

PAIR UP

with Maria Terry



November 2010 – Southern French Turkey Leftovers

This southern French menu was inspired by the age old question of what to do with the leftover turkey from Thanksgiving. I love the idea of apples, bacon, turkey and cheese all together. I find this meal to be lighter in style and it is confirmed by how well white wines work with the dishes.

Start with a fresh salad made from mixed greens, chopped apple, honey-Dijon vinaigrette and top with crunchy sunflower seeds. The dressing's earthy mustard and sweet honey will begin the bridge from salad to wine. However, it is the nutty, salty sunflower seeds that will really make the wine pairing work. Choose a zippy wine such as a Pic Poul from Southern France. The aromatics of this grape are primarily notes of Fuji apple and it will be a perfect match to the chopped apple in the salad.

The main course utilizes leftover turkey. Turkey noodle casserole is not truly French but is certainly delicious. I like Rachel Ray's recipe. The meaty bacon and gruyere cheese both add depth; the nutmeg and parsley match the spicy, herbal notes found in the wine of choice, a dry Sauvignon Blanc/Sémillon blend from Bordeaux France. There are both sweet and dry versions of white Bordeaux, be sure to choose the dry one for this dish. The crisp refreshing acidity of Sauvignon Blanc is offset by a creaminess found in Sémillon. The two grapes together will complement the dish and cleanse your palate for your next bite.

Finish the meal with a beautiful store bought fruit tart and make it even more special by pairing it with one of Southern France's lovely white wines, Muscat de Beauges de Venise. It is light and slightly sweet and will work well with the sweetness

of the custard.

So, go on. Pair Up!

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Honey-Dijon Vinaigrette

INGREDIENTS

1 c. mayonnaise
1/2 c. vegetable oil
Pinch red pepper
3/4 tsp. apple cider vinegar
1/4 c. Dijon mustard
1/4 c. honey
1/2 tsp. onion salt

DIRECTIONS

Blend all ingredients and refrigerate.

Yield: 1½ cups dressing

Rachel Ray's Turkey Noodle Casserole

INGREDIENTS

1/2 pound extra wide egg noodles, cooked al dente
3 slices bacon or turkey bacon, chopped
1 pound white mushrooms, sliced
1 medium onion, chopped
3-4 cups diced cooked turkey
Black pepper
2 teaspoons dried thyme or poultry seasoning
1/2 cup dry white wine
1 cup chicken stock
1/2 cup heavy cream
1/4 teaspoon freshly grated nutmeg
2 tablespoons softened butter
8 oz. grated Gruyere

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1 cup plain bread crumbs
2 to 3 tablespoons chopped parsley leaves

DIRECTIONS

Preheat a large, deep skillet over medium high heat and crisp bacon. Remove bacon and sauté mushrooms and onions 3 to 5 minutes in remaining bacon fat. Add back bacon and diced turkey. Season the mixture liberally with salt and pepper, then sprinkle in the ground thyme or poultry seasoning. Cook another 5 minutes then add wine. Deglaze the pan, stir in stock and bring to a simmer, then stir in cream and reduce the heat to low. Add nutmeg and stir. Taste to adjust seasonings.

Preheat broiler to high. Combine noodles with turkey mixture and sauce. Grease a casserole dish with a softened butter and transfer turkey noodle mixture to the dish. Top the casserole with Gruyere then bread crumbs. Place the casserole 8 to 10 inches from the broiler and brown 2 to 3 minutes until cheese is melted and the crumbs are brown. Remove from oven and garnish with parsley.

Yield: 4-6 servings