

Recipes to help you discover the extra pleasure of meats with wine / Wine Advisory Board.

Contributors

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BEEF with wine

BURGUNDY POT ROAST

5 pounds beef chuck, rolled and tied
 1 cup California Burgundy wine*
 Flour
 1/2 cup finely chopped onion
 Salt and pepper
 1/2 cup finely chopped celery
 2 tbsps. bacon drippings
 1/2 cup finely chopped parsley
 or other fat
 1/4 tsp. oregano
 1 (8 oz.) can tomato sauce
 1/4 tsp. sweet basil

Dredge meat with flour seasoned with salt and pepper. Heat bacon drippings in Dutch oven or other heavy kettle; brown meat slowly on all sides. Add all remaining ingredients; season to taste with salt and pepper. Cover and simmer gently 3 to 4 hours, or until meat is tender, turning meat occasionally.

Make gravy as follows: Measure liquid in kettle and add water if necessary to make 4 cups; heat to boiling. Blend 1/4 cup flour with 1/2 cup cold water to make a smooth paste; stir slowly into boiling liquid; cook, stirring constantly, for 2 or 3 minutes. Thin with a little additional water, if desired. Taste and add salt and pepper, if necessary. Serve piping hot. Serves 8.

*Or California Claret, Zinfandel or other red table wine.

BRAISED LIVER IN WHITE WINE

1 1/2 lbs. beef or pork liver, sliced thin
 1/4 cup bacon drippings or other fat
 1 cup California Sauterne wine*
 Pinch of thyme
 Flour, salt, pepper
 1/2 cup water

Wash liver. Let stand in wine for an hour. Pour off wine, reserving for later use. Dredge liver in seasoned flour. Brown on both sides in hot fat in heavy skillet. Add wine and a sprinkling of thyme. Cover and simmer for 10 minutes. Add water and continue simmering for 20 minutes, or until tender. Serves 6.

*Or California Rhine Wine, Chablis or other white table wine.

VEAL with wine

LIVIA'S VEAL SCALLOPINI

2 lbs. veal roundsteak, sliced thin
 4 tbsps. oil
 2 cups California Sauterne wine*
 Flour, salt, pepper
 2 cups mushrooms or peas

Cut meat into 2-inch pieces. Dredge in flour, salt and pepper and sauté very slowly in oil until golden brown. Remove veal to Dutch oven or heavy kettle. Add wine to skillet. Cook for 1 minute over high heat; pour over meat. Cover and simmer 1 hour. Add mushrooms or peas during last half hour of cooking. Serves 6.

*Or California Rhine Wine, Chablis or other white table wine.

FRANKFURTERS AND SAUERKRAUT

3 tbsps. butter or margarine
 1 1/2 cups California Sauterne wine*
 1 medium-sized onion, finely chopped
 1/2 cup water
 1 apple, peeled, finely chopped
 2 tbsps. brown sugar
 1 (No. 2 1/2) can sauerkraut, well drained
 Salt and pepper to taste
 1 lb. frankfurters

Melt butter in large, heavy skillet; add onion and apple; sauté slowly until onion is yellow. Add drained sauerkraut, 1 cup of the wine, water, brown sugar, salt and pepper; mix well with a fork. Cover and simmer gently for 1 hour, stirring occasionally. Arrange frankfurters on top of sauerkraut; add remaining 1/2 cup wine. Cover and simmer 15 minutes longer. Serves 4.

*Or California Rhine Wine, Chablis or other white table wine.

CHEF'S TIP

Marinate the less expensive cuts of meat in red or white table wine for several hours or overnight. The result is more tender meat, wonderfully flavored meat at budget prices. Marinating in wine does grand things for venison, too.

TURKEY with wine

WESTERN BARBECUED TURKEY

1 turkey (4 to 6 lbs., ready-to-cook weight), cut in pieces for serving
 1 cup catsup
 1 1/4 cups water
 1/2 cup California Burgundy wine*
 1 tbsp. wine vinegar
 1/2 cup butter, margarine or oil
 1/2 cup minced onion
 Grated garlic or garlic powder to taste
 2 tps. Worcestershire sauce
 1 tbsp. sugar
 2 tps. paprika
 1/2 tsp. salt (or to taste)

Place turkey, skin side down, in a roasting pan. Combine remaining ingredients; heat to boiling; pour over turkey. Cover and bake in a moderately hot oven (375°F.) 1 hour, basting occasionally. Remove cover and turn turkey skin side up. Continue baking, uncovered, about 3/4 to 1 1/4 hours, or until turkey is tender, basting and turning turkey occasionally. (Thin sauce with more wine if necessary.) Serves 4 to 6.

*Or California Claret, Zinfandel or other red table wine.

TURKEY A LA QUEEN

4 tbsps. butter or margarine
 5 tbsps. flour
 1 cup evaporated milk
 1 cup turkey or chicken broth or canned or bouillon cube chicken broth
 1/2 cup California Sherry wine
 1/2 cup grated Cheddar cheese
 1/2 tsp. Worcestershire sauce
 Dash of mace
 Salt and pepper to taste
 2 cups diced, cooked turkey
 1 (4 oz.) can mushroom stems and pieces, drained
 1 canned pimiento, chopped

Melt butter and stir in flour; add milk and broth; cook, stirring constantly, until mixture boils and thickens. Add wine and cheese; stir over low heat until cheese melts. Season; add turkey, mushrooms, pimiento. Heat, serve in patty shells or with rice. Serves 4 to 5.

Wine Advisory Board, 717 Market St., San Francisco

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Recipes

TO HELP YOU DISCOVER THE EXTRA PLEASURE OF

MEATS WITH WINE





YOU KNOW how certain foods just naturally pair off to make *extra* eating pleasure: Ham and eggs, apple pie and cheese, pork and beans. It's the same way with meat and wine.

As you savor meat balls you've cooked in Burgundy or veal you've simmered in Sauterne, you discover an entirely new appreciation of food flavors. And you realize you've been missing something! The magic of meat with wine!

You'll find that wine's magic with meat can work in two ways... as a *seasoning* with the meat, and as the finest of all *beverages* to enjoy with meat. So when you've used part of a bottle of red or white table wine in cooking meat, serve the rest of that same bottle with the meal.

Try the recipes given here. Then experiment with wine cookery on your own. It's fun! And you and your family will be delighted with the marvelous new flavor you've discovered in old favorite dishes. Good eating!

THE FINE WINES OF CALIFORNIA

When you shop for wines, look for "California" on the label. The wines of California are made entirely from the pure juice of fresh ripe grapes. They rank in quality among the world's finest, yet cost so little you can use them often... to make your cooking more flavorful, your eating more enjoyable.



WINE-BAKED HAM

Bake half a ham cut-side down in open pan in slow oven (275° F.) allowing 30 minutes per pound. Remove skin, score fat. Spread with a mixture of ½ cup brown sugar and 1 tbsp. cornstarch; stick with whole cloves. Place fat-side up in pan; surround ham with canned cling peach halves. Pour 1 cup California Muscatel wine over ham and peach halves; bake in moderately hot oven (375° F.) for 30 minutes, or until glazed, basting frequently with the wine in the pan.

PORK CHOPS WITH SPICY PRUNES

20 prunes ½ cup California Burgundy wine*
20 whole cloves 1 tbsp. lemon juice
4 lean pork chops 1 tsp. cornstarch
Salt, pepper 1 tsp. cold water
1 medium-sized onion, minced

Rinse prunes and stick each with a clove. Sprinkle chops with salt and pepper and brown on both sides in a heavy skillet, using a little fat trimmed from chops, or bacon drippings. Add onion; cover and cook over low heat a few minutes. Pour wine and lemon juice over chops. Add prunes, cover and cook, closely covered, over very low heat 1 hour. Take up chops and prunes. Stir cornstarch blended with water into liquid in pan, and cook and stir until thickened. Pour over chops and serve at once. Serves 4.

*Or California Claret, Zinfandel or other red table wine.

LIFT FOR STEW

A simple stew takes on an out-of-this-world flavor when a cup of California table wine is used in place of 1 cup of the water. Red table wine goes best in beef stew. Lamb and veal stew take kindly to the white table wines.



CURRIED LAMB SHANKS

4 tbsps. oil 1 cup California Sauterne wine*
4 lamb shanks Salt, garlic salt and pepper to taste
4 tbsps. flour 1 onion, thinly sliced
1½ tbsps. curry powder
1 cup water

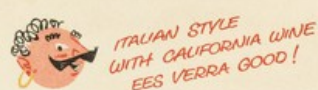
Heat oil in a large, heavy skillet with a tight-fitting lid; add lamb shanks and brown slowly on all sides. Remove lamb shanks from pan. Add flour and curry powder to drippings and blend well; add water and wine; cook, stirring constantly, until mixture is thickened and smooth; season to taste. Return lamb shanks to pan; add onion; cover tightly and simmer gently for 1½ hours, or until meat is tender. Serve with rice. Serves 4.

*Or California Rhine Wine, Chablis or other white table wine.

HAWAIIAN TURBANS

1 (12 oz.) can luncheon meat 1 tbsp. cornstarch
4 slices canned pineapple ¼ tsp. salt
4 medium-sized sweet potatoes, 1 cup pineapple juice
cooked, peeled, and halved ¼ cup California Sherry
lengthwise, or 8 canned wine
sweet potato halves 2 tbsps. butter or margarine
½ cup brown sugar

Cut loaf of luncheon meat lengthwise into 4 slices; arrange in a shallow baking pan. Top each slice of meat with a ring of pineapple; top pineapple with 2 sweet potato halves. Mix sugar, cornstarch and salt. Heat pineapple juice to boiling; stir slowly into combined dry ingredients; cook over low heat, stirring constantly, until mixture boils and thickens, then continue cooking for 2 or 3 minutes, or until sauce is clear. Remove from heat and add Sherry and butter. Pour sauce over and around the "turbans". Bake in a moderately hot oven (375° F.) for about 40 minutes, basting frequently with the sauce. Serves 4.



NORTH BEACH MEAT BALLS

Sauce:

1 large onion, chopped ½ cup California Burgundy wine*
1 green pepper, chopped 1 bay leaf, crumbled
1 clove garlic, chopped Pinch each of thyme and marjoram
2 tbsps. bacon drippings 1 tsp. sugar
2 tbsps. flour Salt and pepper to taste
1 (No. 2½) can tomatoes
1 cup beef stock or canned or bouillon-cube broth

Sauté onion, green pepper and garlic gently in bacon drippings for 5 minutes. Blend in flour; add tomatoes, stock and wine; cook, stirring constantly, until mixture boils. Add seasonings. Cover and simmer gently for 1 hour, stirring occasionally. Meantime, prepare Meat Balls as follows:

Meat Balls:

1 lb. ground beef ¼ cup chopped parsley
¼ cup fine dry bread crumbs ½ tsp. powdered sage
1 egg, well beaten 1 tsp. salt
¼ cup milk ¼ tsp. pepper
1 small onion, finely chopped Corn meal

Combine all ingredients except corn meal, mixing well. Take up mixture by teaspoonfuls and shape into small balls. Roll balls in corn meal. When sauce has cooked 1 hour, add meat balls. Cover and continue simmering for 45 minutes, stirring very gently several times to prevent meat balls from sticking to bottom of pan.

Cook 1 pound spaghetti in boiling salted water until tender; drain. Place spaghetti on a platter; pour meat balls and sauce over it. Sprinkle with grated Parmesan cheese, and serve additional Parmesan cheese separately. Serves 6 to 8.

*Or California Claret, Zinfandel or other red table wine.