

PAIR UP

with Maria Terry



June 2011 – Pacific Northwest

Californians are lucky to live so close to the waters of the Pacific Northwest. The bounty of the ocean provides the perfect starting place to create a wine-friendly meal. The Northwest also offers fresh blueberries as a sweet ending to your delicious evening.

Shrimp ceviche is a cool way to start. I like this recipe because the shrimp are partially cooked in boiling water first and then finish ‘cooking’ in the citrus juices as they marinate. Serve this recipe in a large bowl in which to dip tortilla chips or portion individually in cocktail glasses with a few chips perched on the side for crunch. A great wine partner for a spicy ceviche is a slightly sweet, slightly tart Washington Riesling. The wine’s bright citrus flavors are complemented by pear, kiwi and white peach.

You can keep the seafood theme going with Pacific Northwest sockeye salmon as your main entree. Salmon is wonderful grilled and is one fish that defies the white wine with fish rule. Try out an Oregon pinot noir to pair with the salmon. The slight smoke from the grill will blend nicely with the oak flavors the wine takes on as it spends time in the barrel. Furthermore, the high fat content found sockeye salmon will be complemented by the fuller body found in a red wine.

The finale to this great summer meal is a dessert bursting with flavor. Blueberry Glacé Pie is made in the style of a fresh strawberry pie since the blueberries are not cooked inside the crust. It is amazingly simple to make and always gets great reviews at my house. Personally, I don’t find that sweet desserts, especially those with whipping cream, pair well with wine. My best suggestion is dark, rich coffee. We will need to depart from the Northwest for this

and perhaps choose coffee beans grown in Kenya or Ethiopia.

So, go on. Pair Up!

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Shrimp Ceviche

INGREDIENTS

- 1 pound medium-small shrimp, peeled and deveined
- 2 Tbsp salt
- 3/4 cup lime juice (juice from 4-6 limes)
- 3/4 cup lemon juice (juice from 2-3 lemons)
- 1 cup finely chopped red onion
- 1 serrano chile, ribs and seeds removed, minced
- 1 cup chopped cilantro
- 1 cucumber, peeled diced into 1/2-inch pieces
- 1 avocado, peeled, seed removed, cut into 1/2-inch chunks

DIRECTIONS

In a large pot, bring to a boil 4 quarts of water, salted with 2 Tbsp salt. Add the shrimp and cook for 1 minute to 2 minutes max, depending on size of shrimp. (Overcooking the shrimp will turn it rubbery.) Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking.

Drain the shrimp. Cut each piece of shrimp in half, or into inch-long pieces. Place shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice. Cover and refrigerate for at least one-half hour and up to eight hours.

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Mix in the chopped red onion and serrano chile. Refrigerate an additional half hour. Right before serving, add the cilantro, cucumber, and avocado. Serve with tortilla chips.

Yield: about 4 cups

Blueberry Glacé Pie

INGREDIENTS

2 tablespoons cornstarch
¼ cup water
1 teaspoon freshly squeezed lemon juice
4 cups fresh blueberries
1 tablespoon unsalted butter
¾ cup sugar
Pinch of salt
1 pre baked 9 in pastry shell
¾ cup heavy (whipping) cream
1 tablespoon confectioners' sugar

DIRECTIONS

Mix the cornstarch, 2 tablespoons of the water, and the lemon juice together in a small bowl, and stir until the cornstarch has thoroughly dissolved.

Place 1 cup of the blueberries and all the remaining water in a medium size saucepan over medium high heat, and bring to a boil. Cook until the berries begin to pop, about 4 minutes. Add the cornstarch mixture along with the butter, sugar, and salt. Cook, stirring, until the mixture is thick and clear, about 2 minutes. Remove the pan from the heat.

Fold the remaining 3 cups berries into the cooked berry glaze, and pour into the

prebaked pie shell. Refrigerate, at least two hours but no more than eight hours. Just before serving, whip the cream until it forms soft peaks, gradually incorporating the confectioners' sugar as the cream thickens. Either spread the cream over the pie or serve on the side.

Yield: 8 servings