

Barbequed Hoosier Duckling

Courtesy of Chef Daniel Orr
FARMbloomington, Bloomington, IN

pair with

2008 Bobcat Zinfandel

Serves 2 to 4

1	5-6 lb. duck	1 T	white vinegar
2 T	kosher salt	1 T	sherry
1	slice ginger	1½ T	cornstarch, dissolved in 3 T water
1	scallion, cut into halves		scallions for garnish
3 T	honey		

Method

Pre-heat oven to 400°F. Bring a large pot of water to a boil and season with salt and pepper. Poach duck in simmering water for 20 minutes. While duck is poaching, combine 1 cup water, salt, ginger, scallion, honey, vinegar and sherry in a small saucepan and bring to a boil. Set aside.

Place duck breast side down on a roasting pan filled with 1 inch of water in bottom and place in pre-heated oven. Roast 15 minutes, baste with honey mixture, and cook another 15 minutes. Turn duck breast side up and roast, basting, 15 minutes more. Remove from oven, cool to room temperature, and refrigerate until needed. Cut into pieces and grill until skin is crispy and the meat is heated through. Brush with choice of BBQ sauce and serve.

Note: When grilling fatty meats, heat half of your grill to high heat. Mark your meat on the hot side and move to the cool side. Cover and cook to desired temperature.

Recipe from **FARMfood: Green Living with Chef Daniel Orr (IU Press)**



Spring Trout with Almonds

Courtesy of the Selby Kitchen

pair with

2009 Sauvignon Blanc

Serves 4

8	4-oz trout fillets
4 T	fresh lemon juice
	Sea salt to taste
1	egg, beaten
1 ¼ c	Panko bread crumbs
½ c	sliced almonds, toasted in the oven until lightly browned
1 T	chopped parsley

Sprinkle the fleshy sides of the fillets with the lemon juice and salt. Dip in the egg and coat the fleshy sides with a mixture of the bread crumbs, parsley and almonds. Arrange the fillets skin side down on a baking sheet. Bake at 400°F for 10 minutes or just until the fish flakes easily with a fork.

Enjoy

SELBY

SUSIE SELBY OWNER/WINEMAKER



SPRING 2010

Selby Winery
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Dear Wine Club Member,

SELBY SELECT

The Wines

2007 Syrah
Russian River Valley
2008 Bobcat Zinfandel
Sonoma County
2009 Sauvignon Blanc
Sonoma County

*Pair these wines with
chef created winter
recipes.*



Spring is my favorite time of year for the same fundamental reason that I became a winemaker – the love of food. Spring marks the beginning of the grape growing season but it is also the greatest time of year to find regional fruits and vegetables. For a winemaker, it is the best season to experiment with pairing various dishes with our finished products. Fortunately, I have had the pleasure of traveling throughout the country and have seen first hand what local foods chefs in the Midwest, South and East coast are pairing with Selby wine. From spring lamb, fiddlehead ferns, artichokes, avocados and a variety of specialty herbs, all the ingredients are available this season and are a fabulous complement to the Selby wines.

We are featuring two new releases in this shipment; the first being our 2009 Sonoma County Sauvignon Blanc. The wine is paired with a spring trout and almonds. You can see that one of the joys of making wine, especially this tropical style white, is that the outcome can be a wine that is so enjoyable with food. We also recommend this wine as the perfect aperitif going into the summer season. You will note flavors of apricot, white peaches and melons.

The second selection is the 2008 Sonoma County Zinfandel “Bobcat.” Back by popular demand, this wine is another fabulous food pairing opportunity for the opposite reason as the Sauvignon Blanc – it has specific flavors that are interesting with food. We chose Chef Daniel Orr’s Hoosier Duckling because this succulent poultry dish will elevate the lush raspberry and chocolate flavors in the wine.

For those of you in the Reds Only Club we are pleased to offer the 2007 Russian River Valley Syrah. Because of the astringency of this famous Rhone-style wine, you will find that, like the Sauvignon Blanc, it pairs very well with a variety of foods such as Chef Rick Tramonto’s Grilled Beef and Vegetable Kebabs. This has always been one of the staff’s favorite choices for outdoor barbequing.

Like springtime in gardens, the season in the vineyards is very special and is shaping up to look like an above average year. Bud break was timely and we are seeing the most important quality of all, which is the prospect of a good balance of fruit on the plants. We will spend the summer watching the vines grow and the clusters develop, then we will start the creative process all over again when it is time to harvest in the fall. In the meantime enjoy the outcome of our labor by celebrating wine and fabulous food.

Susie Selby

See our upcoming events inside!

The Wines

2007 Russian River Valley Syrah

Tasting Notes

Made using the classic Côte Rôtie style, here at Selby we add judicious amounts of Viognier (the famous delicate white grape of the Rhone region) to our blend, giving it more floral aromas and complex flavors. The result is a powerful, yet accessible wine, with a firm structure and deep layers of fruit.

2008 Bobcat Zinfandel

Tasting Notes

Bobcat Zinfandel is made in a non-traditional voluptuous winemaking style. The grapes are picked at maximum sugar levels to attain the most extreme concentration possible. Rich flavors, a hint of sweetness and high alcohol content makes this the most intense wine from Selby.

2009 Sauvignon Blanc

Tasting Notes

Loaded with rich concentrated flavors of melon, minerals and lemon-lime nuances that trickle crisp and clean on the palate, our 2009 Sauvignon Blanc ends with a snappy well rounded finish. Enjoy with a broad array of cuisine or simply as an aperitif.



Upcoming Events

Wine Club Pick-Up Party

May 15, 2010
5:30 to 7:30 p.m.

Wine Dinner

at **Macaroni Joe's**
Amarillo, TX
May 11
www.macaronijoes.com

Wine Dinner

at **Sevvy's**
Dallas, TX
May 24
www.sevvs.com/Pages/HomePage.htm

Wine Dinner at Baricelli Inn

Cleveland, OH
May 26
www.baricelli.com

Wine Dinner at Jeffrey's of Westfield Restaurant & Bar

Westfield, NJ
June 14
jeffreyswestfield.homestead.com

Cigar Event in Sonoma

June 19
4:00 p.m.

Grapes to Glass

August 20-22

Grilled Beef and Vegetable Kebabs

Courtesy of Chef Rick Tramonto
Tru, Chicago, IL

pair with

2007 Russian River Valley Syrah

Serves 6

Marinade

- 1 c olive oil
- ½ c honey
- ½ c soy sauce
- Juice of one orange
- ¼ c brown sugar, packed
- 3 tbsp sherry vinegar
- 1 tbsp fresh ginger, chopped
- 2 cloves garlic, chopped
- 1 tsp dried red pepper flakes
- ¾ tsp freshly ground black pepper

Method:

Soak 6 long wooden skewers in cold water for 30 to 45 minutes. If using metal skewers, this is not necessary.

To make the marinade: In a mixing bowl, whisk together the oil, honey, soy sauce, orange juice, brown sugar, vinegar, ginger, garlic, red pepper flakes and black pepper.

To make the kebabs: Remove the membranes and seed the peppers. Cut the onions, peppers and squash into 1½ inch pieces. Cut the steak into 1½ to 2-inch pieces. The idea is to get all the pieces of food approximately the same size. Put the vegetables in one glass, ceramic or other nonreactive bowl and the meat in another. Divide the marinade evenly between the 2 bowls. Cover both and refrigerate for at least 1 hour or up to 8 hours.

Prepare and clean, well-oiled charcoal or gas grill so that the coals or heat element are medium-hot. Or, heat the broiler.

Lift the vegetables and meat from the bowls and start threading the skewers. Begin with a piece of steak and then alternate the steak with the different vegetables. Once the kebabs are assembled, season them with a sprinkling of the peppercorns.

Grill the kebabs, turning several times, for a total of 8 to 10 minutes. Serve immediately.

Kebabs

- 1 red onion
- 1 yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 1 yellow summer squash
- 2 ½ lbs sirloin, strip or tenderloin steak, about 1 inch thick
- Cracked pink peppercorns

Delicious!

Recipe from *Steak with Friends: At Home*, with Rick Tramonto (Andrews McMeel Publishing)

