

PAIR UP

with Maria Terry



May 2013 – May Day Lunch

When the weather is this beautiful, it makes me want to invite my favorite people to visit. My Aunt Charlotte is one of those people. I planned this lunch as a way to celebrate her, our friendship and the lovely month of May.

Pinot Blanc is one of those white wines that are reminiscent of spring. Its aromas are delicate apple and white peach with the freshness of line-dried linens. I found this classic shrimp salad recipe to be just right with Pinot Blanc because it does not overpower it. The salad is primarily shrimp and mayonnaise, with a hint of lemon and sweet onion to give it a little kick.

The Lightly Sweet Salmon recipe listed here would be substantial enough for dinner, but is light enough for lunch. It is particularly good BBQ'd, but if my husband is not around, I don't mess with the briquettes and just pop it under the broiler. Add a little jasmine rice and some broiled asparagus, and you'll have a complete plate. Furthermore, this meal is complemented by America's favorite style of wine, chardonnay with a little residual sugar.

Fading in popularity since the late 20th century is the giving of "May baskets," small baskets of sweets and/or flowers usually left anonymously on a neighbor's doorstep. Consider bringing back this thoughtful tradition and make a double batch of lemon curd, preserving in jars and dropping them off on some of your favorite people's doorsteps!

Then, use the rest of the lemon curd in this recipe for Lemon Charlotte to serve for dessert with a sparkling Moscato. Not only is it a perfect way to end this meal, it is a fitting homage to my aunt. Presenting her with this beautiful crown of ladyfingers will make her feel like the Queen of the May.

So, go on. Pair Up!

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

Classic Shrimp Salad

INGREDIENTS

2 cups cooked shrimp, halved lengthwise and chilled
1 cup thinly sliced celery
1 tablespoon finely minced sweet onion
1 tablespoon fresh lemon juice
1/2 cup mayonnaise
1 tsp. old bay seasoning
Salt and pepper to taste
4 large butter lettuce leaves
1 tomato, cut into 12 slices
1 avocado, cut into 12 slices
4 cherry tomatoes

DIRECTIONS

In a medium bowl, mix shrimp with celery, onion, lemon juice, mayonnaise, and salt and pepper to taste. Place a lettuce leaf on each plate and create a circular fan of three avocado slices and three tomato slices atop each leaf leaving room in the center. Scoop 1/4 of the shrimp mixture into the center of each plate and garnish with cherry tomato.

Yield: 4 servings, ~1/2 cup salad each

Lightly Sweet Salmon

INGREDIENTS

4 salmon fillets
Salt and pepper to taste
1 tablespoon onion powder
1 teaspoon crushed red pepper flakes
Marinade:
1/4 cup olive oil

PAIR UP

with Maria Terry



1/4 cup fresh lemon juice
4 cloves garlic, minced
3 tablespoons white balsamic vinegar
2 tablespoons white sugar
2 tablespoons chopped green onions
2 tablespoons chopped cilantro

DIRECTIONS

Season fillets with salt and pepper, onion powder, and red pepper flakes. Set aside in a baking dish.

In a medium bowl, mix together olive oil, lemon juice, garlic, balsamic vinegar, sugar, green onions, and cilantro. Pour marinade over salmon; cover, and refrigerate overnight, or at least 6 hours.

BBQ or broil in oven turning once until cooked through.

Yield: 4 servings

(On website)

Lemon Charlotte

INGREDIENTS

Candied lemon peel
4 lemons
3 cups sugar
2 cups water

Lemon curd

4 large egg yolks
2 large eggs
3/4 cup sugar
1/2 cup fresh lemon juice
Pinch of salt
1 1/4 cups chilled whipping cream
42 purchased soft ladyfingers (from two 3-ounce packages)

DIRECTIONS

Start preparing them at least one day ahead.

For candied lemon peel:

Line small baking sheet with foil. Using vegetable peeler, remove peel from lemons in long strips (yellow part only). Place in small saucepan. Add enough cold water to cover generously; bring to boil. Drain. Repeat blanching 2 more times. Cut lemon peel into 1/8-inch-wide strips. Bring 2 cups sugar and 2 cups water to boil in medium saucepan, stirring until sugar dissolves. Boil gently 5 minutes. Add lemon peel; simmer until peel is translucent, about 15 minutes. Using slotted spoon, transfer peel to prepared sheet; sprinkle 1 cup sugar over and toss to coat. Let dry at room temperature 2 hours. Transfer lemon peel mixture to airtight container. Pour syrup into bowl. (Candied lemon peel and syrup can be made 3 days ahead. Store peel at room temperature. Cover and chill syrup.)

For lemon curd:

Whisk egg yolks, whole eggs, sugar, lemon juice, and salt to blend in top of double boiler over barely simmering water (do not allow bowl to touch water); whisk constantly until mixture thickens and instant-read thermometer registers 160°F, about 6 minutes. Transfer to glass bowl, place plastic wrap directly on surface, and refrigerate overnight.

Finely chop enough candied lemon peel to measure 1/4 cup; place in small bowl. Mix in 1/2 cup lemon curd; cover and chill. Beat whipping cream in large bowl until peaks form. Fold 1 cup whipped cream into remaining lemon curd; cover and chill. Cover remaining whipped cream; chill.

Line six 3/4-cup soufflé dishes (3 inches in

PAIR UP

with Maria Terry



diameter with 1 1/2-inch-high sides) with plastic wrap, leaving 3-inch overhang. Cut ladyfingers into 2-inch lengths, reserving ends. Stand 7 ladyfinger pieces upright side-by-side, rounded side out, around inside rim of each dish. Place reserved end pieces of ladyfingers in bottom of each dish, covering completely. Brush ladyfingers lightly with lemon syrup. Spoon 1/4 cup lemon cream mixture into center of each dish. Gently spread generous 1 tablespoon lemon curd-peel mixture over top of each. Chill at least 2 hours. (Can be made 1 day ahead. Cover; keep chilled.)

Using plastic wrap as aid, lift charlottes out of soufflé dishes. Carefully peel off plastic wrap. Place on plates. Spoon reserved whipped cream into pastry bag fitted with medium star tip. Pipe whipped cream rosette atop each charlotte. Sprinkle each with candied lemon peel.

Yield: 6 servings