

VIN FOR BEGYNDERE

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3-RETTERS MENU

Find vinene til menuen her:

<https://vinguruen.dk/vare/smagekasse-vin-for-begyndere-podcast/>

1

VERACRUZ FISH CEVICHE / CEVICHE DE PESCADO A LA VERCRUZANA

4 personer - frit fortolket fra Enrique Olvera

Veracruz Salsa

1/2 white onion, sliced lengthwise

2 tbsp olive oil

1/2 pickled chile güero or pickled jalapeño (but beware of spicyness)

1 tbsp capers in brine

5 green olives in brine, pitted

2 large garlic cloves, brunoised

3 plum tomatoes, cut into wedges

2 cups (480 ml) water

1/2 sprig thyme

1 bay leaf

1 tsp kosher salt

In a pan, sauté the onion in the oil over medium heat for 3 minutes. Add the chile, capers, and olives and cook for 5 minutes. Add the garlic and tomatoes and cook for another 10 minutes. Add the water, thyme, and bay leaf and cook over low heat for 15 minutes. Cool over an ice bath.

Blend, strain through a fine-mesh sieve, and adjust the salt.

Ceviche

1 18-ounce (500g) cod fillet, cut
into 1/2-inch (1 cm) cubes

20 green olives in brine,
halved and pitted

1 cup Veracruz Salsa

2 tbsp capers in brine

20 cherry tomatoes. halved

1 chile güero, brunoised

3 tbsp olive oil

Plating

20 cilantro (coriander) sprouts

In a bowl, mix all the ingredients

Plating

Divide the ceviche among 4 deep dishes. Garnish with the cilantro sprouts.

2

OKSEBRYST I RØDVIN MED SORT, RØD, HVID & GRØN PEBER frit fortolket fra Claus Christensens o.a. Simremad

6 personer

3 timer

1 stykke oksespidsbryst på knap 2 kg

1 flaske god rødvin

10 hvide peberkorn

10 madagascar peberkorn

10 sorte peberkorn

10 rosenpeberkorn

Knus eller hak alle peberkornene fint. Enten med en stor kniv. i morteren eller med en stavblender. Gnid oksekødet godt med peberblandingen og groft salt. Brun stegen på alle sider i smør i en stegegryde eller noget, der ligner. Kom det meste af 1 flaske rødvin ved og lad kødet småsimre under låg i ca. 2 timer. Derefter vendes stegen, og der skrues en smule op for varmen. Låget tages af, og kødet simrer videre en god time. Tilsæt lidt mere vin eller vand, hvis stegen er ved at stege tør.

Kødet tages op og holdes lunt.

Kort før servering skæres brystet i skiver, der ristes sprøde på skærefladen i olivenolie og smør og serveres med chimichurri og harissa-mos.

HARISSA FRENCH MASH & MIDDLE EASTERN CHIMICHURRI frit fortolket fra The Palomar Cookbook

4 personer

Chimichurri

- * handful of chopped watercress
- handful of chopped parsley
- * 2 handfuls of chopped coriander
- * handful of chopped fresh oregano
- * 1 small red onion, diced
- * 1 garlic clove, finely grated
- * 12 unwaxed lemon, first sliced into rounds, then deseeded and cut into 5mm (1/4-inch) cubes, including the rind
- * 1 tsp sweet paprika
- * 1 tsp toasted and ground cumin seeds

- * 1-2 tsp chilli flakes
- * 1-2 tsp chilli powder or hot paprika (beware if you serve with wine!)
- * 100ml (342fl oz) rapeseed oil
- * 100ml (342fl oz) olive oil
- * 12 tbsp freshly squeezed lemon juice
- * 122 tbsp white wine vinegar
- * salt, to taste

Harissa mash

- 2 large potatoes (500-600 g), skin on, washed
- salt
- 50 ml milk
- 50 ml double cream
- 100 g butter, cut into cubes
- * 1 heaped tbsp Harissa (make your own or buy the best)

1. Start with the chimichurri, as it needs to sit for a good couple of hours. Simply mix all the ingredients together in a bowl — you can do this a day ahead and keep it in the fridge, covered tightly with clingfilm. It will, however, last for up to a week in a sterilized airtight container (see p.24)..

2. For the mash

Cook the potatoes skin on in a large pan of salted boiling water for about 30 min until they're soft. Drain and, while still fairly hot, peel them. Pass through a moulin à légumes if you have one. Or use a sieve and press the potato through.

Combine milk and cream and heat in a pan on the hob or in the microwave. Place the mash in a saucepan and fold in the butter, cube by cube, with a spatula over a low heat. Once the texture is smooth, add the hot milk and cream mixture little by little using a whisk, which will give you a creamy, almost ice cream-like texture. Season to taste with salt and set aside.

2. For the harissa mash, once your Creamy Mash is good to go, simply fold through the spoonful of Harissa.

3

DIVERSE OSTE

Tørre oste som comté, gruyère, parmigiano reggiano eller de danske ravost, havgus, vesterhavsost og gammel knas.

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