

PAIR UP

with Maria Terry



May 2010 – Mom’s Favorites Meal

My mom loves fresh shellfish. The key to bringing shellfish to life is a bit of acidity in the sauce and the wine. Here are two recipes that use lime and pomegranate seeds to give these crustaceans a kick.

Start mom’s special meal with Shrimp Cakes and Creamy Chili-Lime Sauce. Shrimp makes a great fried cake because it doesn’t dry out and holds together well. A fun beverage pairing with this dish is Minted Limeade - a non-alcoholic Mojito. Find the full recipe for the fried cakes and their creamy, spicy sauce on my website www.LaSommeliere.com.

Next is a shellfish pasta dish that incorporates pomegranate to provide a bright pop of color and flavor. Crab-Pomegranate Ravioli may seem complicated but it comes together quickly by utilizing store-bought wonton wrappers. Be adventurous and seek out a little white grape from Northern Italy called pigato. It has flavors similar to chardonnay (apple and pear) but coming from Italy you can expect a lower alcohol and a slightly higher acidity than you would typically find in California chardonnay.

Finish the meal with my mom’s favorite dessert, strawberry shortcake. Serve sparkling water with fresh strawberries and mint. This refreshing beverage will cut the cream in the dessert and keep your palate refreshed.

So, go on. Pair Up!

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(on website)

Shrimp Cakes w/Creamy Chili-Lime Sauce

INGREDIENTS

Cakes:

- 16 uncooked large shrimp (about 1 pound), peeled, deveined
- 1 large egg
- 1 green onion, sliced
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon minced fresh cilantro
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon salt
- Pinch of ground black pepper
- 2 cups panko (Japanese breadcrumbs)
- 2 tbsp. vegetable or peanut oil

Sauce:

- 1/4 cup dry white wine
- 1/4 cup fresh lime juice
- 1 tablespoon chopped peeled fresh ginger
- 1 tablespoon minced shallot
- 1/3 cup whipping cream
- 2 tablespoons store bought chili-garlic sauce
- 6 tablespoons (3/4 stick) unsalted butter, room temperature, cut into 1/2-inch pieces

DIRECTIONS

Coarsely chop shrimp in processor. Add egg, green onion, lemon juice, mustard, cilantro, hot pepper sauce, salt, and pepper. Pulse to combine. Add 1 cup panko and pulse. Form mixture into twelve 3-inch-diameter cakes. Roll cakes in remaining 1 cup panko. Refrigerate 10 minutes on waxed-paper.

Heat 2 tablespoons oil over medium-high heat. Fry cakes until cooked through and golden brown on both sides about 6 minutes, adding more oil to skillet as needed,

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Combine first 4 ingredients of sauce in heavy small saucepan. Boil over high heat until reduced by half, about 3 minutes. Add cream and boil until reduced by half, about 2 minutes. Reduce heat to low. Mix in chili-garlic sauce. Add butter, 1 piece at a time, whisking just until melted before adding next piece.

Yield: 12 cakes

Minted Limeade

INGREDIENTS

8 limes, juiced
1½ cups sugar
1 cup loosely packed mint leaves, torn up a bit
4 qts. sparkling or still water

DIRECTIONS

Mix juice, sugar and leaves together until sugar is dissolved. Slowly add sparkling water and stir.

Yield: 16 servings

Crab-Pomegranate Ravioli

INGREDIENTS

Filling:

1/3 cup cilantro
2 tbsp. olive oil
2 cloves garlic
1/3 cup minced green apples
½ cup pomegranate seeds
½ cup white wine
2 cups crab meat

Sauce:

1 tsp. butter
1/3 cup minced green apple
½ cup pomegranate seeds

1 tbsp. brown sugar
½ cup hot water
1 tbsp. pomegranate molasses
½ cup white wine

Store-bought wonton wrappers

DIRECTIONS

Blend 2 tbsp. olive oil with cilantro leaves.

Sauté garlic, apple and pomegranate for 2 minutes. Pour in white wine and reduce.

While fruit filling simmers, start sauce. Melt butter in 12" frying pan on med-high heat. Add apples, pomegranate seeds and brown sugar. Caramelize fruit for 1 minute. Add hot water and molasses. Turn heat up and add white wine. Stir continuously and cook for 5 minutes.

While sauce is thickening, mix together sautéed fruit, crab and cilantro mixture.

Remove sauce from heat. Wet one entire side of each wonton wrapper. Place one tbsp. of filling in center, fold and pinch tightly to close. Cook ravioli for 5 minutes in boiling water without crowding the pot. Remove and place directly into sauce or ravioli will stick together.

Garnish with mint and fresh pomegranate seeds.

Yield: About 48 ravioli