



NP Somm Club Food and Wine Pairing Adventure #14

March, 2020

This month Chef Bernard and I picked a great and very versatile Salmon recipe that pairs well with all 3 wines in the club. In general, Salmon is a rich fatty fish that pairs well with both, white and red wines. Some of the best pairings for reds are Pinot Noir or Gamay because both grape varieties are low in tannins and have great acidity. Many white wines pair well with salmon, and Ribolla Gialla is one of them. It has enough body and complexity to stand up to the richness of the salmon. So, pick your personal preference and enjoy!

Bon Appétit & Nazdrave!

Nadia Pavlevska

Executive Chef Bernard Guillas

Maître Cuisinier de France Bernard Guillas is the executive chef of the La Jolla Beach and Tennis Club, the Shores Restaurant at the La Jolla Shores Hotel, and the landmark AAA 4-diamond Marine Room restaurant in La Jolla, California.

In 2018, Chef Bernard was inducted into the Académie Culinaire de France as well as the Disciples of Escoffier International. An avid culinary explorer, Guillas has a roster of impressive credits that include appearances on The Today show, Martha Stewart Radio, James Beard House, Food Arts Magazine and the Discovery Channel's Great Chefs of the World television series. Guillas was named Chef Magazine's Chef of the Year and San Diego's Best Chef numerous times.

Guillas is the author of two award winning cookbooks, Flying Pans "Two Chefs One World" and "Two Chefs One Catch: A Culinary Exploration of Seafood", co-authored with chef Ron Oliver. Flying Pans was awarded two IACP book of the year awards in the categories of Chefs and Restaurants and the coveted People's Choice and top 10 Cookbook at Book Expo America. Two Chefs One Catch was awarded cookbook of the year by the San Diego Book Awards Association

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Blue Corn Sunflower Crusted Alaskan King Salmon

Apricot Kasha Pilaf (Serves 4)

Tarragon Pesto crusted Salmon

Butternut Leek Farro Casserole (serves 4)

*The ancient Romans ate a paste called **moretum**, a precursor to pesto, made by crushing cheese, garlic and herbs. In the modern Ligurian adaptation, basil, pine nuts and olive oil, all grown in abundance in the region, are added to the paste. The ingredients are ground by hand in a mortar and pestle, using a circular motion. One of Italy's most prized sauces, this fragrant, green treasure will make your salmon a superstar. The pesto can be refrigerated for up to 2 days. Pour a thin film of olive oil over the surface to prevent discoloration then cover tightly. Experimenting with your favorite nuts and garden herbs will expand your pesto repertoire.*

Salmon

¼ cup	blanched hazelnuts
1 cup	basil leaves, tightly packed
¼ cup	fresh tarragon
¼ cup + 2 tablespoons	olive oil
2 cloves	garlic
6 tablespoons	grated parmesan cheese
1 tablespoon	orange juice
¼ teaspoon	orange zest
1 ½ pounds	center cut salmon fillet,
skinless, boneless	
to taste	sea salt and freshly ground
black pepper	

Farro

1 cup	farro or wheat berries
3 tablespoons	olive oil
1 cup	brown button mushrooms,
quartered	
1 cup	sliced leeks, white part only
1 cup	butternut squash, ¼ inch diced
2 tablespoons	vermouth wine
1 lemon	zested, juiced
to taste	sea salt and freshly ground black pepper

Preheat oven to 375° Add hazelnuts, basil, tarragon, ¼ cup olive oil, garlic, parmesan, lemon juice, lemon zest to blender. Pulse to coarse paste. Transfer to small mixing bowl. Season with salt and pepper. Set aside. Place salmon on cutting board. Slice crosswise into eight 1-inch thick medallions. Season on both sides with salt and pepper. Add 1 tablespoon oil to large heavy bottom skillet over medium high heat. Sear 4 salmon medallions 30 seconds on each side. Transfer to baking sheet. Repeat process. Place a heaping teaspoonful of pesto in center of medallions. Transfer to oven. Bake 5 minutes or until salmon is slightly underdone.

Soak Farro in 2 cups water for four hours. Bring 1-quart water to boil. Add farro. Bring back to simmer. Turn down heat. Cover. Simmer 20 minutes. Transfer to colander. Rinse under cold water. Drain thoroughly. Add oil to skillet over medium heat. Add mushrooms and butternut. Cook 4 minutes, stirring occasionally. Add leeks. Cook 2 minutes without browning, stirring often. Add vermouth, lemon juice and zest. Bring to simmer. Fold in farro. Cook until hot, stirring often. Season with salt and pepper.