



O'BRIEN ESTATE

NAPA VALLEY

SUMMER RECIPES

Chef Elizabeth Binder, originally from South Africa, is our longtime friend and was recently a *Top Chef* finalist. Lizzie offers the following original recipe for our Wine Club Members, to pair with our newly released 2014 Flirtation Rosé.

"This stunning salad is perfect for those coming warm evenings - as strawberry season gets underway - especially divine served with O'Brien Estate Flirtation Rosé."

Balsamic Roasted Strawberry Salad

Serves 2

- 1 pint of freshly picked strawberries
- 1 tablespoon balsamic vinegar
- Juice from 1/2 a lemon
- Several handfuls of peppery greens such as watercress, arugula, mustard or nasturtium
- 3-4 oz goat cheese, crumbled
- 1/2 cup of hazelnuts, toasted and chopped
- Drizzle of extra virgin olive oil

Preheat oven to 350° F. Wash, hull and cut the strawberries in half. Lay them on a baking tray in a single layer. Drizzle with balsamic vinegar and lemon juice and season with sea salt and freshly ground black pepper. Bake in the oven for 40 minutes until the juice is bubbly and the strawberries are soft.

While the strawberries are baking, toast and chop the hazelnuts and set them aside.

Wash and dry your greens and arrange them on a plate or in a bowl. Divide the goat cheese and toasted hazelnuts and add them to each serving.

When the strawberries are done baking spoon several strawberry halves onto each salad and drizzle the juices they were baking in over the top. Drizzle on some extra virgin olive oil.

Serve warm or cold. Enjoy!

MORE SUMMER RECIPES

As some of you may know, Bart's brother Dr. Christopher O'Brien is a world-class liver researcher and Professor of Medicine at the University of Miami Medical Center. (It's ironic that both Chris and Bart ended up in the liver business - but on different sides of the liver!) Chris married Michele Porcaro, who is half Greek and half Italian. In anticipation of our upcoming cruise embarking from Athens, we thought we would share one of her Greek family recipes.

Barb chose a recipe for the delicious Greek appetizer, dolmades made from grape leaves. This of course seemed appropriate as this is something we have in abundance this time of year. The name comes from the Turkish word "dolma" meaning "stuffed". Dolmades are a favorite dish in Greece, and we plan on sampling many of them during our 2015 Mediterranean Cruise, along with all the Greek food we can find in Santorini, Naxos, and Athens.

PREPARING FRESH GRAPE LEAVES



When making stuffed grape leaves, it is always best to use fresh young grape leaves. The jarred grape leaves are sometimes tough, and the fresh leaves are tender. Pick tender leaves in springtime. Usually, the smaller leaves are most tender, but they should be large enough to be able to wrap. Once you've picked the fresh grape leaves, you should parboil to preserve freshness. In order to parboil, bring water to a boil in a large pot. Scald the leaves for 1 minute. Drain and make stacks of leaves.

If you don't plan on using the grape leaves immediately, they can be frozen. To freeze, place stacks of grape leaves in freezer bag, and place in freezer. When you're ready to use, unfreeze by putting in water, or just let them thaw out.

DOLMADES

Stuffed Grape Leaves with Meat

2 lbs. ground beef (90% lean)	mint -chopped
fresh grape leaves OR 1 jar grape leaves	1 bunch scallions
1 - 32 oz. can chicken broth	1 onion
1 1/2 cups Carolina rice (or other fluffy white rice)	pepper
6 lemons	olive oil

Rinse rice to remove starch. Juice lemons, and reserve peels. Chop mint, scallions, onion and mix together. Put meat in large bowl. Add rice, scallions, onion, mint and a little olive oil. Add chicken broth and lemon mixture to bowl (1/4 cup broth, 1/4 cup water and juice of 1 lemon). Mix raw meat with all ingredients (mixture should be moist). If necessary, if mixture starts to look dry while wrapping leaves, add additional juice mixture.

Remove leaves from jar, rinse with water and then separate. Place about 1 tsp. of the rice mixture in the center of each leaf (shiny surface down). Fold sides in and roll up. Repeat process.

In large pot, put leaves on bottom of pot. Add dolmas to pot, stacking neatly. Add chicken broth, water and lemon juice mixture. Pour pure lemon juice over the top layer. Put lemon peels on top. Also, put plate upside down on top of lemon peels for weight. Bring to a boil and then simmer gently for approximately 1 hour until rice and meat is cooked thoroughly. ~ *Victoria Porcaro*