

# RECIPES WITH WINE NOTES

## Salmon Tartar with Smoked Salmon and Cucumber

*Pinot Gris*

Mission Hill Family Estate, Westbank, BC  
Former Executive Chef Michael Allemeier, CCC

**Yield:** 6 portions

Salmon tartar—see below

Lemon aioli—see below

Smoked salmon, sliced	12 slices	12 slices
English cucumber	1	1
Salmon caviar	30 g	1 oz
Chives, sliced	10 g	1 tbsp

1. Make up the lemon aioli (see below) and keep cold until needed.
2. Make up the salmon tartar (see below) and keep cold until needed.
3. Slice cucumber lengthwise using a mandolin or very sharp knife, being careful to avoid the seeds.
4. Place a 2" stainless steel or plastic ring on a plate, and then line the ring with the cucumber slice, so that it wraps around and connects again. Push the cucumber against the ring.
5. Carefully place the sliced smoked salmon up against the cucumber.
6. Fill the ring with the tartar.
7. Carefully lift the ring.
8. Garnish the top of tartar with caviar and sliced chives.
9. Drizzle the aioli around the salmon ring.

### Salmon Tartar

Salmon, skin and bones removed	225 g	8 oz
Red onion, finely diced	100 g	3.5 oz.
Capers, finely diced	20	20
Garlic, finely diced	5 g	1 clove
Parsley, finely chopped	75 g	0.5 cup
Dill, chopped	10 g	1 tbsp
Dijon mustard	10 mL	2 tsp
Mayonnaise	45 mL	3 tbsp
Tabasco sauce	10 drops	10 drops
Worcestershire sauce	5 mL	1 tsp
Lemon juice	15 mL	1 tbsp
Salt and pepper	T T	T T

1. For this dish the salmon must be sushi grade. It must be previously frozen and used right away.
2. Place crushed ice in a large bowl.
3. Add a smaller bowl in the ice so that the contents of the inner bowl will remain cool.
4. With a very sharp knife, cube the salmon into 5 mm (0.25 inch) dice.
5. Place the cubed salmon into the small cold bowl.
6. Add the red onion, capers, garlic, dill and parsley. Carefully mix all ingredients.
7. Add the remaining ingredients and mix well.
8. Adjust seasoning and keep cold until needed.

### **Lemon Aioli**

Egg , room temperature	1	1
Lemons, juiced	2	2
Dijon mustard	15 mL	1 tbsp
Tarragon vinegar	15 mL	1 tbsp
Vegetable oil	225 mL	8 fl oz
Salt	T T	T T

1. Place the whole cracked egg, lemon juice, mustard and vinegar in a bowl.
2. Have a second person hold the bowl and whisk all ingredients.
3. Slowly drizzle the oil into the bowl while whisking. At first add the oil drop by drop. Whisk well the whole time, so that the oil is emulsified into the base ingredients.
4. Once all the oil is added adjust season with salt.
5. Keep in the fridge until needed.

### **Wine Notes:**

Pinot Gris is a white grape that has a grayish hue to its skin. This grape is grown in many of the worlds wine producing areas. It can be bone dry as in the wine that comes from Italy—Pinot Grigio—or it can be very rich and honeyed as are the versions from Alsace. The flavours can range from citrus fruit, apple, pear, peach, melon, honey, vanilla and butter. This grape can either be fermented in stainless steel or enjoy being enriched from small amounts of oak. The richness of pinot gris—especially from the Okanagan Valley—really works well with the richness of this dish. Salmon and pinot gris work so well together as does the light smoke of the smoked salmon. The final link is the lemon from the aioli.

# Pan Seared Scallops with Crab, Leek and Potato Purée

## *Chardonnay*

Mission Hill Family Estate, Westbank, BC  
Former Executive Chef Michael Allemeier, CCC

**Yield:** 6 portions

Jumbo scallops, U 10	6	6
Crab meat, fresh	100 g	3.5 oz
Leeks, whites, sliced and washed well	2	2
Butter	100 g	3.5 oz
Green onions, sliced	2	2
Mashed potatoes—see below		
Olive oil	as needed	as needed
Chives, sliced	as needed	as needed
Fresh potato chips	as needed	as needed

1. Heat a small pan over low heat and melt the butter. Add the washed leeks and cover. Cook the leeks for about 20 minutes until tender and falling apart. Keep warm.
2. Make up potato puree and keep warm. When ready to serve, fold in the leeks and butter, plus add the crab meat and sliced green onions last minute. Stir well and check seasoning.
3. Blot the scallops dry with paper towel. Heat a fry pan over high heat and add enough vegetable oil to thinly cover the bottom. When the oil starts to smoke, carefully add the scallops placing them flat side down in the pan. Sear for 1 minute a side or until done. Season with salt.
4. Place a dollop of the mashed potato on a hot plate. Top with scallop and garnish with fresh potato chips.
5. Garnish plate with chives and drizzle with olive oil.

### Potato Puree

Russet potatoes	1 kg	2.25 lbs
Cream, 35 %	225 mL	8 fl oz
Butter	30 g	1 oz
Salt	T T	T T

1. Boil the potatoes in salted water until tender and drain well.
2. Mash the potatoes using a potato ricer or food mill.
3. Scald the cream with the butter and mix into the mashed potatoes.
4. Whip the potatoes with an electric mixer or heavy whisk until fluffy.

**Wine Notes:**

Chardonnay is a white grape that is extensively planted throughout the world, but made famous in Burgundy. It grows very easily in most wine regions and is highly marketable. It can range in style from stainless-steel-fermented and being very minerally and steely to being heavily oaked, rich and buttery. The flavours can range from citrus fruit, apple, pear, pineapple, fig, honey, vanilla, mineral, butter and hazelnut. This dish benefits from the richness that chardonnays offer, especially if the use of French oak applies. One wants to match the richness of this dish with the richness that chardonnay can offer. The natural acidity is very refreshing as well.

# Cedar Planked Sablefish with Sunchoke and Garlic Purée, Carrot Confit, Fennel and White Bean Sauce

*Pinot Noir*

Mission Hill Family Estate, Westbank, BC  
Former Executive Chef Michael Allemeier, CCC

**Yield:** 6 portions

Sablefish fillets, 150 g each	6	6
Water	2 L	2 qts
Salt	140 g	5 oz
Sugar	70 g	2.5 oz
Maple syrup	75 mL	0.3 cup
Star anise	1	1
Fennel, shaved thinly	1 bulb	1 bulb
Butter	30 g	1 oz
Sunchoke and garlic purée—see below		
Carrot confit—see below		
White bean sauce—see below		
Clarified butter	as needed	as needed

Cedar planks as needed—see *Plank Basics* below

1. Soak planks in cold water overnight.
2. In advance, add to a pot the water, salt, sugar, maple syrup and anise. Bring to boil; strain and cool at once. This is the brine. It is best made the day before and refrigerated.
3. Once the brine is cold, place the pieces of sablefish in the brine and soak for ten minutes. Remove and drain well. Discard the brine.
4. Make up recipes of sunchoke and garlic purée, carrot confit and white bean sauce. Keep warm.
5. Preheat oven to 240°C (475°F).
6. Remove the planks from water and brush one side of the plank with a thin layer of vegetable oil. Place the portions of sablefish on the soaked planks.
7. Place the planks in the oven and roast for 4 minutes. Carefully remove and brush fish with clarified butter. Place planks back in the oven and continue to cook until the fish is done, about another 6–8 minutes.
8. Remove from oven and brush with more butter.
9. Heat a frying pan over high heat and add the butter. Add the shaved fennel at once and sauté for 1–2 minutes until tender and hot.
10. Serve at once with fennel, sunchoke and garlic purée, carrot confit and white bean purée.

### Sunchoke and Garlic Purée

Sunchokes, washed well	400 g	14 oz
Garlic	25 g	5 cloves
Chicken stock	225 mL	8 fl oz
Vegetable oil	50 mL	3 tbsp
Salt	T T	T T

1. Preheat oven to 210°C (425°F).
2. Place sunchokes in a bowl and coat with canola oil.
3. Place on a sheet tray and roast. Stir every 5 minutes. Cook until tender, about 25–30 minutes.
4. Place garlic cloves in chicken stock and bring to a simmer. Simmer for 10 minutes and remove from heat.
5. Once sunchokes are tender, place in a food processor. With the motor running slowly add the garlic and chicken stock.
6. Add salt to taste.
7. Keep warm until needed.

### Carrot Confit

Carrots, medium	8	8
Garlic	5 g	1 clove
Bay leaf	1	1
Black peppercorns	2	2
Fennel seeds	6	6
Olive oil	as needed	

1. Preheat oven to 150°C (300°F).
2. Rub the skins off the carrots and cut into 3" pieces.
3. Place the carrots, garlic, bay leaf, black peppercorns and fennel seeds into a small oven proof pot or container.
4. Pour olive oil over top until just covered.
5. Place in oven for 2 hours or until carrots are tender.
6. Keep carrots in oil until needed.
7. Blot dry on absorbent paper and serve at once.

## White Bean Sauce

White beans, cooked, drained	125 g	4 oz
Shallots	70 g	2
Garlic	5 g	1 clove
Fish or chicken stock	750 mL	26 fl oz
Lemon, juiced	1	1
Cayenne pepper	pinch	pinch
Salt	T T	T T

1. In a pot place the beans, shallots and garlic.
2. Cover with stock and bring to a simmer.
3. Simmer for 30 minutes, purée in blender.
4. Season with lemon juice, salt and cayenne.
5. Keep warm until needed.

### **Plank Basics:**

1. Buy *untreated* cedar planks at your local food store, BBQ shop or hardware store.
2. Be sure to purchase *untreated* planks to avoid chemical contaminants to your food.
3. You can use other woods as well; try untreated oak, maple, apple wood planks for different flavours.
4. Immerse plank in water and soak for at least 6 hours or overnight. You may have to weigh it down to stop the plank from floating.
5. Preheat grill to medium (or oven to 425°F). Brush one side of the plank with a thin layer of vegetable oil; this will help stop the food from sticking.
6. Place the ingredient on the plank and place in oven or on grill. Close lid or door.
7. Cook to desired doneness. Check occasionally to ensure plank doesn't flare up. Spray with water if necessary.
8. When done, remove ingredients from the plank. Let plank cool before removing.

### **Wine Notes:**

Pinot Noir is a thin-skinned red grape also known as the “heartbreak grape.” It requires a very specific growing area, with warm days and cool nights. Due to its thin skin, it is very susceptible to damage and needs gentle handling. But, if well taken care of, it can result in some of the finest wines of the world. It is famous from Burgundy but grows well in other cool climate locations. Its flavours range from strawberry, cherry, raspberry, clove, mint, vanilla, cinnamon, sage and truffle. This is a great and unusual pairing—red wines can work with fish. One just needs a red wine that is low in its tannin structure; high tannins will result in the fish tasting metallic. But if one has a wine that is low in tannins—which pinot noir is—and has good fruit elements, the pairing is terrific.

# Lemon Panna Cotta, Peach Compote, Ginger Syrup and Almond Tuille

*Late Harvest or Ice Wine Riesling*

Mission Hill Family Estate, Westbank, BC

Former Executive Chef Michael Allemeier, CCC

**Yield:** 6 Servings

## Lemon Panna Cotta

Milk	225 mL	8 fl oz
Cream, 35 %	450 mL	16 fl oz
Gelatin powder	5 mL	1 tsp
Sugar	75 g	2.5 oz
Lemons, zested	2	2
Vanilla bean	1	1
Oil	as needed	as needed

1. Add half of the milk to a pot. Add the gelatin and over low heat dissolve the gelatin.
2. Split and scrape the vanilla bean. Add the vanilla, cream, sugar, lemon zest and remainder of the milk in to a pot. Bring to a simmer and cook for 3 minutes. Let steep for 10 minutes in a warm place.
3. Bring back to a simmer and slowly stir in the milk and gelatin.
4. Strain the cream.
5. Lightly oil out custard cup and pour cream into cups.
6. Refrigerate until set.
7. Carefully remove the next day and keep wrapped tightly.

## Ginger Syrup

Water	250 ml	8 fl oz
Sugar	125 g	4 oz
Ginger, peeled and bruised	3-cm piece	1.25-in piece
Lemon, zested and juiced	1	1

1. Place all the ingredients in a pot and bring to a boil.
2. Simmer for 30 minutes and let steep for 1 hour or longer if you like the ginger flavour.
3. Strain and cool.



### Peach Compote

Water	250 mL	8 fl oz
Sugar	125 g	4 oz
Late Harvest Riesling or Ice Wine	150 mL	5.5 fl oz
Vanilla bean	1	1
Peach, diced	6	6

1. Split the vanilla pod in half and scrap the seeds out.
2. Place the pod and seeds in a pot.
3. Cover the vanilla with the water, Riesling and sugar and bring to a simmer.
4. Add the diced peach and simmer for five minutes.
5. Take off heat and let sit overnight.

### Almond Tuille

**Yield:** 12–15 tuilles

Sugar	60 g	2.2 oz
Almonds, sliced	60 g	2.2 oz
Butter	22 g	0.8 oz
Flour	15 g	0.55 oz
Egg whites	1	1

1. In the food processor, pulse the sugar and almonds until broken.
2. Add the butter and pulse to mix well.
3. Place the contents of the food processor into a bowl and fold in the flour.
4. Lightly whip the egg whites and fold into the rest of ingredients.
5. Let sit for 20 minutes.
6. Preheat oven to 200°C (400°F).
7. Spread batter thinly in a cold tray lined with parchment paper. Using a template helps to form the shape or just doing a circle shape. Bake for 5–7 minutes until the edges start to colour. Mould to desired shape, let cool.

#### **To Assemble:**

1. Place the panna cotta just off centre of a plate.
2. Place a large spoon of compote next to the panna cotta.
3. Spoon ginger syrup around the panna cotta and lean the tuille up against the panna cotta, while it rests on the compote.

#### **Wine Notes:**

Late harvest or ice wines are wines that are the last to be made of the year. The fruit is left on the vines long past the normal harvest time. As the grapes hang they start to dehydrate and increase in sweetness. The golden rule with dessert pairings is that the dessert must never be sweeter than the wine or the wine will taste sour and flat.