

ONE BATCH OF BEANS: 2 DISHES

BRAISED BEANS

Procedure

2 15-oz cans drained/rinsed or 1 cup of dried beans (white, cannellini, great northern, gigante, or garbanzo. Or, even a combo (If using dried beans, soak and cook as you normally would

1 medium onion, finely chopped

2-3 ribs celery, finely chopped

1-2 cloves garlic, chopped

1 bay leaf and/or sprig of fresh thyme or rosemary

1/2 cup chicken stock (or vegetable stock, bean cooking water, water)

2 tablespoons Extra Virgin Olive oil

2 teaspoons salt

black pepper to taste

Sauté onion and celery in the oil with the salt and pepper over medium-low heat until softened but not browned

Add garlic and bay leaf/thyme/rosemary and cook until fragrant, about 30 seconds

Add the beans and cook for about two minutes stirring frequently after turning the heat up to medium high

Add the chicken stock, bring to a boil and reduce heat to a simmer and cook for about 5 minutes

Split in this batch in half for dishes 1 and 2

DISH ONE: WHITE BEAN STEW (2 GENEROUS SERVINGS)

Pairing: Domaine de La Côte de Berne, Morgon Grands Cras 2018

2 tablespoons bacon fat (or EVOO)

1 1/2 cups chopped vegetables - assortment like mushrooms, cauliflower, potato, sweet potato, cabbage, carrots. etc...

1/2 -1 pound boneless, skinless, chicken thighs cut into 1 inch chunks (or breasts, or even leftover chicken, ham, lamb, duck, turkey, pork, beef, etc.. - Or, no meat at all)

1/2 of the braised beans

tablespoon tomato paste (if you have)

1 clove garlic, chopped

1/4 cup red wine

1 cup chicken stock (or vegetable stock, bean cooking water, water)

Salt and Pepper to taste

Procedure

- Open Morgon and pour yourself a glass
- Brown chicken on all sides in bacon fat over medium high heat in the widest pot you have
- Remove browned chicken and set aside
- Add tomato paste and garlic and cook while scrapping the bottom of the pan with a wooden spoon for about 30 seconds
- Add red wine and chicken stock and scrape the browned bits off the bottom of the pan and simmer to reduce for about 5 minutes
- Add the vegetables and simmer for about five minutes then add the reserved chicken and any juices that accumulated
- Add braised beans, chicken stock, bacon, vegetables (and meat if using leftovers) back to pot
- Cook over low heat to meld flavors and finish cooking chicken. About 10 minutes.
- Serve hot or warm with some crusty bread if you have some and another glass of Morgon



DISH TWO: LEMONY BEANS AND GREENS - SEAFOOD OPTIONAL (2 GENEROUS SERVINGS)

Paining: Domaine du Fief aux Dames,
Muscadet Sèvre-et-Maine Sur
Lie 2018

2 tablespoons butter (or olive oil,
vegetable oil, coconut oil, etc...)

1 shallot, finely minced (or onion,
scallions)

Seafood - 12 cleaned clams or a bag
of mussels or 12 large shrimp or 8-10
ounces white fish, like flounder, cod,
halibut, etc...

1/2 cup white wine

1/2 of the braised beans

4 cups spinach (or arugula, swiss
chard, kale, etc...)

zest and juice of one lemon

Salt and Pepper to taste

Procedure

- **Pour** yourself a glass of Muscadet
- **Sauté** shallot in butter over medium-low heat until softened and turning translucent
- **Add** braised white beans and the greens (if using kale or other long cooking greens get going until wilted ahead of time)
- **Add** clams (or other seafood) and white wine, turn heat to high, cover and cook until clams just begin to open
- **Add** lemon juice and zest, stir through and serve immediately with crusty bread if you have some
- **Pour** another glass of Muscadet

THE WINES

**Domaine de La Côte de
Berne, Morgon Grands
Cras 2018**

With a winemaking tradition that cover 5 generations of the , the Domaine de la Côte de Berne is located in the town of Blacé, near the administrative capital of Beaujolais.

Grape variety: 100% Gamay

Age: Average age of 50

Harvest: Manual harvest. Careful sorting in the vineyard.

Vinification: Semi-carbonic maceration. Control of temperatures during maceration and after pressing until the end of alcoholic fermentation. Load shedding, reassembly. Pressing at low pressure (maximum 2 bars). Maceration extended from 7 to 8 days.

Tasting notes: Ruby color with aromas of black fruit or kirsch.

**Domaine du Fief aux Dames,
Muscadet Sèvre-et-Maine Sur
Lie 2018**

Fief aux Dames is a family vineyard in Monnières in the heart of the historic Nantes vineyard. The BRAUD family has been running the vineyard over five generations for nearly a century. They mainly produce "Muscadet Sèvre et Maine sur Lie". The estate produces dry white wines from a single grape variety: the Melon de Bourgogne. The Muscadet appellation was certified AOC in 1937. .

The estate is Terra Vitis certified, an alternative to ecocert (Bio) certification. 2018 was an incredible vintage in the Loire Valley and Especially in Muscadet. Not a lot of pressure concerning frost or hail and a complete harvest for almost everyone. This Vintage will remain for the producers one of the best of the last decade according to them.

Appellation: Muscadet Sèvre et Maine sur Lie

Grape variety: Melon de Bourgogne

Tasting notes: Cuvée "Tradition" is a very good quality muscadet with a brilliant light gold colour, a nose of citrus fruits on a mineral background with a lot of freshness.

Nervous, clean, fruity, iodine note, good persistence. This wine is best enjoyed between 8° and 10°.

