



Farm to Table: Summer Grilling, Salads, and the Seasons Best Sipping Wines Food and Wine Pairing Class July 2012

Make the most of summer, visit your local farmers market and take the cooking outside. Our local farmers and artisan purveyors have so many fresh and delicious things for us to enjoy. I am always so inspired by their dedication, hard work and their knowledge. You'll find recipes and tips on using their produce and products at their web sites; see the list of vendors at the end of this booklet.

In our class tonight, I hope you will taste and enjoy the quality and freshness of the season. We have selected wonderful wines from around the world to highlight and enhance each recipe. We will experience how grilling adds a depth of flavor and can even change the flavor of some foods. Pairing herbs, and spices with wines will be discussed with all the recipes and tips ready for you to take home.

Cheers! Here's to lots of summer sipping around the grill.

Debbie Ruskin, CSW





Debbie's Menu

Arugula and Walnut Pesto with Many Fold Farm Brebis Fresh Sheep's Milk Cheese on Crostini
2010 Fontana Candida Frascati, Lazio, Italy

Grilled Zucchini with Homemade Ricotta and Mint tossed with Storico Pasta
2010 Groth Sauvignon Blanc, Napa Valley, California

Pinestreet Brats, Grilled Onions served with Silver Spring "Spicy" Horseradish Mustard
2011 St Urbans-Hof Riesling Ockfener Bockstein Kabinett, Mosel, Germany

BBQ Shrimp over Riverfarm Cheddar Grits
2010 Belle Gloss "Las Alturas" Pinot Noir, Santa Lucia Highlands, California

Coffee Rubbed Pork Tenderloin with Bacon-Red Onion-Balsamic Jam
2010 Hahn "GSM" Central Coast, California

Indian River Farm Fingerling Potatoes Grilled and Tossed with Creamy Herb Dressing
2010 Ben Marco Malbec, Mendoza, Argentina

Michael's Marinated Grilled Skirt Steak with Fresh Herbs
Served with Spicy Grilled Corn Salad with Black Beans and Queso Fresca
2008 Ventisquero Carmenere Queulat, Chile

Fresh Strawberry and Peach Cake Jars
2011 Elio Perrone "Bigaro" Rosé, Piemonte

To print the entire 10 page booklet of recipes, please go here: <http://www.atlantawineschool.com/wp-content/uploads/pairingjuly2012.pdf>

Recipes

Arugula and Walnut Pesto

Fine Cooking, Grilling 2012

- 4 oz. arugula, washed and spun dry (about 3 lightly packed cups)
- 1/2 cup freshly grated Parmigiano Reggiano; more for sprinkling
- 1/2 cup walnuts, toasted
- 2 Tbs. fresh lemon juice
- 1 clove garlic, smashed and peeled
- Kosher salt
- 1/2 cup extra-virgin olive oil
- 1/4 cup walnut oil



Put the arugula, Parmigiano, walnuts, lemon juice, garlic, and 1 tsp. salt into a food processor, and process until the mixture is finely ground, 30 to 60 seconds. In a measuring cup, combine the olive oil and walnut oil. With the food processor running, drizzle the oil through the feed tube, and process the mixture until mostly smooth.

Grilled Zucchini with Homemade Ricotta and Mint

Food and Wine 2010

- 8 medium zucchini (3 pounds), cut into 1/2-inch dice
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- Kosher salt and freshly ground black pepper
- 1 teaspoon crushed red pepper
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 2 teaspoons fresh lemon juice
- Fresh ricotta, for serving
- Mint leaves, for garnish

(NOTE: The recipe calls for roasting the zucchini but I grilled it.) Preheat the oven to 450°. Spread the diced zucchini on 2 large rimmed baking sheets. Drizzle with the 2 tablespoons of olive oil and season with salt and black pepper. Roast for about 18 minutes, until the zucchini are browned around the edges. Sprinkle the zucchini with the crushed red pepper, cumin seeds and fennel seeds and roast until fragrant, about 2 minutes longer.

Transfer the zucchini to a bowl. Toss with the lemon juice and season with salt. Dollop the ricotta alongside the zucchini and drizzle with olive oil. Garnish with the mint leaves and serve.



Bacon-Onion-Balsamic Jam

Fine Cooking, Grilling 2012

Serves 4

- 4 thick slices applewood-smoked bacon, cut crosswise into ½-inch strips
- 1 large red onion, halved and thinly sliced
- 1/3 cup balsamic vinegar
- ½ tsp Dijon mustard

In a heavy-duty 12-inch skillet, cook the bacon over medium heat until lightly browned but not yet crisp, about 8 minutes. Transfer the bacon to paper towels to drain. Pour off all but 2 to 3 Tbs. of bacon fat from the skillet.

Add the onion to the skillet, season with a little salt and pepper, cover the pan, and cook for 2 minutes. Uncover, add a splash of water, and scrape up any browned bits from the bottom of the skillet. Cover, and continue to cook, stirring occasionally, until the onions are soft and beginning to color, about 10 minutes.

Add the vinegar, mustard and 1/3 cup water. Return the bacon to the skillet and bring the mixture to a simmer. Simmer, uncovered until the liquid has thickened and most of it has been absorbed, 2 to 4 minutes. Transfer to a small bowl and let cool slightly. Cover with plastic wrap and leave at room temperature for up to 2 hours, or refrigerate for up to 2 days and gently reheat before serving.

BBQ Shrimp

Amber Huffman, Food and Wine magazine

Serves 6

- 2 tablespoons unsalted butter
- 1 small onion, cut into 1/4-inch dice
- 2 garlic cloves, very finely chopped
- 1 1/4 cups ketchup
- 1/4 cup bourbon
- 3 tablespoons cider vinegar
- 2 tablespoons molasses
- 2 tablespoons honey
- 2 teaspoons Tabasco
- 1 tsp Liquid Smoke
- 1 teaspoon chopped thyme
- 1/2 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper
- 1 1/2 pounds peeled and deveined large shrimp
- 1 tablespoon vegetable oil



In a medium saucepan, melt the butter. Add the onion and cook over moderate heat until softened, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute. Stir in the ketchup, bourbon, cider vinegar, molasses, honey, Tabasco, thyme and cayenne. Simmer over low heat, until thickened, about 40 minutes.

Transfer the barbecue sauce to a blender and puree until smooth. Season with salt and pepper. Pour 1/3 cup of the sauce into a small bowl and reserve the rest.

Preheat a grill pan. Season the shrimp with salt and pepper and brush on both sides with the 1/3 cup of barbecue sauce. Grease the grill pan with the oil. Grill the shrimp over moderate heat, turning once, until cooked through, about 4 minutes. Transfer to plates and serve with cheese grits (recipe below) and the remaining barbecue sauce.

The barbecue sauce can be refrigerated for up to a week.

Cheddar Grits

Gena Knox Southern My Way

- 4 c water
- 1 tsp salt
- 1 c stone ground grits
- 1 T butter
- 1/2 cup cheddar cheese

Bring water to boil in medium sauce pan, add salt and whisk in grits to prevent lumps, reduce to simmer and cook about 50 minutes, till creamy and tender, you may need to add additional water, if not tender. Add butter and cheese, season to taste.

Coffee Rubbed Pork Tenderloin

Fine Cooking, Grilling 2012



Serves 6

- 1 T bs. very finely ground coffee beans (preferably French roast)
- 2 tsp. packed light brown sugar
- 1 tsp. chili powder
- Kosher salt
- 2 T bs. extra-virgin olive oil
- 2 1-lb. pork tenderloins, trimmed

In a small bowl, combine the coffee, brown sugar, chili powder, and 2 tsp. salt. Add the olive oil and mix well. Rub the mixture evenly over the pork and set aside.

Prepare a medium-high gas or charcoal grill for indirect cooking.

Put the tenderloins on the hot side of the grill, cover, and cook, flipping once, until grill marks form on 2 sides, about 4 minutes per side. Move the tenderloins to the cooler side of the grill and continue to cook, covered, until the internal temperature of the pork reaches 140°F to 145°F, 7 to 9 minutes. Transfer to a cutting board, tent with foil, and let rest for about 10 minutes. Slice the pork and serve.

Fingerling Potatoes Grilled and Tossed with Creamy Herb Dressing

Fine Cooking, Grilling 2012

Serves 6

- 3 oz. cream cheese, softened
- 1/2 cup packed chopped mixed fresh herbs, such as dill, parsley, chives, mint, or basil (use at least 3)
- 1/4 cup whole milk
- 2 Tbs. mayonnaise
- 4 tsp. white wine vinegar
- 1 Tbs. grainy Dijon mustard
- 1/2 tsp. finely grated lemon zest
- Kosher salt and freshly ground black pepper
- 3 lb. fingerling potatoes, halved lengthwise
- 8 large shallots, peeled and halved
- 3 Tbs. olive oil



In a large bowl, combine the cream cheese, herbs, milk, mayonnaise, vinegar, mustard, lemon zest, and 3/4 tsp. each salt and pepper. Blend with an electric hand mixer on medium speed until smooth; set aside.

Prepare a gas or charcoal grill for indirect cooking over medium-high heat: On a gas grill, heat all burners on medium high and then turn off all but one burner just before cooking the potatoes; on a charcoal grill, bank the coals to one side of the grill.

In another large bowl, toss the potatoes and shallots with the olive oil, 1/2 tsp. salt, and 1/4 tsp. pepper. Put the potatoes and shallots on the cooler side of the grill (if the bars on your grill grates are far apart, lay a piece of foil down and put the potatoes and shallots on it), cover, and cook until tender and golden-brown, flipping once, 10 to 15 minutes. Transfer the potatoes to the bowl of dressing. Transfer the shallots to a cutting board, coarsely chop, and then add them to the potatoes. Stir gently to combine. Season to taste with salt and pepper.

Serve warm.

Michael's Marinated and Grilled Skirt Steak with Fresh Herbs

Skirt Steak

Olive Oil

Salt and pepper

Lime juice and a bit of zest

Crushed fresh garlic, or roasted garlic

Parsley or cilantro or an herb of your choice for garnish

Combine first 5 ingredients in a plastic bag, refrigerate over night, grill to medium rare.

Spicy grilled Corn Salad with Black beans and Queso Fresca

Fine Cooking, Grilling 2012

Serves 6-8



3 ears Corn, husked

1 large red pepper

1 med red onion, cut into disks 1/3 in thick

1/2 c olive oil, divided

1 small canned chipotle pepper, seeded and minced
plus 1 T. adobo sauce from a can of chipotle in adobo

2 T cider vinegar

1 15 oz. can Black beans, drained and rinsed

5 oz queso fresco or feta crumbled

1/4 c chopped fresh cilantro

1 T chopped fresh oregano

Brush corn, onion, and pepper with olive oil and season with salt and pepper and grill over medium fire, turn the corn and onion to brown but not over cooked, grill pepper to char the skin, and then place in brw paper bag or bowl with plastic wrap to cool. Combine 6 T olive oil and chipotle pepper and adobo sauce, vinegar and salt and pepper. Coarsely chop the onion and place in a bowl. Skin, seed and chop the pepper. Cut the corn off the cobs and combine it all with the beans, cilantro and oregano. Toss the vegetables with the dressing and season to taste.

*Can be made a day ahead adding the fresh herbs just before serving.

Fresh Strawberry and Peach Cake Jars

Barefoot Contessa

- 1/4 pound (1 stick) unsalted butter, at room temperature
- 1 1/2 cups sugar, divided
- 2 extra-large eggs, at room temperature
- 1 cup sour cream, at room temperature
- 1 teaspoon pure vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 teaspoon ground cinnamon
- 3 large ripe peaches, peeled, pitted and sliced
(NOTE: I used 2 peaches and added 1/2 c. fresh strawberries.)
- 1/2 cup chopped pecans, optional



Preheat the oven to 350 degrees F. Grease a 9-inch-square baking pan. (NOTE: I used the small jelly jars and sprayed them with Pam)

In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and 1 cup of the sugar for 3 to 5 minutes on medium-high speed, until light and fluffy. With the mixer on low, add the eggs, one at a time, then the sour cream and vanilla, and mix until the batter is smooth. In a separate bowl, sift together the flour, baking soda, baking powder and salt. With the mixer on low, slowly add the dry ingredients to the batter and mix just until combined. In a small bowl, combine the remaining 1/2 cup sugar and the cinnamon.

Spread half of the batter evenly in the pan. Top with half of the peaches, then sprinkle with two-thirds of the sugar mixture. Spread the remaining batter on top, arrange the remaining peaches on top and sprinkle with the remaining sugar mixture and the pecans.

Bake the cake for 45 to 55 minutes, (NOTE: When using the small jelly jars, bake 18 minutes or until a toothpick inserted in the center comes out clean.) Serve warm or at room temperature.

Peachtree Road Farmers Market Vendors
Wines Food and Wine Pairing Class
July 2012

Peachtree Road Farmers Market, stop by the information desk and meet Lauren the market manager she was so helpful Saturday and great gal!

Every Saturday from April 14 to December 15

April through September: 8:30am to 12:00pm | October through December: 9:00am to 12:00pm

Cathedral of St. Philip - 2744 Peachtree Road, NW - Atlanta, Georgia 30305

Greenleaf Farm

Greenleaf Farm, Barnesville, GA 678-596-6803

(Fennel) Certified Naturally Grown Produce. Everything from Asparagus to Zinnias

Heirloom Gardens

Cumming, GA

(Arugula and Flowers) Certified Naturally Grown Heirloom Tomatoes, Salad Greens and Premium Cut Flowers.

Indian Ridge Farm,

Clarksville, GA 678-231-1447

(Potatoes) Certified Organic. Produce and fruit, foraged mushrooms and wild edibles.

Many Fold Farm

Chattahoochee Hills, GA www.manyfoldfarm.com

(Brebic) They raise excellent, pasture-raised lamb, sheep's milk cheese, eggs, and wool products on their small family-owned and operated farm

Pine Street Market

Avondale Estates, GA www.pinestreetmarket.com or 404-296-9672

(Applewood Bacon and Brats) Using locally sourced pork. Cured meats, bacon, salamis & sausages.

Storico Fresco Pasta

Atlanta Ga. 30305 www.storicofresco.com

Riverview Farms

Ranger, GA www.grassfedcow.com or 678-910-2831

(Grits and Corn) Certified Organic. Fruits, vegetables, Berkshire pork and grass-fed beef on over 300 certified organic acres.

Watsonia Farms Organic Peaches

Monetta, SC www.watsoniafarms.com

(Peaches) Multigenerational farm taking on cutting edge growing techniques to be the only large scale organic peach grower in the Southeast.