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WaitroseWineDirect

# The Foodie Case

Sharing the joy of food and wine



WaitroseWineDirect

# Inside your case...

In a very exciting first for Waitrose Wine Direct, we've teamed up with Gordon McDermott, our Waitrose Cookery School Manager, to create **The Foodie Case** – a celebration of the beautiful relationship between great wine and food.

Gordon has developed six mouthwatering recipes, and together we've experimented with different fine wines to find the perfect match to complement each dish. The finished result is the most delicious combination of flavours – enhancing what either the food or wine could offer alone.

My personal favourite is the partnership of sweet scallops in a rich truffle sauce with a zesty white from Campania. Although there's a lot to be said for the classic chargrilled steak and Aussie red pairing!

We hope you enjoy The Foodie Case experience as much as we have enjoyed creating it.

Enjoy!



Anne Jones



**Gordon McDermott**  
Waitrose Cookery School Manager

Gordon has over 22 years chef experience under his belt and has worked with the likes of Rick Stein, Gary Rhodes and Anton Mosimann. He runs a wide range of courses at our Cookery School including Essential Thai Cookery and Beginner's Knife Skills.



**Anne Jones**  
Waitrose Wine Expert  
and Weekend columnist

Anne loves matching food and wine, and writes about our drinks range for Waitrose Weekend. She is currently studying to be a Master of Wine.

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**Terredora Greco di Tufo 2012**

Campania, Italy  
Bin number: 547542

+ Roast scallops with potato gnocchi and truffle emulsion

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**Château de Fesles "La Chapelle" 2011**

Loire, France  
Bin number: 798194

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**Château Roquefort Roquefortissime 2010**

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**Rolf Binder Cabernet Sauvignon/Merlot 2011**

Barossa Valley, Southern Australia  
Bin number: 633338

+ Chargrilled rib eye, with Chimichurri sauce

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Let's get cooking...

## Roast scallops with gnocchi and truffle emulsion

Serves 4 • Prepare 45 minutes  
Cook 20-25 minutes

### Ingredients

#### For the potato gnocchi:

250g cooked, mashed floury potatoes, at room temperature  
55g plain flour  
1 egg yolk  
1 tbsp light olive oil

#### For the truffle emulsion:

2 eggs  
1 preserved black truffle, finely grated  
1 tsp truffle oil  
4 tbsp white wine vinegar  
200ml sunflower, vegetable or groundnut oil

#### For the garnish:

12 spears asparagus  
4 tbsp petit pois (fresh or frozen)  
4 tbsp broad beans (fresh or frozen)  
1 punnet micro cress

#### For the scallops:

1 tbsp light olive oil  
12 large scallops, fully cleaned and muscle removed  
1/2 lemon

#### For the sherry vinaigrette:

1/2 tsp Dijon mustard  
1 tbsp sherry vinegar  
3 tbsp light olive oil

Make the gnocchi by mixing together the potatoes, flour, egg yolk and a pinch of salt in a large bowl. Turn out onto a lightly floured surface and knead together very gently until you have a smooth dough. If it seems a bit sticky add a little extra flour. Using your hands, roll the mixture into little sausage shapes approximately 2-3cm thick. Cut these into 2-3cm chunks.

Bring a pan of lightly salted water to just below simmering point and add the gnocchi, which will sink. Wait until the gnocchi rise to the surface then poach at a very gentle simmer for around 1 minute, until they've cooked through and firmed up. Remove the gnocchi from the water using a slotted spoon and drain on clean dry kitchen paper. Cool, then place in the fridge. You will need 12 pieces for this dish; any leftover gnocchi can be frozen for up to one month.

To make the truffle emulsion, cook the eggs in boiling water for 4 minutes then drain and peel under cold running water. While the eggs are still hot, place in a food processor with the grated truffle, truffle oil, white wine vinegar and some salt and pepper. Blend until smooth, then slowly add the oil as if making mayonnaise. Make sure each addition of oil is emulsified before adding the next. Once all the oil is incorporated, taste for seasoning then transfer the mixture to the fridge.

### Terredora Greco di Tufo 2012

Campania, Italy • Bin number: 547542

This classic white from Campania is a fine example of how delicious wines from the local speciality Greco grape can be. The rich, smooth fruit flavours create a beautiful balanced style, with zesty citrus matched by soft honey notes and a long, fresh finish.

One of the most food-friendly wines we have found, this is ideal with seafood due to its crispness. Here, the sweet scallops are enveloped in a rich truffle sauce and the zestiness of the wine brings out the sweetness in the scallops, offset by the hint of lemon. The gnocchi and truffles, whilst rich, are brought to life through the soft honey-undertones. A real delight together!





## Shellfish tortellini with roasted scallops and bisque velouté

Serves 4 • Prepare 1 hour  
Cook 10 minutes

### For the pasta dough:

95g pasta flour  
80g egg yolk

### For the tortellini filling:

100g scallop meat  
1/2 egg  
1/2 tsp cayenne pepper  
50ml double cream  
100g cooked fresh white crab meat  
50g raw king prawns, finely chopped

### For the bisque velouté:

1 quantity shellfish stock  
200ml semi-skimmed milk  
1 tsp unsalted butter (optional)  
2g lecithin  
A few drops of lemon juice

### For the roast scallops:

8 large scallops  
1 tbsp olive oil  
1 tsp butter (optional)  
A few drops of lemon juice

### To garnish:

1/2 x 20g pack fresh basil,  
finely shredded

To make the pasta dough, put pasta flour into a food processor and gradually pour in the egg yolk with the motor running. Remove the coarse crumb from the processor and knead for 10-15 minutes until you have a smooth dough – it should be supple and slightly soft but not sticky. Wrap in cling film and leave to rest in the fridge.

Meanwhile, make the tortellini filling: blend the scallop meat and egg until smooth in a food processor. Season to taste. Add cream with the motor running. Combine the scallop mousse with the crab meat and chopped prawns.

Roll out the pasta dough with a pasta machine until wafer thin and silky. Cut out 12 x 10cm discs of pasta. Brush each disc with a little water and place a quenelle of the tortellini filling on top. Fold the pasta over the filling, then press firmly to seal. Brush one end of the parcel with a little water, then bring the two ends of the parcel together and secure firmly. Allow the tortellini to 'set' in the fridge.

For the bisque velouté, place the shellfish stock in a large saucepan over a medium heat and reduce to 200ml. Add milk and bring to the boil. Blend in the butter and lecithin. Season to taste with lemon juice and a pinch of salt. To finish, cook the tortellini in salted water for 6-8 minutes. Season the scallops and fry in olive oil for 2 minutes on each side in a very hot frying pan. Finish with a little butter and lemon juice. When the tortellini are cooked, drain with the scallops on the kitchen paper.

To serve, place three tortellini on each plate in a neat row. Place two scallops on each plate between the pasta and scatter the basil over. Reheat the bisque velouté then foam with a hand blender and drizzle over the dish.

### Château de Fesles "La Chapelle" 2011

Loire, France • Bin number: 798194

This is a wonderful example of Loire Chenin. The nose is dominated by lime blossom, green apple and ripe pear. In the mouth, it is very well balanced and smooth, with a light touch of oak-derived complexity and gentle spice.

The food and wine bring out the best flavours in both, the wine highlighting the sweet shellfish flavours and the food showcasing the fruit and spices of the wine. Great dish, great wine...enjoy!



## Endive salad with Roquefort, pear and sweet mustard dressing

Serves 2 • Prepare 10 minutes  
Cook 5-10 minutes

### Ingredients

#### For the poached pear:

100ml red wine  
50ml port  
2 tsp red wine vinegar  
30g sugar  
1 ripe pear, peeled, cored  
and cut into 6-8 wedges

#### For the salad:

4 heads endive 50g Roquefort,  
crumbled  
50g toasted walnuts, coarsely chopped  
1/2 x 20g pack fresh flat-leaf parsley,  
finely chopped

#### For the sweet mustard dressing:

25g wholegrain mustard  
1 tbsp Dijon mustard  
25g sugar  
1 tbsp white wine vinegar  
1 tsp cold water  
2 tbsp vegetable oil

Heat the red wine, port, vinegar and sugar together, then add the pear wedges and simmer for 5-10 minutes until tender. Leave to cool.

Trim the root from the endive and unravel the leaves. Combine them with the Roquefort, walnuts and parsley in a salad bowl.

To make the dressing, whisk all the ingredients together except the vegetable oil. When these are combined, slowly incorporate the oil, whisking continuously. Dress the salad with 2-3 tbsp of the dressing.

Serve the salad garnished with slices of the poached pear.

### Chef's tip

The pears are also delicious served as a dessert with vanilla ice cream. They can be made in advance and stored in the fridge for up to three days.

### Château Roquefort Roquefortissime 2010

Bordeaux, France • Bin number: 426124

This fantastic wine is a blend of approximately 80% Sauvignon Blanc and 20% Sémillon grapes that is fermented in French oak barrels. The gentle oak is very well-integrated and balanced by fresh fruit flavours of pear, lemon and lime.

Ordinarily, sweeter Bordeaux whites would be the perfect match for blue cheese. In this instance the sweetness of the pears does this job for us. The light oaking adds a bitterness to the wine when combined with the acidity of the grapes, whilst the fruit flavours of pears, lemons and limes work together with all elements of the dish. Château Roquefort with Roquefort cheese - the perfect match? We think so, but it's up to you to decide.





## Osso bucco with risotto alla Milanese

Serves 4 • Prepare 20-25 minutes  
Cook 1-2 hours

### Ingredients

2 tbsp olive oil  
2 x 200g pieces veal shin (cut osso bucco style)  
1 large onion, finely chopped  
1 large carrot, finely chopped  
2 cloves garlic, finely chopped  
1 tsp plain flour  
1 tsp tomato purée  
400g can chopped tomatoes  
100ml white wine  
150ml beef stock bouquet garni

### For the risotto:

50g unsalted butter, plus 1 tbsp for finishing  
1 large onion, finely chopped  
200g risotto rice, such as Arborio  
75ml dry white wine  
10 saffron strands  
800ml hot chicken stock  
30g Parmigiano Reggiano, finely grated

### For the gremolata:

Finely grated zest of 1 lemon  
1 clove garlic, finely chopped  
20g pack fresh flat-leaf parsley, finely chopped

Heat half the oil in a frying pan and brown the veal. Then heat the remaining oil in a large saucepan and cook the onion, carrot and garlic for a few minutes until softened.

Add the flour to the vegetables and stir well to combine, then add the tomato purée, tomatoes, wine and stock. Bring to the boil and add the veal to the pot along with the bouquet garni. Cover and simmer gently for 1-2 hours or until the veal is very tender.

Once cooked, remove the veal from the pan and reduce the cooking liquor by half or until thickened and syrupy.

Towards the end of the veal cooking time, start making the risotto. Melt the butter in a pan and gently fry the onion until soft. Add the rice, wine and saffron and cook for about 3 minutes, stirring gently and continuously, until the wine has been absorbed.

Add the stock a little at a time, stirring gently, allowing the stock to be absorbed after each addition. Keep stirring gently and continuously, and keep adding stock until the rice is cooked but still retains bite (about 20-25 minutes).

Remove the pan from the heat and add the finishing butter and Parmigiano Reggiano. Stir to combine. Allow to stand for a few minutes before serving.

Mix the ingredients for the gremolata together. Serve the braised veal with its thick tomato sauce on a bed of risotto, with some gremolata sprinkled over the top.

### Malvirà 2008/09 Nebbiolo delle Langhe

Piemonte, Italy • Bin number: 786395

An excellent red made from Nebbiolo grapes, showing notes of violet and blackcurrant with mouthwatering freshness. It's the softer tannins and acidity from the Malvirà that makes this wine so delicious with this meal. The fragrant berry fruit is lifted by the tomato sauce and the tannins are further softened by the meat. There is an underlying earthiness to the wine, which is why it also goes so well with the accompanying risotto, allowing the saffron to shine through.



## Loin of lamb with shallot purée, cocotte potatoes and jus Niçoise

Serves 2 • Prepare 1 hour  
Cook 1 hour

### Ingredients

#### For the shallot purée:

400g shallots, finely sliced  
60g unsalted butter  
80ml double cream

#### For the cocotte potatoes:

200g small Roseval potatoes, peeled  
1 tbsp olive oil  
60g butter  
1/2 head garlic  
1/2 x 20g pack fresh thyme, leaves picked

#### For the jus Niçoise:

250ml lamb stock  
1 red pepper  
20g black olives, drained and diced into 1/2cm pieces  
2 tsp garlic, finely sliced  
1 tsp olive oil  
1 tsp oregano, finely chopped  
1 tsp balsamic vinegar

#### For the lamb:

2 x 150g portions of lamb loin  
1 tbsp olive oil

#### For the courgette salad:

1 large courgette  
A few drops of lemon juice  
1 tbsp olive oil

To make the shallot purée, gently cook the shallots in the butter with a little salt until very soft. Once the shallots are softened, add the cream, bring to the boil and blend in a food processor until very smooth.

To make the cocotte potatoes, turn the potatoes into neat barrel shapes using a small paring knife. Fry the potatoes in the hot olive oil until golden brown. Add the butter, garlic, thyme and a pinch of salt. Allow the butter to foam and continue to cook on a low heat until the potatoes are very tender.

For the jus, reduce the lamb stock until it's slightly syrupy. Grill the red pepper under a medium to hot preheated grill until softened and blackened. Skin and deseed the pepper and chop into 1/2cm dice.

Preheat the oven to 200°C, gas mark 6. Brown the lamb in the hot olive oil in a small, ovenproof frying pan until lightly caramelised. Then transfer the pan to the oven. Cook the lamb for approximately 3 minutes on each side, then remove and allow to rest for 3 minutes.

Make the courgette salad by peeling the courgette into thin strips with a vegetable peeler. Place in a mixing bowl, toss together with a little salt, the lemon juice and olive oil.

Finish by spooning some shallot purée onto a warmed plate, followed by the cocotte potatoes. Carve each piece of lamb into 6 x 1cm slices and arrange on the plate. Reheat the lamb jus adding the Niçoise garnish then spoon over the meat and potatoes. Garnish the dish with ribbons of courgette salad.

### Beronia Reserva 2008

Rioja, Spain • Bin number: 689853

There is a reason that Rioja is often used to partner lamb, the sweet strawberry fruit flavours and smoky, leathery aromas complement this grassy and sweet meat. This may not be the most simple dish to put together, so the time and effort that you are putting into its creation warrants a serious wine to match. You could go for a richer Rioja, but that would overpower the subtle elements of the dish and in turn the sweetness of the shallot purée would be lost. This is a food friendly Rioja which allowing the food to speak up for itself whilst showing itself at its best. A treat!





## Chargrilled rib eye with Chimichurri sauce

Serves 1 • Prepare 10 minutes  
(including pre-heating the grill)  
Cook Time: 6-8 minutes,  
plus resting time

### For the steak:

1 rib eye steak, approximately 250g  
1 tbs extra virgin olive oil  
Salt and pepper

### For the Chimichurri sauce:

1/2 long red chilli (such as Dutch red  
finger), deseeded and finely chopped  
6 garlic cloves, peeled and finely grated  
20g pack fresh flat-leaf parsley  
(leaves only), finely chopped  
4 heaped tsp dried oregano  
1 tsp sea salt flakes  
5 tbs red wine vinegar  
4 tbs extra virgin olive oil  
5 tbs cold water

Combine all the ingredients in a large  
bowl, mixing them together well.  
Chill in the fridge until required.

Remove the steak from the fridge about half an hour to an hour  
before cooking (this will mean the steak cooks more evenly).

Heat a heavy chargrill pan over high heat for 8-10 minutes until  
white hot.

Season steak well with sea salt and finely ground pepper,  
massaging seasoning into the surface. Drizzle with extra virgin olive  
oil, patting both sides into the beef, then place into the chargrill pan.

Grill steak, not turning for 3-4 minutes or until nice char marks  
appear. Turn steak and grill a further 3-4 minutes (for medium rare)  
before removing from the pan.

Wrap the steak in foil and place in a warm place to rest 3-4 minutes,  
then place on a warmed serving plate and drizzle over any resting  
juices. Serve immediately.

### Rolf Binder Cabernet Sauvignon/Merlot 2011

Barossa Valley, Southern Australia • Bin number: 633338

What could be more satisfying than a steak of your choice with a deliciously  
rich red? The Aussies are famed for making powerhouse wines but there is  
often a subtlety and complexity to these wines that is over-looked. This wine  
is one of those. It has lovely, firm tannis that are softened by the juicy meat  
showcasing its lovely chocolate and rich jammy plum flavours. The sauce  
will show an extra dimension to the wine and add new flavours to your  
dinner. If dinners could be described as both comforting and exciting, then  
great steak with great wine is surely that.

