

# November 2009 Wine Trail Weekend Recipes

## APPETIZERS

### Homemade Pretzels (Bretzels) Eagles Landing Winery, Marquette, IA

Serve as an appetizer with Eagles Landing Winery **Maiden's Blush** wine.

1 1/2 c. warm water (105-115°)  
1 pkg. dry yeast  
1/2 t. sugar  
4 1/2 c. flour  
2 eggs, beaten  
Coarse salt

Pour water into large mixing bowl. Sprinkle yeast and sugar over surface. Stir until dissolved. Mix in flour. Form into ball. Turn out onto lightly floured board; knead until smooth and elastic, about 10 minutes. Place dough in greased bowl, turning to grease top. Cover and let rise in warm place until doubled, about one hour.

Punch dough down. Divide in 16 equal portions (makes 4" pretzels). Form pretzels: Roll 1 piece dough between palms of your hands into a 16" rope. Cross-ends of rope to form 3" circle, with ends of rope extending beyond the circle. Fold over ends of rope, making a second twist. Pull the ends up and over top of the circle. Secure them onto outside of circle. Place 2" apart on foil-lined, greased baking sheets. Brush with beaten egg and sprinkle lightly with coarse salt. Bake in 475° oven 12 to 15 minutes until golden brown. Remove from baking sheets. Cool on wire rack.

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### Chimichurri Empanadas Daly Creek Winery, Anamosa, IA

Paired with Daly Creek's "**Gothic White**" and "**Moonbeam Blush.**"

An empanada is a stuffed bread or pastry. The name comes from the Spanish and Portuguese verb *empanar*, meaning to wrap or coat in bread.

For the crusts, you can use your choice of puff pastry sheets, packaged, ready-made piecrust, or your favorite homemade piecrust recipe.

#### **Filling:**

¼ cup olive oil  
1 large onion, chopped  
1 ½ cups celery, coarsely chopped  
2 cloves garlic, crushed  
2 cups peeled, diced eggplant  
1 large red or green bell pepper

½ cup chopped black olives  
2 tbsp. Capers  
4 large tomatoes, chopped  
8 oz can tomato sauce  
¼ cup red wine vinegar  
¼ cup sugar  
3 tsp. chopped fresh basil  
1 15 oz can black beans, drained  
Pepper to taste

Sprinkle eggplant with salt and let drain for 20 minutes, pat dry. Heat oil in large skillet; add garlic, onion, and celery, sauté until soft. Add tomatoes, eggplant, and pepper, sauté for 10 minutes.

Add rest of ingredients, lower heat and simmer for 20 minutes, should be thick and condensed. Cool and chill.

**Preheat oven to 400 degrees.**

Cut 3 ½” circles out of the rolled pastry using a biscuit cutter. Place approximately 1 Tblsp of filling in center of each circle, folding in half and crimping edges to seal. Bake on cookie sheet 15 to 18 minutes, until golden brown.

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## **Bleu Cheese and Roasted Pecan Dip** **Wide River Winery, Clinton, IA**

Serve with Wide River Winery **Felony Red** or **Blushing Testimony**.

12 ounces bleu cheese, crumbled  
3 8-ounce bricks of light cream cheese  
1-2 tablespoons sriracha hot chili sauce (rooster brand)  
2/3 cup milk for consistency  
2 cups pecans roasted at 350 F for 10 minutes  
2/3 cup chopped parsley

Combine ingredients in food processor and hit the button. Garnish with parsley and pecans.

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## **Fresh Guacamole** **Winneshiek Wildberry Winery, Decorah, IA**

Served with Winneshiek Wildberry Winery **Evening Star Edelweiss** wine.

1 avocado (California type) or 2 avocados (Mexican type)  
2-3 Tablespoons squeezed orange juice  
1-2 Tablespoons squeezed lime juice  
½ Teaspoon Kosher salt  
¼ Cup purple onion  
2 Tablespoons fresh cilantro  
1 roma tomato cut in small pieces

1 Tablespoon fresh garlic pressed

Combine all and stir until mixed. Leave a little chunky.

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## BEVERAGES

### Mulled Wines-Winter's Classic Wine

Engelbrecht Family Winery, Fredericksburg, IA

By Stacy Slinkard, About.com

With cooler weather swirling in and the holidays just around the corner, nothing could be cozier than a toasty mug of mulled wine. Mulled wine, the vine's version of a classic hot toddy, is a traditional holiday treat in many Old World countries. Mulled wines have been warming people for centuries, they are wines that have been sweetened, spiced and slightly heated - offering a delightful alternative to traditional coffees, ciders and toddy's at holiday gatherings or just on a cold winter's night. **Prep Time: 5 minutes. Cook Time: 25 minutes.** Serves 4-6.

#### Ingredients:

- One bottle (750 mL) of **Farm House Frederick's Red** wine
- One peeled and sliced orange (keep peel to add zest to taste into cooking pot)
- 8-10 cloves
- 2/3 cup honey or sugar
- 3 cinnamon sticks
- 1 tsp fresh or 2 tsp ground ginger (allspice can be substituted)

#### Preparation:

Combine all ingredients in either a large pot or a slow cooker. Gently warm the ingredients on low to medium heat (avoid boiling), for 20-25 minutes. Stir occasionally to make sure that the honey or sugar has completely dissolved. When the wine is steaming and the ingredients have been well blended, it is ready to serve. Ladle into mugs (leave seasonings behind) and enjoy!

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## BREAD

### Irish Brown Soda Bread

Park Farm Winery, Bankston, IA

Served with Park Farm **Iowa LaCrescent 2008** or **Bankston Road Red 2008**.

- 1 ¼ cups unbleached all-purpose flour, plus additional for sprinkling
- 1 cup whole wheat flour
- ½ cup old fashioned rolled oats
- ¼ cup toasted wheat germ
- 1 ½ tsp baking soda
- 1 tsp salt
- ½ stick cold unsalted butter, cut into bits
- 1 1/3 cups well shaken buttermilk or plain yogurt.

Put a rack in middle of oven and preheat oven to 424°. Lightly flour a baking sheet. Whisk together flours, oats, wheat germ, baking soda, and salt in a large bowl. Add butter and toss to

coat with flour, then blend in butter with your fingertips or a pastry blender until mixture resembles coarse meal. Add buttermilk and stir until dough is evenly moistened but still lumpy. Turn dough out onto a floured surface and knead for 1 minute, sprinkling lightly with additional flour to prevent sticking; dough should remain soft. Form dough into a ball and pat out into a 7-inch round on floured baking sheet. Sprinkle with flour and spread flour lightly over surface. Cut a shallow 'X' in top of loaf with a sharp knife. Bake bread until golden and bottom sounds hollow when tapped, 30 – 40 minutes. Cool on a rack for 2 hours. before slicing.

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## DESSERTS

### *Flan*

Daly Creek Winery, Anamosa, IA

Paired with Daly Creek's "Octoberfest" and "Cherry Blossom."

*Flan can be made in individual ramekins or as one big flan; however you prefer to serve it. (Makes six small or one large flan.)*

- 1 3/4 cups whipping cream
- 1 cup whole milk
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 teaspoon rum
- 3/4 cup sugar
- 1/4 cup water
- 5 eggs
- 1/2 cup sugar

With the oven rack in the center, preheat the oven to 350 degrees Fahrenheit. In a medium saucepan, combine the cream, milk, and salt and bring to a simmer over medium heat. Remove from heat and add vanilla and rum.

In another saucepan, combine the sugar and water. Stir over low heat until the sugar dissolves, then raise the heat to high, and cook until the mixture turns into dark brown syrup. Quickly pour the caramel into individual ramekins or into the large flan dish. Carefully swirl the sauce around the ramekins, tilting so that sauce comes about halfway up the sides of each dish. Take care--the sauce is very hot!

In a medium bowl, whisk the eggs and 1/2 cup sugar until blended. Gently add the cream mixture into the egg mixture. Pour into ramekins, and set ramekins into a baking dish. Pour hot water into the baking dish, (taking care to not get any water into the flans) until the water comes halfway up the sides of the ramekins.

Bake until set, about 45 minutes. Cool on a rack and chill for 2 hours or overnight.

To serve, run a knife around the edge of each flan, and turn it over onto a plate. Lift off the ramekin, and let the syrup run over the flan.

Our Chef topped the flans with a tangy orange glaze and toasted pecans.

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**Blackberry Strudel**  
or your choice of fruit  
**Eagles Landing Winery, Marquette, IA**

We pair this strudel with Eagles Landing Winery **Autumn Splendor**, a blackberry dessert wine.

**Fruit Filling:**

- 1 c. sugar
- 1/3 c. chopped walnuts
- 1/2 c. dark raisins
- 1 t. cinnamon
- 6 c. fresh fruit (apples, blackberries, raspberries, blueberries, etc.)
- 2 T. lemon juice

Mix sugar, walnuts, raisins, and cinnamon. Toss fruit with lemon juice. Combine both mixtures. Set aside.

**Strudel Dough:**

- 1 1/2 c. flour
- 1/2 c. lukewarm water
- 2 T. vegetable oil
- 1/2 t. salt
- 1 c. butter (melted)
- Turbinado sugar or other coarse sugar

In mixing bowl, mix together flour, water, vegetable oil, salt. Set aside.

To prepare for rolling out the dough, cover a 3-foot square counter space with a large dishtowel; secure towel down tightly with masking tape. Sprinkle cloth with flour. Roll dough on floured cloth until 1/8" thick. Work quickly to prevent drying, lift, and stretch dough until dough is paper-thin and measures 30" - 36" square. Cut dough in half to form two rectangles 18" x 30" for two strudels. (If you have a smaller oven, make four strudels, each 18" x 15", and make the melted butter and the apple mixture cover 4 strudels instead of 2.) Brush each rectangle with about 1/4 c. melted butter; spread half of apple mixture over each rectangular dough, leaving a 3" strip along all edges. Lift edge of cloth and roll strudel dough over in jellyroll fashion. Place roll seam-side down on greased jellyroll pan. Tuck ends under to seal. Brush tops of strudels with remaining melted butter; sprinkle with coarse sugar. Bake at 375° for 35-40 minutes until golden and crisp. Cool and serve, slicing crosswise into 2" slices. (If making four smaller strudels, watch baking time so it does not over bake. (Your oven may be different baking time than mine.)

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**Steamed Plum Pudding with Wine Sauce**  
**Engelbrecht Family Winery, Fredericksburg, IA**

Serve with **Farm House Frederick's Red** in mulled wine or **Farm House Frederick's Red** at room temperature.

Spicy slices of this English-inspired dessert are served with hard sauce, made with butter, powdered sugar and a "squeak" of sherry or brandy--if you so desire. **Prep Time:** 30 min. **Total Time:** 3 hours. 30 min. **Makes:** 8 servings.

**Pudding**

- 1 cup milk
- 3 cups soft bread crumbs, (5 slices bread)
- ½ cup shortening, melted
- ½ cup molasses
- ½ cup raisins
- 1 cup Gold Medal all-purpose flour
- ½ cup finely chopped candied citron
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves

1. Generously grease bottom and side of 4-cup heatproof mold. In large bowl, pour milk over bread crumbs. Stir in shortening and molasses until well mixed. Stir in remaining pudding ingredients until well blended. Pour into mold. Cover with foil.
2. Place mold on rack in Dutch oven. Pour in boiling water up to level of rack. Cover and heat to boiling. Keep water boiling over low heat about 3 hours or until toothpick inserted in center comes out clean. (If adding water during steaming is necessary, uncover and quickly add boiling water.)
3. In 1 ½ quart saucepan, mix all sauce ingredients. Cook over low heat 5 minutes, stirring occasionally.
4. Unmold pudding; cut into slices. Serve warm with sauce.

**Amber Sauce**

- 1 c packed brown sugar or granulated sugar
- ¼ cup butter or margarine
- ½ cup half-and-half
- ½ cup light corn syrup

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**Éclairs with Raspberry Fudge Wine Sauce**  
**Tabor Home Vineyards & Winery, Baldwin, IA**

Serve with **Tabor Home Toast of Iowa** or **Wild Blackberry**.

**Ingredients:**

- ½ cup butter
- 1 cup water
- 1 cup all-purpose flour
- ¼ teaspoon salt
- 4 eggs
- 1 (5 ounce) package instant vanilla pudding mix
- 2 ½ cups cold milk
- 1 cup heavy cream
- ¼ cup confectioners' sugar
- 1 teaspoon vanilla extract
- 1 jar Hot Fudge sauce
- ½ cup Tabor Home Electric Raspberry wine

Preheat oven to 450° F (230° C). Grease a cookie sheet.

In a medium saucepan, combine ½ cup butter and 1 cup water. Bring to a boil, stirring until butter melts completely. Reduce heat to low, and add flour and salt. Stir vigorously until mixture leaves the sides of the pan and begins to form a stiff ball. Remove from heat. Add eggs, one at a time, beating well to incorporate completely after each addition. With a spoon or a pastry bag fitted with a #10 or larger tip, spoon or pipe dough onto cookie sheet in 1 1/2 x 4 inch strips.

Bake 15 minutes in the preheated oven, then reduce heat to 325° F (165° C) and bake 20 minutes more, until hollow sounding when lightly tapped on the bottom. Cool completely on a wire rack.

For the filling:

Combine pudding mix and milk in medium bowl according to package directions. In a separate bowl, beat the cream with an electric mixer until soft peaks form. Beat in 1/4 cup confectioners' sugar and 1 teaspoon vanilla. Fold whipped cream into pudding. Cut tops off cooled pastry shells with a sharp knife. Fill shells with pudding mixture and replace tops.

Chocolate Raspberry Sauce:

Warm hot fudge sauce and Electric Raspberry wine in a medium saucepan over low heat. Stir in 1 cup confectioners' sugar and 1 teaspoon vanilla. Stir in hot water, one tablespoon at a time, until icing is smooth and has reached desired consistency. Remove from heat, cool slightly, and drizzle over filled éclairs. Refrigerate until serving.

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## **Chocolate Torte**

**Wide River Winery, Clinton, IA**

Serve with Wide River Winery's **Pursuit of Happiness** or **Ms. Issippi Port**.

- 15 oz bittersweet chocolate, finely chopped
- 18 tablespoons (2 ¼ sticks) unsalted butter, cut into small pieces
- 7 egg yolks
- 9 tablespoons granulated sugar
- 1 ½ tablespoons dark rum
- 1 ½ teaspoons vanilla extract
- Pinch of salt
- 5 egg whites, at room tem
- Jar of Margo's famous Wide River Winery Wine Jelly, Pursuit of Happiness
- Confectioner's sugar for dusting.

Preheat an oven to 300 degrees. Grease a 9 x 13 pan.

In the top pan of a double boiler, combine the chocolate and butter. Set the top pan over but not touching barely simmering water in the bottom pan and melt, then whisk until well blended. Set aside to cool slightly.

In a large bowl, using an electric mixer fitted with the whisk attachment beat together the egg yolks, 6 tablespoons of the granulated sugar, the dark rum, vanilla and salt on medium-high speed until pale and very thick, 3 to 5 minutes. Gradually pour in the chocolate mixture and

continue beating until well blended.

In a deep, clean bowl, using a mixer fitted with a clean whisk attachment, beat the egg whites on medium-high speed until foamy, about 1 minute. Gradually add the remaining 3 tablespoons granulated sugar and continue to beat until medium-firm peaks form, about 2 minutes. Scoop half of the egg whites onto the chocolate mixture and fold them in gently. Fold in the remaining whites just until no streaks remain.

Pour the batter into the prepared pan and spread it out evenly. Bake until the torte puffs slightly and a toothpick inserted into the center comes out very moist but not liquid, about 30-40 minutes. Do not overcook. Transfer the pan to a wire rack and let cool for 30 minutes.

To remove the pan sides, set the pan on a can and let the sides slide down. Let the torte cool completely, then cover and refrigerate until very cold, at least 4 hours, or up to overnight.

Just before serving, spread a thin layer of wine jelly on top of the torte and garnish if desired. Lastly, dust with confectioners' sugar. Serves 12 to 14.

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**Besitos de Coco (Coconut Kisses)**  
**Winneshiek Wildberry Winery, Decorah, IA**

Served with Winneshiek Wildberry Winery **Sunrise Seyval Blanc**.

- 3 well packed cups coconut flakes
- ½ cups flour
- 4 egg yolks
- 1 cup brown sugar
- ¼ cup softened butter
- ¼ teaspoon salt
- ½ teaspoon vanilla

Mix together with a wooden spoon. Roll into about 24 balls. Bake 30-40 minutes on a greased baking sheet at 350°.

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**Amish Caramel Apple Cake**  
**(German)**  
**Wallace Winery, West Branch, IA**

Serve with Wallace Winery **Blanc de Blanc, sparkling chardonel**

- 2 c. finely chopped fresh apple (such as Granny Smith)
- ½ c. butter, softened
- 1 c. sugar
- 1 egg
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 tsp. cinnamon

½ tsp. ground nutmeg  
1 c. all purpose flour

Cream butter in a large bowl. Add sugar and beat until fluffy. Add the egg and beat until blended. Mix in soda and spices. Add the flour and stir just until blended. Stir in apples (and ½ c. chopped pecans if desired). Spread batter in oiled 8" square cake pan. Bake at 350° for 30-40 min. until top springs back when touched lightly.

### **Hot Caramel Sauce**

½ c. butter  
1 c. brown sugar  
½ tsp salt  
Melt first 3 ingredients together, bring to boil. Remove from heat.  
½ c. evaporated milk  
1 tsp. vanilla extract

Whisk these into the hot mixture. Serve warm over cake.

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## **MEAT COURSE**

### **Rubbed Pork Tenderloin Sutliff Cider Company, Lisbon, IA**

New Mexican rubbed Pork Tenderloin with \*Bourbon-Ancho Sauce and \*\*Smoked Red Bell Pepper Sauce.

3 Tbsp. ancho chili powder  
2 tbsp. light brown sugar  
1 tbsp. pasilla chili powder  
2 tsp. chili de arbol powder  
2 tsp. ground cinnamon  
2 tsp ground allspice  
Salt  
2 tbsp olive oil  
2 lbs pork tenderloin

Preheat oven to 400°.

Stir together ancho powder, brown sugar, pasilla powder, chile de arbol powder, cinnamon, allspice, and 1 tsp salt.

Heat oil in ovenproof sauté pan. Season pork with salt and dredge in spice mixture. Place pork in pan and sear for 8 minutes until golden brown.

Transfer to oven and bake 8 - 10 minutes. Let rest 5 minutes before serving.

**\*Bourbon-Ancho Sauce**  
**Sutliff Cider Company, Lisbon, IA**

- 2 Tbsp olive oil
- 1 med red onion finely chopped
- 2 cups plus 2 tbsp bourbon
- 3 dried ancho chilies soaked, dried, seeded, and pureed
- 5 cups chicken stock
- 1 cup thawed apple juice concentrate
- 8 black peppercorns
- 1/4 cup packed light brown sugar
- Salt

Heat olive oil in med pan. Add red onion and cook until soft, 3-4 minutes. Add 2 cups bourbon and cook until reduced to a few tablespoons. Add ancho puree, stock, apple juice concentrate, peppercorns, and brown sugar. Cook until reduced by 1/2.

Strain through fine mesh strainer. Return to pan and reduce to a sauce consistency. Add 2 tbsp. bourbon and salt to taste.

**\*\*Smoked Red Pepper Sauce**  
**Sutliff Cider Company, Lisbon, IA**

- 4 red bell peppers, roasted. Peeled, seeded, and chopped
- 1/2 small red onion, chopped
- 4 cloves roasted and peeled
- 1/4 cup red wine vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 1 tbsp chipotle chili puree
- Salt - pepper
- 1/2 cup canola oil

Combine all ingredients except for oil in food processor and blend until smooth. Slowly add oil and blend until emulsified. Strain into bowl.

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**Bavarian Pork Roast with Sweetkraut**  
**Eagles Landing Winery, Marquette, IA**

We pair with our Eagles Landing Winery **2008 Frog Hollow** wine.

- 3 lb. pork roast
- 2 medium onions, chopped
- 1 T. butter
- 1 T. flour, rounded
- 1 clove garlic
- salt and pepper

Preheat oven to 475°. Wash the meat, salt, pepper it, and rub in. Place meat in roasting pan with the melted butter, onion, and garlic. Sprinkle with the flour. Toast 20 minutes, turning meat to brown on all sides. Reduce heat, cover, and roast slowly, about 2 hours, until 150° internal temperature.

Add to roasting pan to make the sauce: 2 c. diced canned tomatoes. Then stir into tomato mixture 2 T. cornstarch dissolved in 2 T. cold water. Add and stir in 4 c. boiling water. Continue to roast at 300 ° until meat is fork tender and 170° internal temperature.

Roast may be sliced and served with sauce over it; or, pull the meat apart into shreds and mix with the sauce in the roasting pan. Can be served over Sweet Kraut, mashed potatoes or with German Potato Salad. (Sweet Sauerkraut and Connie’s Famous German Potato Salad recipes follow.)

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**Perne**  
**(Pork Butt Roast)**  
**Winneshiek Wildberry Winery, Decorah, IA**

Served with Winneshiek Wildberry Winery **Horny Heifer** wine.

Cut holes in the pork roast and stuff with green olives. Cover roast in Adobo seasoning and bake in covered roasting pan until very well done.

Bake at 350°.

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**Irish Cottage Pie**  
**Park Farm Winery, Bankston, IA**

Served with Park Farm **Mississippi Red** or **Vintner’s Reserve Marechal Foch**.

- 1 oz butter
- 4 oz chopped onion
- 1 oz flour
- ¾ pint beef stock
- 1 tsp tomato puree
- 1 dessert spoon mushroom catsup\*
- 1 dessert spoon chopped parsley
- 1 tsp thyme leaves
- salt and pepper to taste
- 1 lb minced cooked beef (ground beef)
- 2 lbs mashed potatoes
- Garlic and parsley butter\*\*

Melt the butter in a small saucepan; add the onion, cover with a round of greased paper and cook over low heat for 5 minutes. Add the flour and cook until brown. Add the stock, bring to a boil,

skim if necessary. Add the tomato puree, mushroom catsup, chopped parsley, thyme leaves, salt, and pepper and simmer for 5 minutes. Add the minced meat to the sauce and bring to a boil. Taste and correct seasoning.

Put in pie dish. Cover with mashed potatoes and score with fork. Reheat in a moderate oven 350 for 30 minutes.

Serve with garlic and parsley butter melting in the center.

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## **\*Homemade Mushroom Ketchup** **Park Farm Winery, Bankston, IA**

2 lbs fresh mushrooms  
1 TBL coarse sea salt  
2 shallots, peeled and chopped  
1 cup vinegar  
1 bay leaf  
¼ tsp ground nutmeg  
¼ cup unrefined brown sugar  
1 tsp ginger, peeled and ground  
½ tsp black pepper

Slice the mushrooms into thin slices. Place in a bowl and mix with the salt. Cover with a kitchen towel and let stand un-refrigerated for 24 hours. Transfer to a cooking pot and add all the other ingredients. Bring to a boil and simmer with no covering over low heat for about 1 ½ hours. Remove the bay leaf and finely blend the remaining ingredients in a food processor. While still hot, transfer the mushroom ketchup to sterilized storage jars and seal. Move to a cool storage place and leave to settle for about 2 weeks. Should keep for 3 months. Once opened refrigerate.

## **\*\*Garlic and Parsley Butter** **Park Farm Winery, Bankston, IA**

4 oz butter  
2 TBLS finely chopped parsley  
5 cloves garlic, crushed  
fresh lemon juice

Cream the butter, stir in the parsley, and a few drops of lemon juice at a time. Add the crush garlic. Roll into butter pats or form into a roll and wrap in waxed paper screwing each end so it looks like a cracker. Refrigerate until firm.

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# PASTA

## **Pasta with Spicy Sausage and Pesto** Wide River Winery, Clinton, IA

Serve with Wide River **Felony Red** or **Conviction**.

1# whole grain pasta

¾ cup basil or parsley pesto

Bleu cheese (or gorgonzola) to taste

1.5 cups chopped fresh tomatoes

Sauce:

1# spicy Italian sausage (Graziano Brothers in Des Moines)

Onions and garlic sautéed in olive oil

28 ounce can chopped tomatoes in their juice

1-teaspoon oregano

1 bay leaf

Black pepper to taste

½ cup chopped parsley including stems

½ cup Parmesan or Romano cheese

½ cup bleu cheese or Gorgonzola

Brown the sausage. Sauté onions and garlic in olive oil. Combine. To this, add the canned tomatoes, spices, chopped parsley, Parmesan or Romano, and ½ cup of bleu cheese. Simmer for about 1 hour.

Cook the pasta al dente. Toss the pasta with the sauce. Then toss with pesto, fresh tomatoes and top with crumbled cheese. The idea is to have the fresh tomatoes and pesto only warmed by the other ingredients, not cooked.

# SOUP

## **Irish Potato Soup** **Park Farm Winery, Bankston, IA**

Served with Park Farm **Sunday Afternoon 2006** or **Vintner's Reserve Traminette 2006**.

- 2 cups of water
- 1 cup chopped onion
- 2-3 cups mashed potatoes
- 2 cups milk (2% skim, whole, or buttermilk)
- 1 tsp. Garlic and parsley butter per bowl.

In a medium size saucepan, bring the water and chopped onions to a boil. Add the mashed potatoes, whisk until smooth, add the milk, and simmer until heated through. Ladle soup into bowl and top with garlic and parsley butter. Season to taste.

## **Garlic and Parsley Butter** **Park Farm Winery, Bankston, IA**

- 4 oz Butter
- 2 TBLS finely chopped parsley
- 5 cloves garlic, crushed
- Fresh lemon juice

Cream the butter, stir in the parsley and a few drops of lemon juice at a time. Add the crush garlic. Roll into butter pats or form into a roll and wrap in waxed paper screwing each end so it looks like a cracker. Refrigerate until firm.

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# STEW

## **Carbonada** **Argentinean Independence Day Stew** **Daly Creek Winery, Anamosa, IA**

Paired with Daly Creek's "**Winemaker's Reserve**" "**Penitentiary Red**" and "**Virgo Moon.**"

- 2 fresh bay leaves
- 3 garlic cloves, peeled and minced
- Olive oil
- 4 slices bacon, chopped
- 1 lb. stewing beef, chopped into bite-sized pieces
- 2 tablespoons red wine vinegar
- 1 cup dry white wine
- 1 onion, chopped

- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 2 carrots, sliced
- 2 potatoes, chopped into bite-sized pieces
- 2 ears corn, shucked
- 3 canned tomatoes with 1/4 cup of the juice
- 1 1/2 cups beef broth
- 1 fresh peach, chopped into bite-sized pieces
- 1 pear, cored and chopped
- 1 cup green grapes
- Salt and pepper, to taste

Heat a large, heavy soup pot over medium high heat. Add a bit of olive oil and then the bacon, and sauté until the bacon has released its fat and juices. Add the beef, and brown on all sides. Add the remaining garlic, and season with salt and pepper. Add the vinegar and boil until evaporated. Add the onions and sugar sauté for 2 minutes, then add the red and green peppers and sauté for another 5 minutes. Pour in the white wine. Raise the heat and simmer for about 5 minutes. Add the potatoes, carrots, tomatoes and beef broth. Wrap the corncobs in a damp cotton towel and microwave on high for 2-3 minutes to steam. Bring the stew to a boil, then lower to a simmer, and let simmer for about 15 minutes. Add in the peaches, pear, and grapes. Remove the corn from the microwave and chop into several rounds, about 1 inch wide. Add the corn and simmer the whole mixture for about 5 minutes more.

**July 9th is Argentina's Independence Day.** Traditionally, this dish is baked inside of a *zapallo*- pumpkin, over smoldering barbecue coals. The name comes from the word for charcoal-*carbon*.

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## **Ballymaloe Irish Stew**

### **Engelbrecht Family Winery, Fredericksburg, IA**

Serve with **Farm House Rosé**.

This recipe is a traditional Irish stew straight from Ireland. It is made with lamb, carrots, onions, and potatoes. Proper Irish stew is made with lamb. However, beef may be substituted if you must. Do try the variation with pearl barley for an even heartier stew. **Prep Time: 20 minutes. Cook Time: 2 hours, 15 minutes.** From Irish Traditional Cooking by Darina Ilen (Trafalgar Square), About.com. Yield: 8 servings.

**Ingredients:**

- 2-1/2 to 3 pounds (1.35kg) lamb chops (gigot or rack chops) not less than 1 inch (2.5cm) thick
- 8 medium or 12 baby carrots
- 8 medium or 12 baby onions
- 8 to 12 potatoes, or more if you like
- Salt and freshly ground pepper
- 1-1/4 to 1-1/2 pints (750 ml-900 ml/3-3/4 cups) stock (lamb stock if possible) or water
- 1 sprig of thyme
- 1 Tablespoon (1 American Tablespoon + 1 teaspoon) roux, optional - see recipe

**Garnish:**

- 1 Tablespoon (1 American Tablespoon + 1 teaspoon) freshly chopped parsley
- 1 Tablespoon (1 American Tablespoon + 1 teaspoon) freshly chopped chives

**Roux:**

- 4 ounces (110g/1 stick) butter
- 4 ounces (110g/scant 1 cup) flour

**Preparation:**

Preheat the oven to 180C/350F/regulo 4.

Cut the lamb chops in half and trim off some of the excess fat. Set aside. Render down the fat on a gentle heat in a heavy pan (discard the rendered down pieces).

Peel the onions and scrape or thinly peel the carrots (if they are young you could leave some of the green stalk on the onion and carrot). Cut the carrots into large chunks, or if they are small leave them whole. If the onions are large, cut them into quarters through the root, if they are small they are best left whole.

Toss the meat in the hot fat on the pan until it is slightly brown. Transfer the meat into a casserole, and then quickly toss the onions and carrots in the fat. Build the meat, carrots, and onions up in layers in the casserole, carefully season each layer with freshly ground pepper and salt. De-glaze the pan with lamb stock and pour into the casserole. Peel the potatoes and lay them on top of the casserole, so they will steam while the stew cooks. Season the potatoes. Add a sprig of thyme, bring to the boil on top of the stove, cover with a butter wrapper or paper lid and the lid of the saucepan. Transfer to a moderate oven or allow to simmer on top of the stove until the stew is cooked, one to 1-1/2 hours approx, depending on whether the Irish stew is being made with lamb or hogget.

When the stew is cooked, pour off the cooking liquid, de-grease, and reheat in another saucepan. Slightly thicken by whisking in a little roux if you like. Check seasoning, then add chopped parsley and chives. Pour over the meat and vegetables. Bring the stew back up to boiling point and serve from the pot or in a large pottery dish.

To make the roux, melt the butter and cook the flour in it for 2 minutes on a low heat, stirring occasionally. Use as required. Roux can be stored in a cool place and used as required or it can be made up on the spot if preferred. It will keep at least a fortnight in a refrigerator.

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## French Beef Stew

**Tabor Home Vineyards & Winery, Baldwin, IA**

Serve with **Tabor Home JackSon Red** or **Foch Nouveau** (released week before Thanksgiving).

**Ingredients:**

- 1 ½ pounds cubed beef stew meat
- ¼ cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 1 (14 ounce) can beef broth

**Directions:**

- 1) Combine meat and flour in a large plastic food storage bag and toss to coat evenly.
- 2) In a 6 quart saucepan brown meat in hot vegetable oil. Season with salt and pepper, if desired. Deglaze pan with JackSon Red wine.
- 3) Add diced tomatoes, beef broth, carrots, potatoes, and thyme. Bring to a boil; reduce heat to medium-low, cover; and simmer for 1 hour or until beef is tender. Blend in mustard and serve.

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## **Moroccan Beef Stew**

### **Wallace Winery, West Branch, IA**

Serve with Wallace Winery **Iowa Barn Red** or **Traminette**.

Sweetish white wine with a beef and tomato stew? Yes! If the stew is spicy hot, the traminette with its slight sweetness will balance the heat nicely.

2-3 lb. beef stew meat, cut into 1" cubes, dried with paper towels.

Brown the meat in small batches (in olive oil), removing to bowl when browned.

¾ c. white wine

Add to hot skillet, stir to deglaze pan, cook 2-3 min., then pour over meat.

2 yellow onions, chopped

4 cloves garlic, minced or pressed

Add to skillet with 1 T. olive oil. Cook 5 min. or until tender.

2 red bell peppers, chopped in ¾" pieces

2 jalapeno peppers, finely chopped

Add to skillet and cook 5 min.

1 ½ T. HOT Hungarian paprika\*\*

1 ½ tsp. ground cumin

Pinch of ground cardamom

Add to onion mixture, stir well.

14 oz. crushed tomatoes

¼ c. currants

Salt and pepper

Bouquet garni: 4-5 sprigs fresh (or 2 tsp. dried) thyme, 1 bay leaf, 8-10 sprigs fresh flat-leaf (or 1½ T. dried) parsley, wrapped in cheesecloth and tied with string. Add to onion mixture. Add meat and wine to onion mixture, stir well.

Simmer slowly about 3 hr. (or Crockpot on low heat for 6-7 hours) until meat is tender, (timing is not critical). Adjust seasoning with salt and pepper.

\*\*Hot Hungarian paprika is not the normal grocery store paprika. It is as hot as cayenne pepper. If you cannot find this spice, you can use ½ regular paprika and ½ chili powder, but it does change the flavors in the stew.

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## **Chicken Tortilla Stew**

### **Winneshiek Wildberry Winery, Decorah, IA**

Served with Winneshiek Wildberry Winery **Farmer's Daughter** wine - **Frontenec Gris**.

- 2 lbs boneless, skinless chicken breasts, cubed
- 4 c. (32 oz) chicken broth
- 1 c green bell pepper, diced
- 6 cloves garlic, minced
- 1 c green bell pepper, diced (about 1 large pepper)
- 1 Jalapeno pepper, diced
- 2 14-oz cans Mexican Style Stewed Tomatoes
- 3 green Anaheim chili peppers
- 1 c yellow onion, sliced
- 1 c potato, cubed (optional)
- 1 14 oz can corn, drained
- 1 t ground cumin
- ½ t fresh ground pepper
- 1 T fresh cilantro

Tortilla garnish: corn tortillas, 4 limes (wedged).

Preheat oven to 350°. Spray both sides of the corn tortilla with nonstick cooking spray and cut into thin strips. Bake until crispy, turning a few times to toast them evenly. Remove from oven and set aside.

In large soup pot, bring broth to a boil. Add onions, garlic, peppers, and potatoes. Cook for about five minutes, or until peppers begin to soften. Add chicken, corn, stewed tomatoes, and spices. Bring to a boil for another five minutes and reduce to a simmer until ready to serve. Garnish with a few tortilla strips and freshly squeezed lime wedges.

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## **VEGETABLES**

### **Roasted Sweet Potato Salad** **Sutliff Cider Company, Lisbon, IA**

- 4 lbs sweet potatoes, peeled, cut into 1 inch chunks
- 3 thick cut slices bacon, cut crosswise in ½ inch pieces
- 1 tsp ground pepper
- 3 ½ tbsp olive oil
- 1/3 cup fresh limejuice
- 1 tsp Dijon mustard
- 1 clove garlic
- 1 tsp sesame oil
- 6 green onions, thinly sliced
- 1 red bell pepper, seeded, cut into ½ inch dice
- 1/3 cup roasted peanuts, coarsely chopped
- ¼ cup cilantro

Heat oven to 450°. In a large roasting pan, toss potatoes, bacon, ½ tsp pepper, and ½ tbsp. oil.

Roast 35 – 40 min. stirring every 10 min. Cool to room temperature.

In large serving bowl, whisk remaining pepper and oil, limejuice, mustard, garlic, sesame oil, red pepper, and green onion. Gently stir in potatoes, peanuts, and cilantro.

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## **SWEET SAUERKRAUT**

**Eagles Landing Winery, Marquette, IA**

We pair with our Eagles Landing Winery **2008 Frog Hollow** wine.

- 2 c. kraut (rinse out “sauer”, leaving “kraut”)
- 1 T. brown sugar (packed)
- ½ t. caraway seed (or more if you like)
- 2 t. beef broth concentrate
- Water to cover

Rinse kraut four times to get rid of the “sauer” flavor. In large saucepan put kraut, brown sugar, caraway seed, and beef broth concentrate. Fill saucepan with water almost to top of kraut; heat and simmer on low. **Serve hot with the Bavarian Pork Roast.**

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## **Connie’s Famous German Potato Salad**

**Eagles Landing Winery, Marquette, IA**

Pair this with Eagles Landing **Volga Lake White** wine.

- 5 lbs red potatoes (1/8" slices)
- 1 lb bacon (crumbled)
- 1 c. bacon grease (reserved from cooking bacon)
- 2 c. chopped onion
- 1 c. flour
- 2 c. sugar
- 2 T salt
- 4 t. celery seed
- 1 t. black pepper
- 6 c. hot water
- 2 1/2 c. cider vinegar

Boil potatoes with skins on, just until done (do not overcook); drain. Cool on rack just until able to handle. Peel and slice into 1/8" slices. Immediately pour dressing over potatoes; add bacon crumbles. Lift and stir just to mix. Serve warm (or refrigerate and re-warm later).

For bacon crumbles: On medium heat, fry bacon until crisp; drain and reserve 1 c. bacon grease for the dressing. Lay strips on paper towel; crumble with hands.

For dressing: Place reserved bacon grease in large frying pan; add chopped onion and sauté until golden. In mixing bowl, blend flour, sugar, salt, celery seed, and pepper. Add to onion mixture;

cook on low heat until smooth and bubbly, and flour is cooked. When cooked add hot water (will boil up) and cider vinegar (will calm down the boiling); bring to boil stirring constantly. Boil 1 minute or so until it turns in sauce consistency and is fully cooked.

Makes 5 quart ice cream pail. Keeps well.

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**Butternut Squash & Cheese Panade** (Stuffing)  
**Tabor Home Vineyards & Winery, Baldwin, IA**

Serve with Tabor Home **Moonlight White** or **First Bloom**.

Ingredients:

- 12 oz. whole-grain bread cubes
- 2 onions, thinly sliced
- 1 ob. Butternut squash, cut into cubes
- 2 Tbls. Olive oil
- 2 tsp. thyme
- 1 tsp. sage
- 1 tsp. savory
- 1 tsp salt
- Dash of pepper
- 3 c. chicken or vegetable broth
- 1 c. Tabor Home Moonlight White
- 6 oz. Swiss cheese, grated

Combine onions, squash, oil, and spices. Spread in pan and roast at 400° for 25 minutes until tender.

Grease 13 x 9” pan. Spread half of bread on bottom, then half of roasted vegetables, then half of cheese. Repeat.

Pour 2 cups of broth gently over top. Press down on top. Pour 1 cup Moonlight White and remaining broth until 1” below rim.

Cover pan with foil and bake at 375° for 30 minutes. Uncover and bake another 35 minutes until bubbling and golden brown.

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**Potato Pie with Salmon**  
**(Scotland)**  
**Wallace Winery, West Branch, IA**

Serve with Wallace Winery **Special Selection Dry Vignoles** or with **Iowa Barn White**.

- 3 lb. golden potatoes
  - Peel potatoes, slice very thin, place in large bowl of ice water with juice of ½ lemon.
- 2 medium leeks, washed thoroughly, chopped
- 4 large garlic cloves, finely minced or pressed
- ½ tsp. salt and ½ tsp. ground black pepper

Melt 3T. butter in skillet. Sauté onion, garlic, salt, and pepper until tender.

1 lb. salmon fillet, skinned and sliced crosswise thinly

2 ½ c. shredded Fontina cheese (or Emmenthaler Swiss cheese)

In well-buttered 13 x 9" serving dish, make a layer of drained and towel-dried potato slices. Top with a layer of leeks, salmon slices, cheese, and repeat, using 3 layers of each and ending with 2 layers of potato slices on top. Between each layer, salt and pepper lightly to taste.

Melt 2 T. butter, pour over top layer. Cover with foil and bake for 1 hour at 375°.

Remove foil, top with ½ c. freshly grated parmesan cheese; bake another 15-20 minutes.