

THE SPINSTER SISTERS

AVWG Recipes

Liza Hinman/The Spinster Sisters

Session 1:

Stuhlmuller Chardonnay:

Crispy Shrimp, Corona beans, Roasted Tomatoes and Fennel Appetizer

Serves 2

Ingredients:

6 large shrimp, shells off and de-veined

½ cup semolina flour

½ cup buttermilk

5 Tbs canola oil

1 cup cooked Corona Beans and cooking liquid

½ Fennel Bulb, sliced into ¼” wedges

2 Tbs fennel frond, roughly chopped

½ cup cherry tomatoes (can sub sun dried tomatoes when not tomato season)

1 small shallot, thinly sliced

1 garlic clove, roughly chopped

¼ cup dry white wine

½ Tbs lemon zest

½ Tbs lemon juice

2 Tbs Extra Virgin Olive Oil

Salt

Pinch of Chili Flake

Procedure:

- 1) Marinate the Shrimp: place the shrimp into the buttermilk with a pinch of salt while preparing the rest of the dish.
- 2) Heat a sauté pan with a tablespoon of canola oil. Place the fennel wedges into the oil and sautee at medium heat on one side for 1-2 minutes, until lightly brown, then flip over and cook for 1 more minute.
- 3) Add the shallot and garlic with a good pinch of salt, soften for 1 minute, then add the cherry tomatoes.
- 4) Cook for 1-2 minutes longer- trying to not brown the garlic, and then add the white wine and chili flake. Cook for 2 minutes, until the wine is reduced over half.
- 5) Add the corona beans, and ¼ cup cooking liquid and bring to a simmer for 3-4 minutes, until the sauce becomes slightly thickened. Turn off and set aside.
- 6) Place the semolina flour into a shallow bowl, add 1 Tsp salt, ½ tsp black pepper and whisk together.
- 7) Remove the shrimp from the buttermilk one at a time, place into the semolina and coat onto both sides. Once coated, remove and place on a plate.
- 8) Heat a non-stick pan on medium and add 3 Tbs canola. When the oil is hot, add the shrimp, well space, and cook for 2 minutes. Carefully flip and cook for an additional 2 minutes. The shrimp should be lightly golden brown- reduce the heat if they are darkening too quickly.
- 9) Once the shrimp are cooked, remove from the pan and hold to the side.

- 10) Place the beans back on medium heat, add the lemon juice, lemon juice, fennel frond and 2 Tbs olive oil. Simmer, and use a fork to smash a couple of the beans, making a creamy sauce. Check for seasoning and add salt if needed.
- 11) To serve, spoon the beans into a serving bowl. Place the beans over the top, drizzle with a little olive oil and serve immediately.

Recipe 2: J. Rickards Zin

Braised Duck Legs with Sour Cherry Compote

Serves 4

Ingredients:

4 duck legs with thighs, trimmed of excess fat

1 medium yellow onion, diced

1 fennel bulb, diced

½ cup dried tart cherries, soaked for ½ hour in 1 cup Rickards zinfandel

1 Tbsp. extra virgin olive oil

2 sprigs fresh thyme

¼ tsp cloves

½ cinnamon stick

3 Tbs fresh grated ginger

1 cup chicken stock

2 tsp. kosher salt

1 tsp black pepper

Serve with mashed potatoes and braised greens (spinach, chard or kale)

Preparation of Duck Legs:

Preheat oven to 350 degrees.

- 1) Pat duck dry and season with sea salt.
- 2) In an oven-proof pan or dutch oven large enough to hold duck snugly, heat extra virgin olive oil until hot. Add duck with skin side down and sear over medium heat until browned, approximately 7 minutes.
- 3) Turn legs over and brown on other side, approximately 3 minutes.
- 4) Remove duck from pan and set aside. Pour off excess fat so that 1 tablespoon remains.
- 5) Add onions and fennel, 1 tsp salt and cook until translucent. Tie cloves and cinnamon stick into a cheesecloth and add to the vegetables.
- 6) Strain the zinfandel off of the cherries and add to the pan.
- 7) Add thyme, ginger, chicken stock and bring to a simmer.
- 8) Add salt and legs with skin side up, cover with a tight lid, transfer to oven and cook for 1½ hours or until very tender.
- 9) Stir in soaked cherries after 1 hour of cooking.
- 10) To finish: Remove thyme and duck from braising juices and skim off excess fat. Simmer the sauce gently for 5 minutes just before serving to thicken slightly.

Serve with mashed potatoes, braised greens, and braising liquid.

RYE Malbec:

Herbed Lamb Chops, Radicchio, Flageolet and Olive Tapenade

Serves 4

Beans:

2 cups flageolet beans

3 garlic cloves, peeled

1 bay leaf
1 Tbs salt
Cold water

Procedure:

Put the beans in a bowl, cover with cold water, stir in the salt and leave overnight, or at least 6 hours.

Next day drain the beans, cover with cold water, bring to a gentle boil, reduce to low heat and simmer until the beans are tender (about 40 minutes). Remove from heat, remove the bay leaf, add 1 Tbs salt and cool the beans in the liquid.

Olive Tapenade:

- 1 1/2 cups pitted black olives (niçoise or kalamata recommended)
- 1/3 cup olive oil
- 1 tablespoon fresh [lemon juice](#)
- 1/4 teaspoon fresh lemon zest
- 1 tablespoon drained [capers](#)
- 2 garlic cloves
- 3 canned, oil-packed [anchovy fillets](#)
- 1 teaspoon fresh thyme, or 1/2 teaspoon dried thyme
- 1/8 teaspoon coarsely ground black pepper

Procedure:

Place the olives, olive oil, lemon juice, lemon zest, drained capers, garlic, anchovies, thyme, and black pepper in a food processor. Process until all the ingredients are finely chopped, but not completely pureed.

Radicchio:

1 head radicchio
1 Tbs Oil
Salt and Pepper

Procedure:

Slice the radicchio into 8 inch wide wedges through the core end of the head.

Toss in a bowl with oil, salt and pepper.

Heat a sauté pan over medium, place the heads into the pan, and cook on each side for 1-2 minutes, until slightly brown and wilted. Place back into the bowl.

Lamb Chops:

8-12 1/2 inch thick lamb chops
1 Tbs chopped thyme
4 garlic cloves, peeled and smashed
3 whole sprigs rosemary
3 Tbs olive oil

Procedure: Season the lamb with salt and pepper and sprinkle lightly with thyme and let sit for 1/2 hr.

In a very large skillet, heat the olive oil until shimmering.

Add the lamb chops and garlic and cook over moderately high heat until the chops are browned on the bottom, about 3 minutes.

Turn the chops, add the full sprigs of rosemary to the side of the pan, and cook until the chops are browned, about 2 minutes longer for medium meat. Using a spoon, tilt the pan and scoop

some of the warm oil over the edges and sides of the chop to make sure all of the fat is cooked and slightly crispy.

Transfer the chops to plates and allow to rest for 10 minutes.

Finish the plate:

While the lamb chops are resting, warm the beans, mashing lightly to thicken the sauce.

Drizzle a Tbs of the tapenade into the bowl with the radicchio and gently toss to coat.

Place the beans onto a serving platter, arrange the lamb and wedges of radicchio around the platter, and drizzle tapenade over the lamb. Serve immediately.