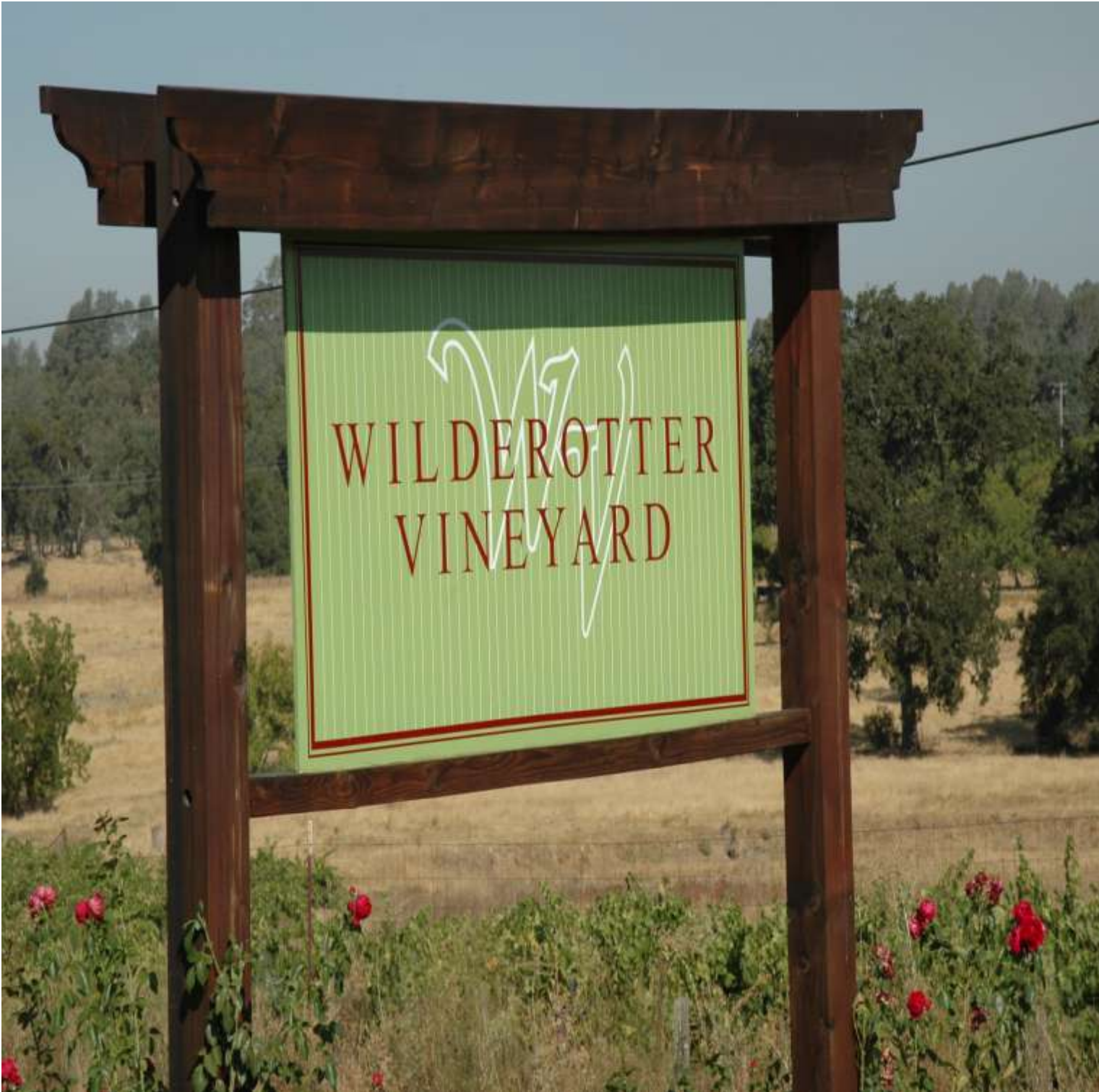


# The Wilderotter Winery Cookbook

Featuring  
Wilderotter Wines with Unique Recipes  
By Lorraine Segil



## The Wilderotter Winery

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# *Wilderotter Winery Cookbook*



*Shenandoah Valley, Amador County, California*

## Cocktails

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### **Wilderotter Sunrise Cocktail**



*The Tasting Room at Wilderotter Winery*

#### **Ingredients**

- 2** bottles of Wilderotter Grenache Rose' Wine
- 1** Orange cut into wedges
- 1** Lime cut into wedges
- 1** Lemon cut into wedges
- 2** Tbsp Sugar
- 3** oz Rum
- 8** cups of fruit-flavored regular or diet soda

- Difficulty:** Low
- Vegetarian:** Yes
- Servings:** 16
- Preparation Time:** 15 min
- Cooking Time:** 0

# Wilderotter Winery Cookbook

## Description

Wilderotter Grenache Rose' is a mild wine with a light flavor. This cocktail is so delicious you will have to relax while drinking it. Enjoy on a warm summer evening with good friends. Jay Wilderotter, the owner and vintner, has a particularly soft spot for his Rose. The reason is that it is a romantic drink that he loves to sip with his wife and sons on that rare occasion when they are all together with their dogs at the vineyard. He knows that you will love it and this special light cocktail that makes it even more special.

## Steps

Pour wine in pitcher and squeeze all fruit that has been cut into wedges into the wine. Then add the wedges and add sugar and Rum.

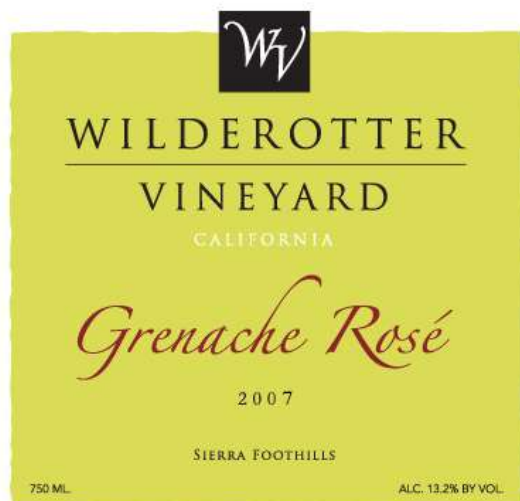
Chill overnight or if you are in a hurry, make sure that the soda that you add next has been chilled.

Add fruit flavored diet or regular soda or club soda just before serving.

To make this extra cool, use chilled Wilderotter Rose.

If it is not cold enough for you (or the weather is particularly warm) you could serve over ice cubes but remember that will dilute the drink and its delicious flavors somewhat.

2007 Grenache Rosé



**Harvested:**  
September 17,  
2007

**Brix:** 23.5

**Acid:** 0.52

**PH:** 3.84

**Cases  
Produced:**  
224



*Recently Harvested Grapes at Wilderotter Winery*

## Your Notes:

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# *Wilderotter Winery Cookbook*

## **Wilderotter Sangria**

### **Ingredients**

**2** bottles of Red Wilderotter Wine  
(the Grenache is best)

**Juice of one** Orange

**Juice of one** Lime or Lemon

**4** Tbsp Sugar

**3** oz Rum

**6** slices each of Orange, Lemon  
or Lime

**1** peach sliced to add at the end

**3** oz of Curacao

**2** oz of Brandy

**32** oz Club Soda

**4** oz Water

**8** oz Ginger Ale

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 16

**Preparation Time:** 15 min

**Cooking Time:** 0



*The Wilderotter Winery Tasting Room at Sunrise*

### **Description**

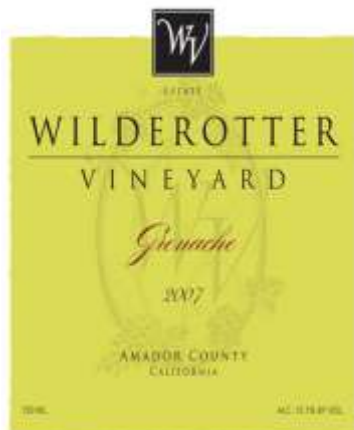
Wilderotter Grenache is a wine with a stronger flavor that compliments the fruit in this version of Sangria. This wine has a taste that is more penetrating than the Rose'. You can almost imagine the chilly mornings in the Amador County area if you close your eyes as you sip this cocktail.

### **Steps**

1. Mix the sugar with the water to create sugar syrup.
2. Pre-chill all ingredients (preferably overnight).
3. Mix the red wine, Curacao, brandy, fruit juices and sugar syrup well.
4. Strain into a chilled punch bowl with a big chunk of ice.
5. Add the club soda.
6. Garnish with the orange, lemon and peach slices.
7. As with the Sunrise Cocktail you could chill this more by adding ice cubes but remember that will dilute the drink and its delicious flavors somewhat.

# Wilderrotter Winery Cookbook

2007 Grenache



Harvested:  
October 11,  
2007  
Brix: 27.8  
Acid: 0.53  
PH: 3.01  
Cases  
Produced:  
175



*The Vineyards at Wilderrotter Winery*

## **The Story behind Wilderrotter Vineyard and Winery.....as told by Jay Wilderrotter**

*"The Shenandoah Valley is nestled in the Sierra Nevada Foothills. It is a beautiful valley of rolling hills and meandering streams. This majestic place is where gold was discovered back in the 1850's. Italian farmers came to this valley during the Gold Rush with the precious grapes of their homeland. Some of these 100+ year-old vines are still producing in Amador County- California's oldest red grape growing region. My wife, Maggie and I fell in love with the region when we began our search for "Grape land" eighteen years ago.*

*We were lucky to find and procure 40 luscious acres of land in the Shenandoah Valley, and I started to fulfill my dream of becoming a premier wine grape grower. With the help of UC Davis courses in viticulture and enology, I learned what was needed in order to produce excellent grapes. Soon after we bought the land, I planted Zinfandel, Syrah, Barbera and Viognier grapes. I have combined the latest growing techniques with "TLC" to produce consistent, high quality grapes for excellent wines. We are excited about sharing our wines with new and old friends and hope you will try some Wilderrotter Wines along with the delicious recipes created especially for us by Lorraine Segil, the author of the Wilderrotter Winery Cookbook."*

## Starter Recipes

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### California Onion Tart



*Californian Onion Tart*

#### **Ingredients**

- 1** full sheet of thawed puff pastry (rolled out)
- 2** Tbsp Butter
- 1** Tbsp Extra Virgin Olive Oil
- 2** Onions, large red ones, (thinly sliced)
- 1** Bay Leaf
- 2** tsp Fresh Thyme
- Salt & Pepper to taste
- 1** Tbsp beef bouillon mixed into ½ cup White Wilderotter Wine ( I use 'Better than Bouillon', better than cubes)
- 2** Cups shredded cheese (preferably a good Fontina)
- 2** eggs
- 7** oz cream

**Difficulty:** Medium

**Vegetarian:** Yes

**Servings:** 6-8

**Preparation Time:** 60  
min

**Cooking Time:** 15 plus 10  
min

#### **Description**

You will notice that this recipe calls for store-made puff pastry. I have always been a working mom, wife and chef and so I like to make things as simple as possible. I have no problem in using store-made components to help speed things along. Frankly, these tarts are so delicious that it really doesn't matter if you buy or make the pastry.

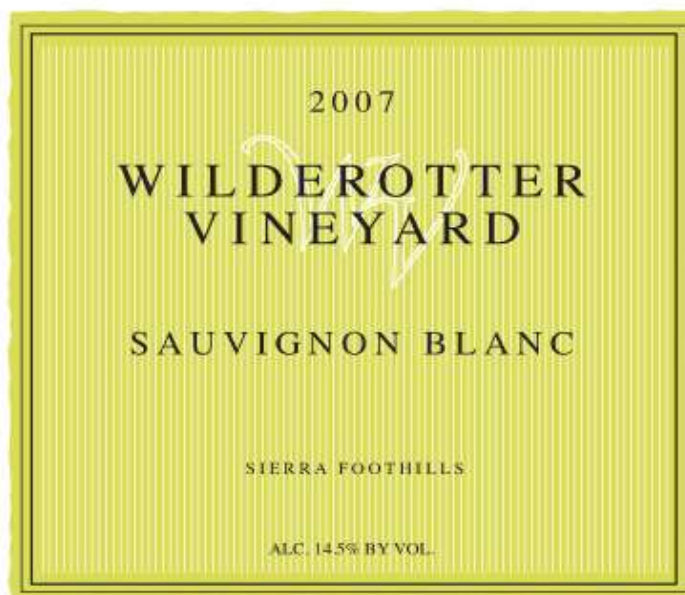
#### **Steps**

## *Wilderotter Winery Cookbook*

1. Heat the oven to 350 degrees F.
2. Add butter and olive oil into pan, on medium heat. Add onions and bay leaf, season with thyme, salt, and pepper. Let onions cook until they caramelize but not brown which will be for about 15 minutes.
3. When onions are cooked, add the bouillon and white Wilderotter wine to the pan.
4. Cook until all the water has been absorbed.
5. Take out the bay leaf and discard.
6. Roll out the puff pastry which you have kept in the freezer until just 10 minutes before. Be sure to flour your rolling pin lightly before starting and use a clean and lightly floured wooden board for rolling on.
7. Use a cookie cutter that is about 2 ½ " round and carefully cut out pastry disks that will be able to fit into a mini-muffin pan. (These are readily available at any cookware store).
8. Fill pastry with onion mixture and top with the grated cheese.
9. Bake for about 10minutes, or until the cheese has melted and the pastry is puffed up and flaky.

If you wish to make only ONE tart, you could use a single flan dish and proceed with the same steps omitting step 7 above.

### 2007 Sauvignon Blanc



**Harvested:**  
August 22,  
2007

**Brix:** 25.5

**Acid:** 0.60

**PH:** 3.30

**Cases**

**Produced:** 652



# Wilderotter Winery Cookbook

## Eggplant Dip

### Ingredients

2 cups of Eggplant peeled and chopped small  
1 white onion  
2 cups of canned crushed tomatoes  
1 cup green pepper chopped  
4 oz canned tuna in water, drained  
1 cup green beans, chopped finely  
4 cloves of garlic minced (use fresh if possible)  
1 pinch of cinnamon  
1 pinch of cloves  
½ cup olive oil  
½ cup balsamic vinegar  
2 tsp salt  
¼ cup sugar

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 6-8

**Preparation Time:** 20 min plus freezer time overnight and defrost time before serving

**Cooking Time:** 15 min

### Description

There is nothing finer than a glass of Wilderotter Chardonnay along with this dip and a sunset. Since this is a Middle Eastern dish also found all along the coastal countries of the Mediterranean, it brings back memories of relaxed evenings and great music.

### Steps

1. Cut the eggplant, sprinkle salt all over, let it drain for 30 minutes. Peel and chop.
2. Add all ingredients to a large saucepan and heat over medium heat until mixture begins to boil.
3. Reduce heat and simmer for 15-20 minutes, stirring often.
4. Pour into freezer containers or canning jars leaving an inch head space.
5. Cool completely, label, and freeze.
6. Defrost overnight before serving.
7. Serve with crackers and of course, a glorious glass of Wilderotter Chardonnay.

2007 Chardonnay



Harvested:  
September 15,  
2007  
Brix: 23.3  
Acid: 0.65  
pH: 3.29  
Cases  
Produced: 2008



Eggplant Sliced

# Wilderotter Winery Cookbook

## Quiche from Stuffing

### Ingredients

- 1 ½ cups of prepared stuffing mix
- 2 Tbsp of melted butter
- ½ cup of grated mozzarella cheese
- 1 cup leftover cooked beef, chicken, turkey or duck
- 2 cloves minced garlic
- 3 beaten eggs
- 1/3 cup milk
- 1 tsp salt
- 1 tsp pepper

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 6-8

**Preparation Time:** 50 min

**Cooking Time:** 35 min

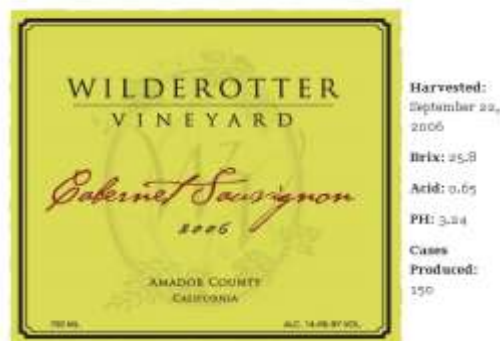
### Description

There is nothing better than leftover stuffing. I always make too much for Thanksgiving Day or any time that I roast chickens, ducks or turkeys because the day after just extends the glory of the holiday celebration. This recipe is efficient, cost effective and quick to make. Plus it has the grand name of 'quiche' which makes a relatively simple dish sound exotic. Pairing it with Wilderotter Cabernet Sauvignon extends the mysterious theme – you will get lots of compliments on this one!

### Steps

1. Pre-heat the oven to 375 degrees F.
2. Press the stuffing into a pie dish so that it creates a pie crust.
3. Mix with a little butter in order to make it adhere well.
4. Bake for 8-10 minutes until slightly brown.
5. Take out the oven and add the beef or chicken or duck or turkey and cheese.
6. Mix the seasoning, eggs, garlic and milk and pour over the pie.
7. Return to the oven and bake for 30-35 minutes until set.
8. Serve with a Wilderotter red wine, I suggest the Cabernet Sauvignon

2006 Cabernet Sauvignon



## Sweet Potato Empanadas

### Ingredients

2-8 oz packages of cream cheese  
¾ cup of softened unsalted butter  
2 ½ cups of unbleached, all purpose flour  
½ tsp salt  
2 ½ lbs of sweet potatoes  
1 ½ Tbsp softened unsalted butter for the filling  
1 tsp cumin  
1 tsp turmeric  
1 Tbsp cold water  
¼ tsp salt  
¼ tsp pepper  
1 egg beaten

**Difficulty:** Medium

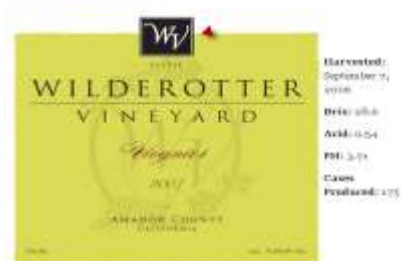
**Vegetarian:** Yes

**Servings:** 6-8

**Preparation Time:** 60 min  
(not including refrigerating the dough for 3 hours if making it yourself)

**Cooking Time:** 30 min

*2006 Viognier*



### Description

Empanadas are typical of many Latin cultures – but this recipe has a hint of India as well. These tasty snacks go well with the Wilderotter reds or whites however I particularly enjoy the Viognier. This can be a starter or a main course if accompanied by a salad (see Salad section).

### Steps

Note: You could choose NOT to make the dough and rather to use Pepperidge Farm Crescent Rolls. If you do make the dough yourself, then follow the instructions as follows.

1. Cream the cream cheese and butter in a large bowl using an electric mixer at medium speed.
2. When well mixed, add the flour and salt in two or three additions and continue to mix just until the dough comes together.
3. Turn out the dough and knead a few times to form a cohesive ball.
4. Wrap the dough in plastic wrap and chill it for at least three hours and up to a few days if you make it yourself. If not, the dough will already be refrigerated.
5. Now is the time to make the filling: peel the sweet potatoes and slice them into equal-sized chunks. Rinse the sweet potatoes off and place them in a medium pot with about two inches of cold water.
6. Bring to a boil, and then simmer until tender, 15 - 25 minutes depending on the size of the sweet potatoes.

## *Wilderotter Winery Cookbook*

7. When you can slide a knife easily into the sweet potatoes, remove from heat and drain.
8. Add butter, cumin, turmeric, salt and a few grinds of black pepper and mash together until smooth.
9. Chill filling until cool.

Note: If you make the filling right after the dough, they will both be ready at the same time, or you can cover and keep in the fridge for a few days.

10. The assembly is quite simple. Preheat the oven to 450 degrees F.
11. Divide dough in half.
12. Roll out one half to one eighth of an inch thickness. This will be easier if the dough has only chilled for three hours, but if it has been overnight, it is still possible, just a little harder. Do not let the dough set out for a long time at room temperature.
13. Cut out circles using a 3" biscuit cutter or a glass.
14. Place the dough rounds on a cookie sheet, separating layers with waxed paper. Continue with the other dough half. The remainders can be re-rolled once.
15. The dough rounds can be used right away, or kept wrapped in plastic in the fridge for up to two days.
16. Place about a teaspoon of filling in a dough round and fold in half.
17. Pinch the edges together to form the empanadas.
18. Use a fork to press the sides of the empanadas into a pattern.
19. Place each filled empanada on a cookie sheet lined about one inch apart.
20. Make the egg wash by beating the egg with the water.
21. Brush the egg wash on each pastry being sure to cover the entire empanada.
22. Make a small slit in the top of each empanada with a sharp paring knife.
23. Chill the empanadas for an additional 10 minutes to be sure that they keep their shape in the oven.
24. Bake each tray at 450 degrees for 10-12 minutes until they are golden. Sprinkle with black pepper. Serve as a light meal with a fresh salad of organic greens.



## Soup Recipes

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### Chicken Tortilla Soup



*Tortilla Soup with Chicken*

#### **Ingredients**

- 8** oz chicken breast, boneless and skinless
- 1** cup of sour cream (you can use non fat to reduce calories)
- 4** cups chicken stock
- Juice of 3 limes ( better than lemons but lemons will do)
- 1/2** cup tomato juice
- 1/2** cup chopped red bell pepper
- 1** tsp. chopped green chilies ( use spicy or non spicy as you prefer)
- 1** jalapeno, chopped ( optional)
- 1/4** cup cilantro, chopped
- 2** tsp. Worcestershire sauce
- 3** green onions, chopped
- 1/4** cup rice
- 1/4** cup corn
- 1** avocado per each bowl (diced small)
- 1** cup mixed Mexican cheese (shredded)
- 1** tsp. minced garlic ( use only fresh – the store bought stuff is just not the same)
- 1/2** tsp. ground black pepper
- Salt** to taste
- A** handful of tortilla strips ( you can buy these in bags at the store)

**Difficulty:** Low  
**Vegetarian:** No  
**Servings:** 6-8  
**Preparation Time:** 60 min  
**Cooking Time:** 30 min

#### **Description**

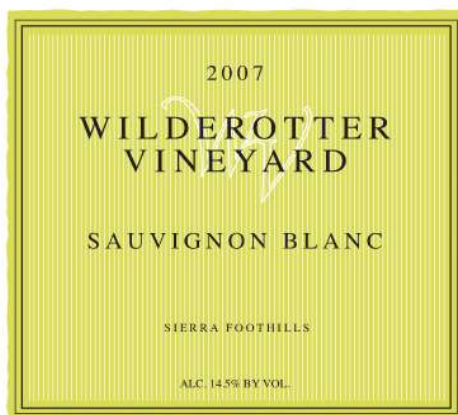
## Wilderotter Winery Cookbook

The best chicken tortilla soup I have ever had is at Houston's restaurant. My recipe is less calories (since I don't puree the tortillas into the soup) and I think, just as delicious. But I will leave that up to you! It is a great dish to make when you have leftover cooked chicken. And it comes together very fast. My husband and I don't like spicy food so when I make this for just the two of us, I leave out the jalapeno and add extra cilantro.

### Steps

1. Combine the chicken stock with the tomato juice, Worcestershire, and lemon or lime juices with the jalapeno and cilantro for 45 minutes.
2. Slice the avocado and squeeze some lemon or lime juice over it so it will not turn brown.
3. Chop the cooked chicken into small cubes.
4. Strain the soup and add green onion, chilies, red bell pepper, rice, corn, garlic and simmer for 20 minutes.
5. Place the tortilla strips, diced avocado and shredded cheese into the soup with the cilantro to garnish just before serving.
6. Serve with Wilderotter Sauvignon Blanc.

### 2007 Sauvignon Blanc



Harvested:  
August 22,  
2007  
Brix: 25.5  
Acid: 0.60  
PH: 3.30  
Cases  
Produced: 652

## Wild Rice and Broccoli Soup

### Ingredients

1/2 cup long grain and wild rice blend, uncooked  
1 tablespoon olive oil  
1 large onion, chopped  
2 garlic cloves, finely chopped ( use fresh if possible)  
1 lb broccoli, cut into 1/2 inch slices – florets only  
4 cups chicken broth or vegetable broth to make this a vegetarian soup  
1/2 teaspoon salt

**Difficulty:** Low

**Vegetarian:** No but could be

**Servings:** 6-8

**Preparation Time:** 30 min

**Cooking Time:** 10 min approx

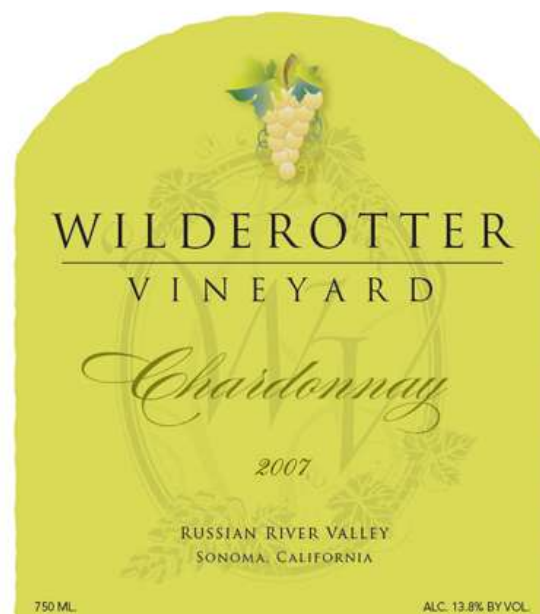
## *Wilderotter Winery Cookbook*

- 1 pinch black pepper
- 1 (12 ounce) can 2% evaporated milk
- 2 tablespoons cornstarch
- 1/3 cup chopped parsley (Italian kind)



*Fresh Organic Broccoli*

### 2007 Chardonnay



**Harvested:**  
September 13,  
2007

**Brix:** 22.5

**Acid:** 0.68

**PH:** 3.36

**Cases**  
**Produced:** 100

### **Description**

Some people do not like vegetables 'al dente'. They prefer vegetables softer than that. I suggest that you adjust this recipe regarding the cooking time to accommodate that preference. It is up to you to cook the vegetables as long as you need to in order to reach the softness that your family or friends prefer. This is a really simple recipe to make and so nutritious and satisfying. If you prefer, you can leave out the chicken soup and use vegetable broth, making this vegetarian! I would pair it with a Wilderotter Chardonnay.

### **Steps**

1. Prepare wild/long grain rice blend according to package directions, and set aside.
2. Heat the olive oil in large saucepan on medium.
3. Add onion, garlic and broccoli, until the broccoli is 'al dente' (firm but beginning to soften when you touch it) stirring gently.
4. Add rice, broth, salt and pepper and bring to boil.
5. Mix evaporated milk with cornstarch in a small bowl until smooth.
6. Add to saucepan.

## *Wilderotter Winery Cookbook*

7. Cook 3-5 minutes, stirring until thickened.

Note: you can use other vegetables – butternut squash, pumpkin, asparagus or even green beans – just be sure that you adjust the cooking time to accommodate the thickness of the vegetable and to enable it to become ‘al dente’ or as soft as you prefer.

### **Your Notes:**

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### **More from Jay Wilderotter on the Winery Story.....**

*"After 6 years of selling grapes to local wineries and tasting the magnificent finished product, the time came for Wilderotter Vineyard to become Wilderotter Vineyard and Winery.*

*Working with consultants, I started slow and fermented only 3 barrels each of Zinfandel and Syrah from the 2001 harvest. In the summer of 2003 my first vintage was in bottle and for sale. But where? I had no tasting room, no distributors, and no wine brokers. I turned to "friends and family" to test my winemaking skills. Sales went well and I quickly sold out, which is every winemakers dream!*

*With the 2002 harvest, I produced 750 cases of Zinfandel, Syrah, Viognier, and Roussanne. All quickly sold out! Wilderotter Winery is still growing and exceeded 2000 cases by the 2006 harvest. A beautifully constructed tasting room, distributors in the New York and Phoenix areas, a broker in Sacramento, and an ever increasing Wine Club list makes every year more exciting than the one before. You, our customers, have helped us make our dream come true. We thank you and look forward to serving you with more excellent wines for many years to come. Do come and visit us! Details at our website and be sure to ask for Jay. I will be so proud to show you around."*



*Wilderotter Wine Aging*



# Wilderotter Winery Cookbook

## Easy Crockpot Onion Soup En Croute

### Ingredients

**1** package of onion soup mix  
**6** white onions sliced thin  
**48** oz 'Better than Bouillon' broth (you can use beef or vegetarian) reconstituted to make 48 oz  
Pillsbury Crescent Rolls or Readymade Bread Dough  
**1** beaten egg

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 6-8

**Preparation and Serving**

**Preparation Time:** 20 min

**Cooking Time:** 7 hours on low

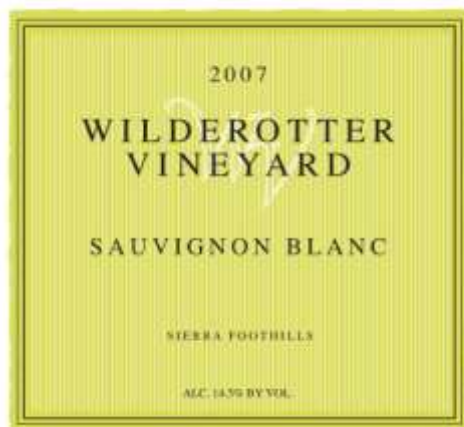
### Description

This is the easiest recipe for onion soup and your friends will be very impressed! You can either serve it 'en croute' which means with a pastry top, or you can put a slice of French bread in each bowl soup just before serving and grate Gruyere or Jarlsberg cheese over the bread and put it under the broiler for a minute or two before serving. Either way it will be delicious when served with the wonderful Wilderotter Sauvignon Blanc.

### Steps

1. Slice the onions thin, and put the onions, dry soup mix and the reconstituted broth into your Crockpot, turn it on high for 5 hours or on low for 7 hours ( before you go out for the day).
2. When you come home, pour the soup into earthenware bowls, put the pastry/bread dough on top of each bowl, brush with beaten egg to get that wonderful golden color when cooked, and cook as instructed on the package for the pastry/bread. Voila!

### 2007 Sauvignon Blanc



Harvested:

August 22,  
2007

Brix: 25.5

Acid: 0.60

PH: 3.30

Cases

Produced: 652

## Butternut Squash Soup

### Ingredients

- 4 Tbsp unsalted butter
- 2 medium shallots chopped finely
- 3 pounds of butternut squash cooked
- 1 cup of chicken or vegetable stock
- ½ cup heavy cream (or for a low cal version, use non fat sour cream or non fat half and half) – or leave the cream out altogether!
- 1 tsp dark brown sugar

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 6-8

**Preparation Time:** 45 min

**Cooking Time:** 40 min

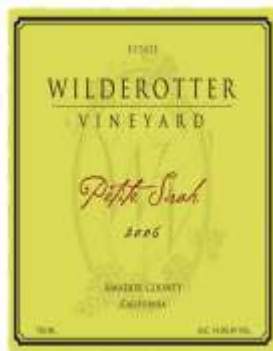
### Description

Butternut squash is delicious many ways – the simplest is to roast in the oven at 400 degrees F until tender. Then cut open, scrape out the seeds and stringy bits and scrape out the flesh; one option is to add skim milk and butter or low calorie margarine and mix as if it were mashed potatoes. Another option is this soup. It is a delightfully rich version of mashed squash – and I have made the low cal version with non fat half and half and it is really very good. I have also left the cream out altogether and I love the fresh pure taste of just squash. You must have hot bread with this on a cold winter night accompanied by any of the Wilderotter wines – I like the Petit Syrah particularly – it warms the soul!



*Homemade Wheat Bread*

2006 Petite Sirah



*Butternut Squash Soup without the Cream*

### Steps

## *Wilderotter Winery Cookbook*

1. Put the whole butternut squash into a baking pan, and place in an oven that has been pre-heated to 400 degrees F. Bake for about 90 minutes or until soft.
2. Cut the squash in half and scrape out all the seeds and stringy bits and discard. Peel the remaining flesh and place it into a blender.
3. In blender, puree squash and chicken or vegetable stock in batches, pulsing on low until smooth. Add more liquid if it is too thick. Transfer puree to large cooking pot; stir in cream or low cal substitute (if you want it, or omit this altogether for an even lower fat and calorie soup). Add the brown sugar and heat over medium-low heat until hot. Add salt to taste; serve immediately with hot wheat bread and the Wilderotter Petit Syrah. The picture above is the soup without the cream.
4. Another way to serve is to not to add the cream but to warm your plates and heat the soup piping hot before serving, then add a dollop of non fat sour cream with a few chopped chives on top. It looks and tastes great!



*Grapes loading into the crusher*

### **Your Notes:**

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## Salad Recipes

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### Asian Coleslaw and Noodles

#### Ingredients

- 1/2 cup Mayonnaise (you can use low cal mayo but I am not crazy about the amount of salt and sugar in most brands)
- 8 oz of noodles (any kind – I prefer Asian or angel hair pasta)
- 2 Tbsp. lime juice
- 2 Tbsp. sugar
- 3/4 tsp. salt
- 1/4 tsp. ground ginger
- 1 bag (16 oz.) coleslaw mix
- 2 Tbsp. chopped fresh cilantro (optional)
- 2 Tbsp of red peppercorns (if you can find them!)

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 6-8

**Preparation Time:** 10 min

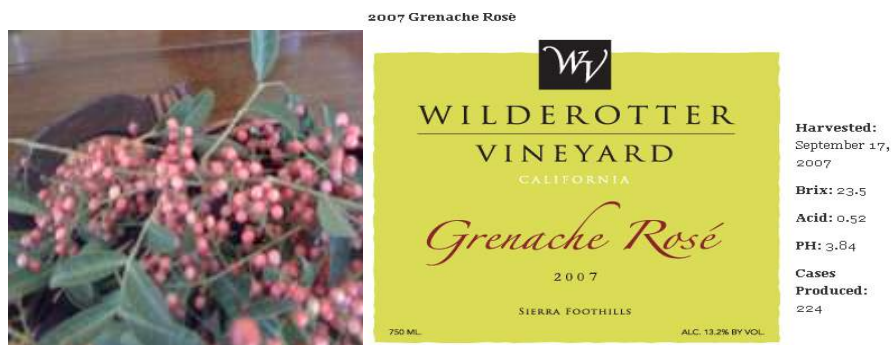
**Cooking Time:** 5-10 min for the noodles

#### Description

This is the most delicious salad – you could add diced, skinless, cooked chicken or cooked shrimp or crab to make this a meal. It has a taste of Thailand with the sweet and salty combination, and is easy and fast to make. Any of the white or Rose Wilderotter wines goes well with this. My favorite is the Grenache Rose.

#### Steps

1. Mix all the ingredients except for the coleslaw mix and the cilantro in a bowl.
2. Steam any kind of noodles – Asian or angel hair pasta – until the softness you like – ‘al dente’ is the best – which is before it gets mushy or too soft! This will take about 7 minutes but check the instructions on the package.
3. Drain the noodles well and cool until warm to the touch but not hot.
4. Add the noodles when cooled to the mixed ingredients in the bowl. Toss well.
5. Mix in the coleslaw, cilantro and red peppercorns (see picture). Serve immediately.



## Mediterranean Salad

### Ingredients

1/2 cup olive oil to which a sprig of rosemary has been added  
1 large eggplant, peeled and cubed into 1/2 inches  
1 cup diced celery  
1 onion, sliced  
2 cloves garlic, minced (use fresh if possible)  
1 cup of chopped tomatoes (fresh)  
1/4 cup of sun-dried tomatoes (in oil)  
1 cup of sliced black olives (not the ones in water – only the ones in oil)  
1/4 cup capers rinsed and drained (or they will be too salty)  
1/2 tsp salt  
2 Tbsp sugar  
3 Tbsp pine-nuts chopped  
1/3 cup of balsamic vinegar  
1 Tbsp fresh chopped basil  
1 Tbsp fresh chopped oregano  
**Your** favorite lettuce – a few selected leaves for each serving

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 6-8

**Preparation Time:** 30 min

**Cooking Time:** 15 min for the eggplant



### Description

I love easy salads that taste exotic. This is a cooked eggplant salad that should be displayed on a plate that has a bed of lettuce – surround the plate with either pita bread or homemade bread cut into slices. I can make a whole meal of this especially when accompanied by a Wilderotter Cabernet Sauvignon. We pickle our own peppers, tomatillos and make sun dried tomatoes which adds an extra zing to the taste!

### Steps

## *Wilderotter Winery Cookbook*

1. In a large hot pan heat oil and stir fry eggplant till golden brown - about 10 minutes add celery, onions, garlic, and tomatoes.
2. Cook till tender about 5 minutes.
3. Add remaining ingredients and simmer for 15 minutes stirring every now and then.
4. Place the mixture in a sealed container and refrigerate overnight.
5. Season with salt and pepper if needed.
6. Serve on a plate with lettuce leaves at the base, the mixture on the top and homemade fresh bread on the side. This is a good starter, or side dish with lamb.

## **Making Your Own Sun Dried Tomatoes**

### **Description**

You will need to buy a dehydrator. You can find all kinds on-line. They are particularly useful if you grow your own vegetables and end up with more than you can eat – which is our problem. Note that just one tomato plant in a pot can generate a LOT of tomatoes!

### **Steps**

1. Slice the tomatoes into medium ( $\frac{1}{4}$  inch) slices lengthwise – plum tomatoes are best, and place them in the dehydrator.
2. Turn it on – it will give you options – choose the one for vegetables.
3. When the tomatoes look dry-ish – i.e. not burned and not juicy – peel them off and put them into a sterilized canning jar.
4. Sterilizing is pretty simple – do it in the dishwasher – and then don't put your fingers inside the jars or onto the inside of the lids. Use tongs instead to lift them.
5. When the jar is  $\frac{3}{4}$  full of dried tomatoes, pour olive oil into the jar until they are covered. If you fill it, the oil will leak out as the tomatoes slightly plump up again.
6. Tighten while still hot and place the jars on their tops for a while.
7. Keep in the fridge – they will last indefinitely.



## **Red Beet Salad**

### **Ingredients**

- 1** lb of red beets raw ( with their tops on)
- 1** Tbsp sugar
- 1** lemon, juice of
- 1** Tbsp olive oil
- 1** pinch of cinnamon
- 1** Tbsp chopped parsley ( I use the Italian kind)

**Salt and pepper to taste** ( I prefer not to use pepper here but some people prefer pepper to salt)

**Difficulty:** Low  
**Vegetarian:** Yes  
**Servings:** 6-8  
**Preparation Time:** 55 min  
**Cooking Time:** 20 min



### **Description**

This is a simple quick salad – but the touch of cinnamon makes it a little mysterious. Sometimes the simplest of food is the most delicious – I love to pair this with a side of diced curried chicken salad with raisins (which follows) or just eat it with goat cheese or ricotta, 'Queso Blanco' or Camembert. It goes well with any of the white Wilderotter wines!

### **Steps**

1. Wash the beets carefully, not rubbing their skins or they will 'bleed'
2. Cut off the tops, leaving a stalk of about 1 ½ inches.
3. Boil, covered, until tender.
4. Allow the water to cool, then slip off the skins, trim off the tops, and cut into small pieces.
5. Mix the remaining ingredients and pour over beets.
6. Let marinate at least half hour before serving.
7. An alternate recipe (which is Jay Wilderotter's favorite and one that he makes often from fresh beets picked from his garden) is to add chopped fresh cucumbers and crumbled blue cheese – and serve on lettuce cups. Yummy!

## Curried Chicken Salad

### Ingredients

4 chicken breasts or thighs (1 per person, cooked, skinless and boneless) – I prefer thigh meat but that is up to you

¼ cup mayonnaise ( low fat is better)

2 lemons, juice of

2 Tbsp olive oil

1 Tbsp of chopped fresh ginger

¼ cup of raisins

1 Tbsp of turmeric

1 Tbsp of curry powder

1 Tbsp chopped parsley ( I use the Italian kind)

**Pinch** Salt and pepper to taste

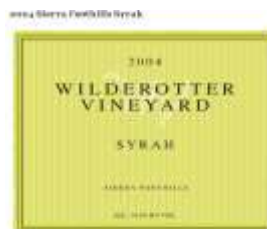
**Difficulty:** Low

**Vegetarian:** No

**Servings:** 4

**Preparation Time:** 1.5 hours

**Cooking Time:** 45 min



### Description

This curried chicken salad can be served in a halved avocado, or in half a papaya surrounded by fresh fruit. Or as I mentioned above, alongside the beet salad placed on a bed of lettuce is an excellent combination that gives pleasure to both the palate and the eye.

### Steps

1. Heat an oven to 350 degrees.
2. Place the chicken breasts or thighs in a dish and add the chopped ginger, salt and pepper to taste, along with one tablespoon of olive oil and a teaspoon of lemon juice. Toss well.
3. Place onto a cooking pan so that they don't touch and put the pan into an oven which has already been heated to 350 degrees, for 45 minutes or until cooked through. Remove from the oven and allow to cool to room temperature.
4. Chop the chicken breast or thighs into small cubes when cool. Put aside.
5. Combine all the other ingredients except the parsley. Add the chicken to the mixture and mix well.
6. Place on a bed of lettuce or on a plate next to the beet salad. Sprinkle the parsley over the chicken mixture and serve. Accompany this with the Wilderotter Syrah and some homemade wheat bread.





## Fish Recipes

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### Shrimp in Lime Sauce

#### **Ingredients**

- 3** Tbsp fresh lime juice
- 1** tsp lime zest
- 2** tsp Worcestershire sauce
- 2** garlic cloves, minced
- 1/4** teaspoon salt
- 1** tsp sugar
- 1** lb large uncooked shrimp in shells
- 1/4** cup butter
- 1** Tbsp chopped cilantro

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 4

**Preparation Time:** 15 Min

**Cooking Time:** 10 min



*The Harvested Grapes from Wilderotter Winery*

## *Wilderotter Winery Cookbook*

### **Description**

Shrimp is easy and fast for a light dinner. This recipe uses a combination of flavors that also goes with the Beet Salad on Page 18. I like to serve shrimp with steamed Basmati rice cooked in a rice cooker – the simplest way to get good rice every time! The big secret here is NOT to overcook the shrimp since they become tough very quickly. So watch that three minute cook time very carefully!

### **Steps**

1. Peel the shrimp.
2. Mix the lime juice, zest, Worcestershire sauce, minced garlic cloves, salt and sugar, together. Set aside.
3. Melt the butter in a heavy medium-sized skillet over medium heat. Add the sauce mixture you just made and heat for 30 seconds.
4. Add the shrimp and sauté until they have turned pink, turning occasionally (about 3 minutes). Sprinkle the chopped cilantro over the shrimp. Serve hot with steamed rice, sliced fresh tomatoes with salt and pepper and a drizzle of olive oil, and a lovely Wilderotter Chardonnay.



### **Your Notes:**

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## **Orange Roughy and Mashed Potatoes**

# *Wilderotter Winery Cookbook*

## **Ingredients**

**2** helpings of Orange Roughy (we eat about 6-8 oz each)

**4** Tbsp olive oil

**2** Tbsp margarine or butter

**Pinch** Salt and Pepper to taste

**12** small cherry tomatoes

**1/2** red onion chopped

**1** cup Wilderotter Cabernet Sauvignon

**3** red potatoes, peeled and sliced thick

**1/2** cup of milk ( use skimmed for lower calories)

**2** Tbsp of margarine or butter ( use low cal kind for less calories and fat)

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 2 or more as you wish; double the recipe for every additional 2 servings

**Preparation Time:** 30 min

**Cooking Time:** 15 min

## **Description**

When I come home from work the last thing I want to do is cook. This is a dinner that can be made in 30 minutes – at most. I love that. You will too.

## **Steps**

1. Heat the oven to 200 degrees.
2. Rinse the fish in cold water very gently – this is a soft fish and will flake easily.
3. Pat dry and set aside. Heat the olive oil in a frying pan and add the chopped onions.
4. Fry the onions on a medium high heat.
5. While they are frying, peel potatoes, slice them into thick pieces, and place into boiling water. Cook until soft but not mushy.
6. Drain in a colander. In the meantime, check your onions. They will brown quite fast.
7. Add the cherry tomatoes cut into halves. Stir gently. Add the wine and let it simmer with the vegetables. Meanwhile place the potatoes into a bowl, add milk and margarine or butter and mash well. Place into a serving dish that has been in your oven and is hot, and leave it in the oven, covered. Return to your simmering fish sauce. Add the butter/margarine and combine the mixture well.
8. Push the mixture to the side of the pan, and place the fish on the pan. Then pile the mixture on top of the fish and let it sauté at medium to low heat for about 5 minutes.
9. Every now and then spoon the liquid over the fish which should be covered by the mixture. Let it simmer for a few more moments. Orange Roughy is generally cut quite thin and so will not take more than about 5 minutes to cook. I do not flip the fish over, since the hot mixture on the top along with the heat from the pan, will generally be enough to cook the fish through. To present this dinner for serving,

## Wilderotter Winery Cookbook

gently lift the fish and place it on the mashed potato bed in your serving dish which has been in the oven, and spoon all the sauce and vegetables over it. Enjoy with the rest of the bottle of Wilderotter Cabernet.



Orange Roughy in onion, tomato cabernet sauce

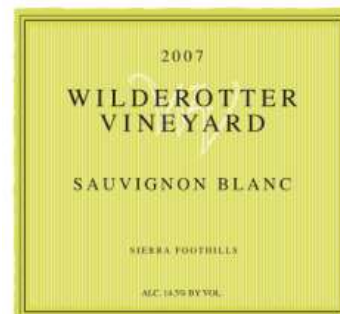
## Salmon with Basil Nut Pesto

### **Ingredients**

4 salmon steaks ( one per person)  
1/4 cup of pistachios  
1 bunch of fresh basil  
4 cloves of garlic  
1/2 cup of unsalted butter  
1 tsp lime juice ( use fresh limes)  
1/2 cup of Wilderotter White Wine  
(Sauvignon Blanc or Chardonnay)

**Difficulty:** Low  
**Vegetarian:** No  
**Servings:** 4  
**Preparation Time:** 15 min  
**Cooking Time:** 10 min

### 2007 Sauvignon Blanc



Harvested:  
August 22,  
2007  
Brix: 25.5  
Acid: 0.60  
PH: 3.30  
Cases  
Produced: 652

### **Description**

Salmon is a fatty fish and so delicious and good for you. Since I like sushi, I appreciate the difference between Wild and Farmed Salmon. The Wild Salmon is a lot more tasty but harder to find. Either will do for this recipe. You can change out the pistachios for another kind of nut but since they have slightly green flavor they match well with the basil to create this special kind of pesto. I have used walnuts and also macadamia nuts and they work just as well. It is really up to you. The goodness of the Wilderotter wine will take care of this dish no matter what – so you are in for a treat.

# Wilderotter Winery Cookbook

## **Steps**

1. In food processor, combine butter, pistachios, garlic, basil and lime juice.
2. Season with salt and pepper.
3. Refrigerate.
4. Preheat oven to 400.
5. Place salmon in buttered baking dish and cover with Wilderotter wine.
6. Season with salt and pepper.
7. Bake for about 10 minutes Place 2-3 tablespoons of butter mixture on each piece of salmon.
8. Continue baking until done in center-about 5 more minutes or more (depending on thickness of salmon).
9. Garnish with additional basil leaves.
10. Serve with steamed brown rice (remember brown rice takes longer to cook than white rice but it is more nutritious, takes longer to eat since it is crunchy, and so the calories seem to go further).

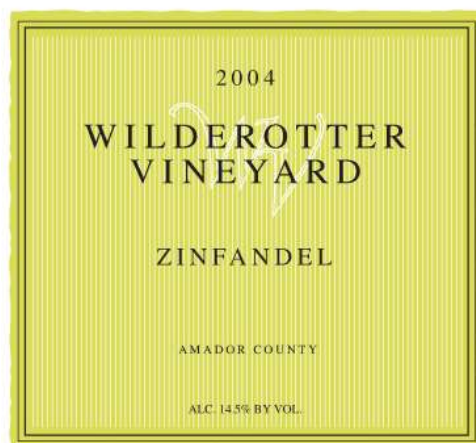
## **Nutty African Fish**

### **Ingredients**

**2** lbs fish fillets (any whitefish, halibut, swordfish, sole will do)  
**1** cup cooking oil (canola or olive oil are good)  
**Salt and Pepper** to taste  
**2** onions chopped finely  
**2** peppers, chopped (one red and one yellow)  
**1/2** cup peanut butter – I use peanuts ONLY unsweetened – or you can make your own by grinding fresh roasted peanuts in a small coffee grinder  
**1** Tbsp curry powder  
**1** tsp Turmeric

**Difficulty:** Low  
**Vegetarian:** No  
**Servings:** 4-6  
**Preparation Time:** 30 min  
**Cooking Time:** 20 min

2004 Amador Zinfandel



## *Wilderotter Winery Cookbook*

### **Description**

I come from Africa and most of the cultures there love to cook fish with nuts. However this will NOT work if you use the normal sweetened peanut butter which has way too much sugar (the low cal one does too). I make my own which is really a lot simpler than it sounds. Just buy some salted peanuts, put them into a coffee grinder and within a few seconds you have peanut butter. If you don't want to, then buy natural peanut butter that has peanuts and salt and that's it. The Wilderotter Zinfandel is perfect for this!



*Fresh organic peppers*

### **Steps**

1. Set your oven to 200 degrees F.
2. Rub salt and pepper onto the raw fillets.
3. Heat the oil in a deep frying pan until very hot.
4. Fry the fish in hot oil, one side at a time, until it is browned and crisp, turning once. Reduce the heat and cover. Allow the fish to cook a few more minutes until it is done.
5. Remove the fish from the pan and place it in a covered dish in your warm oven.
6. Increase the heat under the frying pan. Fry the onions and peppers in the same pan, until fully cooked but not mushy then remove them and place them over the fish in your warm oven. Reduce the heat under the pan and add the peanut butter, turmeric and curry powder to the frying pan and mix well with remaining oil. Reduce the heat to very low. Slowly stir in enough water (about a cup) to make a smooth sauce.

## *Wilderotter Winery Cookbook*

7. Pour the sauce over the fish and onion/pepper mixture, and serve with steamed basmati rice.

### **Your Notes:**

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*The Vineyard in Fall*

## Meat Recipes

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### Party Lamb Shanks Braised in Wilderotter Barbara Wine

#### Ingredients

**12** lamb shanks (hind shank is best; clean off the grizzle)

**1** cup cooking oil (canola only)

**2** Tbsp of Sea Salt

**3** cloves of Garlic peeled

**3** sprigs of fresh thyme, on twigs

**3** sprigs of fresh rosemary, on twigs

**7** bay leaves

**10** oz tomato paste

**2** lbs of carrots diced into one inch pieces

**2** lbs of white onions chopped into one inch pieces

**2** Tbsp of black pepper (roast the peppercorns then grind them – you will be amazed at the difference in taste!)

**2** bottles of Wilderotter Barbara wine

**1 ½** gallons of beef stock

**8** oz of butter

**8** oz of all purpose flour

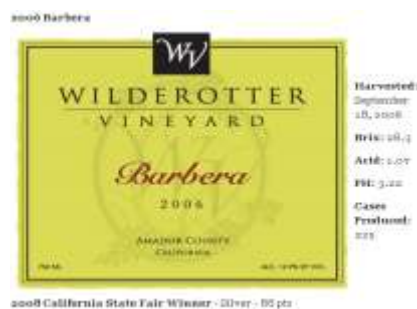
**Difficulty:** Medium

**Vegetarian:** No

**Servings:** 12-16

**Preparation Time:** 4 Hours

**Cooking Time:** 3 Hours



#### Description

This is a great dish for a party – the reason it can serve 12- 16 is that I have found that few women want to eat the entire shank and so if you have a number of women in your party, you can probably feed more people with the 12 shanks. There are a couple of important tips for this dish. They also apply to other dishes. Here they are:

- When you are browning an ingredient like a shank, do not permit the shanks to touch each other. They will not brown properly (applies to fish, chicken, meat etc). Browning is critical to the final taste of the sauce – it enables the caramelization process to work its magic.
- Leave the fresh herbs (thyme and rosemary) on their twigs so that you can put them in whole. That way the leaves fall off in the cooking process and you can remove the twigs later.
- Do not use non-stick pans since they will not caramelize the food properly. Stainless steel is best with copper on the bottom, but a regular pan is just fine.
- Dredge (shake) the meat with the flour and let it rest for a bit so there is less splatter when you cook it. Remember to salt and pepper the meat AFTER you put the flour on.
- Use tongs rather than a spatula since you have more control that way.



## *Wilderotter Winery Cookbook*

- You can cook the shanks up to 3 days before you eat them – yes, three days – and then only do the sauce at the last minute! Make sure they are well refrigerated however!

### **Steps**

1. In a large stainless steel skillet heat the cup of canola oil to medium heat. Make sure the pan (we call this the sauté pan) is very hot.
2. Season the lamb shanks with flour (let them sit a bit) then salt and pepper and place shanks in the pan NOT TOUCHING each other and sear on all sides till golden brown.
3. Then remove from pan into a flat cooking pan and pack the shanks tightly so that when they do cook, the meat does not fall off the bone.
4. While some are still cooking in the sauté pan, you can add the chopped onions since they will hasten the caramelization process.
5. Then reduce the heat slightly, and add the rest of the onions, carrots and garlic and sauté until they start to soften.
6. Add the Wilderotter Barbara wine, herbs and tomato paste – remember to put in whole herbs so they are easier to take out at the end since the leaves will fall off and the twigs will be left. Sautéing the vegetables releases their flavors - don't cook the vegetables too fast - reduce the heat. Cook until reduced by 1/3.
7. Add the Wilderotter wine/vegetable mixture to the lamb in the cooking pan, and then add the beef stock making sure that the lamb is covered by the stock.
8. Cover with foil tightly. Lower the heat to 325 degrees, and cover and cook until tender for 2 hours or until the meat can be removed from the bones easily.
9. Final Steps - check the lamb during the cooking process – you may have to add more stock if it's not falling off the bone and needs liquid. Remove the bay leaves at about 2 hours. If there is no room to add stock then poke holes in the foil so the sauce starts to reduce, and put the pan back in the oven for another 2 hours. Remove the shanks from the pan with a tongs so you have tight control over them and stack them side by side with their bones facing in the same direction and hold in a warm place. Strain the sauce through a fine mesh or cheesecloth or pour through a strainer, throw out the vegetables and return the pan to the stove to reduce in a narrow high pan which you have positioned off to one side of the flame – that causes all the pieces and fat to move to the colder side of the pot so that you can skim that off. Reduce the sauce and add the 'beurre manie' which is butter and flour in equal parts mixed. Remember BEFORE adding all the 'beurre manie', to add a little hot sauce to the mixture first then when that is combined add that to the pot of reducing lamb sauce until it's the thickness you desire. Plate the lamb by putting a bed of mashed potatoes, then lamb on top, drizzle the sauce around the lamb. Serve with a green vegetable – beans, peas or broccoli.

### **Your Notes:**

## Crockpot Beef Pot-Roast with Wilderotter Mourvedre Wine

### Ingredients

- 1 beef roast – any size and any cut of beef (1/2 lb per person which will include leftovers)
- 2 Tbsp of olive oil
- 1 packet of dried brown gravy mix
- 1 packet of dried Italian salad dressing mix
- 1/2 packet of Ranch salad dressing mix
- 1/2 cup of water
- 2 carrots per person cleaned and cut into 1 inch pieces
- 1 red potato per person cleaned and cut into thick slices
- 1 rutabaga per 2 people cut into thick slices
- 6 pearl onions per person
- 1 cup of Wilderotter Mourvedre Wine

**Difficulty:** Medium

**Vegetarian:** No

**Servings:** 2-4

**Preparation Time:** 30 min

**Cooking Time:** 7-9 Hours in Crockpot



### Description

I make this when I know that I will not have time to cook after work. I prepare it the night before and put it on low heat in the Crockpot. It cooks on its own and is delicious! And when I come home from work the house smells amazing! One note – the first time I made this, I added the vegetables as described below. The second time, I added them at the beginning along with the meat. I prefer the latter but it depends on the speed with which your Crockpot cooks. If it cooks fast, the vegetables may fall apart. So test it out – and if you can, put the vegetables into the Crockpot all in the beginning – it is very much simpler and easier.

### Steps

1. Put the carrots, rutabagas and potatoes into cold water and set them aside in the refrigerator.
2. Braise the beef in the olive oil until each side is browned and a bit crispy. This is an essential step since it will give the gravy a better taste than if it is not browned. Put the meat in the refrigerator, covered.

## *Wilderotter Winery Cookbook*

3. Next morning before you go to work, put the meat into the Crockpot and add the dried mixes and the water and wine to the pot.
4. Start the Crockpot on low before you leave.
5. When you come home that afternoon, put basmati rice in the rice cooker, then boil water and add the carrots rutabagas, pearl onions and potatoes. Cook until soft but not mushy.
6. Add them to the Crockpot and turn the pot to high. (If you put the vegetables in with the meat at the beginning of the cooking process, you can obviously skip this step).
7. Cut a small piece of the beef to test if it is soft enough for your taste. It should be delicious! Note - you may have to adjust the cooking heat and time depending on your Crockpot - I have two and have found that they are not the same when it comes to steady heat.
8. Adjust your seasoning - I add NO extra salt to this dish since the mixes have fairly high amounts of sodium already. And if salt is a problem, you can half the amount of mixes you use.
9. This is a good hearty dish when served over steamed rice and accompanied by a fresh salad which you can throw together in a few minutes - fresh lettuce, tomatoes, sliced cucumbers and chopped peppers along with a dressing made from olive oil mixed with fresh lemon juice (3.1) and whisked with freshly grated parmesan cheese. Serve this with the rest of the Mourvedre wine!

## **Meatballs with Style**

### **Ingredients**

**4** eggs  
**1** Tbsp salt  
**4** lbs of Organic ground beef  
**2** cups Panko Breadcrumbs (Japanese style)  
**4** Tbsp Ketchup  
**1** Tbsp Onion Powder  
**2** tsp Worcestershire Sauce

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 6

**Preparation Time:** 10 min

**Cooking Time:** 15 min

### **Description**

Meatballs are found in every culture. These are scrumptious and pretty low in fat. They are baked in the oven. However, if you prefer to fry them in olive oil, that works too. I prefer them fried. If you fry them, then roll them briefly in all purpose flour, put a little olive oil in a frying pan and allow it to get hot, then add the meatballs BUT NOT TOUCHING EACH OTHER (they will brown better if not touching), and fry on each side until brown. 2 Tbsp of olive oil is all you need for the whole batch since even very low fat ground beef has fat in it that will lubricate the pan. The flour adds a crust when the meatballs cook in a frying pan, but not when you bake them in the oven. Accompany this dish with the Wilderotter Syrah.

# *Wilderotter Winery Cookbook*

## **Steps**

1. Mix all of the ingredients well.
2. Shape into 12 dozen balls.
3. Bake in single layers at 400 degrees for 10-15 minutes.
4. For serving you can take Kaiser Rolls, add some mustard and sliced tomatoes, and you will have a Meatball sandwich! OR
5. For serving, you can use the home-made tomato sauce ( below), boil up some pasta to 'al dente' and toss the meatballs for a few minutes in the sauce and serve.

## **Home-made Tomato Sauce**

### **Ingredients**

**2** lbs fresh tomatoes, chopped  
**1** Tbsp salt  
**1** cup of chopped carrot  
**1** cup chopped onion  
**1** cup of chopped celery  
**2** tsp salt or more to taste  
**1/4** tsp sugar  
**1/4** cup of Olive Oil

**Difficulty:** Low

**Vegetarian:** Yes

**Servings:** 6

**Preparation Time:** 10 min

**Cooking Time:** 15 min

### **Description**

This is the best fresh tomato sauce I have ever tasted – and the carrots are the secret. You can use it for anything – pasta alone, fish, or as described above, with the meatballs.

### **Steps**

1. After washing the fresh ripe tomatoes in cold water, cut them in half and add to a pot and cover. Cook for about 10 minutes on medium heat.
2. Add the carrots, celery, onion, 2 tsp salt and sugar and simmer on low heat for 30 minutes, uncovered.
3. Add everything to a food processor, and blend.
4. Return to the pot, add the olive oil, and simmer for another 15 minutes.
5. Adjust for salt if needed.
6. If using with the meatballs, add them to the sauce after you have cooked them either in the oven or on the stove in a frying pan, and allow them to heat through, then serve steaming hot over pasta.



*Assorted Fresh Tomatoes*

### **Elegant Meat Loaf**

#### **Ingredients**

- 1** beaten egg
- 1/2** tsp salt
- 1 1/2** lbs of Organic ground beef
- 1** cup Panko Breadcrumbs (Japanese style)
- 4** oz tomato sauce
- 1** small onion
- 1** cup water
- 2** Tbsp brown sugar
- 2** Tbsp Apple Cider Vinegar
- 2** Tbsp prepared mustard

**Difficulty:** Low

**Vegetarian:** No

**Servings:** 6

**Preparation Time:** 10 min

**Cooking Time:** 75 min



#### **Description**

Meat loaf is definitely a comfort food. But it can take on a level of elegance when accompanied by the Wilderotter Napa Cabernet Sauvignon – one of the classic wines from this Winery.

#### **Steps**

1. Combine egg thru onion and mix thoroughly with hands.
2. Press into an 8-inch square pan or 9 X 5-inch loaf pan.
3. Combine water thru mustard; pour over loaf.

## Wilderrotter Winery Cookbook

4. Bake at 350° 1 hour (8-inch pan) or 1 hour 15 minutes (loaf pan).
5. Let sit 15 min before serving with the Wilderrotter Napa Cabernet Sauvignon.
6. NOTE: Some folks just can't eat meatloaf without ketchup. The final step would be to add ketchup on the top of the loaf and pop it back in the oven for 15 minutes so that it warms up before serving.

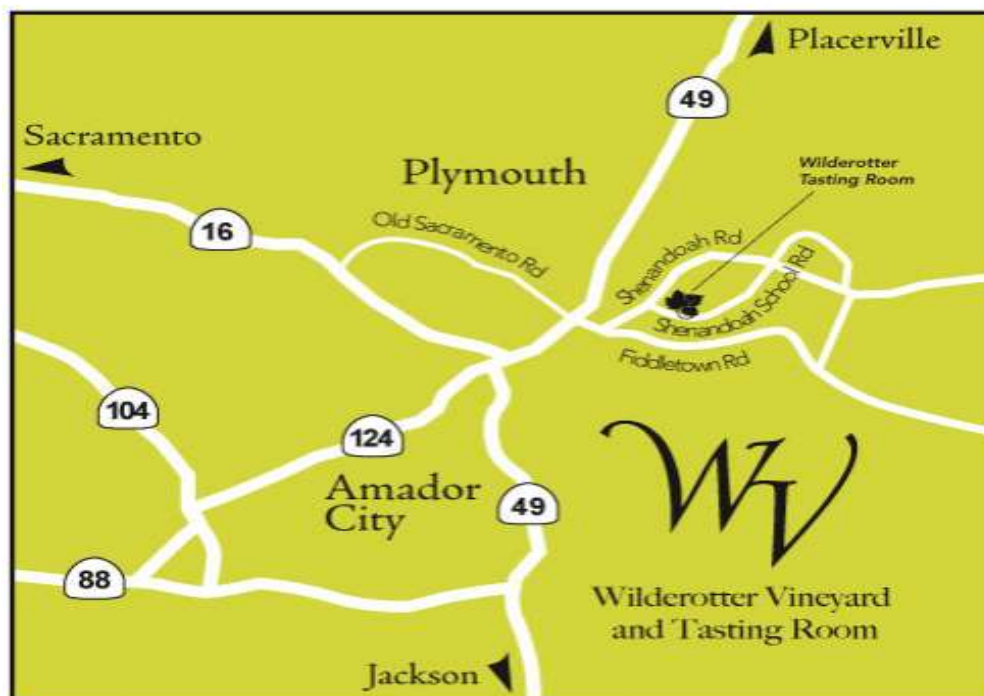
### A personal message to you from Jay Wilderrotter .....

*"We have created a tasting room so that those who love wine can experience our wine surrounded by the vines that contributed the grapes to make it. It is my personal pleasure to welcome you – please do come and visit us. We have a lovely patio with umbrellas and chairs and I will be delighted to take you on a private tour of our vineyards. I hope to see you soon!"*

### DIRECTIONS

19890 Shenandoah School Road | Plymouth, CA 95669

About 30 miles East on Jackson Road (State Highway 16) from Sacramento.



## Dessert Recipes

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### Old Cape Pudding

#### Ingredients

- 1 ½ cups flour
- 1 cup dates (stoned)
- 1 cup boiling water
- ¼ teaspoon baking powder
- 1 teaspoon bicarbonate of soda
- 2 tablespoons butter
- 1 cup fine confectioners' sugar
- ½ cup chopped nuts
- 2 beaten eggs
- ½ teaspoon salt

#### **For the sauce:**

- 1 ¾ cups sugar
- 1 Tbsp butter
- ¾ cup Vin Doux
- 1 teaspoon vanilla essence

**Difficulty:** Low

**Vegetarian:** Yes (has dairy)

**Servings:** 6-8

**Preparation Time:** 15 min

**Cooking Time:** 40 min



*Chopped freshly hulled walnuts*

#### Description

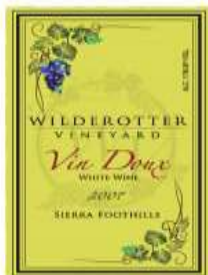
I spent many wonderful vacations in the Cape of Good Hope, at the very tip of Africa. This is a dessert that evokes memories of Cape Dutch Architecture, rolling vineyards in Paarl and Stellenbosch, and glorious vista's of clear air and sparkling sunsets. That is not unlike the peaceful solitude of the Wilderotter Vineyard in Amador County, California. I have changed this recipe to reflect the wonderful Wilderotter dessert wine called Vin Doux instead of the traditional Cape Brandy. It works beautifully and I know you will love it. Of course since we only use ¾ cup of Vin Doux, there is plenty left to sip as you enjoy this dessert.

#### Steps

1. Cream butter and sugar, add eggs, sifted flour, and baking powder, salt and chopped nuts.
2. Boil dates, water, add bicarbonate of soda then add to first mixture, stirring well.

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3. Pour into greased flameproof dish and bake for 30 – 40 minutes at 350 degrees F.
4. For the Sauce: Boil sugar, butter and water till syrup forms.
5. Remove from heat, add brandy and vanilla.
6. Pour hot syrup over baked pudding. It should be completely absorbed.
7. Serve with whipped cream and nuts sprinkled over the cream, hot or cold.



*The Vineyard on a summer day*

## **Peach Pie with Double Crust**

### **Ingredients**

For the crust:

**2** prepared pie crusts frozen

For the filling:

**8** peaches, peeled in 1 inch slices

**1/2** cup sugar

**Difficulty:** Low

**Vegetarian:** Yes ( has dairy)

**Servings:** 6-8

**Preparation Time:** 30 min

**Cooking Time:** 50 min



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- 1/4 cup all purpose flour
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp grated zest of lemon
- 2 Tbsp milk

### **Description**

There is nothing more wonderful in the summer than a peach pie. And since I love pastry, putting a double pastry pie together is very satisfying. Note that you can have a taste of summer in the winter months too. All you have to do, is to take fresh peaches during summer when they are plentiful, slice them and sprinkle a little lemon juice over them and freeze. Then in the dark of winter you can take them out, defrost and use as if they were fresh. They taste great in pies but not when eaten on their own.

### **Steps**

1. Take the frozen crusts out of the freezer. Poke holes with a fork all over the one crust and heat the oven to the amount indicated on the instructions. The fork holes will allow the steam to escape so that the crust doesn't puff up and then collapse. Cook according to the instructions but reduce the cooking time by 2 minutes. Remove from the oven and reduce the heat to 375°F.
2. Prepare filling: In large bowl, combine peaches, sugar, 1/4 cup flour, lemon juice, and grated peel; toss well. Pour filling into prepared crust.
3. Take the second crust before it is completely defrosted and carefully place it over the filled pie crust. Use the fork to flute the edge decoratively and also to seal the top crust to the bottom one.
4. Brush the top and edges of crust with milk; bake 50 minutes until bubbling and crust is golden brown. During cooking, check the sides of the pie to be sure they are not burning or overcooking and if they are brown, then cover them with foil to protect them while the rest of the pie is baking. Serve warm with vanilla ice-cream and the delicious Wilderotter Vin Doux.



*Peach Pie with Double Crust*

## **Banana Meringue or Cream Pie**

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## Ingredients

**3** egg yolks (if making meringue, keep the egg whites for the meringue and add  $\frac{3}{4}$  cup of sugar to these ingredients)

$\frac{1}{2}$  cup sugar

**1/3** cup flour

**2** cups whole milk

$\frac{1}{2}$  tsp vanilla extract

**36** vanilla wafers

**3 to 5** cups ripe bananas which is about 4 bananas sliced

**1** cup heavy cream whipped

**Difficulty:** Low

**Vegetarian:** Yes ( has dairy)

**Servings:**6-8

**Preparation Time:** 30 min

**Cooking Time:** 50 min



*Bananas on the Stalk growing at my home*

## Description

There is something very comforting about bananas in custard and if you choose to put the meringue on top of this pie, the final effect will be to make it look professional. Such a scrumptious dessert should be accompanied by the Vin Doux from Wilderotter Winery.

## Steps

1. Whisk the egg yolks together till smooth. Whisk in the sugar till lemon yellow.
2. Whisk in the flour and milk.
3. Scrape the mixture into heavy non aluminum 1 quart saucepan. Set over medium heat and whisk until the mixture thickens or you can put it in a double boiler – it will take a tiny bit longer to develop into custard, but there is less chance of it curdling this way. Stir in the vanilla.
4. Pour a thin layer of pudding into a four cup serving bowl and cover with a layer of wafers and then a layer of banana slices.
5. Pour a third of the remaining custard over the bananas and add wafers and bananas as above. Add half the remaining custard and add wafers and bananas and cover with remaining custard. Cover with whipped cream and refrigerate till you serve. You can use low calorie whip but apply it just before you serve.
6. I prefer to top this with meringue instead of whipped cream and bake until the meringue is lightly browned. If so, reserve 3 egg whites when you separate the yolks for the custard. Beat the egg whites until they begin to form peaks. Then whisk in a  $\frac{3}{4}$  cup of sugar and beat until stiff and glossy. Spread the meringue over the custard and bake in a 250 degree oven for 15 minutes or until the meringue is lightly browned. Cool before serving.

## **Irresistible Sugar Cookies**

### **Ingredients**

1 egg  
1/2 cup sugar  
1/2 cup of brown sugar firmly packed  
1 cup butter or margarine softened  
2 cups whole milk  
2 1/2 cups of all-purpose flour  
1 tsp vanilla extract  
1 tsp cream of tartar  
1 tsp baking soda  
1/2 tsp salt

**Difficulty:** Low

**Vegetarian:** Yes (has dairy)

**Servings:** 36 cookies

**Preparation Time:** 15 min

**Cooking Time:** 35 min

### **Description**

Sugar cookies are irresistible with tea or coffee but of course, in British tradition, 4.0 pm brings the traditional British tea-time. Sugar cookies go so well – either eaten alone or dipped in the tea (not permitted in educated or elegant social circumstances but so yummy when you do)!

### **Steps**

1. Cream butter or margarine and the sugars in a large bowl until fluffy.
2. Add egg and vanilla to butter/sugar mixture and blend well.
3. In another bowl combine flour, cream of tartar, baking soda and salt.
4. Stir flour mixture into butter/sugar mixture until all is incorporated.
5. Form dough into 1-inch balls (refrigerate for a few hours first if too soft to handle).
6. Press your thumb into the center of each ball gently, place on an ungreased cookie sheet, and flatten.
7. Bake at 350 degrees for 10-15 minutes, until very lightly brown.



*Sugar Cookies about to go into the oven*

## **Fresh Strawberry Cream Pie**

### **Ingredients**

- 1** pie crust
- 1** packet of Vanilla Pudding Mix
- 2** cups of milk (to prepare Vanilla Pudding)
- 2** lbs of Fresh Strawberries, hulled and cleaned
- 1/4** Cup of Confectioners' or Powdered Sugar

**Difficulty:** Low

**Vegetarian:** Yes (has dairy)

**Servings:** 12

**Preparation Time:** 20 min

**Cooking Time:** 15 min



### **Description**

This is the fastest and easiest way to make a fresh fruit pie when strawberries are in season and taste delicious. Some might say using pie filling is 'cheating' but frankly, after a long day or week at work, you earned an easy way to make a great dessert.

### **Steps**

1. Take the frozen crust out of the freezer. Poke holes with a fork all over the one crust and heat the oven to the amount indicated on the instructions. The fork holes will allow the steam to escape so that the crust doesn't puff up and then collapse. Cook according to the instructions. Take out the oven and let cool completely.
2. While the crust is cooking, prepare vanilla pudding mix. Pour it into the cooked cooled crust.
3. Slice strawberries in half and place them in an overlapping circle around the edge of the crust on top of the filling. Be careful to place them carefully and once, since picking them up and putting them down again will cause some of their juice to leak into the custard filling. Continue doing this until the circle becomes smaller and smaller and finally ends in the middle of the pie, where you can place the last few as whole fruit in the middle if you wish.
4. Just before serving sprinkle powdered sugar on the top of the pie. I do not use a glaze since I prefer the taste of the fresh fruit without the added stickiness.

## *Wilderotter Winery Cookbook*



Website: [www.wilderottervineyard.com](http://www.wilderottervineyard.com)

### **Maggie and Jay Wilderotter**



A message to you from  
Jay and Maggie  
Wilderotter.....

When we began to realize our dream of creating wine, Jay became an expert in all the skills of a vintner, farmer of grapes, and oenologist. It was a long road but one filled with learning, excitement and joy. We are very blessed to have two sons who love what Wilderotter Winery represents, and want to carry our dreams as theirs, into the next generation. It is our very great pleasure to share these recipes with you, created for us by our dear friend Lorraine Segil, at her Little Farm in Southern California. Good wine, good food, good friends, and good health – what else could one wish for!

Author: Lorraine Segil

