

# PAIR UP

with Maria Terry



## June 2019 – Para mi padre

Last month, I whet your palate with a blonde ale beer pairing. This month, we go all in - three unique beers with three flavorful recipes that match each other perfectly. These recipes were chosen with my dad in mind. He loves to try new things and particularly loves Mexican food and chocolate. I do have to admit the beet and goat cheese salad is really for me; however, my dad is my best sharing partner and I think he will approve.

Belgian wheat beer with Goat Cheese and Roast Beet Salad is a terrific pairing because the wheat beer has a silky mouthfeel that mimics the creamy cheese. This texture comes from the wheat, which has a higher level of protein than barley. This extra protein results in a thick, long-lasting head and a slightly hazy appearance. Wheat beers are light in flavor so they allow the subtle beet flavors to shine.

Oaxaca and Puebla are well known for their Mexican mole (pronounced: molay). There are seven well-known moles: Poblano (almonds, raisins, and dark chocolate), Negro (pumpkin seeds and dark chocolate), Colorado (thickened with plantains), Verde (cilantro, jalapeño, and tomatillos), Amarillo (spicy and thickened with corn), Chichilo (beefy), and Manchamantel (pineapple and chorizo). The recipe offered here is a mole poblano, which has nutty, earthy flavors that echo the flavors found in a brown ale. Many brown ales can be found with moderate 5-8% alcohol levels that won't be thrown off by the tannins from the chocolate and chilis. Also, the bubbles in the beer cleanse the palate of the rich sauce.

Finish up this complex meal with a simple dessert of 72% dark chocolate squares paired with a small glass of dark stout. Both are intense in flavor, so a small

amount goes a long way. Stouts, like porters, are made by top fermentation but are slightly less sweet than porters. Porters are made with malted barley, whereas stouts use a portion of un-malted barley to develop a dark, slightly astringent, coffee-like character. Most chefs know that coffee flavor makes chocolate even more chocolatey.

So, go on. Pair Up!

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## Roasted Beet and Goat Cheese Salad

### INGREDIENTS

2 large beets  
4 cups fresh arugula and spinach blend  
1 teaspoon finely chopped fresh rosemary  
1 small garlic clove, minced  
2 Tablespoons extra-virgin olive oil  
2 Tablespoons balsamic vinegar

### DIRECTIONS

Preheat oven to 400°F. Wash and peel beets, remove the greens, and slice into ¼" rounds.

Combine rosemary, garlic, olive oil, and vinegar, whisking until well mixed. Pour over beet slices and let sit for 15 minutes or so.

Remove the beets from the vinaigrette (reserve vinaigrette) and wrap tightly in foil. Place in oven and cook for about 15 minutes. Remove packet from heat and let cool.

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Meanwhile, prepare a plate or bowl with a bed of arugula, and drizzle the remaining vinaigrette on it.

Once the beets are close to room temperature, remove from foil, cut into bite-sized pieces, & arrange on top of the arugula.

Yield: 2-4 servings

## Mole Poblano with Chicken

### INGREDIENTS

5 dried ancho chilies  
1 small onion, peeled and chopped  
1 clove garlic peeled and chopped  
¼ teaspoon each cinnamon, ground cloves, dried oregano, powdered cumin, ground coriander, and ground anise seeds  
1/3 cup sliced almonds  
1-2 tomatoes, peeled, seeded and chopped  
¼ cup raisins or diced prunes  
1 Tablespoon toasted sesame seeds  
¾ teaspoon salt or to taste  
Freshly ground pepper  
1 cup water (or more as needed)  
1 oz. unsweetened chocolate, melted  
1 whole chicken  
1 cinnamon stick  
Chicken stock, water, or wine to cover

### DIRECTIONS

Remove seeds and stems from chilies and soak them in very hot water until soft, about 30 minutes or so. (Make sure they are submerged by setting a lightweight bowl on top of the chilies.) When softened, puree the chilies in a blender. If the skins are tough, you may want to pass the puree through a food mill or strainer. In a small skillet, sauté onion in vegetable oil until soft and

translucent. Add garlic and sauté another minute. Add spices and herbs and cook, stirring constantly, for about 30 seconds, being careful not to let them burn.

To the chili puree in the blender, add almonds, cooked onions and garlic, tomatoes, raisins or prunes, sesame seeds, salt, pepper, water, and melted chocolate, and then puree until smooth. Add additional water, if necessary, until the consistency is smooth and slightly pourable.

Begin with one chicken cut into six or eight portions. Brown the poultry pieces quite well in a large casserole in vegetable oil. Once browned, remove the chicken pieces from the pan and sauté one chopped onion in the casserole and cook until translucent. Deglaze the casserole with some wine or stock, and scrape in any browned bits from the bottom with a flat wooden spatula.

Add the chicken back to the casserole along with a cinnamon stick or two, and add enough chicken stock, water, or white wine to cover chicken pieces. Cover the casserole and gently simmer chicken until tender throughout.

Once cooked, remove chicken pieces from the liquid and arrange them in a shallow baking dish. Smear chicken pieces generously with mole and bake in a moderate oven, turning once or twice during baking, for about 30 minutes. Serve with a sprinkling of toasted sesame seeds.

Yield: 4-6 servings