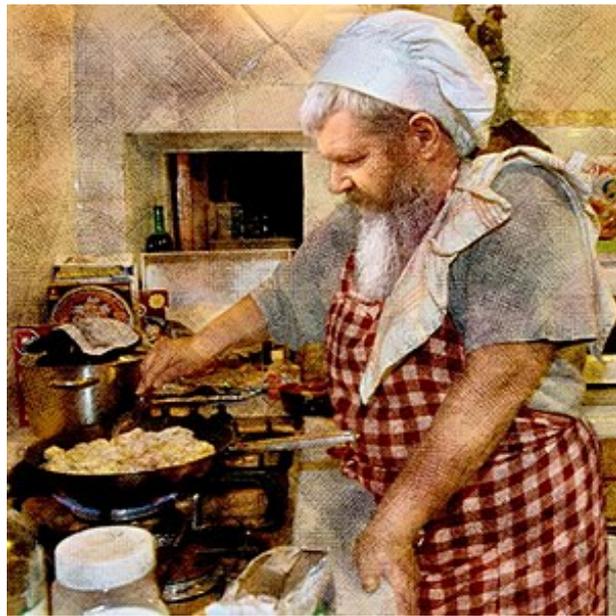


10 Dishes for Sangiovese



Compiled by Darby Higgs

An eBook produced by Vinodiversity.com

10 DISHES WITH SANGIOVESE

About this book

This book has been compiled as part of my Vinodiversity.com site. Over the past few years I have had many conversations with wine makers, marketers and wine consumers about new varietal wines in Australia. Often the conversation turns to

"How do we get people to try these new wines?"

Part of the answer lies in giving consumers confidence to try unfamiliar wines with food.

I am preparing a guidebook come cookbook which will include food pairing ideas and recipes for matching with less common wine varieties. I've called it "**Albarino to Zinfandel**" after a suggestion from my friend **George Biron**.

Thank you to Boggy Creek Vineyards, Eldredge Estate, King River Estate, Piggs Peake Winery, Pikes Winery and W wine of Mudgee for permission to reproduce images in this book.

The cover illustration was prepared by Terry Sedgewick of the Feral Eye. You can see more of his work at http://governor_general.blogspot.com

This book is really testing the water for the larger Albarino to Zinfandel book. Make sure you subscribe to the newsletter at vinodiversity.com for news about it.

You are free to print and use this book for your own personal use. If you have friends who would like a copy, please refer them to the Vinodiversity website where they can get a copy for themselves by subscribing to the newsletter.

Darby Higgs

June 2008

Revised August 2008

10 DISHES WITH SANGIOVESE

Contents

About Sangiovese

The Recipes

1. Minestra al Pesto
2. Tuscan Fish Soup
3. Classic Spaghetti Bolognese
4. Pizza Margarita
5. Calves Liver in Sage Butter
6. Chicken Cacciatore
7. Bistecca Fiorentina
8. Trippa a Romana
9. Italian Sausages with garlic mash
10. Veal Chops in Red Wine

10 DISHES WITH SANGIOVESE

About Sangiovese

Sangiovese is the most commonly grown red wine variety in Italy. Perhaps its best known role is in the Chianti red wines of Tuscany, but it is grown widely in other regions throughout Italy.

The variety has become increasingly popular in Australia over the past couple of decades. There are now about 200 wineries scattered through most Australian wine regions using the variety. You can see who has this variety at www.vinodiversity.com/sangiovese.html

Sangiovese is most often made as a varietal, but it is also successfully blended with other varieties, Cabernet Sauvignon for example in the so called Super Tuscan style. In Australia several wineries also blend Sangiovese with Shiraz.

The characteristic flavours of Sangiovese are cherries, tomatoes, herbs, spices and tea like flavours. Italian styles typically have more acid and tannin. Australian Sangiovese wines tend to be a little more fruity, with riper flavours and higher alcohol. However, there is a trend for the styles to converge.

Like all Italian wines Sangiovese demands food. As a rough guide any Italian dish containing tomatoes will be suitable for matching with Sangiovese. But the wine is still more versatile than that, as the recipes in this guide show.

Several producers make rose from Sangiovese. They are typically more flavoursome and sometimes a little more astringent than rose wines made from other varieties. Again these wines really come into their own with food.

(Illustration is King River Estate Sangiovese)



10 DISHES WITH SANGIOVESE

1. Minestra al Pesto - Vegetable Soup with Pesto

Although this is a vegetarian soup it marries well with a red wine because of the strong flavour of the pesto.

Ingredients

- 1 onion, chopped
- 1 leek
- 1 large potato, peeled and diced
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 half savoy cabbage finely sliced
- 250g spinach chopped
- 200g cannellini beans soaked overnight, or use a 440g can
- 1 tablespoon of concentrated tomato pure
- Salt and pepper to taste

If you are using dry beans drain them and simmer in fresh water for an hour.

Trim the leek, discarding the dark green and tough leaves. Rinse away any sand that may be trapped between the leaves. Slice the white and softer light green parts finely.

Melt the butter with the oil in a heavy based saucepan. Add the onion, leek and potato cover and simmer over gentle heat until soft, but not coloured. Don't add water at this stage. The slow simmering brings out the flavours of the leek and onion. When these vegetables are softened add the cabbage, spinach and beans and continue to simmer until they wilt.

Add 1.5 litres of water, the beans and tomato puré. Simmer for another 30-40 minutes.

For the Pesto

1 cup of fresh basil leaves (you can use some parsley as well, but the basil should predominate)

- *3 cloves garlic, crushed*
- *A half cup of good olive oil*
- *30g pine nuts*
- *60g parmesan cheese*

Blend or process the basil leaves, garlic, oil and pine nuts until smooth. Use a pestle and mortar if you have time and patience. Stir through the freshly grated cheese. Store pesto for a week or two if needed. Cover it with olive oil in a glass jar and refrigerate.

To Serve

Pour soup into wide bowls; garnish each bowl with a tablespoon of pesto. Make sure you have crusty bread to serve and *of course that bottle of Sangiovese.*

10 DISHES WITH SANGIOVESE

2. Tuscan Fish Soup

You can use freshwater or saltwater fish for this dish, or a mixture of both. This soup/stew is robust enough to accompany a good red wine or rose.

- 1 kg of assorted fish, cut into chunks
- 500g of assorted seafood, such as prawns, octopus or squid
- 500g fresh mussels or clams
- 4 cloves garlic
- 1 red chilli
- 1 sliced onion
- 1 diced carrot
- 4 tomatoes, peeled and chopped (or use a 400g tin)
- A glass of white or rose wine
- Olive oil for frying
- Crusty Italian Bread
- Parsley garnish

Trim the fish and cut into bite sized pieces, removing the heads and as many bones as possible.

Poach the fish heads and bones gently in about a half a litre of water for 20 minutes to make a stock. Strain reserving the liquid. Separate any fish meat from the bones and puree it. Put the puree back into the stock.

In a large heavy based pot sauté the whole red chilli, onion, carrot and half of the garlic in olive oil.

When the vegetables have softened, add the stock, the fish and seafood and cook gently. Add the mussels and after they have opened, add the tomatoes and glass of wine. Stir gently then add the fish stock.

Make some large croutons by heating the sliced bread in the oven then rubbing it with the remaining garlic.

Serve the soup garnished with parsley in large flat bowls.

This dish would be ideal with a Sangiovese rose. Pikes in the Clare valley make an excellent firm dry rose under the name Luccio.



10 DISHES WITH SANGIOVESE

3. Classic Spaghetti Bolognese

Every Italian cook, and aspiring cook has some sort of variation and special tricks to this dish. So I suppose to call any recipe "classic" in this context is not quite right. Here's my contribution to the burgeoning inventory of recipes.

- 500g minced beef
- A few sliced of prosciutto or pancetta
- Olive oil
- 1 finely chopped onion
- 1 finely chopped carrot
- 1 glass of red wine
- 1 cup of tomato paste
- 2 cups of tomato passata
- 1 teaspoon of dried oregano leaves
- Freshly ground black pepper

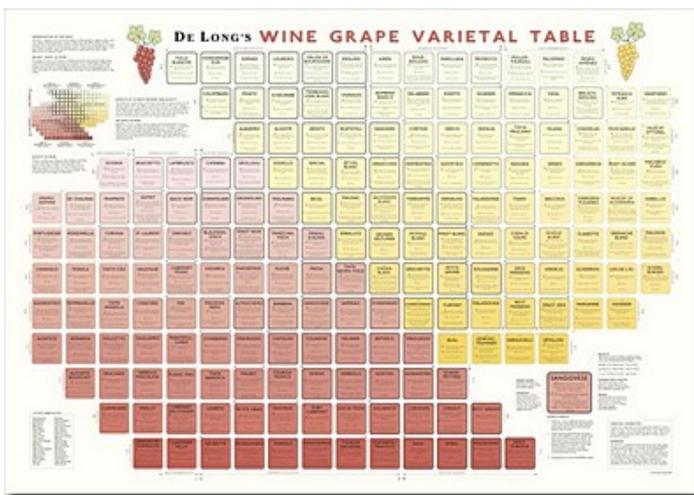
Use a heavy based pan or pot. Sauté the carrot and onion until soft. Add the minced beef and prosciutto. Sauté the meat gently until brown, breaking up the pieces with a wooden spoon.

Stir in the tomato paste and cook for another minute or two.

Then add the wine followed by the passata and oregano. Simmer for an hour or more, adding a little water if necessary.

Serve this sauce with your own homemade pasta, or any other good Italian pasta. Spaghetti or rigatoni are good choices.

Sangiovese goes well with meaty sauces such as Bolognese.



You can order a useful wine varietal table from Vinodiversity.

Making your own Pasta

It is worth going to the trouble of making your own pasta, rather than using dried pasta or the "fresh" pasta from the supermarket refrigerator. Buy yourself a pasta machines, it will be a good investment.

You can have your fresh pasta made and ready to eat in a similar time it takes you to cook dried pasta.

Ingredients for 4 people

- 400g plain white flour
- 4 eggs
- good pinch salt
- extra flour for workbench

Easy to remember, 100g flour and 1 egg for each person.

Make a well in the flour and add the eggs. Mix well and knead briefly until you get a pliable dough.

Pass the dough through the plain rollers of the machine a few times, then roll it thinner before putting it through the cutting rollers.

Cook by plunging into plenty of boiling salted water for 2-3 minutes.

10 DISHES WITH SANGIOVESE

4. Pizza margarita

Too often pizzas are loaded with just too much topping. **Less is more!** You really only need a few ingredients to make a great tasting pizza. Commercial pizzas, either home delivered, or worse still bought cold from a supermarket and cooked at home lack freshness. They make up for it by overdoing the ingredients.

Here is my take on the classic pizza margarita, named in honour of the Queen Margarita of Italy. The colours of the Italian flag are represented by the red tomato, green basil and white mozzarella.

I make my pizza dough in an electric breadmaker. Just follow the directions that came with your machine. Make a plain white bread dough and set your breadmaker to "dough" rather than the complete process.

Or you can make your own and kneed it by hand.

My Pizza Margarita recipe

- 1 quantity pizza dough
- 3 tomatoes, sliced very thinly
- 100g mozzarella cheese, sliced thinly
- 1 bunch fresh basil leaves
- Olive oil

Pre heat your oven to 220 degrees.

Grease your pizza tray with a little olive oil. Cover with the pizza dough and brush surface with a little oil. Toss the cheese and tomatoes over the pizza base and scatter over the basil leaves.

Place in the hot oven and cook for 10 minutes. You want the dough to be cooked through but not hard and brown.

Serve with a bottle of Sangiovese.

Quick Home Made Pizza Dough

- 7g sachet dry yeast
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 cups plain flour
- 2 tablespoons olive oil
- Extra flour for dusting your board

Get your yeast going by combining it with 3/4 cup warm water, sugar and salt bowl. Stir well and put it in a warm place for 5 minutes or until bubbles appear on the surface.

Meanwhile sift flour into a bowl. Add yeast mixture and oil. Mix to form a soft dough. Knead on a lightly floured surface for 10 minutes or until elastic.

Place in a lightly greased bowl. Cover with plastic wrap. Stand in a warm place for 25 to 30 minutes or until dough has doubled in size.

When ready to use punch the dough down and roll or stretch it into a circle of a size to match your pizza tray.

10 DISHES WITH SANGIOVESE

5. Calves Liver in Sage Butter

Fresh sage leaves have some sort of affinity with liver. It's just one of those magic combinations.

- 500 of calf's liver
- 1 large onion, sliced
- 6 fresh sage leaves, chopped
- 2 cloves of garlic, chopped finely
- 40g butter
- Flour for dusting
- Half glass of white wine
- Good squeeze of lemon juice

Slice the liver thinly, or have your butcher do it for you. You need to be able to cook it quickly. Liver gets tough if it is overcooked.

Dust the slices lightly in the flour.

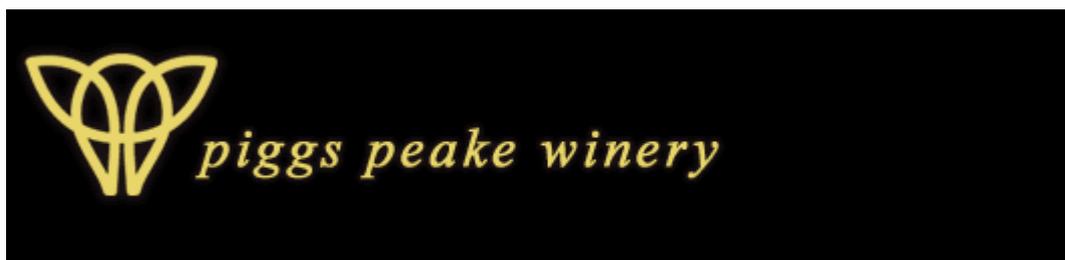
In a large frying pan soften the onion in the butter over moderate heat until it is translucent. Add the garlic and sage leaves and cook for a couple of minutes to ensure the flavours have infused the butter.

Push the onion mixture to the side of the pan and cook the liver quickly on both sides. You may need to add a little extra butter. Remove liver and onion to a serving dish.

Deglaze the pan with the white wine, stirring the cooked residue from the liver and onions through. Pour over the liver and squeeze the lemon over.

Serve immediately. Although this dish is cooked with white wine it really needs a good red.

Piggs Peake Super Tusker Sangiovese is a fine choice of wine to go with this wine.



10 DISHES WITH SANGIOVESE

6. Chicken Cacciatore

Cacciatore means “hunter” in Italian. In the kitchen cacciatore refers to a meal prepared “hunter-style” usually with tomatoes, garlic, onions, mushrooms, herbs and wine.

The rustic, savoury flavours of a dish like this one call for a full flavoured wine, either white or red. I suggest a Sangiovese would go well with this wine.

Ingredients for 6 people

- 1 large chicken jointed, or you could use about 2 kg of thigh pieces
- Flour for dusting
- 1 large onion, sliced
- 2 cloves garlic, crushed
- A red pepper sliced
- 1 cup of sliced mushrooms
- 1 kg roma tomatoes, skinned, or use 2 cans crushed tomatoes
- 1 cup white wine
- half cup tomato passata
- 1 tsp dried oregano
- 4 anchovy fillets in oil (optional)
- about 12 seeded black olives
- Olive oil

Toss the chicken pieces in flour to coat.

Use a large pan to brown the chicken in olive oil in batches, then set it aside.

Sauté onion and, garlic and pepper in the pan. When the onion is soft, not brown, stir in the wine, tomatoes, passata, mashed anchovy fillets and oregano. Bring to the boil, stir well then add the chicken pieces and the sliced mushrooms.

Cover and simmer over very low heat for 30-45 minutes. Add the olives about 10 minutes before serving.

Serve with crusty bread and a green salad, or a green vegetable such as broccoli according to season.

Boundary Rider Sangiovese made by Eldredge Wines in the Clare Valley is a fine choice with this dish.



10 DISHES WITH SANGIOVESE

7. Bistecca Florentino

This is the classic Florentine dish to go with a Classic Chianti Red wine. It is simple to prepare. The main thing is to showcase a good piece of steak. You can cook it on a barbecue plate, over hot coals or in a griller. You can slice larger slices after cooking to share.

- Large slices of Steak, 5cm thick (T-Bone or porterhouse is suitable)
- Olive oil
- A couple of lemons
- Salt
- Freshly ground black pepper

Allow the meat to come to room temperature for an hour or so before cooking. Rub both sides of the meat with some olive oil.

Heat your grill or barbecue plate well before you put the steak on to cook.

Cook for 3-5 minutes on each side.

Put the steak onto a warm plate and cover it loosely with foil for about 10 minutes before serving. You can return the meat to the grill for a minute just before serving.

Slice the meat into large pieces. If you are using T-Bone cut the meat from the bone. Reassemble the pieces onto the serving dish, accompanied by lemon wedges. Allow guests to add their own seasoning at the table.

This dish does not really need vegetables, but you could serve it with some chips or baked potatoes.

W Wine of Mudgee make an excellent Sangiovese which would be ideal with Bistecca Florentino.



8. Trippa Romana or Roman Style Tripe

This is a classic Italian dish, reminding us that in less affluent times nothing was wasted from meat animals. Most Australians have only tasted tripe cooked in a white sauce. Tripe is much more versatile than that.

Use honeycomb beef tripe for this classic Italian dish. You should buy it cleaned and parboiled from the butcher. Simmering the tripe again will ensure that it is tender before you bake it slowly in the tomato sauce to integrate the flavours.

Ingredients for 4 people, 6 as an entree.

- 1 kg tripe
- 2 cloves
- A few whole peppercorns
- 1 walnut sized piece of butter
- 2 tablespoons of oil
- 1 carrot
- 1 onion
- 1 stick of celery
- 2 cloves garlic, crushed
- 2 tablespoons of chopped herbs, parsley, basil or marjoram
- 600ml tomato passata
- Salt and pepper
- Half cup of grated parmesan cheese

Cover the tripe in water and add the cloves and peppercorns.

Simmer for a hour or so until the tripe is tender. Drain.

Meanwhile in another saucepan sauté the chopped vegetables and garlic in the butter and oil until the onion is translucent. Add the tomato passata and simmer for a few minutes. Adjust seasoning with salt and pepper.

Cut the tripe into 2cm strips and put into oven-proof dish. Cover with the herbs and tomato sauce.

Cover and bake in a slow oven for an hour and a half.

Serve with noodles accompanied by the cheese in a separate bowl. For a main course you could add a garden salad and some rustic Italian bread.

10 DISHES WITH SANGIOVESE

9. Italian Sausages with Garlic Mash

Every country has its own spin on sausages, and the Italians are up there with the best of them. It's worth while seeking out a good butcher or deli to get some tasty sausages. I like those flavoured with fennel seeds.

- 8 Italian Sausages
- 500g Potatoes
- 50ml milk
- 4 cloves Garlic
- Salt

Poach the sausages in water for ten minutes or so. Drain, then cook for 10 minutes or so under a grill or on a barbecue. Pierce the sausages to let some of the fat out. You will need to turn them a couple of times to allow them to brown without burning.

Peel the potatoes and cut roughly into quarters. Boil in salted water for 20 minutes and drain. Meanwhile peel and crush the garlic. Mash the potatoes, add the garlic and half of the milk. Stir well over low heat and add more milk until you get to the right consistency.

For a milder version of garlic mash you can add the peeled whole garlic cloves to the potatoes while they are boiling.

The sausages and potatoes make a meal in themselves, along with a glass or two of Sangiovese of course. You could also add a steamed seasonal green vegetable such as broccoli, brussels sprouts, spinach or cavolo nero.

Don't forget that bottle of Sangiovese.

Why not show off your Sangiovese in a beautiful decanter like this one. You would be surprised at some of the bargain prices for Riedel glassware at Vinodiversity's gift store at www.gifts.albzin.com



10 DISHES WITH SANGIOVESE

10. Veal Chops in Red Wine

Use Sangiovese of course! You may be tempted to grill veal chops but sometimes the gristle and fat detracts from the finished dish.

Ingredients

- 1 kg veal chops (forequarter chops are ideal)
- half cup of flour seasoned with salt and pepper
- 100 g pancetta or 3 rashers of smoky bacon, cut into 2cm squares
- 2 cloves of garlic
- 300ml red wine
- 1 bay leaf
- 1 teaspoon thyme
- 200g button mushrooms
- 1 cup chicken or veal stock
- Olive oil

Roll chops in seasoned flour. In a heavy cast iron casserole brown the chops and the pancetta in a little oil.

Remove the meat and set aside.

Sauté sliced garlic for a minute, then add the red wine, stirring and scraping the residue from the meat.

Return the meat to the casserole and add the bay leaf and the thyme.

Cover the meat with the stock and cook, covered in an oven at 180 degrees for 1 hour.

Add the mushrooms whole and return to the oven for another 20 minutes.

Serve with crusty bread and a bottle of Sangiovese, such as one from Boggy Creek in Victoria's marvellous King Valley.

