

PAIR UP

with Maria Terry



September 2020 – Kid Friendly

I always celebrated my kids going back to school in September. Along with packing great lunches and planning healthy after-school snacks, I liked to make dinners the kids could look forward to with the adults while sharing what happened to them at school. The start of this school year is quite different for many families, but hopefully, dinnertime is still a way for adults and kids to come together to have a great meal and chat. Here is a menu most kids will love, along with a bonus wine pairing for the adults.

I like salad dressings that have a little bit of sugar. Generally, they are tastier and a little less “in-your-face” sour, which youngsters will appreciate too. This Garlic Salad Dressing is an excellent balance of tart vinegar, savory garlic, and a touch of sweetness. Keep things simple for kids by using chopped romaine, grated Parmesan, and crunchy croutons. It’s a riff on Caesar Salad without the anchovies. Of course, this dressing is super versatile and works with any lettuce or vegetable. As for wine, choose a white wine with ~~some~~ substantial acid. I love Muscadet from the western seashore of France. It is light, refreshing, and pairs with all things garlic. If you can’t find a Muscadet, Sauvignon Blanc fits the bill.

Keep the white wine flowing with your main course, Caesar Pasta. I like this recipe because it is a clever way to get more dark leafy greens into your kids. It also utilizes anchovies, but don’t be afraid of them. When you “melt” anchovy filets into oil, they break down and provide a nutty, salty flavor that everyone loves. If you don’t mention they are in there, no one will know. To add protein to your meal, season sea scallops with salt and fry quickly in 50/50

butter and olive oil. Don’t overcook; they should be slightly translucent in the center, just about two minutes per side. Sea scallops do not taste fishy and have a delicate sweetness like lobster. A fresh squeeze of lemon over the pasta and scallops brings the whole plate to life.

What could be more fun, easy, and kid-friendly than ice cream floats for dessert? Scoop vanilla ice cream into the bottom of a tall glass and fill with your favorite soda. I prefer the classic root beer, but cola, orange, or Dr. Pepper are all fantastic.

So, go on. Pair Up!

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Garlic Salad Dressing

INGREDIENTS

½ cup oil
1 1/3 cup red wine vinegar
½ cup sugar
2 teaspoons salt
2 teaspoons celery salt
2 teaspoons pepper
2 teaspoons dry mustard
2 teaspoons Worcestershire
1 teaspoon Tabasco sauce
6 cloves garlic

DIRECTIONS

Blend and refrigerate.

Yield: about 2 cups

Cesar Spaghetti

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Salt

1 pound spaghetti

1/4 cup extra-virgin olive oil, plus some for drizzling

6 anchovy fillets, drained

4 large cloves garlic, grated or finely chopped

2 teaspoons to 1 tablespoon Worcestershire sauce, eyeball the amount

2 medium heads escarole, washed

1 lemon, halved

Freshly ground black pepper

1/4 teaspoon freshly grated nutmeg, or to taste

2 large egg yolks

1 cup grated Pecorino Romano

vigorously for 1 minute. Dress the pasta with a drizzle of extra-virgin olive oil and transfer to a serving dish. Pass the remaining cheese at the table.

Yield: 4 servings

DIRECTIONS

Bring a large pot of water to a boil over high heat. Once boiling, salt the water. Add the pasta and cook until just shy of al dente, according to package directions.

Heads up: You'll need to reserve about 1 cup of the starchy cooking water just before draining.

While the pasta is cooking, put a large skillet over medium-high heat and add the extra-virgin olive oil. Add the anchovies and cook until they've melted into the oil, about 2 minutes. Reduce the heat to medium-low and add the garlic, stir 1 minute, and then add in Worcestershire. Shred the escarole and add several handfuls at a time, wilting the greens in the garlic oil. Dress the greens with lots of pepper and a little nutmeg, then squeeze the juice of 1 lemon over the pan. Add the reserved starchy cooking water to the eggs in a small bowl and beat together to temper them. Turn off the heat and add the drained pasta and the egg mixture. Stir to combine. Add half of the cheese and toss