



Of wine & food brought to you by
Eric the Wine Guy at the Mahtomedi Liquor
Barrel and
DeeAnn McArdle of Unleash Your Inner Foodie.

Airlie Muller Thurgau paired with Grilled Chicken Salad

Eric Says: Ahhh, don't be scared away by the weird type its widely planted in Europe and it makes exquisite wine! Super crisp, this wine is a show stopper anytime and anyplace. A variety of Citrus abounds with notes of pear and apple adding interest. Regular \$14.99 With this Flyer \$11.99

DeeAnn Says: It's time to put your chicken pot pie recipe back on the shelf and transition into spring menus with this delightful pairing - It's fresh, seasonal, simple and oh, so good!

This is my most requested spring salad recipe!

Grilled Chicken Salad

Serves 6

6 chicken boneless, skinless breast halves, Marinade for 3 hours or overnight in:
1 Tblsp. Toasted Sesame oil, 1 1/2 Tblsp. Soy sauce, juice of 1/2 lemon, 1/2 tsp. red pepper flakes, 2 tsp. Dijon mustard, 1/4 cup white wine, 1 large garlic clove-minced.

The Dressing: 1 garlic clove, 1 Tblsp. Toasted sesame oil, 2 Tblsp. Soy sauce, 2 Tblsp. Sherry vinegar, 1/3 cup olive oil.

The Salad: 1/2 cup thinly sliced red onion rings, 1 1/2 cup sugar snap peas, 1/4 cup dried cranberries, 1/2 tsp. freshly ground black pepper, 1 bunch fresh arugula leaves.

Remove the chicken from the marinade. Grill over hot coals for about 4-5 minutes per side. Remove the chicken from the grill and let rest about 10 minutes. Slice into bite-size strips and place in large serving bowl. Place all the dressing ingredients in a food processor and puree until smooth. Pour the dressing over the chicken. Add the onion rings, snap peas, dried cranberries, and pepper. Toss to blend. Add the arugula right before serving and toss lightly. Serve with a cheese platter and a warm baguette.

Dr Konstantin Frank Dry Riesling paired with Seared Scallop Salad with Caramelized Pineapple Vinaigrette

Eric Says: A stunner for sure! Dry with a crisp mouthfeel – it's expressive with dominate characters of grapefruit, lime and other fruit notes. The crisp acidity enhances the minerality.

Regular \$16.99 with this Flyer \$13.99

DeeAnn Says: Gather your family and friends to the table to celebrate the pleasures of spring with this stunner pairing. The splashy seafood salad is outstanding and so simple to make!

Seared Scallop Salad with Caramelized Pineapple Vinaigrette

Serve 4

*recipe adapted from Tim Scott

*you can also make this recipe with shrimp.

Marinate the scallops for 1 hour or overnight in: 1 Tbsp. sesame oil, 6 scallions thinly sliced, 2 tsp. minced garlic, 2 tsp. minced fresh ginger, 2 tsp. sambal oelek chile paste or Siracha, 1/2 tsp. salt. Mix together and add the scallops. Cover and refrigerate at least 1 hour.

Prepare the Caramelized Pineapple Vinaigrette: 1 Tblsp. Unsalted butter, 1 Tblsp. Sugar, 1 1/2 cups diced fresh pineapple, 1 Tblsp. rice wine vinegar, 1 1/2 tsp. freshly squeezed lime juice, 1/2 tsp. minced fresh ginger, 1/8 tsp. cayenne pepper, 1/8 tsp. kosher salt, 1/8 tsp. *Unleash Your Inner Foodie Tuscany Pepper Blend*, 1/2 tsp. sesame oil, 6 Tblps. Canola oil, 1/2 tsp. black sesame seeds. Place a large saucepan over medium high heat and add the butter. When the butter has melted, add the sugar and pineapple and cook, for about 15 minutes, stirring often, until the pineapple is caramelized and golden brown. Watch it carefully so it doesn't burn! Remove the pan from the heat and cool slightly.

Combine the pineapple and juices from the pan, vinegar, lime juice, ginger, cayenne pepper, salt, pepper, and sesame oil in a blender. Blend on high until smooth. With the motor running, add the canola oil to make an emulsion. Taste and adjust the seasoning as necessary and stir in the sesame seeds. You can make this up to 2 days before you want to use it.

Next prepare the salad bed. In a large bowl combine: 2 1/2 cups (half a head) of Napa cabbage-julienned, 2 1/2 cups romaine lettuce-julienned, 1 cup carrots- julienned, 3 scallions-thinly sliced, 1/2 tsp. *Unleash Your Inner Foodie Tuscany Pepper Blend*, 2 Tblsp. Grapeseed oil. Add 1/2 cup of the caramelized pineapple vinaigrette and toss well. Divide the salad equally onto 4 serving plates.

Now the scallops: Place a large skillet over high heat and add the oil. When the oil is hot, add the scallops one at a time, being careful not to crowd them in the pan. Sear for 1 minute on each side, until browned. Divide the scallops equally on top of the salad. Drizzle the scallops with a little more of the pineapple vinaigrette and top with shoestring potatoes. Enjoy!

Austerity Chardonnay paired with Baked Halibut, grape tomatoes, & Kalamata

Eric Says: You just don't find Chardonnay with this kind of structure for this price. Creamy and layered with aromas of crème brûlée and golden apples. The palate shows tropical fruit and pineapple complemented by velvety texture and a rich butter finish.

Regular \$15.99 With this Flyer \$11.99.

DeeAnn Says: This may be my favorite spring pairing we've ever done. It's perfect for a special family celebration or Saturday night dinner with friends. I love the velvety, rich butter flavor of the Chardonnay paired with the tender meaty halibut! You'll need at least 2 bottles of this wine – one for the sauce and one to drink!

Baked Halibut with grape tomatoes, Kalamata olives

Serves 4 Serve with steamed asparagus or a simple green salad.

Extra virgin olive oil for drizzling, 3 shallots, thinly sliced, 3 garlic cloves, thinly sliced, 10 oz. grape tomatoes, Salt and pepper to taste, $\frac{3}{4}$ cup dry white wine, 3 Tblsp. Capers, $\frac{1}{2}$ cup Kalamata olives, pitted and halved, 1 $\frac{1}{2}$ lb. thick-cut halibut fillet, de-boned, 3 sprigs oregano.

Preheat oven to 350°F. In a cast-iron pan on medium heat, drizzle a little EVOO. Add the shallots and sauté for 2-3 minutes. Next, add the garlic and cook until fragrant, 1-2 minutes. Add the tomatoes and cook for 5 minutes.

Once tomatoes start to soften, very carefully smash them using a potato masher. Don't smash them too much, just enough to release their juices. Stir and season with pepper. Deglaze the pan with $\frac{1}{2}$ cup of the white wine, scrapping up any brown bits. Cook for 2-3 minutes to thicken slightly. Add in the capers and olives.

Make a little space in the middle of the pan for the fish to sit. Place the fish in the pan and sprinkle with salt and pepper. Add oregano leaves. Scoop some of the tomato mixture over fish and top with 1 sprig of oregano. Add in the remaining $\frac{1}{4}$ cup of white wine around the fish.

Place in the oven, uncovered, to bake for 20 minutes or until cooked to your preferred doneness. Serve hot.

You're going to love the **Red wines** Eric has selected for Spring...

Klinker Brick Zinfandel paired with Bobby Flay's Grilled Steak Salad with Poblano Vinaigrette

Eric Says: -. Ahhh, man Spring time is the perfect time to break out the BBQ and a nice bottle of Zin! This Old Vine Zinfandel is about as good as Zin gets for this price! A blend of 16 different vineyard blocks that average 86 years of age. Berries and spice on the nose, dark, sweet fruit fills the palate with just a hint of black pepper. This wine also has a super long, lingering finish.

Regular \$18.99 With this flyer \$14.99

DeeAnn Says: The perfect pairing for a causal Friday or Saturday night. This is one of my favorite Bobby Flay recipes – I love to serve it family style in a large wooden bowl. Add a warm baguette and you've got a beautiful, delicious spring dinner!

Grilled Steak Salad with Poblano Vinaigrette

Served family style in a large white or wooden serving bowl.

Serves 4

Steak Sauce, makes 1 ½ cups: 1 cup ketchup, ¼ cup horseradish cream, 1 Tbsp. Honey, 1 Tbsp. Dijon mustard, 1 Tbsp. Maple syrup, 1 tsp. Worcestershire sauce, 1 Tbsp. Ancho chile powder, kosher salt & freshly ground black pepper. Mix all ingredients in a small bowl. May be made a day in advance and will keep for up to 1 week.

Poblano Vinaigrette: 2 poblano peppers, ¾ cup olive oil, ¼ cup chopped red onion, ¼ cup fresh lime juice, ½ cup spinach leaves, 1 tsp. honey, kosher salt & pepper to taste. Preheat your grill to medium high. Rub the poblano peppers with olive oil and grill until charred on all sides-about 3-5 minutes. Remove from grill, cut in half lengthwise, seed them and chop coarsely. Combine the poblanos, the remaining olive oil, onion, lime juice, spinach and honey in a blender or food processor and blend until smooth. Season with salt & pepper. Pour into a small container. May be made one day in advance. Serve at room temperature.

Steaks: 4 rib-eye steaks – 8 oz. each. Kosher salt & pepper. Place the steaks in a shallow dish and cover each steak with the steak sauce. Refrigerate, covered for 2 hours, turning once. Preheat your grill to high. Remove the steaks from the marinade, shaking off excess and season with salt & pepper. Grill until well seared, 3-4 minutes. Turnover and continue grilling 3-4 minutes for medium rare. Remove the steaks from the grill, cover with foil and let rest while you prepare the salad ingredients.

For the Salad: 1 large Vidalia onion, sliced ½ inch thick, 8 plum tomatoes-halved, 1 pound baby Spinach, 3 Tbsp. Balsamic vinegar, ½ pound blue cheese crumbles. Brush the onion and tomatoes with olive oil and season with salt & pepper. Grill on both sides until just cooked through. Place the spinach in a large serving bowl and toss with the balsamic vinegar and 3 tbsps. Olive oil. Cut the steak into ½ inch thick slices and arrange on top of the spinach. Add the tomatoes, onions, and blue cheese. Toss well. Serve family style or plate onto individual plates.

Ghostrider Red Blend paired with Herb Crusted Pork Loin Roast

Eric Says: This is a new item to the store and it just screams drink me with food! A blend of Cab, Petite Sirah, Syrah and Zin it has aromas of mixed berries and black cherry's. The palate has hints of spice including black pepper. It finishes with soft tannins, dark fruit and elaborate oak.

Regular \$16.99 with this Flyer \$12.99

DeeAnn Says: This luscious perfect pairing is all about comfort – spring style.

Herb Crusted Pork Loin Roast

Serves 4-6

4 lb. pork loin roast-fat left on, 1 Tblsp. Unleash Your Inner Foodie Tuscan Pepper Blend, 4 garlic cloves-minced, 1 tsp. dried Rosemary, 1 tsp. dried Thyme, 2 Tblsp. Olive oil. Mix all spice ingredients together, add olive oil to create a paste.

Preheat oven to 475 degrees. Place roast on baking sheet and rub spice paste all over the roast. Bake for 30 minutes. Turn heat down to 425 degrees and bake for an additional hour or until a thermometer reads 155 degrees.

Remove from oven, cover with foil and let rest 15 minutes before slicing.

Serve with Haricot Verts and roasted potatoes or my creamy Orzo recipe found on UnleashYourInnerFoodie.com

Substance Cabernet paired with Grilled Steak & a Spring Celebration Salad

Eric Says: Well we need a Cabernet for that nice juicy steak on the grill right?? Well here is your one. This Cabernet is from Washington State and what I love about it is its full and big without overpowering food. It has depth and is perfectly layered with black cassis, dark cherry and tobacco. A killer value that opens with blue fruits and violets then moves into a full-bodied, concentrated layered wine.

In a word-harmonious!

Regular \$19.99 with this Flyer \$15.99

DeeAnn Says: Good wine & good food needs to be shared with Good Friends! This perfect pairing will help you usher in the spring season in good taste and *foodiestyle!*

Spring Celebration Salad

This killer salad features the early spring produce of asparagus, sugar snap peas, & radishes and is best served when the vegetables are still slightly warm – so good!

Serves 4-6

1 ½ lb. new small potatoes, 2 bunches asparagus, 1 cup sugar peas, 1 cup cooked whole lentils- rinsed, 1 small handful chives, 5 radishes= very thinly sliced,

Butter vinaigrette:

2 oz. unsalted butter, 2 tbsp apple cider vinegar, 1 scallion-very finely chopped, salt & black pepper to taste.

Directions: Cut the new potatoes in half and bring to a boil. Simmer until tender, about 10-15 minutes. Rinse and trim the asparagus by snapping off the dry ends. Steam the asparagus until they are tender, 5-10 minutes depending on their thickness. Slice the sugar peas and radishes and rinse the cooked lentils.

Place all salad ingredients in a large serving bowl. Right before serving, add the butter vinaigrette and use your hands to toss until everything is coated in the vinaigrette. Serve immediately.

Butter Vinaigrette: Melt the butter on low heat for the vinaigrette. Finely chop the spring onion and add to the melted butter and stir in apple cider vinegar. Season with salt and pepper.

Harpoon Fresh Tracks Pale Ale ***paired with Pulled Pork, Ultimate Coleslaw, & Pickles***

Eric Says: A wonderful new brew to the state of Minnesota. It's hop forward without being bitter. It showcases the piney, citrusy character of the Centennial hops. It is bright and golden, light and drinkable the subtle malt flavor lets the hops shine. Regular \$9.99 with this flyer \$7.99.

DeeAnn Says: The people at Harpoon are all about loving beer and loving life. With that philosophy in mind you'll want to invite some friends over to enjoy the first weekend of the spring season, come rain or shine! Call your favorite BBQ joint and order up some pulled pork. If you haven't checked out BlackMarket BBQ in downtown St. Paul you're really missing out - really great BBQ! Blackmarketbarbecue.com

Ultimate Coleslaw with Pecans and Spicy Chile Dressing

Serves 6-8

1 Napa or Savoy cabbage-shredded, 4 carrots-shredded, 1 Granny Smith apples-peeled and thinly sliced, 1 medium red onion-thinly sliced, 1 cup pecans-chopped.

Dressing: 1 Tblsp. Dijon mustard, 1 tsp. sugar, 1/2 tsp. cayenne, 1/2 tsp cumin, 3/4 cup mayo, juice on one lemon, kosher salt & *Unleash Your Inner Foodie Tuscan Pepper Blend* to taste, fresh mint leaves to garnish.

Place the shredded cabbage and apple slices in a large serving bowl.

Stir together the mustard, sugar, cayenne, cumin, mayo, and lemon juice until well blended. Season with salt & pepper blend. Pour the dressing over the cabbage mixture and toss well. Taste again for seasoning. Garnish with fresh mint.

If you're looking for perfectly seasoned dishes made simple, check out my
Signature Spice Collection at
www.UnleashYourInnerFoodie.com/products/

Read on for two more Beer Pairing...

***Bells Smitten** paired with Barbacoa Beef Tacos, Queso Fresca, & Pickled Onions*

Eric Says: Rustic Flavors from the Rye malt combined with Citrus, hop aromas from the Pacific Northwest varieties to create a crisp, refreshing take on a classic Pale Ale. Regular \$8.99 with this flyer \$7.99

DeeAnn Says: Recreate the Craft Beer Café in your own home by serving this creative, delicious, and so simple to make Barbacoa beef tacos, queso fresca, pickled onions – yum! Start out with a platter of smoked andouille sausage, Humboldt Fog goat cheese, and a smoky blue cheese.

Barbacoa Beef Tacos, Queso Fresca & Pickles Onions

Using Rick Bayless Frontera Barbacoa sauce mix – so good! You could certainly make your own Barbacoa sauce but Rick Bayless has really captured the flavors of Mexico in this package sauce!

Serve 4

4 lbs. beef chuck roast, 1 large red onion-thickly sliced, 1 pouch Frontera Red Chile Barbacoa Slow Cook Sauce, fresh cilantro, warm corn or flour tortillas, queso fresca. Directions: Great recipe for the slow cooker (crock pot)! Cut the chuck roast into 3 similar size pieces and brown on all sides. Put the browned beef into the slow cooker. Top with the onion slices and pour the Barbacoa sauce over. Cook on low for 8 hours. So easy and absolutely delicious!

***Sam Adams Hopscape** paired with your Signature Spring Fruit & Cheese Platter*

Eric Says: It is a wheat ale brewed with 4 varieties of West Coast hops. The perfect spring beer J Pine and Juicy Grapefruit. Regular \$8.99 with this Flyer \$7.99

DeeAnn Says: This perfect pairing is ideal for an impromptu happy hour gathering with friends and neighbors.

DeeAnn's Signature Spring Fruit & Cheese Plate

Serves 4-6

Using a large white platter or slate cheese board, arrange a fan of thin pear slices (1 pear) in the center. Then place a handful of Marcona almonds at the tip of the pear slices. Place a wedge of the following 3 cheeses around the pear slices; Roaring Forties Blue Cheese drizzled with honey, Prima Donna - a delicious aged gouda with hints of caramel and butterscotch, and Pave d'affinois - a French double cream that is mild, creamy and perfect for an appetizer. Serve with a basket of warm sliced Artisan baguette.