

Cooking With (Texas) Wine

In our carefree pre-baby days, my husband and I liked to just get in the car and drive. One Sunday, we came across a little winery in the Hill Country that neither of us had ever heard of. They had a quirky little sign and a limestone building with a turret ... we had to go see this place. We drove up to the stout stone building and saw that we'd arrived at Dry Comal Creek Vineyards. We were warmly welcomed by proprietors Franklin and Bonnie Houser, who shared their wonderful wines with us and took us on a tour of the winery.



They are included in a new book on Texas wine, *Under the Texan Sun*, by Rhonda Cloos (Taylor Trade, 2005). It discusses 28 Texas wineries and their wines, gives recipes from

each, and also has recipes from famous Texas chefs and the author's private collection. Below I've included two recipes from the book: Braised Beef With Cabernet and Brandy from Dry Comal Creek Vineyards and Mimosa Chicken from the author's private collection. For more recipes from the Housers, visit their website: www.drycomalcreek.com.

Braised Beef With Cabernet and Brandy

- 4 slices bacon
- ¼ stick butter
- 2½ pounds rump or round of beef, cut in large pieces
- ¾-1 cup brandy
- 8-10 small whole onions
- ½ cup warm water
- Bouquet garni*
- 2 cloves garlic
- 1-2 cups Dry Comal Creek Vineyards Cabernet Sauvignon
- 8-12 mushrooms
- 12 green, pitted Italian olives, blanched in boiling water
- Salt and pepper to taste

Cook bacon until slightly done. Drain, pat dry, and chop into large pieces. Set aside. Melt butter in a heavy casserole dish. Slowly brown beef well on all sides. Add brandy. Cover and simmer over low heat for 30 minutes. Preheat oven to 300 degrees. Add onions, bacon, warm water, garlic, bouquet garni, salt and pepper to dish. Add 1 cup of Cabernet. Place in preheated oven for 2½ hours, adding more brandy and Cabernet if needed, being careful not to let it get too dry. After 2 hours, add mushrooms and olives and remove bouquet garni. Cook for ½ hour more and serve with noodles, rice or potatoes. Serves 8-10.

***Bouquet garni** is a small bundle of fresh herbs, traditionally 3 sprigs parsley, 1 sprig thyme and 1 bay leaf. If using dried herbs, use 3 teaspoons parsley, 1 teaspoon thyme and 1 bay leaf tied up in a square of cheesecloth.

Serving size: 1 large ladleful. Per serving: 334 calories, 28 grams protein, 10 grams fat, 12 grams carbohydrates, 210 milligrams sodium, 74 milligrams cholesterol

Wine: Serve with Dry Comal Creek Vineyards Merlot, Cabernet Sauvignon or Black Spanish.

Mimosa Chicken

- 1 pound boneless, skinless chicken breasts
- ½ teaspoon garlic powder
- ¼ teaspoon freshly ground pepper
- 4 teaspoons Dijon mustard
- ½ onion, chopped
- 2 tablespoons butter, cut into bits
- ¾ cup orange juice
- ¼ cup Texas Champagne
- ¼ cup brown sugar, firmly packed

Preheat oven to 375 degrees. Wash chicken breasts. Pat dry. Place in small baking dish. Season with garlic powder and pepper. Spoon mustard on top of each breast; spread along top surface. Sprinkle onions and bits

of butter on breasts. Combine orange juice and Champagne. Pour over chicken. Bake in preheated oven for 30 minutes. Turn chicken breasts and sprinkle with brown sugar. Bake 15 more minutes, or until golden brown and cooked through. Remove chicken to platter. Keep warm. Carefully pour sauce into pan. Boil over medium heat on top of stove until sauce becomes syrupy, about 15 minutes. Stir occasionally to prevent burning. Pour sauce onto chicken breasts and serve at once. Serves 4.

Serving size: 1 breast. Per serving: 263 calories, 27 grams protein, 7 grams fat, 16 grams carbohydrates, 201 milligrams sodium, 81 milligrams cholesterol

Wine: Serve with a Texas Chardonnay or Texas Champagne.



RICK PATRICK

The subject for February's recipe contest is **Buttermilk**. Those old-fashioned recipes with buttermilk in them are so good, but sometimes overlooked because many people no longer consider it a staple. Do you have a special recipe that has buttermilk in it? You may send recipes or cooking tips to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Be sure to include your name, address and phone number, as well as the name of your electric co-op. The deadline is November 10. The top winner will receive a copy of the Texas Co-op Power Cookbook and a selection of spices from Adams. Others whose recipes are published will also receive a selection from Adams.

KATHY STOCKARD of Blacksburg, Virginia, sent in this month's win-

ning recipe. (She has a condo in Horseshoe Bay and is a member of Pedernales EC.) You'll love this rich, flavorful take on white rice. Serve it to company and they're sure to ask you for the recipe.

Wine Rice

1 cup white rice, uncooked
1 cup chopped fresh tomatoes
½ cup chopped onion
1 pound fresh mushrooms, sliced
Chicken broth
½ cup red wine
1 teaspoon salt
¼ teaspoon pepper
1 cup tiny green peas, heated and drained
¼ cup butter
¼-½ cup Parmesan cheese

Place rice, tomatoes, onion and mushrooms in a large skillet. Add amount of chicken broth equal to amount of liquid called for on rice package, less ½ cup. Add wine, salt

and pepper. Mix well. Cover and simmer for 30 to 40 minutes, or until liquid is absorbed and rice is tender. Stir in peas and butter, sprinkle with cheese, and serve immediately. Serves 8.

Serving size: 1 serving spoonful. Per serving: 202 calories, 6 grams protein, 7 grams fat, 26 grams carbohydrates, 531 milligrams sodium, 17 milligrams cholesterol

Beef Bourguignon

¼ pound margarine
3 pounds pot roast, cut into small chunks
4 onions, peeled and sliced
3 ounces flour (about ⅓ cup plus 1 tablespoon)
3½ cups red wine
1 tablespoon vinegar
Salt and pepper to taste
4 bay leaves
2 thyme sprigs
1 tablespoon Kitchen Bouquet

Heat margarine in stew pot; add meat and onions and sauté for 10

TEXAS CO-OP POWER

60 Years of Co-op Cooking



WE'RE LOOKING FOR RECIPES & MEMORIES FROM THE LAST 60 YEARS

I remember sitting in my grandma's kitchen in the mid-'70s while she fried doughnuts in a big pot on the stove. She let my curious big brother stand on a stepstool and look into the pot as those circles of dough turned golden brown. The smell of fried dough filled the air. While my brother watched, I made the glaze, dumping powdered sugar into a bowl and breathing in the cloud of sweetness that rose from it. Together, we'd dip the tops of still-warm doughnuts in glaze and line them up on a pan to cool. Then Grandma would fry up the doughnut "holes" and let us dip those wads of fried dough in the remaining glaze—thumbs and fingers, too—and put them straight into our waiting mouths.

— FOOD EDITOR SHANNON OELRICH

Do certain recipes "stir up" strong memories for you? We're looking for recipes and memories to publish in our new cookbook (available September 2006). The memory should be specific to the recipe, and should evoke a certain time period within the last 60 years. Please send your memory and recipe to New Cookbook, 2550 S. IH 35, Austin, TX 78704. You may also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org with the subject line "New Cookbook." The deadline is December 10, 2005. Three names will be chosen from published submissions to receive a free cookbook.

minutes, turning meat several times. Mix flour with a little red wine to make smooth paste. Add rest of wine to paste, adding slowly and stirring to fully incorporate flour. Then add vinegar, salt, pepper, bay leaves, thyme and Kitchen Bouquet. Pour mixture onto meat and bring to boil while stirring. Cover and simmer 1½ to 2 hours, until meat is tender (1 hour only in pressure cooker). Serve with mashed potatoes, spaghetti or rice. Serves 6.

Serving size: ⅓ of recipe. Per serving: 790 calories, 39 grams protein, 51 grams fat, 20 grams carbohydrates, 574 milligrams sodium, 131 milligrams cholesterol

ANN RUSSELL, Wood County EC

Chicken With White Wine Sauce

- 1½ tablespoons flour
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 4 tablespoons butter
- 2 large boneless chicken breasts
- ½ pound thinly sliced mushrooms
- ¼ cup chopped onion
- ¼ cup chopped parsley
- 1 cup white wine
- 2 cups cooked rice

Combine flour, salt and pepper. Coat chicken with flour mixture. Shake off excess and reserve. Melt 2 tablespoons butter in large skillet over medium heat. Brown chicken, remove from skillet. Add remaining

butter and mushrooms, onions and 2 tablespoons parsley. Sauté until onion is transparent. Remove from heat. Stir in reserved flour mixture. Blend in white wine. Return to heat and bring to a boil, stirring frequently. Add chicken, cover, reduce heat and simmer 25 minutes or until chicken is tender. Serve over rice and garnish with remaining parsley. Serves 4.

Serving size: ½ chicken breast and ½ cup rice. Per serving: 357 calories, 18 grams protein, 13 grams fat, 32 grams carbohydrates, 431 milligrams sodium, 65 milligrams cholesterol

KATHLEEN GORDON
United Cooperative Services

Pears Poached in Red Wine

- 4 ripe pears
- 2 tablespoons lemon juice
- 2 cups dry red wine
- 1 cup unsweetened apple juice
- 4 cinnamon sticks
- ½ teaspoon vanilla
- Lemon rind strips

Peel pears, removing core from bottom end, but leaving stems intact. Slice ¼ inch from bottom of each pear to make base flat. Brush



pears with lemon juice. Combine next 5 ingredients in Dutch oven; bring to boil. Place pears in Dutch oven in upright position and spoon wine mixture over them. Reduce heat and simmer 15 to 20 minutes. Let pears cool in wine mixture. Chill. To serve, put pears in dessert dishes and spoon wine mixture over them; garnish with lemon rind strips. Serves 4.

Serving size: 1 pear. Per serving: 248 calories, 1 gram protein, 1 gram fat, 0 grams carbohydrates, 80 milligrams sodium, 0 milligrams cholesterol

NELDA MINCHEW, Navasota Valley EC

SAFE LIVING

Avoid Breaker Box Dangers

When working on your control box, keep these safety tips in mind:

- If you're not a licensed electrician, never try to repair a fuse or breaker box. If you see broken or frayed wires, if certain circuits trip frequently, or if you notice any other problems, call an electrician.
- Never replace a blown fuse with a substitute, such as a penny, and always use the correct-sized fuse for replacement. A fuse that is too powerful can cause a fire hazard.
- If a fuse or circuit breaker frequently blows, you may have too many appliances, or appliances that may be too powerful, on that circuit. Try unplugging a few items. Then, if the circuit continues to blow, call an electrician—you may have a potentially serious problem.
- Always keep water away from the control panel.
- NEVER work on the electrical system while a control panel switch is on. You could receive a nasty, even fatal, shock.
- If you have a power outage, check the control panel first. If your panel uses circuit breakers, reset it (them) from off to on. If you have fuses, look for the broken metal strip in the top of the blown fuse. Then, replace the fuse with one of the correct amperage.