

PAIR UP

with Maria Terry



March 2016 – Family Favorites

My good friend Lisa makes one of the best artichoke dips. The whole family cheers when she arrives. However, one of the most challenging pairings for a sommelier is wine with artichokes. This yummy vegetable contains cynarin, a type of organic acid that produces an undesired sweet taste in wines that do not normally possess a sweet component. Fortunately, extremely dry, acidic white wines are not affected so adversely in pairings with artichoke preparations. In fact, a suppressed or hidden fruit quality in the wine may be enhanced, actually improving the overall structure. On top of that, artichokes can leave a bitter taste in the mouth. Lisa's creamy dip, made with mayonnaise, coats the palate and counteracts the bitterness. A great wine pairing with artichokes and a festive party-starter is Brut Natural. Brut Natural is a sparkling wine that is fermented dry and has little or no sugar added. As a bonus, the bubbles cleanse your palate after each bite.

The cheering continues when the Roasted, Salted Chicken with Bread Salad emerges. This preparation of chicken takes a little advanced planning but couldn't be simpler to make. It is just salt and chicken. One might think that chicken sitting up to week under a blanket of salt would become overly salty. Actually, the meat is flavorful and the skin is heavenly crispy. Along with a simple salad that surrounds chunks of French bread seasoned with chicken drippings, this dish sings with Pinot Noir. Lower in tannins, higher in acid, and with pretty red fruit notes, the Pinot cuts through the fat of skin and highlights the red currants in the salad.

If my family is choosing, milk and cookies are the only choice. One of their favorites is a cookie that I actually

developed (Quick disclaimer: I don't usually create the recipes I share; I find them online). I hobbled together this recipe when I was in college and had to do a project that included collecting data. I thought it would be fun to measure preferences for chocolate-chip cookies (eg. crunchy vs. chewy). I spent weeks trying different combinations of recipes to arrive at the most popular cookie. The secret is pulverized oats in place of half of the flour, resulting in a chewy cookie that retains a fine texture. Don't serve these cookies with wine; coffee or milk is your best bet with this super sweet ending.

So, go on. Pair Up!

Maria Terry is a Certified Sommelier and Wine Educator in the San Francisco Bay Area. www.LaSommeliere.com

Lisa's Artichoke Dip

INGREDIENTS

16 oz. cream cheese
1/2 cup mayo
1/2 cup sour cream
1 cup Parmesan cheese, reserve 1/2 cup for topping
(2) 14.5oz. cans artichokes, drained

Topping:

Remaining 1/2 cup cheese
Garlic salt
Pepper
Dill weed
Paprika

DIRECTIONS

Place first four ingredients in food processor and blend until well combined. Add artichokes and pulse until desired consistency. Pour in 13" X 9" pan. Sprinkle

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with topping of reserved cheese and seasonings to taste. Bake at 350° F for 40-45 minutes.

Serve with veggies, chips or cubes of French bread

Yield: one large pan

Roasted, Salted Chicken with Bread Salad

INGREDIENTS

One 8-10 lb. chicken, clean, rinsed and dried
Kosher salt, one tsp. of salt per one pound of chicken

Salad:

16 oz. day-old, French bread, torn into uneven chunks

½ cup olive oil

3 tbsp. vinegar

Salt and pepper

¼ cup dried red currants

¼ cup red wine vinegar

¼ cup water

Olive oil

6 cloves garlic, slivered

8 green onions, sliced

½ cup pine nuts, toasted

¼ cup chicken drippings

16 oz. mixed greens

DIRECTIONS

Rub the salt all over the clean, dry chicken and rest uncovered in refrigerator for 1-5 days.

Heat 8X8 baking dish in 475° F oven. Pat chicken dry once more and place breast side up in hot pan. Cook for one hour. Flip, cook for 40 minutes and then flip, cover breast with foil, and finish cooking for 20 minutes. Leg should move freely in socket when fully cooked. Remove and rest for 5 minutes.

Mix oil vinegar, salt and pepper in small bowl. Rehydrate currants in vinegar and water. Place bread in a large, oven-safe bowl and toss with vinaigrette. Sauté the garlic and onions and add to bread along with drained currants and pine nuts.

When the chicken comes out to rest, add pan drippings to the bread salad, toss, and put in oven to warm.

Remove legs and wings, arrange on plate. Cut out backbone, discard, or save for soup. Quarter remaining chicken and plate. Toss greens with the warm bread salad. Serve immediately.

Yield: 4-6 servings

(on website)

Maria's Oatmeal Chocolate Chip Cookies

INGREDIENTS

1 cup butter

1 cup sugar

1 cup brown sugar

2 eggs

2 tsp. vanilla

½ tsp. salt

1 tsp. baking soda

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1 tsp. baking powder

2 cups flour

2 cups pulverized oatmeal (quick cook oats
run through a food processor)

2 cups chocolate chips

1½ cups chopped walnuts (opt.)

DIRECTIONS

Preheat oven to 375° F.

Cream butter and add sugars, fully combine.
Add vanilla, salt, baking soda and baking
powder, beat well. Add eggs, one at a time,
beating after each addition. Slow down
mixer and add flour and oatmeal, turn up
speed at end. Add chocolate pieces and
walnuts, gently combine.

Bake on ungreased cookie sheets 15 minutes
or until light brown. Best when slightly
under-baked.

Yield: 3 dozen cookies