skewers and broil or grill about 4 minutes per side for medium rare.

VARIATION: You can also roast a leg of lamb in the oven. For a boneless leg of lamb, rub the inside all over with half of the charmoula, then roll the meat and tie it with kitchen twine. Place in a large nonaluminum container and rub the remaining half of the charmoula over the outside of the lamb. Cover and refrigerate overnight.

Sear the lamb in 2 to 4 tablespoons oil in a hot ovenproof skillet until colored on all sides. Finish cooking in a 350-degree oven until an instant-read thermometer inserted into the thickest part reads 120 degrees for rare (45 minutes to 1 hour), 130 degrees for medium (about 10 minutes longer), or 140 degrees for well done (about 10 additional minutes).

This is a variation on the Moroccan mechoui, which is typically prepared with a whole lamb that is spit-roasted over a charcoal or wood fire. The traditional spice paste, called a charmoula, works equally well on leg of lamb, lamb kebabs, or lamb chops. Just marinate the meat in the refrigerator overnight and bring it to room temperature a few hours before cooking. Serve the lamb with couscous and some grilled vegetables, such as eggplant, zucchini, or peppers. – Joyce

North African food has a real affinity for Syrah, especially wines of the spicy and meaty style. Lamb is more pungent than most other red meats, and Syrahs always show well with it. In this dish, the affinity is enhanced by the spices in the marinade, which share the flavors in the wine. The rustic character of this dish is a real winner, and if you grill the lamb, you'll be rewarded by the charred, smokier traits that cooking over charcoal or wood introduces. Even if you only grill the exterior and then finish roasting the meat in the oven, grilling will do more than pan searing to bring out the complexity of the wine. – Evan

Hearty Beef Short Ribs

Pair with 2009 Ramazzotti Barbera

(Slow Cooker Recipe found in the Costco Connection Magazine)

6-8 servings

- 2-1/2 pounds boneless chuck short ribs
- 1-2 tablespoons coarse salt
- 1-2 tablespoons pepper
- 2 tablespoons olive oil, divided
- 2 carrots, cut into 1/4-inch dice
- 2 celery stalks, cut into 1/4-inch dice
- 1 large yellow onion, cut into 1/4-inch dice
- 3 garlic cloves, minced
- 3 bay leaves
- 1/3 cup red wine
- 1/3 cup crushed tomatoes
- 1/3 cup balsamic vinegar

Season ribs with salt & pepper. Drizzle with 1 tablespoon olive oil. Heat 1 tablespoon olive oil in a large skillet. Cook ribs until just browned, about 2-3 minutes per side. Transfer ribs to a slow cooker. Add carrots, celery, onion, garlic and bay leaves.

Combine wine, tomatoes and vinegar in a small bowl. Season with salt and black pepper, if desired. Pour mixture into slow cooker. Cover; cook on low 8-9 hours or on high 5-1/2 to 6 hours, turning once or twice, until meat is tender and falling off the bone.

Remove ribs from the slow cooker. Process sauce in blender to desired consistency. To serve, pour sauce over ribs.

Seared Mushroom Salad

Pair with 2008 Praxis Pinot Noir

Adapted from Mary Evelyn, Simi Chef

Serves 4 as salad – 2 as main dish

- 3 slices bacon chopped (optional)
- 1/4 c minced onion or shallot
- 2 cloves garlic
- 8 oz mushrooms – any variety – sliced
- 4 eggs (optional)
- 1 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1/2 tsp soy sauce
- 5 c salad greens
- Chopped herbs – mint, thyme, parsley, chives - about 3 Tbsp
- 1/3 c shredded or shaved parmesan (or other cheese)

Sauté bacon in pan until crisp. Remove. Add onions to grease in pan; sauté until translucent. Add garlic – sauté another minute. Add mushrooms and sauté on medium high until browned. Season with salt and black pepper. Remove from heat.

If topping salads with eggs, poach in water or fry.

Mix balsamic, olive oil and soy with a pinch of salt and pepper for vinaigrette. Put greens and herbs of your choice in bowl. Toss with vinaigrette. Divide on to plates. Add cooked bacon. Top with mushrooms, egg and cheese.

