

PAIR UP

with Maria Terry



June 2012 – Spanish Brunch

My father loves getting together for brunch. Brunch is held early in the day when everyone is fresh and hasn't had a full day of work to get tired out. The foods are simpler and usually served buffet style. Everyone can take what they want and in the amount they want. Here is a Spanish brunch that would meet Dad's requirements perfectly.

I love omelets for brunch, but omelets usually involve complicated stations and need to be cooked to order. Spain has come up with the perfect solution, Torta Española (Spanish omelet). Cooked as one large piece and cut into squares or triangles, it can be served hot or at room temperature. Add some sautéed Herbed Goat Cheese and Prosciutto Shrimp as well as crispy Chicken and Andouille Strudel (full recipes at www.LaSommeliere.com), and you have a complete brunch menu.

What is the best wine to pair with all of these delicious recipes? Sparkling wine, of course, and this menu is a perfect opportunity to pair geographically. Choose a sparkling wine from Spain called Cava. The word cava means "cave, cellar" in both Catalan and Spanish. Historically, caves were used for the preservation or aging of wine and was officially adopted in 1970 to distinguish it from French champagne. Produced primarily in Catalonia, Cava can be white or rosé and is primarily made from a classic blend of grapes: Macabeu (providing fruit, aroma and acid), Parellada (adding delicacy) and Xarel-lo (boosting alcohol and acid). To make rosé Cava, small quantities of still red wines from Cabernet Sauvignon, Garnacha or Monastrell are added.

Each of the recipes with Cava are perfectly accompanied by a large bowl of

fresh fruits; you can pick your favorites from what is local and in season. As a bonus, the fruit will satisfy sweet cravings at the end of the meal, and there is no need for a heavy dessert. Finally, consider offering sparkling water with slices of lemon and oranges for those who choose not to drink alcohol or as a respite throughout the meal.

So, go on. Pair Up!

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Torta Espaniola

INGREDIENTS

3/4 cup olive oil
2 pounds potatoes, peeled and thinly sliced
2 onions, finely diced
6 eggs, lightly beaten in a large bowl
Salt and freshly ground black pepper

DIRECTIONS

Heat the oil in a large skillet; cook the onions until soft. Add potatoes and cook over medium-heat until almost done with no color, about ten minutes. Break the potatoes up a bit with a spatula and then transfer the potatoes and onions to the bowl with the eggs. Stir the potatoes around to cover well with the egg, and season with salt and pepper.

Remove most of the oil from the skillet, leaving about one tablespoon. Add the egg mixture; reduce the heat to low and cook omelet slowly until golden and firm enough to flip. To carefully flip omelet, slip it onto another plate, cover with another plate,

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invert and slide it back into the hot pan. Cook until done. It should still be soft inside, and about 1-inch thick.

Cut omelet into squares and serve immediately hot, or let cool to room temperature and serve.

Yield: 4 to 6 servings

Herbed Goat Cheese and Prosciutto Shrimp

INGREDIENTS

12 tablespoons goat cheese
1 teaspoon chopped fresh parsley
1 teaspoon chopped fresh tarragon
1 teaspoon chopped fresh chervil
1 teaspoon chopped fresh oregano
2 teaspoons minced garlic
Salt and pepper
12 large shrimp, peeled, tail-on and butterflied
12 thin slices of prosciutto
2 tablespoons olive oil
Drizzle of white truffle oil

DIRECTIONS

In a mixing bowl, blend the cheese, herbs and garlic together. Season the mixture with salt and pepper. Season the shrimp with salt and pepper. Press one tablespoon of the filling in the cavity of each shrimp. Wrap each shrimp tightly with one piece of prosciutto.

In a sauté pan heat the olive oil. When the oil is hot, add the stuffed shrimp and sear for two to three minutes on each side, or until the shrimp turn pink and their tails curl in towards their body. Remove from the pan

and place on a large plate. Drizzle the shrimp with truffle oil. Garnish with parsley.

Yield: 12 stuffed shrimp

Chicken and Andouille Strudel

INGREDIENTS

1 tablespoon vegetable oil
4 ounces Andouille sausage, cut into 1/4-inch dice
1 pound chicken breast, cut into 1/4-inch dice, seasoned with salt and pepper
1/2 cup chopped onions
1 tablespoon chopped garlic
Cayenne pepper to taste
1/4 cup water
1 cup sweet BBQ sauce
1 tablespoon chopped parsley
3 tablespoons grated Manchego cheese and extra for serving
4 sheets phyllo dough

DIRECTIONS

Preheat the oven to 375 degrees F. In a sauté pan over medium heat, add the oil. When the oil is hot, add the chicken and sauté for about two to three minutes, stirring constantly. Add the Andouille and sauté for two minutes. Add the onions and garlic and sauté for five minutes. Season with cayenne. Add the water, 1/2 cup BBQ sauce, parsley and cheese and simmer for one minute. Remove from the heat and stir in the bread crumbs. Cool the mixture completely.

Stack four sheets of phyllo dough, one on top of each other, and cut all into thirds for a total of twelve sheets. Divide the sheets into four three-sheet stacks. Keep the phyllo covered with a damp towel to prevent it from drying out. Each time you fill a sheet,

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lightly brush the top. Put 1/4 cup of the chicken mixture on the bottom edge of each stack of phyllo. Fold two sides of the phyllo around the chicken mixture and the length of the dough about 1/4-inch. Then, beginning from the chicken side, roll up the phyllo securely, pressing each to close. Lightly brush each strudel with oil.

Line a baking sheet with parchment paper. Place the strudels on the paper, about two inches apart and bake for fifteen minutes or until golden brown. Remove from the oven, cut each strudel in half at a diagonal and serve each with the remaining BBQ sauce and extra grated cheese.

Yield: 4 servings