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# seasons in the wine country

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Recipes From  
The Culinary Institute Of America at Greystone

by **CATE CONNIF**  
photographs by **ANNABELLE BREakey** and **FAITH ECHTERMEYER**



**CHRONICLE BOOKS**  
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## acknowledgments

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This is no doubt as close as I'll ever get to feeling a bit like the people who win an Academy Award and have thirty seconds to give a nod to all the people who made their accomplishment possible before the music starts. As I stumble through trying to thank even a fraction of the people who have brought this book to life in the space allotted me, I ask in advance forgiveness for any lapse I might make.

First off, I want to thank Maggie Wheeler, my editor at the CIA. Thanks for your patience, your professionalism, and your perennial good spirits. May anyone who wants to put a book together be so lucky. Thank you also to the CIA's president, Dr. Tim Ryan; vice president of continuing education, Mark Erickson; executive director of strategic initiatives, Greg Drescher; and Reuben Katz, all of whom with their leadership and vision made the seed of Greystone a successful reality.

The CIA has been my home since I moved to Napa Valley in 1994. I have had too many opportunities to be around chefs, farmers, artisan food producers, and people who grow grapes and make wine than any one person who loves to be around this clan of people should probably ever be given in a lifetime. Thank you all. You are the reason and inspiration for this book.

I always knew I wanted to do *Seasons in the Wine Country* with Chronicle Books. To Bill LeBlond, thanks for the faith and encouragement; and to Amy Treadwell and Sarah Billingsley, for the skillful guidance in getting this book where it needed to be; and to Vanessa Dina and Anne Donnard, for designing it. To photographers Faith Echtermeyer and Annabelle Breakey—and food stylist guru Karen Shinto—without you, all of this would only be words upon the page.

I get to go to work every day and learn something new from our faculty, the people who teach the students who walk through the doors at Greystone. I especially want to let Toni Sakaguchi, Bill Briwa, Lars Kronmark, Robert Jörin, Adam Busby, Almir DaFonseca, and Polly Lapettito know that you have made my time at Greystone full of more learning and eating and enjoyment than I can ever convey. To those who have built Greystone, day by day, project by project, the journey would not have been filled with laughter and purpose without you—Holly Briwa, Cyd DePreist, Jim DeJoy, Dianne Martinez, Christina Adamson, and everyone else who keeps things interesting and moving forward. To the memory of our collective friend, mentor, and Earth Mother, Catherine Brandel, without whom the reasons for starting Greystone would not have made sense to me.

And while sipping wine and mulling over its pairing with food seems, perhaps, the best job on Earth, I know that it takes a certain discipline of thought and eagerness to share that only rare people possess. To Traci Dutton, whose original voice and take on wine grace these pages, thank you for your persistence in the process.

To Hope Reinman, whose touch with all things sweet and baked brought my jumbled thoughts and ideas about many of the desserts into being with her talent and own sweet spirit—I would have been lost in coconut and peaches without you.

To all the writers I have met along the way and who have inspired me with their deft touch with words, especially Paula Disbrowe, a sidekick in crime and one of the best writers I know, merci. To

Antonia Allegra, who has always encouraged me, thanks for your faith.

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And since no one ever springs unformed, thanks to my family, especially my mother, Micky Angers Ayars, who drove all six of my siblings and me in a station wagon every summer from Chicago to Cape Cod, where we would tumble out onto the sand for fried clams at Lisa Jean's Clam Shack; and my sister, Chris Conniff O'Shea, who shared a love of date bars. And to my father, Dutch Conniff, thank you for all the conversations about cooking, among other things.

My life on the East Coast set the stage for everything I love about food and cooking. Thanks to Laura Faure, Liana Haubrich, Kass Hogan, and the memory of Paige McHugh, who taught me to be quiet in a garden, the peace of cooking in a kitchen, and much about the mystery that is me, and to Christian and Gooz Draz, and the memory of their mother, Zell Draz; they gave me a place in their hearts and their homes.

And most of all I give thanks to the grace of the two people and a dog who have made Napa Valley my home. Michael, my husband, who brought and kept me here with the life we have made (and trips to the coast for oysters); to Sara Marsten Bittner, who helped make living here home with all the walks and talks and friendship; and to Tazo, the Rhodesian ridgeback, whose noble spirit kept me company all along the way.

## foreword by michael chiarello

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In 1987, when as a twenty-four-year-old chef I moved to the Napa Valley, the first thing I realized was that each ingredient I purchased, each dish I prepared, and each wine I enjoyed was grown and crafted by the farmers, food producers, and winemakers who would become part of an extended family of my life in this unique spot on Earth.

When I opened Tra Vigne, the farmers' market was brought right to our back door. Neighbor and butcher friend Ernie Navone (and a gang of other Italians) would show up to tell a few stories and share what their expansive backyard gardens produced. All this in exchange for a bowl of pasta, a bit of rabbit, and an order for Ernie's great chicken-apple sausage. Joe and Ashley Crisione would show up with a flat of milky, ripe figs before lunch, only to have a plate of grilled house-cured pancetta-wrapped figs served with a drizzle of twenty-year-old balsamico in return. Don Watson (lamb and pig, god of the valley) would then arrive to pick up our vegetable trimmings to feed his pigs, drop off a lamb that had been dry-aged for three weeks, and hold class for the young cooks on what makes lamb taste best. Just before lunch service, Barney Welsh of Forni-Brown-Welsh Gardens organic farm in Calistoga would arrive to give us a hug, plus thirty cases of organic handpicked greens, tomatoes, and herbs. And he was never without a box of samples we "had to taste": cavolo nero (rare then) and maybe some Grapoli tomatoes from seeds I had gathered on my last trip to Italy. Products like these made my food what it was. My job wasn't to cook them well, it was simply not to mess them up on the way to the table.

Over the years I was blessed with scores of Napa Valley friends who made and loved wine. Belle and Barney Rhodes, both Mondavi families, Jack and Jamie Davies, Milt and Barbara Eisleee, the Trefethens, Larry Turley, Dan and Margaret Duckhorn, Kourner and Joan Rombauer, John Williams, Tony Soter, and many, many more. With them came Darrel Corti, Narsai David, and others famous in California for their exquisite taste. Through these friendships, I learned the stories of each vintner as expressed in every bottle that we shared.

These connections between food and wine and people has taught me the largest lesson in my life, one that I have made my culinary life's quest: the difference between taste and flavor. We experience taste in a number of ways through our senses—what food feels like in our mouths, what it smells like, looks, feels, and even sounds like. Flavor, for me, is more allusive. As I braise a Don Watson lamb with some Forni-Brown-Welsh vegetables, serve it with some Crisione balsamic vinegar over dried figs, and open a bottle of Heitz Bella Oaks Cabernet, the stories of the people who brought these foods and wines to the world are in each bite and sip. Taste comes together with memory and friendship and conversation to create what I feel is flavor in all of its intricacies.

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**“Get to know your favorite producers, share their stories at the table, surround that table with those you love, and you, too, will discover flavor like no other.”**

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I encourage you to shop your farmers' markets and get to know your favorite producers, share their stories at the table, surround that table with those you love, and you, too, will discover flavor like no other. As you discover this flavor you will be supporting local organic farming, whose profits can be reinvested in sound practices and new products, keeping our food carbon footprint to a minimum. Seek out the best, simplest techniques that will enhance this flavor. Consume appropriate amounts (and you will be full sooner from your relationships with each ingredient). Relish the coming of each season—develop a hunger for the first asparagus, taste the smell of vine-ripe tomatoes, head to an orchard to pick your own heirloom apples, and settle in with a house filled with the warming aroma of long-braised dishes.

When The Culinary Institute of America was looking to create a second campus, the unique and fertile ground and the people who grew and raised and crafted food and wine on it made Napa Valley an ideal location. Now that the college has been open for more than fourteen years, tens of thousands of students who have spent time at Greystone have been touched in some way by the gospel of crafting flavorful food with a combination of culinary talent and the very best ingredients. These students have now gone on to spread this gospel, which in turn has probably influenced a meal near you. And the ripple effects go on to influence markets, butchers, and farmers everywhere to get on the local, seasonal, relationship-oriented bandwagon.

In Napa Valley, the cycles of the seasons are enhanced by the wine-grape farming cycles that frame each season. Cover crops of mustard and fava beans “tell” you it’s time to get these ingredients into the recipe lineup. Bud break says *asparagus*, *spring onions*, *green garlic*, and the *tiniest new potatoes*. *Verasion*, or the long, final stage of grapes’ ripening, takes hold in late July, and you can be guaranteed that tomatoes are at their peak. Harvest finds picking crews working feverishly to beat the first rains. And when the rains start, when the vines go dormant, it’s time to get out your braising pot for long-simmering meat dishes and tune up your hiking boots for the first mushroom foraging of the year.

You have an able guide to these seasons of the vineyard as expressed through food in Cate Conni who showed up at the door to Tra Vigne with a basket of fresh figs from a tree in her backyard as her calling card. I had a sense then that she had found a home here.

As an ongoing culinary student I have taken the knowledge passed on to me, cherished the techniques learned while a student at the CIA’s Hyde Park campus, and shared this knowledge and these techniques with all who will listen. Whether I am cooking for my show on the Food Network, farming my family’s organic grapes for Chiarello Vineyards, or working on a new menu for my Restaurant Bottega in Yountville, the flavor of my education shines through.

Embrace the season, breathe deep, and keep your footsteps on the planet soft.

*Now, get cookin’.*



# introduction

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Seeking to establish a West Coast presence, The Culinary Institute of America began a search in the 1980s for an inspired site to house what was to be the college's continuing education campus for people in the food, wine, and hospitality professions. More than fifty locations were visited, mostly in Northern California's wine country, but it was when then-CIA president Ferdinand Metz and current president Dr. Tim Ryan saw Greystone that they recognized immediately the potential the historic building—formerly Christian Brothers Winery—would have as a world-class teaching facility.

Considered the largest stone winery building in the world when it was completed in 1889, Greystone rises castle-like against Napa Valley's western hills, looking out onto the verdant vineyards that have brought American wine making into the spotlight. The rich agricultural area surrounding Greystone has inspired some of the nation's leading artisan bread bakers, cheese makers, farmers, and foragers—as well as winemakers—providing, quite literally, the fertile soil of ingredients and talent in which to cultivate a new era of professional culinary and wine education.

There was a ferment of activity in Napa Valley in the late 1980s and early 1990s, a pulse of Northern California's wine country as mecca for food and wine in America. Wines from the area were on solid footing with the best that Europe had to offer, cultivated by a generation of winemakers driven by the pursuit of excellence. Drawn as a bee to blossoms, a new generation of talented chefs began to create a style of cooking uniquely crafted with the flavors of wine in mind. It was in this rich terrain of people, product, and place that the seeds of the world's premier culinary college took root in California.

The transformation of the majestic nineteenth-century building into one with a twenty-first-century purpose reflects the spirit of tradition and innovation that has infused CIA Greystone from the beginning. While honoring Greystone's architectural heritage, the CIA created a dynamic mix of old and new with the creation of a fifteen-thousand-square-foot open teaching kitchen, replete with fire truck-red cooking suites. The Wine Spectator Greystone Restaurant and Campus Store and Marketplace rounded out the campus when it opened its doors in August 1995.

From its genesis, CIA Greystone has promoted the thoughtful synthesis of food and wine, along with a revolutionary approach to bringing world cuisine to the American table. From initial classes in Food and Wine Dynamics and Mastering Wine has sprung a comprehensive professional wine education program, housed in its own state-of-the-art Rudd Center for Professional Wine Studies. From a foundation course showcasing the traditional cooking of Asia, the Mediterranean, and Latin America has grown an entire family of renowned classes, conferences, and special programs under the Worlds of Flavor banner.

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**“Drawn as a bee to blossoms, a new generation of talented chefs began to create a style of cooking uniquely crafted with the flavors of wine in mind.”**

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CIA Greystone is all grown up now. The college's prestigious associate degree program had its Greystone launch in 2006, and more than sixty sections of its Baking and Pastry Arts Certificate Program have graduated from Greystone in the last fourteen years. Its annual Worlds of Flavor conference brings the most recognized experts on world cuisine to the campus for what has become, just over a decade, the leading professional education event in the country on global cuisine. Public cooking demonstrations and culinary enthusiast classes offer new insights into the world of the professional chef, translated for the home cook. In a short time, the CIA's West Coast campus has become a hub of food and wine culture in America.

I am very lucky to have been able to be a part of this amazing ride from the beginning. I started working at Greystone nine months before it opened. Before then, I was a confirmed New Englander and was working with many of the East Coast's groundbreaking organic farmers, cheese makers, fishermen, and other food producers while employed by Bread & Circus Wholefoods Supermarkets out of Boston. But fate had other plans for me, and, as many of these sorts of stories begin, mine started with an affair of the heart when, while visiting Napa Valley for the first time, a man, now my husband, asked me to dinner.

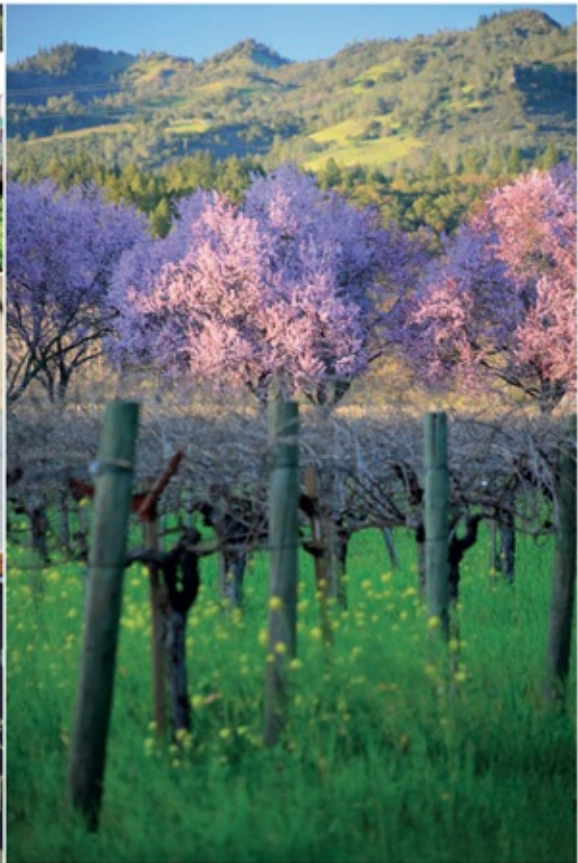
As it happened, the restaurant we went to was Michael Chiarello's Tra Vigne. Two months later, while visiting the Napa Valley for the second time, I had something of a Garden of Eden story in reverse: I reached out to pick a perfectly plump and ripe fig from a one-hundred-year-old tree. I still remember that taste of my first fresh fig. And that of my first Dungeness crab at Thanksgiving, when sourdough bread and cold, unfiltered Chardonnay set a tradition we've carried on since that time. Two years, a wedding, and a move to Napa Valley later, I had the chance of a lifetime to start working for the CIA.

This place that I now call my home is a twenty-nine-mile stretch of some of the most breathtaking scenery in the world. Through the hard work of many, many visionaries, the land of the valley floor is an agricultural reserve, conserved for the growing of crops, now mostly grapes. But there are walnut trees and peach orchards, strawberry fields and grazing land for grass-fed beef, and small organic farms that grow greens and beans and all sorts of produce. And then there are the vineyards that surround us, the inspiration for the chapters of this book. They are a part of the rhythm of my days as the seasons passing by.

When you add the people who take all of these ingredients and work their culinary skill and magic and personality upon them, when you factor in the chefs and farmers and winemakers who live and work here, it is a perfect storm of people, place, and that which comes to us from fields, forests, the icy-cold nearby Pacific, and basking-in-the-sun grapes.

I hope that *Seasons in the Wine Country: Recipes from the Culinary Institute of America at Greystone* brings a bit of Napa Valley to your home kitchen. Check out a farmers' market, try a new wine, learn a cooking technique or two, and gather your own perfect storm of friends and food and times shared around a table.

—Cate Conniff







## **bud break**

Spring comes early to the Napa Valley in a blaze of wild mustard glowing through vineyards and an effusive flowering of pink and white fruit trees—fragrant promises of the plums and peaches to come. Clouds wander periwinkle skies, and young lambs graze lush, deep green hillsides. The subtle seduction of warmth loosens the soil as the light of day lengthens. The exotic scent of citrus blossoms is in the air, along with birdsong and bee hum. Vineyards are tilled, fields are planted, translucent new growth pushes out toward the sun. It's about to begin, another bud break on the vines, another vintage of wine to be.

Many of spring's most ethereal foods—asparagus, peas, strawberries, tender greens—are fleeting and fragile, to be enjoyed as often as possible in this brief moment in time. Asparagus is at its most just-from-the-soil earthiness in [Grilled Asparagus, Shaved Serrano Ham, and Fava Bean Salad with Sherry Vinaigrette](#) and shows its softer side in [Asparagus Risotto with Goat Cheese, Dungeness Crab, and Meyer Lemon](#). Peas popped from the pod and just-picked mint awaken the senses to the new-life nature of the season in [Spring Pea and Ricotta Gnocchi with Pancetta and Mint](#), and [Lemon-Glazed Pound Cake with Rose Water Strawberries](#) evokes the sensual perfume of gardens as they begin to warm and loosen.

A light touch, a gentle coaxing of flavor, and bright colors from food—the moist influence of water in [Steamed White Fish with Julienned Carrots and Spinach with Lemon-Green Onion Sauce](#), the

delicacy of [Crab Ravioli in Ginger Broth with Carrots and Fava Beans](#), and the scent of lavender opening in the sun infused into [Lavender Crème Brûlée](#)—is all that is asked of the cook as windows open and stirring breezes start to pull us outside.

# prosciutto, parmesan, and honey mustard palmiers

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The almost hallucinatory sweep of yellow that is wild mustard through the vineyards harbingers the waning days of winter and the bursting forth of color in wine country in spring. And with this shift come flavors that awaken the senses, such as the sweet mustard used here.

Salty, tangy, and slightly sweet, these palmiers (the word refers to their palmlike shape), remind me a wine-ready and zesty Mediterranean take on the 1960s hostess favorite, pigs in the proverbial blanket. Remarkably easy, they'll have even the novice cook looking like a pro.

MAKES 36 PIECES

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**1 sheet** (6 to 8 ounces) prepared puff pastry, partially thawed

**3 tablespoons** sweet mustard

**12 thin slices** prosciutto (about 4 ounces)

**¼ cup** grated Parmesan cheese

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1. Preheat the oven to 400°F.
  2. If the puff pastry sheet is not already a 9-inch square, roll the dough to these dimensions on a lightly floured surface.
  3. Brush the dough with the sweet mustard. Lay the prosciutto slices over the mustard in a single layer and sprinkle with the Parmesan cheese.
  4. Place a piece of plastic wrap over the puff pastry and very lightly roll a rolling pin over the puff pastry to gently embed the ingredients into the pastry; this will help keep the ingredients from separating from the puff pastry.
  5. Roll the two sides of the pastry in toward the center as tightly as possible until they meet. Wrap the roll tightly with plastic wrap and place in freezer until slightly frozen, about 20 minutes.
  6. Line a baking sheet with parchment paper or a silicone liner. Unwrap the dough from the plastic wrap and slice into ¼-inch-thick slices. Arrange on the prepared baking sheets about 1 inch apart. Bake until golden brown, about 10 minutes. Serve warm.
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## Wine Pairing



For the perfect start to a spring meal, reach for a bottle of sparkling brut rosé. This slightly richer glass of bubbles can handle the salty, full flavors of these little bites.

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## chickpea-encrusted fried artichokes and sweet onions with soft-boiled egg tartar sauce

This recipe plays with many of spring's most subtle notes, including those of tarragon and young sweet onions, the flavors of slender new growth and freshly dug earth before the long, hot growing season begins.

This particular tartar sauce is a great alternative to those made with raw eggs—and so much better than a commercial tartar sauce. This makes about 1 cup and will keep in the refrigerator for up to 3 days.

*From John Ash, executive chef at CIA Greystone's Sophisticated Palate program.*

SERVES 4 TO 6

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### soft-boiled egg tartar sauce

2 large eggs

2 **teaspoons** Dijon mustard

1 **teaspoon** white wine vinegar, or as needed

$\frac{2}{3}$  **cup** mild olive or other vegetable oil, or as needed

2 **tablespoons** finely chopped sweet pickle

3 **tablespoons** finely chopped sweet onion, such as Vidalia, or green onion

**2 tablespoons** drained and chopped capers

**2 teaspoons** chopped fresh tarragon or dill

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### **batter**

**1½ cups** chickpea flour

**3 tablespoons** cornstarch

**1½ teaspoons** baking powder

**¼ teaspoon** garlic powder

**½ teaspoon** kosher salt

**Pinch** of cayenne pepper

**1 cup** warm water

### **artichokes and onions**

**Juice of 1** lemon

**8 cups** water

**12** baby artichokes, 1 to 1½ inches each in diameter

**3 tablespoons** rice vinegar

**1 tablespoon** kosher or sea salt

**2 to 4 cups** vegetable oil, for frying

**1** white onion (8 to 10 ounces), peeled and cut into ½-inch-thick slices

**1** lemon, cut into eighths

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1. For the sauce: Place the eggs in a small saucepan and add enough cold water to cover by 1 inch. Bring the water to a gentle boil over high heat. Remove the pan from the heat and let the eggs sit in the water for 4 minutes. Drain and rinse under cold water to cool the eggs.
2. Peel the eggs by cracking and peeling from the big end first. Break the eggs into a blender. Add the mustard and vinegar and pulse a couple of times. With the motor running, gradually add the oil until a smooth sauce is formed.
3. Place the mixture in a small bowl and gently stir in the pickle, onion, capers, and tarragon. Refrigerate, covered, for at least 30 minutes before serving.
4. For the batter: In a medium mixing bowl, stir the dry ingredients together. Whisk in the water until just blended. The batter will be very thick. Refrigerate for 30 minutes.
5. For the artichokes and onions: Pour the lemon juice into a medium bowl with 3 cups of the water.
6. Trim the baby artichokes by peeling off the outer leaves, leaving only the pale green to yellow leaves. Trim off the tops to remove all of the spines. With a paring knife, peel the stem down from the bottom and around the diameter of the heart to remove any tough outer fibers, and then trim off the very end of the stem. As each artichoke is trimmed, place it in the lemon water.



7. In a deep saucepan, bring the remaining 5 cups of water, the rice vinegar, and salt to a boil over medium-high heat. Drain the artichokes and add to the boiling water. Adjust the heat so that the liquid is simmering, place a plate on top of artichokes to hold them under the water, and simmer until the artichokes are easily pierced with a skewer or the point of a sharp paring knife, 8 to 10 minutes. Remove from the heat and let the artichokes cool to room temperature in the cooking liquid. Drain, cut the artichokes in half, remove any spiny purple leaves in the center, and pat dry.
8. In a heavy pot, heat 2 inches of oil to 375°F. Add the artichokes and onion to the batter and gently stir to coat. Using a large slotted spoon, scoop up about 4 artichokes and some of the onion slices, place in the oil, and fry until golden brown, about 3 minutes. Drain on a plate lined with paper towels and repeat with the rest of the vegetables. Serve warm, with tartar sauce and lemon wedges.

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### Wine Pairing

 A dry rosé made from Grenache or Mourvedre echoes the Provençal flavors of this dish.

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## steamed organic eggs with green garlic, asparagus, and spinach with pain de mie croutons

Here's an example of scouting the best of simple ingredients to create a dish greater than the sum of its parts. The freshest of organic eggs are the focal point on this up-tempo riff on eggs Florentine. I get mine from nearby Longmeadow Ranch, but you can seek a source near where you live. Pain de mie is an ideal bread choice, but a good-quality soft white bread can easily fit the bill. Do try and find green garlic, as its mild pungency works especially well with the spinach and asparagus.

This makes a great brunch offering, as most everything can be done in advance and refrigerated. When ready to cook, just crack the eggs into the ramekins and steam.

*From Chef Christopher Kostow, executive chef at Meadowood.*

SERVES 4

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**2 tablespoons** olive oil

**Two** ¼-inch slices pain de mie or similar white bread, cut into ¼-inch cubes (about 2 cups)

**3 tablespoons** butter

**4 teaspoons** minced green garlic

**8 stalks** asparagus (about 8 ounces), trimmed and cut into ⅛-inch slices

**8 cups** very loosely packed baby spinach (about 4 ounces)

$\frac{1}{8}$  **teaspoon** kosher salt, or as needed

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**4** large eggs

Freshly ground black pepper, as needed

Sea salt, as needed

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1. In a large sauté pan over medium heat, warm the olive oil and add the bread cubes. Stir to coat and sauté, stirring frequently, until the cubes are crispy and golden brown, about 5 minutes. Remove from the pan and place on a plate. Reserve until needed.
  2. Return the sauté pan to the heat and add the butter. Melt over medium heat and, when the butter is frothy, add the green garlic. Sweat (see Chef's Note), stirring often, until the garlic is very fragrant and softened but not browned, 1 to 2 minutes.
  3. Add the asparagus and half of the spinach, tossing to coat with the butter and garlic. Cover the pan and let the spinach wilt for 1 minute. Add the remaining spinach, toss to coat, cover, and let the spinach wilt for an additional minute. Uncover the pan and sauté the mixture, stirring often, until the spinach is completely wilted, 2 to 3 more minutes. Sprinkle with the salt, transfer to a plate, and chill in the refrigerator.
  4. Bring a couple of inches of water to a boil in a wok or pan that measures 2 inches larger than a steamer basket. The water level should be below the bottom of the steamer basket.
  5. When the asparagus mixture has chilled, divide it among four 6-ounce ramekins. Break an egg over the top of the mixture in each ramekin, being careful to keep the yolk in the center. Place the ramekins in the steamer basket. Reduce the heat to medium. The water should be at a gentle simmer. Carefully set the basket over the simmering water, cover, and cook until the whites are set but the yolks are still runny, about 10 minutes.
  6. Carefully remove the ramekins from the steamer basket and sprinkle about  $\frac{1}{2}$  cup of the bread cubes over each egg. Top each ramekin with a few grinds of black pepper and a few grains of sea salt. Serve and let guests know to break the yolk and combine the ingredients.
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## Wine Pairing



Find a high-acid Sauvignon Blanc to give you everything you need for this dish—flavors and aromas of tender, green herbs, mandarin oranges, and crushed white pepper.

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## Chef's Note

### Sweating

Sweating is a technique by which ingredients such as garlic, shallots, and

vegetables are cooked in a small amount of fat over relatively low heat. Sweating used to imply the use of parchment paper, but is most commonly understood now as cooking in a covered pan to soften ingredients, allowing them to cook in their own juices without caramelizing.

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## grilled asparagus, shaved serrano ham, and fava bean salad with sherry vinaigrette

Fava beans are one of those foods that have such a fleeting season that I cook them in many dishes while they are young, small, and sweet, and then say adieu until next spring. Preparing them is a bit of a labor of love. First they are plucked out of their pods and blanched, and then the deep green gems are popped from their outer skins. Like shelling fresh peas, this is best undertaken when there are a few moments to sit on a stoop or a deck and let the day, along with the skins, slip away.

Grilling tends to both tame asparagus, in regard to making it somewhat more wine-friendly, and to give it a touch of char, which combines with the woody accent of barrel-aged sherry vinegar and the soul of expertly cured meat that is the best of serrano ham.

*Adapted for the home kitchen from the Wine Spectator Greystone Restaurant.*

SERVES 4

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- 2 pounds** fresh fava beans in pod
- 2 tablespoons** finely minced shallot
- 2 tablespoons** sherry vinegar
- 1 teaspoon** fresh lemon juice
- 1 teaspoon** finely chopped fresh tarragon

**¼ teaspoon** kosher salt

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**Few grinds** of freshly grated black pepper

**6 tablespoons** extra-virgin olive oil

**20 stalks** thin, young asparagus (about 1 pound), tough ends trimmed

**4 thin slices** serrano ham (about 2 ounces), trimmed of excess fat and cut into bite-sized pieces

**2 ounces** Pecorino romano cheese, thinly shaved with a vegetable peeler

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- 1.** In a medium saucepan, bring at least 2 quarts of well-salted water to a boil.
  - 2.** Remove the fava beans from their pods (there should be about 1 cup of beans). Have a large bowl of ice water on hand. Place the fava beans in the boiling water and cook until just tender, 2 to 3 minutes. Drain and place in the ice water to stop the cooking and set the color. Drain and peel the tough outer skin from each bean, discarding the skin. Reserve the beans until needed.
  - 3.** Place the shallot, sherry vinegar, lemon juice, tarragon, salt, and pepper in a medium bowl. Stir and let the mixture sit at room temperature for 30 minutes. Whisk in 4 tablespoons of the olive oil. Reserve until needed.
  - 4.** Prepare coals or set a gas grill to medium-high.
  - 5.** Brush the asparagus with the remaining 2 tablespoons of olive oil and grill, depending on thickness 4 to 6 minutes, rolling the asparagus so that each side takes on some grilled color. Remove from the grill.
  - 6.** Place 5 to 6 asparagus stalks on each salad plate. Toss the fava beans with the vinaigrette and spoon a quarter of the mixture over each plate. Sprinkle with the serrano ham and shaved cheese. Serve immediately.
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## **Wine Pairing**



Sangiovese, Barbera, or even Tempranillo rosé would stand up to the strong flavors of the grill without overpowering the dish.

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# spring greens, beet, and pine nut salad with laura chenel goat cheese crostini and greystone gardens honey

With tender, young greens from Forni-Brown-Welsh Gardens down the road from Greystone, honey from nearby hives, and goat cheese made just over the mountain, this recipe has a certain terroir—flavors that reflect a particular coming together of sun and soil, a sense of place expressed through food and wine. Perhaps you can find some of these ingredients from a farm near you and play with flavors that tell a story of where you live.

SERVES 4

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## lemon thyme vinaigrette

- ¼ cup** fresh lemon juice
- 2 teaspoons** finely minced shallot
- 1 teaspoon** honey
- ½ teaspoon** salt, or as needed
- Pinch** of freshly ground black pepper, or as needed
- ¾ cup** olive oil
- ½ teaspoon** fresh thyme leaves

## salad

- 1** beet (about 6 ounces), trimmed, peeled, and cut into very thin matchstick pieces
  - Eight** 1-inch baguette slices
  - 1 tablespoon** olive oil
  - 6 ounces** young goat cheese, preferably Laura chenel
  - 2 teaspoons** finely minced fresh chives
  - 1 teaspoon** wildflower or wild herb honey
  - 8 ounces** spring green mix (about 8 cups loosely packed)
  - 4 teaspoons** pine nuts
  - ¼ cup** mixed edible, organic flowers, optional
- 

1. Preheat the oven to 350°F.
2. For the vinaigrette: Place the lemon juice and shallot in a medium mixing bowl and allow to sit for 10 minutes. Add the honey, salt, and pepper. Slowly add the olive oil, whisking to emulsify. Add the thyme, stir to combine, and adjust the seasoning as necessary.
3. For the salad: Toss the beet with 2 tablespoons of the vinaigrette and allow to marinate while making the rest of the salad or for at least 15 minutes.

4. Lightly brush the baguette slices with the olive oil. Place in the oven and toast until lightly golden and crisp, 3 to 5 minutes. Remove from the oven.
  5. Whip the goat cheese and chives in a food processor until the cheese becomes fluffy, 1 to 2 minutes. Spread about 1 tablespoon of the goat cheese mixture onto each baguette slice. Drizzle each piece of bread with  $\frac{1}{8}$  teaspoon of honey.
  6. Just before you are ready to serve, place the greens in a large mixing bowl. Starting with 2 tablespoons of the vinaigrette, toss to lightly coat, adding more vinaigrette as necessary. Place a quarter of the greens (about 2 cups) on each plate and sprinkle a quarter of the pine nuts and the reserved beet matchsticks on each salad. Nestle two baguette slices onto each plate. If desired, sprinkle 1 tablespoon of edible flowers over each salad and serve.
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### **Wine Pairing**



Perfect with Pinot Noir *vin gris*. Like the salad—crisp, clean, and flavorful.

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# parsley and mint artichokes with spring garlic and lemon aioli

In this recipe, artichokes are lightly steamed in olive oil with mint and parsley before meeting the green garlic aioli in a spring-ingredient lovefest. You'll probably have leftover aioli: serve with crisp spring vegetables. If you don't want to use a raw egg in making the aioli, blend the garlic paste with a cup of mayonnaise and season with lemon juice.

SERVES 4

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## aioli

- 1 tablespoon** finely minced green garlic
- 1 teaspoon** salt
- 1 egg**, at room temperature
- juice from**  $\frac{1}{2}$  lemon
- $\frac{1}{2}$  cup plus 1 tablespoon** olive oil, or as needed
- $\frac{1}{2}$  cup** canola oil

## artichokes

- 4 large artichokes**,  $\frac{3}{4}$  to 1 pound each
  - $\frac{1}{2}$  lemon**
  - 1 cup** finely chopped fresh flat-leaf parsley
  - $\frac{1}{4}$  cup** finely chopped fresh mint
  - $\frac{1}{2}$  teaspoon** salt
  - 5 tablespoons** olive oil
- 

- For the aioli: Using a fork or a mortar and pestle, mash the green garlic and salt together to make a paste. Place the paste in a food processor with the egg and lemon juice. Blend until smooth. Combine the olive oil with the canola oil. With the processor running, add just a few drops of the oil and blend until the mixture begins to thicken, then add the rest of the oil in a thin, steady stream until the mixture is thick. Cover and refrigerate for at least 1 hour before serving.
- For the artichokes: Cut about 1 inch off the top of each artichoke—the interior thistle part of the artichoke should be showing. Rub the lemon half over the top of each artichoke to keep it from browning. Using a paring knife or vegetable peeler, peel away the tough outer layer of the stem and bottom of the artichoke, rubbing the lemon over their exposed surfaces. Use a spoon to scoop out the fibrous choke and scrape away any thistle fuzz. Squeeze the rest of the lemon half into the hollowed cavities.
- In a medium bowl, mix together the parsley, mint, and salt. Drizzle 1 tablespoon of the olive oil



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