

PAIR UP

with Maria Terry



June 2010 – Wedding Season

The month of June is often the time for joining family and friends together to celebrate a commitment made by two people. Here are a few recipes you can serve at the myriad of parties that mark the occasion.

Start with bright green edamame hummus spooned atop toasted pita bread that has been dusted with rust-colored, spicy paprika (www.lasommeliere.com). This appetizer is vibrant in both color and flavor. Choose a beverage that is a little sweet but has a kick of acid to complement the spicy, tangy flavors in the hummus. Most commonly made in Sweden, elderflower syrup gives you a floral, sweet base from which you can make alcoholic or non-alcoholic beverages. You can buy the syrup at Pizza Antica and IKEA in the San Francisco East Bay or buy it online and have it delivered directly to you.

As a first course or main dish, chicken Caesar salad can be prepared ahead of time and tossed together at the last minute. It is sure to please a crowd. A sparkling rosé made from pinot noir grapes has a bright strawberry freshness with an earthy undercurrent that pairs well with the umami flavors in the dressing. Produced in many regions, it is particularly good when made in Germany. Look for it under the name späburgunder. The bubbles cleanse the palate and continue the celebratory feel of the party.

At the end of the meal, remember the number one rule for pairing wines: the food should never be sweeter than the wine. So if the dessert is very sweet (like most wedding cakes), skip the wine and brew up some coffee.

So, go on. Pair Up!

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

Elderflower Beverage

INGREDIENTS

2 oz. vodka (opt.)
1 splash bitters
1 oz. elderflower syrup
1 lime, juiced
Soda

DIRECTIONS

Shake with ice and strain into a highball glass. Top with soda.

Yield: 1 drink

Herb's Caesar Salad

INGREDIENTS

Dressing:

½ cup olive oil
1-2 cloves garlic, chopped
½ tsp. Dijon mustard
½ lemon, juiced
1 anchovy filet

Salt and pepper

Croutons

Romaine lettuce

Parmesan cheese (fresh grated is best)

Seasoned and grilled, sliced chicken breast
(opt.)

DIRECTIONS

Blend dressing ingredients. Tear lettuce, and dress lightly. Season with salt and pepper. Add cheese and croutons and toss. Top with chicken.

PAIR UP

with Maria Terry



Make your own home-made croutons by cutting up dense bread, drizzling with olive oil and sprinkling with kosher salt. Bake for 15-20 minutes at 275°.

Yield: 2/3 cup dressing will dress about 8-10 cups of lettuce

(on website)

Edamame Hummus

INGREDIENTS

12 ounces shelled, cooked, and cooled edamame, about 2 cups, recipe follows
1/4 cup diced onion
1/2 cup tightly packed fresh cilantro or parsley leaves
1 large garlic clove, sliced
1/4 cup freshly squeezed lime or lemon juice
1 tablespoon brown miso
1 teaspoon kosher salt
1 teaspoon red chili paste
1/4 teaspoon freshly ground black pepper
5 tablespoons olive oil

Basic Edamame:

1 pound edamame, fresh or frozen, in or out of shell
1/4 cup water
Kosher salt, optional

Place the edamame and water into a large microwave-safe bowl. Microwave on high for 4 to 6 minutes. Drain any excess water and serve as is or salted.

Yield: 12 oz. shelled or appetizer portion for 4 people unshelled

DIRECTIONS

Place the edamame, onion, cilantro, garlic, lime juice, miso, salt, chili paste and pepper

into the bowl of a food processor and process for 15 seconds. Stop to scrape down the sides of the bowl and process for another 15 to 20 seconds. With the processor running, slowly drizzle in the olive oil. Once all of the oil has been added, stop, scrape down the bowl and then process another 5 to 10 seconds. Taste and adjust seasoning, as desired. Store in an airtight container for up to 5 days.

Serve with toasted pita chips. Cut store-bought pita bread rounds into eight triangles. Drizzle with olive oil and sprinkle with Kosher salt. Bake at 275° for 10-15 minutes and dust with spicy paprika.

Yield: 2 cups