

## Summer Wine and Food

Shrimp and Smoked Sausage Pilaf

Seared Chicken with Pomegranate Mustard Dressing

Spicy Tuna Rolls with Sambal Dipping Sauce

Honey Glazed Pork with Grilled Sweet Onions

### Shrimp and Smoked Sausage Pilaf

**Pilaf** (also spelled pilau and perloo) is a Middle Eastern and Central Asian dish in which a grain (rice or cracked wheat) is first browned in oil and then cooked in a seasoned broth. Depending on the cuisine or dish it may also contain meat, seafood and vegetables.

- 2 tablespoons olive oil
- 1 pound smoked sausage, cut into bite-sized rounds
- 1 small onion, finely chopped
- 1 stalk celery, finely chopped
- 1 small green pepper, finely chopped
- 1 clove garlic, crushed
- 2 cups rice
- 1 tomato, seeded and finely chopped
- 1 pound shrimp, peeled and deveined
- 1 pinch saffron
- 4 cups chicken broth
- 1 cup frozen peas, defrosted
- Salt and pepper, to taste
- Parsley, finely chopped

Preheat oven to 350 degrees. Bring 1 tablespoon of olive oil to medium-high heat in a ovenproof skillet. Add the smoked sausage and brown. Remove from the pan. Add remaining oil and when hot, add the onion, celery, green pepper and garlic. Cook until softened. Add the rice, stir and cook until the rice is slightly toasted.

Add back the reserved sausage, tomatoes, shrimp, saffron and chicken broth. Season with salt and pepper and bring to a simmer. Cover pan; transfer to the oven and cook until rice is tender and all the liquid is absorbed. Remove from oven, add peas and let stand, covered, for 10 minutes. Stir in parsley and serve.

## Seared Chicken with Pomegranate Mustard Dressing

**Pomegranates:** High in vitamin C and potassium, a good source of fiber and low in calories. Pomegranate juice is high in three different types of polyphenols, a potent form of antioxidants. The three types - tannins, anthocyanins, and ellagic acid - are present in many fruits, but pomegranate juice contains particularly high amounts of all three. As antioxidants, they are credited with helping in the prevention of cancer and heart disease.

½ cup pomegranate juice  
1 tablespoon honey  
2 tablespoons Dijon mustard  
1 tablespoon finely chopped shallot  
Salt and pepper, to taste  
Extra Virgin Olive Oil

2 pears, peeled and thinly sliced  
4 cups mixed greens  
½ cup golden raisins  
½ cup pomegranate seeds

2 tablespoons olive oil  
4 chicken breasts  
Fresh herbs, finely chopped  
Salt and pepper

Add pomegranate juice to a saucepan. Heat and simmer over medium-high heat until reduced to about ¼ cup. Cool completely. Add to a food processor with honey, mustard, shallot, salt and pepper. Pulse mixture to combine. With processor running, add oil in a slow steady stream. Set aside.

Combine pears, greens, raisins and pomegranate seeds in a large mixing bowl. Add just enough dressing to coat leaves. Reserve remaining dressing. Season salad to taste with salt and pepper. Set aside.

Meanwhile, bring olive oil to medium high heat in a large, heavy skillet. Season chicken with salt and pepper. Sprinkle with fresh herbs. Add to pan, cook until golden brown on one side, turn and continue cooking until internal temperature reaches 160 degrees. Let rest five minutes. Slice and serve with greens, drizzled with remaining dressing.

### Spicy Tuna Rolls with Sambal Dipping Sauce

- 1 teaspoon Sambal Olek (chili paste)
- 2 tablespoons mayonnaise
- ½ teaspoons sesame oil
- ½ teaspoon mirin
- 2 tablespoons finely sliced scallions
- 3 ounces sushi grade Tuna, diced
- Cooked Sushi Rice
- Nori Sheets

Mix together ingredients in a small bowl. Roll with rice and nori. Slice and serve with dipping sauce.

### Sambal Dipping Sauce

- 6 tablespoons rice vinegar
- ¼ cup fish sauce
- 2 tablespoons (packed) golden brown sugar
- 3 garlic cloves, minced
- ½ teaspoon Sambal Olek

Combine all ingredients in medium bowl; stir until sugar dissolves. Cover and let stand to combine flavors.

### Honey Glazed Pork with Grilled Sweet Onions

- ¼ cup finely chopped scallions
- 2 tablespoons Dijon mustard
- 3 tablespoons hoisin sauce
- 2 tablespoons honey
- 1 tablespoon soy sauce
- 1 tablespoon sweet soy sauce (optional)
- 1 pork tenderloin, cut crosswise into 2-inch pieces
- 1 large sweet onion, peeled and cut crosswise into ¼-inch slices

Preheat grill to medium-high heat. Combine scallions, Dijon, hoisin sauce, honey and soy sauces in a small bowl. Place pork in a non-reactive pan with half of glaze and turn to coat. Let stand 10 minutes. Grill pork, basting with reserved glaze, until internal temperature reaches 150 degrees. Let stand 5 minutes.

Meanwhile, brush onion slices with glaze and grill until tender and caramelized. Serve pork topped with grilled onions.

### Zucchini Gratin

- 4 medium zucchini, sliced ¼-inch thick
- 1 cup fresh bread crumbs
- 1 cup grated cheese
- Fresh herbs, minced
- Salt and pepper
- Olive oil

Preheat grill to medium high heat. Season zucchini with salt and pepper. Grill until softened and slightly charred. Remove from heat and transfer to a casserole dish.

Mix bread crumbs with grated cheese. Season with salt, pepper and fresh herbs. Mix in enough olive oil to coat the bread crumbs. Top zucchini with mixture.

Preheat oven to 350 degrees. Pour  $\frac{1}{4}$  cup water in bottom of casserole. Bake, uncovered until top is golden brown and the zucchini is cooked. Serve warm.