

PAIR UP

with Maria Terry



August 2013 – Burger’s Down Under

My family loves burgers, but sometimes it is nice to break away from the beef and put something else in the bun. Another twist is to go with a white wine for your summer burger BBQ. It is cool and refreshing at the end of a hot summer day.

Ground turkey is a healthy burger choice, but it can be a bit bland and is often dry. These Turkey Burgers with Avocado Butter are full of flavor and topped with a creamy, lemony compound butter that will guarantee a juicy burger. Other than the requisite French fries, a great side dish with these burgers is piquant Cilantro Slaw. Both recipes go great with white wines from Australia. Aussie whites are often intense in flavor and high in acidity so they will stand up to these two acidic, highly flavored dishes. Recently I had an Australian Marsanne from Wine Thieves in Lafayette. Marsanne is a classic southern Rhone white that is often blended with Viognier and Roussanne. When grown in Australia, it has a bright citrus flavor and even has a touch of complexity from a hint of petrol that you will find in the nose. If you can’t find Marsanne, look for either Sauvignon Blanc or Riesling. Both are grown in Australia and will substitute nicely.

For dessert, let’s go for something really sweet. Australians make great dessert wines that they call “Stickies.” They are appropriately named because they are sticky sweet. But, like their dry white counterparts, they retain the acid needed to balance the sugar. You can find Stickies made from many white grapes: Muscat, Riesling and Sauvignon Blanc, to name a few. Most white dessert wines have stone fruit aromatics and flavors. To echo those flavors, try the Apricot Crème Brulée found on my website (www.lasommeliere.com). It has a

delicate, velvety texture and you get a burst of apricot flavor in each bite.

So, go on. Pair Up!

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Cilantro Slaw

INGREDIENTS

1 (12 oz.) package cole slaw blend
¼ cup diced cilantro
¼ cup diced green onion

Dressing

½ cup oil
1/3 cup lime juice
1 tbsp. vinegar
2 tsp. sugar
2 cloves garlic, crushed
1 tsp. salt and lemon pepper
½ tsp. crushed red pepper

DIRECTIONS

Mix dressing. Toss with vegetables. Top with slices of limes, cucumber, and radishes

Yield: 6 cups

Turkey Burgers with Avocado Butter

INGREDIENTS

1 1/3 lbs. ground turkey breast
2 cloves garlic, finely chopped
1 large shallot or 1/4 red onion, finely chopped
2 tbsp. chopped fresh cilantro leaves
2 Serrano or jalapeño pepper, seeded and finely chopped
2 tsp. ground cumin

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1 to 2 tsp. cayenne hot sauce, several drops
2 tsp. grill seasoning blend or seasoned salt

Avocado Butter*

½ cup butter
5 tbsp. lemon juice
2 garlic cloves, minced
½ cup mashed ripe avocado
2 tbsp. fresh parsley, chopped
Salt to taste

DIRECTIONS

Blend butter ingredients together in food processor. Place into center of large square of saran wrap and roll into log shape. Close tightly and refrigerate.

Mix all burger ingredients well and drizzle patties with oil. Grill or pan fry till fully cooked.

Serve turkey patties on soft buns slathered with avocado butter and topped with mixed green lettuces.

*Avocado butter will keep in refrigerator for a few weeks or three to four months in the freezer. It is great on top of grilled fish or chicken as well.

Yield: 4 servings

(on website)

Apricot Crème Brulée

INGREDIENTS

15 ounces apricots in syrup, drained and chopped
4 extra-large egg yolks
1 extra-large egg
½ cup granulated sugar

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2 tbsp. granulated sugar
1 tsp. vanilla extract
¼ tsp. ground cinnamon
3 cups heavy cream
2 tbsp. peach liqueur

Optional Garnishes

Confectioners' sugar, whipped cream,
toasted sliced almonds

DIRECTIONS

Heat oven to 300°. Divide chopped apricots evenly among six 4-ounce ramekins.

Using electric mixer on low speed, beat egg yolks, egg, ½ cup sugar, vanilla extract and cinnamon for one minute.

In saucepan over medium-high heat, cook heavy cream five minutes, or until thermometer (not touching sides of pan) reads 160°. DO NOT BOIL.

With mixer on low speed, slowly add heavy cream to egg mixture. Stir in peach-flavored liqueur. Divide egg mixture evenly among prepared ramekins. Place ramekins in baking pan. Fill baking pan with one inch of boiling water. Bake at 300° for 30 minutes, or until custard is set. Remove ramekins from water bath; let cool to room temperature. Chill for four hours.

To serve, sprinkle two tablespoon sugar evenly over top of each ramekin (one teaspoon per ramekin). Place under broiler one minute or use a torch until sugar is golden brown and caramelizes evenly. Let sit one minute, or until sugar hardens. Garnish as desired.

Yield: 6 servings