



Governor John Spellman's Filet Mignon with Cognac

Pair with Tinte Cellars 2017 Cabernet Sauvignon

Prep Time: 30 Minutes

Cook Time: 15 Minutes

Yield: Serves 2

INGREDIENTS

- 2 - 8 oz filet Mignon or New York steak
- 2 tsp pepper, coarsely ground
- salt for skillet
- 2 tsp butter
- 2 drops Tabasco sauce (add 2-3 more if spicier is desired)
- 1 tsp Worcestershire sauce
- 2 tsp lemon juice (fresh preferred)
- 3 Tbsp Cognac brandy
- Chopped parsley, to taste

DIRECTIONS

1. Sprinkle steaks on both sides with pepper; work the pepper into the meat with the heel of your hand.
2. Let meat stand at room temperature for 30 minutes.
3. At well ventilated cooktop, lightly salt heavy cast iron skillet; cover and heat on medium high until salt browns slightly.
4. Put steaks into skillet and sear first side for 3 minutes on high heat.
5. Turn over steaks, reduce heat to medium and cook for 3-5 minutes (more time if you desire steak to be more well done). Total cook time should be 3 minutes per side for medium rare.
6. Place 1 teaspoon butter on each steak and allow it to melt.
7. Combine the lemon juice, Tabasco and Worcestershire, and pour it over the meat.
8. Turn off heat. Pour the cognac into the pan with the steaks and ignite with a lighter (do not stand above the pan when lighting up the cognac.)
9. Remove steaks to platter and let sit for five minutes.
10. Swirl the remaining sauce in the skillet, and then pour over steaks.
11. Sprinkle steaks with parsley as desired.



MONIQUE'S PINK COCONUT LENTIL CURRY STEW

Pair with Tinte Cellars 2017 Syrah

Prep Time: 30 Minutes

Cook Time: 15 Minutes

Yield: Serves 4

INGREDIENTS

- 1 tablespoon coconut oil
- 1 tablespoon cumin seeds
- 2 tablespoons ground coriander seeds
- 1 head of garlic, chopped (10-12 cloves)
- 1 can pickled beets
- 2 chopped Potatoes
- 1 chopped yellow Onion
- 5-6 medium chopped Carrots
- 1 28-ounce can crushed tomatoes or 3 fresh medium sized tomatoes
- 5 cups chicken or veggie broth
- 2 tablespoons ginger, chopped
- 1 tablespoon turmeric
- 2 teaspoons sea salt
- 1 cup dried brown lentils
- 2 teaspoons cayenne powder
- 1 15-ounce can coconut milk or more depending on how many veggies you include.
- 1 cup chopped cilantro
- Optional 2 chopped chicken breasts (cubes)

INSTRUCTIONS

1. Heat the coconut oil in a large pot or skillet over medium-high heat. Add the cumin and coriander seeds and toast until they start to brown, about 45 seconds. Add the garlic to the pot and let it brown, about 2 minutes.
2. If you are including chicken, use a separate pan to grill chicken with salt and pepper seasoning.
3. Add the broth and a can of tomatoes, and chopped veggies (onions, carrots, beets, potatoes etc), ginger, turmeric, and sea salt to the pot and cook, stirring the pot a few times, for 5 minutes. Add the lentils and, if using, the cayenne powder to the pot and bring it to a boil. Reduce the heat to low, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to look dry, add an extra 1/2 – 1 cup of broth.
4. Once the lentils are soft and the curry thickens, add the coconut milk and cooked chicken and bring the pot back to a simmer. Remove the pot from the heat and stir in the cilantro.



RAGÙ OF PORK AND ORANGE

Pair with Tinte Cellars 2017 Cuillin Hills Red Blend

Prep Time: 30 Minutes

Cook Time: 15 Minutes

Yield: Serves 2-3

INGREDIENTS

- 300g ground pork, or pork sausage
- 1 large carrot
- 1 medium onion
- 1 large celery stalk (optional)
- 1 medium organic orange
- ½ a wine glass of dry white wine.

INSTRUCTIONS

1. Dice vegetables. Zest the orange, then slice in half. Juice orange into a cup, remove seeds if present.
2. Add 1-2 tablespoons Extra Virgin Olive Oil to a large pan and set to medium-low fire (whether gas or electric, the Italians call it fire). Add diced vegetables. Sauté for 10 minutes, stirring occasionally. Add orange zest and pork. Break up pork into small chunks. Sauté for 20 minutes. Add orange juice. Sauté with juice for 10 minutes. Add ½ a wine glass of dry white wine. Season with salt and pepper (red pepper flakes if you would like). Set to high fire for the last 10 minutes.
3. È fatta (it's done!)
4. Serve with tortellini, gnocchi, or shelled pasta. Top copiously with Parmigiano Reggiano.

This is a great comfort food sauce for your pasta. The sugars from the onion and orange caramelize onto the pork, and the zest and wine bring the acidity up just right. For a saucier sauce, you can add maybe ½ a cup of pasta/gnocchi water during the last 10 minutes.