

# Wine and Dine Menu

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Mar 10, 2012

7pm

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# slow-roasted pork tostaditas with pickled red onions

red onion, 1, cut into 1/4-inch rings  
boiling water, 2 cups  
fresh orange juice, 1 2/3 cups, or as needed  
cider vinegar, 1/3 cup  
kosher salt, 1/4 teaspoon  
boneless pork shoulder, about 2 1/4 pounds  
garlic, 3 cloves, minced  
ground cumin, 1 teaspoon  
sea salt, 3/4 teaspoon  
red pepper flakes, 1/2 teaspoon  
low-sodium chicken broth, 1 cup  
hass avocado, 1 large  
fresh cilantro, 1 bunch  
organic tortilla chips, 1 bag (10 ounces)

MAKES 36-40 TOSTADITAS,  
ABOUT 12 SERVINGS

Place the onion rings in a small heatproof bowl and pour the boiling water over the top. Let stand until softened, about 10 minutes. Drain the onion slices well and return them to the bowl. Add 2/3 cup of the orange juice, the vinegar, and the kosher salt and stir well. Add more orange juice if the onion slices are not submerged. Cover and let stand at room temperature for at least 2 hours or up to 8 hours.

Preheat the oven to 300°F. Cut the pork into 1-inch cubes and add them to a bowl. Add the garlic, cumin, sea salt, and red pepper flakes and toss to coat the meat evenly. Spread the pork in a 9-by-13-inch nonreactive roasting pan and pour in the remaining 1 cup orange juice and the broth. Cover the pan tightly with aluminum foil and roast the pork for 2 hours.

Uncover the pan and continue to roast, stirring occasionally, until the pork is very tender when a meat fork is inserted into the center, about 1 hour longer. Remove from the oven and let cool slightly.

Using your hands or 2 forks, pull the pork apart to make small shreds. Cover with aluminum foil to keep warm.

Halve, pit, and peel the avocado, and then cut into quarters. Cut each quarter lengthwise into about 10 slices. Pluck about 40 nice-sized cilantro leaves from their stems.

To assemble the tostaditas, arrange 36-40 chips on a serving platter. Mound a spoonful of roasted pork on top of each chip. Lay a thin slice of avocado on the meat, and then top with a pickled onion ring. Garnish each tostadita with a cilantro leaf and serve right away.



*Pork rubbed with a combination of sweet and savory seasonings emerges rich and aromatic from a slow oven. Shredded, it is then layered with buttery avocado, pickled red onion, herbal cilantro, and crunchy tortilla chips for a creative, Mexican-inspired hors d'oeuvre.*

LIGHTY  
BROWN TORTILLA IN  
FLYING PAN-CUT  
INTO WEDGES &  
SERVE AS BASE  
INSTEAD OF CHIPS.  
EASIER TO EAT!

## TORTILLA SOUP WITH CRISP TORTILLAS AND AVOCADO RELISH

EASILY SERVES  
10.

Yield: About 9 cups

- 1/2 white onion, coarsely chopped
- 1 pound plum tomatoes, halved
- 6 garlic cloves, peeled
- 2 ~~guajillo~~ chiles *2 CANS GREEN CHILIES*
- 2 ~~ancho~~ chiles *1 CAN MILD ROTEL W/CHILIES*
- 10 small ~~white~~ <sup>yellow</sup> corn tortillas (5 to 6 inch)
- 8 cups chicken stock
- 1/2 teaspoon Mexican oregano
- 1 teaspoon salt

1. Arrange onion, tomatoes and garlic in one layer on a lightly oiled baking sheet and broil about 2 inches from the heat, turning vegetables occasionally with tongs, until tomatoes are lightly charred, about 20 minutes. Cool.
2. Remove stems, seeds and ribs from chiles. Heat a heavy skillet over a medium heat until hot, and toast chiles, 1 or 2 at a time, pressing down with tongs, a few seconds on each side. Transfer toasted chiles to a bowl and cover with hot water. Soak about 20 minutes, or until soft.
2. Drain chiles, discarding liquid, and place in a blender along with vegetable mixture. Puree until smooth.
4. Cut 6 tortillas into quarters, and cut remaining 4 tortillas into 1/4 inch wide strips. Pour oil in a heavy skillet to 1/2 inch depth and heat to 375 degrees. Fry tortilla quarters in 3 batches, turning them until crisp and pale golden. Transfer tortillas to paper towels to drain. Fry tortilla strips in the same manner, keeping the strips separate from the quarters.
5. Place tortilla quarters in a plastic bag and crush finely with a rolling pin.
6. Place stock and chile-vegetable puree in a large stockpot, and bring to a boil, stirring occasionally. Stir in crushed tortillas, oregano and salt. Simmer uncovered stirring occasionally, until tortillas are soft and soup is slightly thickened, approximately 30 minutes. Taste for seasoning.

### Avocado relish

- 2 ripe medium avocados, cut into 1/4 inch dice
- 1 small tomato, diced
- 1/2 cup finely chopped white onion
- 2 jalapeno chiles, stems and seeds removed and finely diced
- 2 tablespoons chopped cilantro
- 2 teaspoons fresh lime juice
- 1 teaspoon salt

Garnish: Cilantro sprigs and lime slices

1. Place all ingredients in bowl and gently stir together until well combined.

To serve: divide relish and fried tortilla strips among 8 soup bowls. Ladle over mixture and garnish with lime slices and cilantro.

## Wild Greens & Apple Salad

1½ lbs. mixed wild salad greens, washed and dried  
Apple and Piñon Nut Dressing (recple follows)  
1 large red apple, cored and thinly sliced  
1 large yellow apple, cored and thinly sliced  
⅓ c. piñon nuts, lightly toasted.

Toss the wild greens with the Apple and Piñon Nut Dressing, and mound on 10 salad plates. Arrange apple slices on greens and sprinkle with toasted piñon nuts.

Serves 10

### Apple and Piñon Nut Dressing

1  
⅓ c. piñon nuts  
2 t. piloncillo - RAW SUGAR  
2½ t. freshly squeezed lime juice  
4 T. apple juice  
6½ T. apple cider vinegar  
1½ t. toasted poppy seeds  
⅔ c. canolive oil  
salt and freshly ground pepper.

Toast the piñon nuts in a small skillet, then grind in a food processor and set aside. In the same skillet, heat the piloncillo and lime juice until caramelized. Stir in the apple juice and set aside to cool. When cool, pour into a small bowl, add the vinegar and poppy seeds and blend well. Slowly whisk in the oil and add salt and pepper to taste.

### VINEGRETTE

2  
1 PART VINEGAR  
3 PARTS OIL  
(NO SALT, PEPPER OPTIONAL)

CIDER VINEGAR  
1 T. MUSTARD (THIAMIN TO EMULSIFY DRESSING)  
2 T. HONEY

ADD ½ AVOCADO  
ADD CILANTRO & JALAPENO  
SLOWLY ADD OIL WITH MOTOR RUNNING

CAN USE EXTRA VIRGIN OLIVE OIL  
ADD WARM H<sub>2</sub>O IF TOO THICK.

YOU MAY CHOOSE 1 OR 2.  
EITHER DRESSING WORKS WELL.



## SKIRT STEAK TOSTADAS

### Marinade:

- 1/2 cup soy sauce
- 1/2 cup olive oil
- Juice of 3 lemons
- 1/2 cup honey
- 1 cup finely chopped onion
- 1 jalapeño chili, seeded and chopped
- Salt and freshly ground black pepper
- 2-pound skirt steak

### Other ingredients:

- 1 16-ounce can black beans, drained
- 1/2 cup olive oil
- 1/2 cup red wine
- 1 jalapeño pepper, seeded and chopped
- Vegetable oil, for frying

### Mango Salsa:

- 1 red onion, finely chopped
- 1 large, ripe mango, peeled and finely chopped
- 1/4 cup chopped cilantro leaves
- 1 poblano chili, seeded and minced
- 1/4 cup honey
- Juice of 3 limes
- Salt and freshly ground black pepper

- 6 corn tortillas or tostada shells

Mango Salsa, recipe above

Sour cream, optional

Grated cheese of your choice, optional

In a large, shallow dish, whisk the soy sauce, olive oil, lemon juice, honey, onion and habaero, plus salt and pepper, to taste. Add the meat, cover and refrigerate.


Marinate for at least 1 hour, but preferably for several hours.

Combine all salsa ingredients in a bowl and set aside. Let sit for at least

20 minutes so the flavors will develop. Simmer beans, olive oil, wine and jalapeño in a saucepan for 20 minutes.

Heat 1/4 inch of vegetable oil in a frying pan over medium-high heat. Carefully slide one tortilla into the oil and fry until crisp, about 1 to 2 minutes. Remove with tongs and drain on paper towels. Repeat with the remaining tortillas. (Or follow package directions for heating tostada shells in oven.)

Preheat a grill or a grill pan to medium-high heat. Remove meat from dish and discard marinade. Place steak on the grill, and grill for about 4 to 6 minutes for medium-rare to medium, turning once. Remove from the grill and let meat rest for about 5 minutes. Thinly slice, at a diagonal, into strips.

To serve, place fried tortillas or tostadas on a large platter or individual plates. Drain the bean mixture, then spoon some onto the middle of the tortillas. Top with steak slices and the mango salsa. Garnish with optional sour cream and grated cheese, if desired. 

MAKES 6 TOSTADAS AND 4 CUPS OF SALSA.

PER SERVING: 559 calories, 36g protein, 39g carbohydrates, 28g fat (6.7g saturated), 67mg cholesterol, 6g fiber, 931mg sodium

*\*DOUBLE STEAK TRIPLE BEAN RECIPES SALSAS\**

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## Berry-Pecan Tart

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### Crust

- 3/4 c. unsalted butter, softened
- 1/2 c. powdered sugar
- 1 1/2 c. flour
- 1/4 c. ground ~~pecans~~ **PINONS**

1. Preheat oven to 325°.
2. Mix all ingredients and spread on the bottom of a tart pan. Bake 10 to 12 minutes until lightly browned. Cool.

### Filling

- 8 oz. cream cheese, softened
- 1/2 c. sugar
- 1 t. Mexican vanilla

- 1/2 pint sliced strawberries or whole raspberries, **BLACKBERRIES**
- ~~1/2 c. pecan halves~~

Thoroughly combine cream cheese, sugar and vanilla, and spread on the bottom of the cooled tart crust. Arrange berries ~~and pecans~~ on top of the cream cheese mixture.

### Sauce

- 1 c. cranberry juice (unsweetened)
- 2 T. cornstarch
- 1 t. lemon juice
- 1/2 c. sugar
- 1 c. Salmon Ranch raspberry jam

Combine sauce ingredients in a small, heavy saucepan and cook over low heat, stirring constantly, for about 2 minutes. Sauce will thicken slightly. Cool to room temperature and spread over the fruit and pecans on the tart. Chill tart before serving.

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