

# THE FINE WINE COMPANY WESTPORT



CURATED WINES & CRAFT SPIRITS

ORGANIC • SUSTAINABLE • BIODYNAMIC

## Torre de Beati Ceresuolo, Abruzzo

Fausto's certified-organic, family owned and operated estate grows indigenous Abruzzese varietals in clay-limestone soil from 100% Montepulciano grapes.

Their Ceresuolo undergoes temperature-controlled fermentation in stainless steel after the grapes are cold, maceration bled and half are gently pressed as whole bunches. This may be my favorite vintage of Beati's Ceresuolo to date, and it shows perfect cherry aromas. The wine is absolutely beautiful in the glass and tastes like summer.

## Grilled Polenta with Prosciutto, summer tomatoes, arugula, lemon dressing, and shaved Parmigiano Reggiano

Serves 6-8

### Ingredients:

- 3 cups polenta
- 1  $\frac{3}{4}$  - 2 quarts water
- Sea salt
- freshly ground black pepper
- 2 large perfectly ripe heirloom summer tomatoes
- $\frac{1}{2}$  lb. Prosciutto d'Parma sliced paper thin
- 2 bunches of arugula, washed well and spun dry
- 2 cups shaved Parmigiano Reggiano
- cracked black pepper

For the oil and lemon dressing:

- 6 Tbsp. EVOO
- 3 Tblsp freshy squeezed lemon juice
- zest of 1 lemon
- Sea salt
- freshly ground black pepper

### Method:

- Place the polenta in measuring cups so that it can be poured in a steady stream
- Bring the water to a boil in a large sauce pot and add 2 Tbsp. of salt
- Lower heat to a simmer and slowly add the polenta, stirring with a whisk until completely blended. It will now start to bubble volcanically. Be careful, polenta burns are not fun.
- Reduce the heat to as low as possible and cook the polenta, stirring from time to time with a wooden spoon to prevent a skin forming-- 40-45 min cooking time
- The polenta is cooked when it falls away from the sides of the pan and has become very thick and dense.
- Transfer to a large sheet pan and spread out to form a cake about  $\frac{3}{4}$  in. thick
- Leave it until completely cold, then cut into wedges or slices
- Preheat a cast iron grill pan
- Brush the pieces of polenta on both sides with olive oil and grill for 3 min on each side until crispy and brown
- To serve, slice the tomatoes and season them with salt and pepper on a plate. Place the grilled polenta on the tomatoes and lay prosciutto over half the polenta, with the dressed arugula and shaved parmesan.

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## **Guerrieri Bianchello del Metauro, Marche Italy**

This is an aromatic, fresh, and spicy white made from the local grape varietal Bianchello, also called Biancamo. This grape is only found in the small wine region of Urbino and Pesaro, close to the center of the Italian east coast. This straw-yellow colored wine has aromas of white flowers, citrus, stone fruit, and herbaceous notes. It's balanced by lively acidity and full rounded structure and mouthfeel. The winery practices organic viticulture and treatments, sustainable and eco-friendly production, and uses clean energy.

## **Risotto with Grilled Artichokes, herbs, and lemon**

Serves 4

### **Ingredients:**

- 8 large, long stem grilled artichokes (available at A&S)
- 2 garlic cloves, peeled and finely chopped
- 1 sweet Vidalia Onion, finely chopped
- 3 Tblsp EVOO
- 1 quart chicken stock, preferably homemade, set on the stove in a saucepan and kept hot
- ¾ stick butter at room temperature
- 2 cups risotto
- 1 cup Bianchello wine
- ½ cup Italian dry vermouth
- zest and juice of 1 lemon
- 2 tsp freshly minced lemon thyme leaves
- 2 tsp freshly minced Italian Parsley
- 1 ½ cup Parmigiano Reggiano, freshly grated

### **Method:**

- Slice the artichokes lengthwise as thinly as possible
- In a large sauce pot or Dutch oven, melt 3 Tblsp butter and 3 Tblsp EVOO
- Sauté the onion until soft, around 10 min, then add the garlic and let cook for another minute
- Add the risotto and stir until it's completely coated
- Add the wine and let reduce
- Add the hot stock 2 ladlesful at a time and let simmer, stirring for the next 20 minutes
- Add the remaining butter in small pieces, the vermouth, parmesan, lemon juice and zest, herbs, and artichokes, being careful not to over stir

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## Compton Pinot Noir, Willamette

Matt and Tabitha Compton own and operate this small, family-owned boutique winery in southern Willamette. They practice sustainable farming, and their wines are estate grown and bottled. Originally founded as Spindrift Cellars in 2004, their current focus is the Pinot Noir that Matt manages. Besides being a farmer, Matt is an experienced winemaker with well over 20 years of experience in Oregon wine country. Notes of cherry, spice cake, and earth with medium weight a cherry-drenched finish.

## Blackberry BBQ Chicken

What? Blackberries?? Has she lost her mind? Nope. You're going to love it and look like a rock star grill master in the process. Serve with potato salad, corn on the cob, and watermelon on ice.

### Ingredients:

- 3 lbs. chicken thighs, boneless
- 3 tsp salt
- 1 ½ tsp black pepper
- 1 Tbsp EVOO

### For BBQ Sauce:

- 3 cups blackberries
- 2 cups apple cider vinegar
- 2 cups granulated sugar
- 1 Tbsp Dijon mustard
- 1/8 tsp baking spice
- 1 bay leaf
- 2 tsp fresh thyme
- 1 tsp salt
- ¼ tsp red pepper flakes

### Method:

- Combine the vinegar and the blackberries in a blender and strain through a sieve to filter out the seeds
- Combine all ingredients for the BBQ sauce in a saucepan and bring to a simmer over medium heat
- Cook for 45 min, stirring from time to time. Yes, it is possible to burn this. You're looking for this sauce to coat the back of a spoon
- Refrigerate overnight to let it all mellow out. This sauce keeps well in the fridge for weeks if you want to make it ahead of time.
- Bring the chicken thighs to room temperature, season them well with salt and black pepper, and toss with EVOO
- Clean and prepare a hot grill, then place the chicken skin-side down on the grill and close the lid. Cook inverted for 20 min at 350°F
- Begin basting with the blackberry sauce and then cook for another 10 min
- Turn the chicken over to caramelize the skin and baste the other
- When the internal temperature reaches 165°F, remove the chicken from the grill and douse it in sauce
- Let the chicken rest for 10 min, then serve warm with corn on the cob and watermelon

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## Ippolito 'Mabilia' Ciro Rosé, Calabria

Most of Calabria's wine exports are from Ciro. The whites are largely made with Grecobianco, while the reds and rosatos are made with Gaglioppo. Ciro producers have been modernizing their vineyards and wine making techniques, resulting in wines with fresher aromas, richer fruit, and lower alcohol than found in the past. Ippolito 1845 is among the Ciro producers to watch (what's in your glass). Carauo from La Mezia and Statti are also good wineries from the region. This rosé is tense with tones of tangy red berries and crushed herbs. It's ultra-fresh with a weighty palate for a rosé. It shows a bit of grip lifted by a salty, savory component. This wine loves tomatoes and basil and cleans the palate from the Ricotta so you're ready for your next bite. Remember, what grows together goes together.

## Baked Zucchini with Tomato, Ricotta, & Pecorino Romano

This recipe is adapted from an old favorite cookbook of mine called *My Calabria* by Rosetta Constantino. She fries her zucchini, but I prefer it grilled for better texture and taste.

### Ingredients:

- 3 lbs. zucchini, sliced lengthwise into  $\frac{3}{4}$  in. strips (a mandolin works very well for this)
- 1 Tbsp Kosher salt
- 1 cup EVOO
- $\frac{1}{2}$  cup freshly grated Pecorino Romano
- 12 large basil leaves
- 8 oz whole milk ricotta, set one a sieve for an hour

For a quick tomato sauce:

- 3 Tbsp. EVOO
- 1 28oz can of Italian San Marzano tomatoes
- 5 large cloves of garlic, minced
- 5 fresh basil leaves
- 2 tsp Kosher salt
- pinch of red pepper flakes

### Method:

- Heat the olive oil in a skillet over moderately high heat, then add the garlic and sauté until very lightly golden, around 1 min.
- Break up the tomatoes with your hands in a large bowl then carefully pour into the pan
- Add the pepper flakes and basil leaves and simmer for 15 min
- Slice the zucchini lengthwise and toss with the Kosher salt to draw out the moisture, then thoroughly pat dry with paper towels
- Toss the zucchini with EVOO, red pepper flakes, and freshly cracked black pepper
- Prepare a hot grill. Grill the zucchini on both sides, making sure to not walk away while grilling because zucchini cooks quickly
- Spread the tomato sauce on the bottom of a 9x23 in. baking dish
- Layer with zucchini, and top with another layer of tomato sauce
- Spread the ricotta and several basil leaves and finish with a layer of zucchini, the remainder of the tomato sauce, and the Pecorino Romano
- Bake until bubbly, around 30 min, then let rest for 15 min to allow it to settle before cutting into squares and serving