

PAIR UP

with Maria Terry



April 2018 – Spicy Spring

I must admit, I'm a spicy girl. When I go out, I choose the spiciest dish on the menu. When I cook, I have a heavy hand with the crushed red pepper. I don't love the watery eyes or runny nose, but there is just something about that rush of heat that brings out the flavor in food.

Garlic is not my idea of spicy but is one of my favorite flavors. Green Garlic Dip uses garlic scapes instead of the garlic bulb. The scape is the flower stalk of the garlic plant. You can buy them in late spring labeled as green garlic. Although their season is short, they freeze well for later use. Garlic scapes are a little more peppery than the bulb and when added to a dip with jalapeño, you get a big punch. It is perfect with your favorite vegetable dipper or chip and is a terrific way to start your evening off with a bang. To counteract this level of spice, you should have a wine with sugar in it. An off-dry Prosecco immediately comes to mind. It is light, bubbly, and has just the right amount of sweetness to cool off your mouth.

Dragon Noodles are exactly what they sound like -- spicy Asian noodles. This recipe is super easy to make and uses simple ingredients. If the egg in the dish is not enough protein for your meal, it can be a side dish for a protein entrée. As for the wine, again, you are looking for something off-dry. Riesling is great with Asian foods because its stone fruit flavors and tremendous acidity bring out the umami in the food. Rieslings are best when grown in cool climates and come in a range of sweetness. I love German Rieslings because they have a naming system that helps you know what you are getting. From drier to sweeter they are: Kabinett, Spätlese, Auslese, Beerenauslese,

Trökenbeerenauslese, and Eiswein. Both the Spätlese or Auslese levels work with this dish.

For dessert, instead of continuing the spice assault, I chose a flavor that will knock your socks off without heat. Lemon Pudding Cake is sweet and tart with intense lemon flavor. To pair, choose a delicate sparkling wine called Moscato. Moscato is made from the Moscato Bianco grape in the northwest region of Italy. It is quite sweet and has a citrus and floral flavor that will complement the lemon flavor in the cake.

So, go on. Pair Up!

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

Green Garlic Dip

INGREDIENTS

3 garlic scapes, cut into pieces
2 tablespoons chopped fresh cilantro
2 tablespoons olive oil
1 tablespoon dry sherry
1 lemon, juiced
1/2 jalapeño pepper, seeded and coarsely chopped
1 cup sour cream
Salt and black pepper to taste

DIRECTIONS

Place the green garlic, cilantro, olive oil, sherry, lemon juice, and jalapeno pepper into a blender or food processor. Blend until pureed. Scrape into a bowl and mix in the sour cream until evenly blended. Season to taste with salt and black pepper. Refrigerate before serving.

Yield: about 1 cup

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Dragon Noodles

INGREDIENTS

8 oz. lo mein noodles or fresh fettucine
4 Tbsp butter
½ tsp crushed red pepper
2 large eggs
2 Tbsp brown sugar
2 Tbsp soy sauce
2 Tbsp sriracha rooster sauce
2 handfuls fresh cilantro
2-3 sliced green onions

DIRECTIONS

Begin to boil water for the noodles. Once the water reaches a full boil, add the noodles and cook according to the package directions (boil for 5-7 minutes).

While waiting for the water to boil, prepare the sauce. In a small bowl stir together the brown sugar, soy sauce, and sriracha.

In a large skillet melt 2 tablespoons of butter over medium-low heat. Add the red pepper to the butter as it melts. Whisk an egg in a bowl and then add to the melted butter. Stir gently and cook through. Once the egg is done cooking, turn off the heat.

When the noodles are tender, drain the water and then add them to the skillet with the cooked egg. Also add the prepared sauce. Turn the heat on low to evaporate excess moisture and stir until everything is coated well with the sauce.

Sprinkle the sliced green onions and cilantro leaves (whole) on top and serve!

Yield: 2-4 servings

Lemon Pudding Cake

INGREDIENTS

Cake:

4 eggs
1 package (2-layer size) yellow or butter cake mix
1 package (4 serving size) instant lemon pudding mix
¾ cup water
⅓ cup vegetable oil

Drizzle:

⅓ cup lemon juice
2 cups sifted powdered sugar

DIRECTIONS

In mixing bowl, beat eggs until thick and lemon-colored. Add cake mix, dry pudding mix, water, and vegetable oil. Beat at medium speed of electric mixer for 10 minutes.

Pour batter into an ungreased 10-inch tube pan with removable bottom.

Bake cake at 350 F for about 50 minutes, or until a wooden pick or cake tester inserted in center comes out clean.

Grasp tube center, remove hot cake (still on pan bottom) from the pan.

Combine lemon juice and sifted powdered sugar in a saucepan and bring to a boil, stirring constantly.

Using a fork, prick many holes evenly in the top of cake. Drizzle hot glaze over top and spread over sides of cake.

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Yield: 1 cake

