

# THE SPINSTER SISTERS

## AVWG Recipes

Liza Hinman/The Spinster Sisters

### Session 2:

#### La Ciegna Rose:

#### Burrata Crostini with Roasted Strawberry Onion Jam

Strawberries are often relegated to the “sweet” end of recipe spectrum- and this jam shows how versatile the fruit can be, and how well it pairs with more savory flavors such as onion. Spring onions are the seasonal pre-cursor to the full fledged onion- being harvested before the mature bulb is full formed. Shallot or even red onion could be substituted if a spring onion can't be found.

#### Ingredients:

4 balls of fresh burrata (DiStefano or Gioia are great brands) at room temp

1 day-old loaf of local rustic bread

Olive Oil

Sea Salt (Maldon)

2 pints organic strawberries

¼ cup sugar

1 tsp olive oil

2 red spring onion (1-2 inches in diameter), quartered and thinly sliced

½ cup water

2 tbs lemon juice

Basil, thinly sliced

Aged balsamic vinegar

To make the Jam:

Set the oven to 400°.

- 1) Rinse and hull the strawberries.
- 2) Cut 1 pint of the fruit into quarters and hold aside.
- 3) Place the second pint of whole strawberries into a medium sized bowl.
- 4) Sprinkle with 3 tablespoons of the sugar and toss to evenly distribute, and let sit for 20 minutes.
- 5) Place the fruit, evenly spaced, onto a cookie sheet and place into the oven. Bake for 5-8 minutes- until the fruit looks juicy and slightly caramelized. Remove and set aside.
- 6) In a small high-sided pot, add the tbs of oil and place on medium heat.
- 7) Add the sliced onion and cook for 1-2 minutes, stirring occasionally, until tender but avoid color.
- 8) Add the quartered strawberries, the remaining sugar, the water and bring to a gentle simmer. Cook for 10 minutes, until the mixture begins to thicken and the fruit soften.

9) Stir in the roasted strawberries and any juice from the cookie sheet and continue to cook for 5 minutes.

10) Add the 2 tbs lemon juice and pinch of salt, and taste.

11) Add a pinch of salt or another squeeze of lemon to taste. Allow to cool.

Will keep in the refrigerator for up to 2 weeks.

### **For the Crostini:**

Heat the oven to 400°.

1) Cut bread into 16 ½” slices, and brush with a small amount of olive oil.

2) Lay out on a cookie tray and place in the oven for 3-5 minutes, until lightly golden.

### **Assembly:**

Once cooled, spread with a tbs of the jam, cover with a good blob of the burrata cheese, and drizzle with balsamic, add a little basil, and a pinch of Maldon salt.

### **Carpenter Chardonnay:**

#### **Crab and Radicchio Risotto**

3 ½ tbs butter

1 tbs vegetable oil

1 small yellow onion, finely diced

1 lb arborio rice

¼ dry white wine

1 ½ cup radicchio or other chicory variety, cleaned and chiffonade

2 quarts chicken or vegetable stock

6 oz picked Dungeness crab meat

1 Tbs Meyer Lemon zest

½ Tbs Meyer lemon juice

1 Tbs chives, thinly sliced

2 Tbs parmesan cheese, grated

#### **Procedure:**

1) Heat the 2 Tbs butter and oil together in a large saute pan over medium heat.

2) Add the onion and saute until soft. Do not brown, they should be translucent.

3) Add the rice and sauté for a further 3 to 5 minutes making sure the rice is well coated. Add the wine, stir gently, and let cook until all is absorbed.

4) Add ½ of the chicories and wilt for 1 minute, stirring gently.

5) Using a ladle, add about 1/2 cup of stock to the rice and stir over a medium heat until the rice is almost dry, and all the stock has been incorporated.

6) Repeat this process until the rice is cooked but still has a slight bite.

7) The rice should be creamy and moist, not runny, and the cooking time should be around 30 minutes.

8) Stirring rapidly, add the remaining chicory, butter and cheese and turn off the heat.

9) Just before serving, fold in the crabmeat, lemon zest, lemon juice, and chopped chives. If the rice seems too thick, add a few tablespoons of stock or water to thin the risotto to a creamy but smooth texture.

### **Lancaster Estate Cabernet:**

#### **Grilled Pork Chop with cabernet braised plums, creamy farro, fennel, and kale**

Serves 4

Ingredients:

**Pork Chop Brine:** (Makes 1 gallon – you can keep the extra for up to 2 weeks for another project)

½ cup dark brown sugar, packed

¼ cup kosher salt

10 black peppercorns

5 juniper berries

5 bay leaves

¼ cup fennel seeds

1 cup mixed fresh herbs (rosemary, thyme, sage, oregano)

Peel of 1 orange

1 quart boiling water

3 quarts cold water

### **Making the Brine:**

Combine all the ingredients except the water in a large glass, ceramic or plastic container.

- 1) Add the boiling water and stir to completely dissolve the sugar and salt. Stir in the cold water to cool the brine. Let sit for 1 hour and then strain out the herbs and spices.
- 2) Place the chops into a large ziplock or high sided pan and cover with brine.
- 3) Let sit for 4-12 hours, turning occasionally.

### **Pork and Sauce:**

4 Bone In 1 ½ inch thick center cut pork chops

Pork chop brine

4 cups Chicken stock

1 ½ cups red wine (cabernet ideally!)

Dried plums (prunes)

1 Tbs Oil

2 Tbs shallots, diced

1 Tbs thyme, chopped

1 Tbs orange zest

¼ tsp ground Black pepper

1 Tbs fresh ginger, finely chopped

1 bay leaf

3 Tbs cold butter, diced

### **Dried Plum Sauce Procedure:**

- 1) Soak the dried plums in ½ cup of cabernet.
- 2) In a small saucepot, add 1 tbs oil and the diced shallots and cook over medium heat until slightly translucent.
- 3) Add the thyme, ginger, black pepper, bay leaf, and cook for another minute.
- 4) Deglaze the pot with the 1 cup red wine and let reduce by half.
- 5) Add the chicken stock to the pot and bring to a simmer.
- 6) Allow to reduce over the half, until the sauce gets thicker, around 20 minutes.
- 7) Add the dried plums to the pot, and the wine they were soaking in, and continue to simmer for another 5-8 minutes, until the sauce is starts to coat the back of a spoon.
- 8) Remove the bay leaf, turn off the heat. Add ½ tsp of salt.
- 9) Just before serving, warm gently, and whisk in the butter- not allowing the sauce to boil. Check for seasoning, and drizzle over the finished pork chop.

### **Grilling the Chops:**

- 1) **Heat the grill.** About 20 minutes before you're ready to cook, heat an outdoor grill. For a charcoal grill, arrange the lit coals over one half of the grill and leave the other side empty. For a gas grill, heat all burners to high (at least 450°F).
- 2) **Dry and season the chops.** Remove the chops from the brine and discard the brine. Pat the chops very dry with paper towels. Season all over with 1 teaspoon black pepper or spice rub.
- 3) **Sear the chops over high heat.** Scrape the grill grates clean if needed. If using a gas grill, lower one of the burners to medium heat. Place the chops on the hotter side of the grill, cover, and cook until grill marks appear on the bottom, about 3 minutes per side.
- 4) **Finish cooking over medium heat.** Move the pork chops to the cooler part of the grill. Cover and cook, flipping every few minutes, until the thickest piece registers 145°F on an instant-read thermometer, 4 to 7 minutes more depending on the thickness of the chops.
- 5) **Rest the pork chops for 5 minutes.** Transfer the pork chops to a serving platter, cover loosely with aluminum foil, and let rest at least 5 minutes before serving.

### **Creamy Farro:**

2 tablespoons extra-virgin olive oil  
1/2 small white onion, finely chopped  
½ fennel bulb, finely chopped  
1 1/2 cups pearled farro (10 ounces)  
1/4 cup dry white wine  
3 cups water  
1/4 cup freshly grated Parmigiano-Reggiano cheese  
2 teaspoons unsalted butter  
3 cups Tuscan kale, cleaned, de-ribbed and thinly sliced  
Salt and freshly ground pepper

### **Procedure:**

- 1) In a large saucepan, heat the olive oil.
- 2) Add the onion and fennel and cook over moderate heat, stirring occasionally, until softened, about 6 minutes.
- 3) Add the farro and cook for 1 minute, stirring to coat it with the oil.
- 4) Add the wine and cook, stirring until it is absorbed, about 2 minutes.
- 5) Add the water, 1 cup at a time, and cook, stirring, until absorbed between additions.
- 6) After the first cup is absorbed, add the kale and stir in along with the water.
- 7) The farro is done when it is al dente and suspended in the thick, creamy liquid, about 25 minutes total.
- 8) Stir in the cheese and butter and simmer until the farro has thickened, about 5 minutes longer. Season with salt and pepper.