

Cathedral Area
PRESERVATION
ASSOC.

Wine Walk

2017

RECIPES

*We're so glad you enjoyed the delicious menu at this year's
CAPA Wine Walk! Click here to download the recipes
found below!*

Zucchini Fennel Soup:

2oz butter
8oz onions, diced
4oz leeks, sliced
1# zucchini, cut into 1" pieces
1# fennel bulbs, sliced
1tsp salt
2 1/2oz flour
6c low sodium chicken stock
1 1/2c heavy cream
1tsp minced fresh thyme
5oz butter
Salt, white pepper, lemon

1. Light cool onions and leeks in the 2oz butter until soft, add zucchini, fennel and salt and let cook until zucchini is soft.
2. Add flour and stir in to incorporate
3. Add chicken stock and let simmer for 20 minutes. Puree using a blender or hand blender
4. Add cream, 5oz butter, salt, white pepper and fresh lemon to taste

Garnish with grated smoked gouda and sauteed apples in butter until soft.

Panko Fried Chicken with Honey chili glaze

1c flour
2 eggs, beaten well
2c panko
1c oil
4 chicken breast, skinless, boneless
Salt and pepper

Season chicken with salt and pepper, coat in flour, dip in egg, let drain briefly and place in panko bread crumbs and coat well.

Pan-fry in oil until golden brown and cooked through.

Glaze:

1/2c honey
1/4c cider vinegar
Juice of 1 orange
Juice of 1 lime
2tsp chili garlic sauce
Salt to taste

Combine all ingredients and let simmer for 8-10 minutes over medium heat until slightly thickened.

Brie, banana Ketchup, macadamia nuts

2 ripe bananas, sliced
1/2c water
1/4c cider vinegar
1/3c brown sugar
1/4tsp cinnamon
1/8th tsp nutmeg
1/8th tsp cloves
1/4tsp ginger powder
Salt to taste

Combine all ingredients in a saucepan and let simmer for 10 minutes until bananas are tender.
Puree using a food processor or hand blender

Crab Salad with lemon crumble

8oz crabmeat
2Tb mayonnaise
1Tb sour cream
2tsp lemon zest
Juice of 1/2 lemon
2Tb minced shallots
1Tb grainy mustard
2Tb chopped parsley
1Tb chopped tarragon
Salt, pepper

Combine all and gently fold together.

Lemon crumble

1/2c panko bread crumbs
2Tb olive oil
1tsp garlic
2tsp lemon zest
1Tb chopped parsley
Salt, pepper

Combine olive oil with panko and toast in oven or a saute over low heat, stirring
Add garlic, lemon zest and parsley and remove from the heat.
Season with salt and pepper

Feta Mousse

8oz feta
4oz cream cheese
4oz milk
1/2tsp salt
Pinch white pepper
4oz heavy cream

1. Heat feta, cream cheese and milk to 165 degrees.
2. Puree feta, cream cheese, milk, salt and pepper in vitamix until very smooth.
3. Let cool to room temperature
4. Whip cream to stiff, fold into cheeses gently

Cherry Fennel Bruschetta

1/4c minced shallots
2tsp garlic minced
2Tb olive oil
1 fennel bulb, diced
2tb sugar
2Tb cider vinegar, or red wine vinegar
1/2c water
1/3c chopped dried cherries
Salt and black pepper to taste

Lightly cook shallot, garlic and fennel in olive oil over low heat for 5 minutes
Add sugar, vinegar and water, let simmer covered until fennel is tender
Add cherries
Season to taste

Creamy mushrooms for pizza

8oz sliced mushrooms of your choice
2Tb olive oil
1/4c shallots, minced
1tb garlic
4oz white wine
4oz heavy cream
2tsp minced rosemary
Salt, pepper
Lemon to taste

Cook mushrooms in olive oil until lightly browned
Add shallots and garlic and let cook 1 minute, add white wine and let reduce by half
Add cream and rosemary and let simmer until thickened
Season with salt, pepper and lemon
Use on prepared pizza dough, sliced baguettes, etc
Top with swiss cheese and bake

Meat sauce for Pasta

1 onion diced
1 carrot, diced
2 ribs celery, diced
1 red pepper, diced
1/4c olive oil
1Tb garlic
1# ground meat
2Tb flour
1/2c tomato puree
4oz red wine
2c tomato sauce
1/4c water
1tsp dry oregano
1tsp dry basil
1/2tsp dry thyme
2tsp sugar
Salt, pepper

Cook vegetables in olive oil until soft, add garlic and let cook briefly
Add meat and let cook until no longer pink
Add flour and stir in to meat
Add puree and red wine and let simmer for 3-4 minutes
Add tomato sauce, water, sugar and herbs, let simmer for 30 minutes
Season with salt and black pepper

Shallot Jam for burgers

6 shallots, peeled and sliced thin
1tb olive oil
1/4c honey
1/3c red wine vinegar
1/3c red wine
Pinch ground cloves
Pinch nutmeg
1/4tsp cinnamon
Salt and black pepper to taste

Cook shallots in olive oil over low heat until soft
Add remaining ingredients and let simmer until thickened
Season with salt and pepper

Lamb meatballs

1 lb ground lamb
2 Tb shallots and 2 tsp garlic, sweated in olive oil, cooled
2 tsp mint, chopped
1 tsp dill, chopped
1 Tb parsley, chopped
1 tsp lemon zest
4 oz fresh bread crumbs
2 oz water
1 egg, beaten
1 1/2 tsp Kosher salt
1/4 tsp black pepper to taste
6 oz crumbled goat cheese
2 Tb parmesan
Olive oil as needed
2 oz red wine

In a bowl combine all ingredients except cheeses, mix lightly until just combine.
Form 1" meatballs, and bake in 450 degree oven for 6-7 minutes.

Salsa Verde

6oz olive oil
2 small package basil leaves
1/3c chopped flat leaf parsley
2 garlic cloves
2tb capers
Black pepper

Puree all in a blender