

PAIR UP

with Maria Terry



March 2015 – St. “Patty’s” Day

The luck o’ the Irish will be with us on March 17. Many celebrate the anniversary of St. Patrick’s death with festive green colors, cute shamrocks and, of course, good food and drink. In honor of Patrick, here are three delicious recipes that have a “patty” at their core. Although many will be consuming green beer on this day, I recommend both red and whites wines for pairing with these recipes.

The Languedoc-Roussillon wine region hugs the Mediterranean coast of southern France. This region’s fruity red wines are delightful partners to seafood dishes like Mediterranean Salmon Patties listed here. You will find wines from Languedoc-Roussillon are commonly made from the holy trinity of red grapes: Grenache, Syrah and Mourvedre. Of the three, Syrah is often the most tannic and has a meaty quality. Mourvedre offers rich earthiness. For this dish, I suggest looking for a blend that is dominated by the Grenache grape. It is generally the most fruit forward of the three and has the necessary acidity to balance the tomato sauce that accompanies the patties.

Hamburgers make great party fare. Asian-Inspired Pork Patties have intensely flavored ingredients mixed directly into the meat. In fact, because the patties have so many flavors, the toppings for this burger are incredibly simple: mayonnaise and watercress. Serve with Jalapeño Kettle Chips and a Cilantro-Broccoli side salad (“Pair Up,” May 2014), and pair with a dry Austrian Riesling. This wine often has beautiful aromas of peaches and roses, and it will complement the floral quality of the ginger without fighting the spice of the jalapeno.

Irish Soda Patties are like mini-scones. These little beauties have a hint of caraway

and tangy currants, and they are not too sweet. For this reason, they pair well with a dessert wine. Banyuls, also from the Languedoc-Roussillon and made from Grenache grapes, has fig newton, roasted coffee and a toasted nut flavors. If you can’t find a Banyuls, flavors similar to these can be found in a tawny port.

So, go on. Pair Up!

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

Mediterranean Salmon Patties

INGREDIENTS

Patties

- 2 c. cooked fresh salmon (or other leftover cooked fish; if unseasoned add grill seasoning)
- 2 tbsp. low-fat or fat-free mayonnaise
- 1/2 c. unseasoned dry bread crumbs, divided
- 2 tbsp. scallions, chopped
- 1 tbsp. minced parsley
- 2 tbsp. cocktail sauce
- 1 egg white, beaten until foamy

Sauce

- 1 c. canned crushed tomatoes
- 2 tbsp. scallions, sliced
- 1 tbsp. parsley and/or basil, chopped
- Salt & pepper to taste

DIRECTIONS

To make the patties: Coarsely chop salmon and place in medium bowl. Mix with mayonnaise, 1/4 cup of the bread crumbs, 2 tbsp. of the scallions, 1 tablespoon of the parsley, black pepper and hot sauce. Stir in egg white. Shape into 8 small patties and coat lightly with remaining bread crumbs.

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Place patties on foil-lined broiler pan. Broil 4-6 inches from heat source until lightly browned (about 4-5 minutes per side).

To make the sauce: simmer tomatoes and scallions in a small saucepan about 10 minutes. Stir in herbs, season with salt and pepper.

To serve as appetizer: Place 1/4 cup sauce on each individual plate, top with two patties and garnish with lemon wedge and parsley.

To serve as a salad: Place two patties on top of a bed of lightly dressed field greens (2 tsp. lemon juice, 2 tsp. oil, 1/4 tsp. dried tarragon, salt and pepper). Drizzle with sauce.

Yield: 8 small patties

Asian-Inspired Pork Patties

INGREDIENTS

1 lb. lean ground pork
1 tbsp. minced fresh ginger
2 scallion, trimmed and sliced into thin rounds
1 serrano or small jalapeño pepper, seeds and ribs removed, sliced into thin rounds
2 tsp. soy sauce
1 tsp. ground pepper
4 hamburger buns, toasted
6 tbsp. mayonnaise, or to taste
1 bunch watercress, rinsed and patted dry

DIRECTIONS

Place the pork, ginger, scallions, serrano/jalapeño, soy sauce and ground pepper in a medium-size bowl. Using your fingers or a wooden spoon, mix the

ingredients until thoroughly combined.
Form into four patties.

Heat a medium-size heavy skillet over medium-high heat. Add the pork patties and cook until they are browned and crisp on the outside, about 5 minutes per side.

Assemble the patties between sliced buns topped with mayo and watercress.

Yield: 4 servings

Irish Soda Patties

INGREDIENTS

2 cups all-purpose flour
3/4 cup white sugar
1/2 teaspoon baking soda
1/2 cup butter
1/2 cup dried currants
1/4 cup buttermilk
1 egg
1/4 teaspoon salt
1 teaspoon caraway seed

DIRECTIONS

Preheat oven to 350°. Combine dry ingredients in a mixing bowl. With a pastry blender, cut in butter until mixture resembles coarse meal. Stir in currants. Mix in beaten egg. Pour in milk and mix with a fork to make a soft dough (may need a little more milk).

Roll into 2" golf ball size balls and pat into 2" diameter, 1/4 - 1/2" thick, patties. Bake for 12 to 14 minutes or until slightly browned.

Yield: 3 dozen