



**KERMIT LYNCH**  
*WINE MERCHANT*

## February 2022 Newsletter Recipes

### **NICOLE MEYER'S ONION TART**

Suggested pairing with Meyer-Fonné's 2020 Edelzwicker

Serves 5-6 people

#### Tart crust

250 g flour  
100 g butter  
5g salt  
½ cup of water

#### Onion base

250 g/ 1 large onion  
75 g butter  
100g bacon or pancetta

#### Flan

Certain recipes propose a béchamel sauce, but Nicole recommends a savory flan of 1 cup milk, 2 tablespoons of flour, 3 eggs, cream to taste, salt, pepper, and nutmeg.

Prepare the tart crust without manipulating it too much.

Chop the onions and sauté them in butter until just translucent, and before they become golden.

Insert the tart crust into the baking pan.

Add the onions and verify the seasoning.

Pour the flan over the cooked onions.

Top with the cubed bacon or pancetta

Bake at 375° for 30-45 minutes or until the surface is nicely golden.

Serve very hot with a green salad.



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**GREGOLETTO'S RISI E BISI**

**Suggested pairing with Gregoletto's 2020 Verdiso**

**RISI E BISI (Rice and Peas)**

Serves 6 people

3 lbs tender spring peas  
1 medium onion  
30 g of parsley  
Vegetable broth to taste  
50 g butter  
50 g extra virgin olive oil  
50 g pancetta  
450 g rice (Vialone Nano variety, if possible)  
80 g grated Parmigiano  
Salt and pepper

Shell the peas.

Peel the onion and chop finely.

Finely chop the parsley.

Heat the broth.

In a saucepan, brown the onion in oil and butter over medium heat.

Add the peas and stir to coat.

After a few minutes, add the pancetta and the parsley.

Add a ladle of broth, salt and pepper, and cook over high heat.

Add the rice, mix gently adding hot broth one ladle at a time as it is absorbed until completely cooked.

When the rice is cooked but still al dente, turn off the heat, add the butter in small pieces and add the Parmigiano.

Stir until completely integrated, allow to rest a minute or two and serve.



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**POLPETTE DELLA NONNA (GRANDMA'S MEATBALLS)**

**Suggested pairing with Gregoletto's 2020 Verdiso**

Ingredients for 20 meatballs

300 g minced beef  
100 g baked ham  
100 g mortadella  
100 g turkey breast  
3 potatoes  
2 eggs  
Grated Parmigiano to taste  
Parsley to taste  
Breadcrumbs to taste  
1 clove of garlic  
Sunflower oil for frying  
Salt and pepper

Boil the potatoes.

Meanwhile, finely chop the ham, mortadella, and turkey breast in a food processor.

When the potatoes are cooled, peel and mash them in a bowl while still hot.

Add the chopped meats and beef and mix.

Add 3 eggs, parsley, Parmigiano, salt and pepper and mix until smooth.

Take small portions of the dough and form into balls by rolling them in the palms of your hands.

Dip the meatballs in the breadcrumbs.

Pour an inch of oil into a pan and heat.

When the oil is hot, add the whole garlic clove.

Fry the meatballs on both sides, then transfer them on absorbent paper. Serve hot with the risi e bisi.

Tip: the cold cuts can be varied according to availability.



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**VITELLO TONNATO DI TENUTA LA PERGOLA**  
**Suggested pairing with Tenuta La Pergola's 2020 Roero Arneis**

Appetizer for 5-6 people

800 g veal shoulder  
Extra virgin olive oil  
Wine vinegar  
1 carrot  
1 onion  
celery  
salt

Sauce

200 g tuna in oil  
3 anchovy filets  
2 tablespoons of capers  
2 hard-boiled egg yolks  
Extra virgin olive oil  
Juice of 1 lemon

Tie the veal shoulder with kitchen string and bring to a boil in salted water with carrot, onion, celery, a generous spoonful of vinegar and one of oil.

Reduce the heat to low and cook, covered, about 2 hours.

Allow the meat to cool in its broth.

For the sauce:

Blend the tuna, anchovy filets, capers and egg yolks in a food processor. Dilute with a few tablespoons of oil, cooking broth, and lemon juice. Blitz until smooth.

Thinly slice the meat and cover it with the sauce.

Refrigerate and allow the flavors to meld for a few hours before serving.